

The Givat Sharett Chesed Committee

POB 939 Beit Shemesh 99109

Building a brighter future for Beit Shemesh



על התורה
ועל העבודה
ועל גמילות חסדים

ועד החסד של גבעת שרת

ת.ד. 939 בית שמש 99109

לבניית עתיד טוב יותר לבית שמש

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The Givat Sharett Chesed Committee, established in 1992, has always strived to help the community of Beit Shemesh in many different aspects of their lives. Today, as many children from our city have reached the age of serving in Sherut Leumi, we hope that the following information will be useful as you help prepare them for this new stage of life.

I would like to thank the families and Bnot Sherut of Beit Shemesh who helped our organization to compile this information. Susan Barth was a tremendous asset, working very diligently on all of the details and taking the initiative to expand the scope of the project.

To our Bnot Sherut and Bnei Sherut, you will soon be volunteering to help our people and our homeland. It is a time to look inward and outward - to think about your goals and to expand your horizons. Sherut Leumi brings you in contact with many different sectors of society, and this may be the first time that you are working and living with people from different walks of life.

You will have many positive experiences but you may also encounter obstacles in your path. We are confident that you will overcome these challenges, and make the most of this important year.

Our community is so proud of you for your dedication to Medinat Yisrael. Your parents deserve special credit as well, as they have instilled in you the importance of serving your country, our special homeland chosen by HaKadosh Baruch Hu.

May HaKadosh Baruch Hu, the protector of all living beings, watch over you and keep you safe.

If you have any comments or questions please contact The Givat Sharett Chesed Committee at servingournation@gmail.com

B'chavod,
Lisa Silverberg
Chairperson,
The Givat Sharett Chesed Committee

***Divrei Bracha from Rachel Shneller -Aminadav Coordinator –
Beit Shemesh***

Dear Bat/Ben Sherut,

You are about to embark on a year in which you will use all your strengths, talents and energy to do good unto others.

Use this year for maximum contribution. Find out who else needs to be helped and what more can be done. "Think big" as much as possible. You'll find that the more you give – the more you receive.

Remember in the course of the year to implement all the good you were taught by your parents and teachers over the years, and be sure to maintain the religious values with which you were brought up, in practice.

For the first time this year you will confront many situations that are unfamiliar to you, with respect to the field in which you chose to volunteer – needy children, special education, youth in distress, people who are ill, and more. You will experience new opportunities – in your work, as well as with your roommates.

Take advantage of these opportunities. Deal with the tasks that will come your way, and the Almighty will assist you. And in a year, you will have matured greatly.

Dear Parents,

You are sending your child on a religious and national mission. Everything that you have invested in her/him so far – will find expression during this year. Your child's world will be enriched by her/his encounters with new situations and different people, and she/he will deal with various circumstances.

Your role as parents is to offer constant support and encouragement and instill in your child the confidence that she/he will cope, overcome and succeed.

Experienced coordinators (rakazot) and organized bodies are with your child wherever she/he goes. If there is a need – use their help.

Hakadosh Baruch Hu is with your child always, and in the merit of her/his contribution to others – He will accompany your child and have her/him succeed in all she/he does.

SHERUT LEUMI SERVICE

The Givat Sharett Chesed Committee (of Beit Shemesh) is proud to present this document which is intended to provide resource information for the parents and those “B’nei Sherut” and/or “B’not Sherut” who are starting their Sherut Leumi Service.

SHERUT LEUMI SERVICE DEFINED

The Nefesh B’Nefesh (NBN) website <http://tinyurl.com/387dm4> defines the Sherut Leumi program as a “voluntary national service that takes the place of army service” .“Sherut Leumi offers programs in a wide range of fields including special education, administration, hospitals, law, geriatrics, nursing homes, health clinics, teens at risk, internal security, education, disadvantaged communities, immigrant assistance, environmentalism and other related non-profit organizations. Applicants are interviewed and are matched as best as possible, via placement organizations, to appropriate positions according to their skills, interests and needs. Each placement organization works within specific fields, so it is advisable to have an idea of the field of interest, and then to find the placement organization that works within the chosen field. Service lasts for 12 months and typically requires 30-40 hours/week. Each Ben/Bat Sherut is then assigned to a rakezet (coordinator) who serves as a supervisor and advisor. “Interviews with the respective placement organizations occur during the last year of high school.

The website further details some of the benefits which accrue to those B’nei Sherut and B’not Sherut who participate in the Sherut Leumi program. The list is **NOT** comprehensive and the prospective participant should refer to the Hebrew website of each respective organization listed in the Appendix as well as the following Hebrew government website in order to obtain the complete list of benefits:
<http://tinyurl.com/387dm4>

BENEFITS

The Benefits listed on the NBN website are as follows:

- 1) Monthly stipend for necessities. (Amount varies on location and place of service.)
- 2) Apartment housing in the city where they are serving.
- 3) Bus pass (inter-city and intra-city).
- 4) Discounts at restaurants, movie theatres and cell phone companies

It should be noted that not all benefits have been available as readily as others and the B'nei Sherut and B'not Sherut should familiarize himself/herself with the particular benefit and advocate for the uniform application on the same basis as that awarded to a chayal/chayalot. For example, bus passes have not always been awarded on intra city buses. In addition, note that a higher monthly stipend is given if monthly bus pass and/or meals are not provided. Furthermore, at the end of year, the B'nei/B'not Sherut receive a ma'anak which goes toward higher education and appreciates in value after two years.

The remainder of this document focuses on general tips and specific items which would be helpful for the respective B'nei Sherut or B'not Sherut to consider acquiring as part of the preparation process for commencing Sherut Leumi Service in his/her area of service. The Givat Sharett Chesed Committee has surveyed a representative sample of those parents and B'nei/B'not Sherut who have generously given of their time to provide comprehensive information to ensure that incoming B'nei Sherut and B'not Sherut will have as easy a transition as possible.

GENERAL TIPS:

The most important general tip is to be supportive of your child and his/her choice. Allow them to accept as much responsibility and challenge as they desire. This vote of confidence has generally resulted in your child having a wonderful and enriching year and maturation beyond any expectations in the areas of self confidence and capabilities.

On the other hand, it is important that it is understood what is expected of the B'nei/B'not Sherut prior to starting the assignment or during the initial period of adjustment and a calculation made that such an environment would meet the expectations. Obtain as much information as possible prior to starting- either through speaking to people who had the same job or other correspondence.

Choose a facility based on the following criteria among others:

- Select a location in a big city or small area suitable to your taste and desire.
- Select an assignment suitable for your interests and talents and not because of friendship or peer pressure in any way.
- Select an assignment with the age and ethnic population compatible with your interests.
- The extent of how organized the facility is

Open a bank account for receipt of the monthly stipend and calculate your monetary needs spending your money wisely.

The last general tip is the MOST IMPORTANT - If the B'nei/B'not Sherut is unhappy, do not feel forced to stay - mid year adjustments may be made upon request. Likewise, do speak up if you are asked to perform some duty that is inappropriate for your work and do not feel embarrassed to speak up about such a situation.

We cannot underscore the need to check with the sponsoring organization, the assigned rakezet, and place of service as to those items which are available and already in place for the benefit of the incoming B'nei or B'not Sherut. It will save considerable time and money to ascertain if the apartment already has pots, pans, cutlery that may be used for meat, dairy and /or pareve. Likewise, in some apartments, the prior occupants have left items for use which may be in good condition. Generally, the new apartment occupants will have to survey what is available in the apartment, and determine which items are essential for basic living. The B'nai/B'not will make an arrangement to divide up the expenses on a cooperative and equitable basis.

Although not required, often parents will accompany their B'nei/B'not Sherut to the apartment initially bringing with them such bulky items as have been ascertained as required/desired and not included in the initial inventory. For example, such items may include a winter blanket , a Keter brand storage stand, fans (if not provided), and mattresses (if the condition of the existing mattress is sub par),

The listings below represent the most popular categories and specific items which may be "included in the initial shopping list" for advance purchase.

Tip: Some B'nei/B'not Sherut bring food with them the first day just to have a supply on hand. For the most part, the B'nei/B'not Sherut in the apartment get together to buy food and cleaning materials and share the cost. In the beginning, before this can be organized, it is best to have some food for the first week or so. Check with the 'Rakezet'-if it is a dairy only kitchen or meat and dairy and what is available in the apartment and what is not- utensils, pots, electric kettle, plata.

KITCHENWARE (Items not supplied or not in suitable condition)

- Bottles for water
- Bowls for salad and serving pieces
- Can opener
- Cloths to clean the counter
- Colander
- Cutting board
- Dish drain
- Dish towels- remind daughter should be brought home for washing
- Dishwashing detergent
- Disposable cups
- Disposable plates
- Drinking glasses
- Electric kettle
- Frying pan, pots
- Garbage bags
- Havdalah items- havdalah candle, spices, and grape juice
- Knives for cutting vegetables -
- Matches -
- Microwave
- Milk container -
- Paper napkins
- Paper towels
- Plastic cups
- Plates, bowls, cutlery for dairy, meat and pareve
- Pots- 4 or 5 liter
- Pot holders
- Salt shaker
- Sandwich bags -
- Sandwich grill maker -
- Shabbat candles and candles in general
- Silverware-forks, spoons, and knives
- Small and large Tupperware type containers for food or sugar
- Small candle tray
- Soup ladle
- Spaghetti server
- Spatula
- Sponges - remind your child to change this frequently
- Stove top/burner if not provided
- Your own personal coffee mug

SUGGESTED FOOD ITEMS

- Black pepper
- Bread, pittot and/or rolls
- Canned corn
- Cereal
- Coffee
- Couscous
- Fruits
- General snacks
- Granola bars
- Jam, cheese, peanut butter, and/or chocolate spread; and items to put on bread
- Ketchup
- Mayonnaise
- Milk (have at least one box of 'chalav amid' on hand)
- Noodles
- Oil
- Salt
- Sugar
- Tea
- Tivol products
- Tuna fish
- Vegetables
- Water bottles

BEDDING AND TOWELS

- Bath mat (optional)
- Mattress pad (optional)
- Mattress - if one supplied is bad
- Pillow
- Pillow case cover
- 2 Sets (are preferable but not necessary) of linen which should include: pillowcase, blanket cover, and fitted sheet so that one can be laundered upon returning home and one left with fresh bedding
- Summer blanket
- Towels - 2 large bath towels; 2 hand towels
- Winter blanket - if driving your child initially, bring along regardless of current weather so that your child does not have to carry it later on public transportation

HOUSEHOLD ITEMS

- Bulletin board for the bedroom for placing reminder notes, etc.
- Electric sockets 2 or 3 prong (there usually aren't enough 'nikudot chashmal' in each room for cell phone rechargers, clock radios etc so these come in very handy. You can put your name on the back of the sockets and take them home after Sherut is over).
- Fans (if not supplied and not supplied in sufficient numbers)
- Garbage cans
- Keter plastic cabinet (4 or 5 drawers in total) small (about waist height) is excellent as there is never enough closet space in the apts. and misc. items and drug supplies can go in there.
- Night light
- Pictures, cork board to decorate room
- Scatter rugs
- Small mirror for the wall

DRUG AND BATHROOM SUPPLIES

- Aloe-Vera
- Band-aids
- Basket for bathroom supplies to carry to shower
- Body cream in individual containers
- Chizukit Forte tablets for colds especially effective in winter
- Clippers
- Clothes pins-
- Conditioner
- Delicate hand washing detergent-like Woolite
- Dental floss
- Deodorant
- Fantastic cleaner
- Hair brush
- Hair clips
- Hair cream in individual containers
- Hand cream in individual containers
- Hair dryer-
- Iron (check and see if supplied)
- Jewelry
- Laundry detergent (if applicable- some Sherut apts. have washing machines)
- Laundry basket
- Lice comb-(especially if working with children)
- Liquid soap
- Make-up
- Make-up bag for traveling
- Medications - including aspirin and Acamol and for asthma as needed
- Moisturizer
- mosquito repellent

DRUG AND BATHROOM SUPPLIES Continued

- Nail files
- Pony tail holders
- Sanitary pads
- Shabbat liquid toothpaste
- Shaver
- Shampoo *
- Smartoot- Tell your daughters to wash these from time to time
- Soap
- Sponges
- Stain remover for clothes
- Suction 'doll' that you can put your toothbrush up on the tiles next to the bathroom sink. Sold in toy stores/novelty shops (such as D'varim Yafim BS)-
- Suntan lotion (for general use as well as trips)
- Tampons
- Thermometer
- Tissues
- Toilet bowl cleaner
- Toilet paper- bring a few rolls for the first day but some Sherut apartments do provide this
- Toothpaste and toothbrush
- Towels for hands, face, and large towels
- Tweezers
- Vitamins

** If the parents are driving their daughter to her Sherut Leumi, it is best to bring a couple of extra bottles of shampoo, conditioner, soap etc, as these are heavy items and most of the time the girls have very little room in their knapsack when they come home for these items.*

CLOTHING AND FOOTWARE

- Bathing suit if applicable
- Bathrobe
- Bras
- Flip flops/Crocks - for going on trips to the beach, for after the shower
- Hangers
- Hooded sweatshirt - for cool days
- Pajamas- for winter and summer
- Sandals
- Shirts
- Shoes for Shabbat
- Skirts- send some old ones for trips and other outings

CLOTHING AND FOOTWARE Continued

- Slippers
- Sneakers
- Socks
- Sweaters
- Underwear
- Warm clothes for cold nights
- Winter coat

Tip: You might want to bring up the summer clothing plus one or two warmer shirts/sweaters and a sweatshirt when the B'nei/B'not start the Sherut, then as it gets colder, the B'nei/B'not bring back home the summer clothing in exchange for the winter clothing.

MISCELLANEOUS

- Alarm clock
- Camera
- Cash - always need pocket money on hand
- Casmomat card
- Cell phone and charger
- Contact lenses and solution
- Entertainment articles - ex guitar, books, knitting materials, drawing supplies, songbooks
- Eyeglasses and case
- Hangers - bring skirt and shirt hangers as most apts. don't have enough for all the girls
- Hat- for trips
- Jewelry - no expensive items as things can get stolen
- Key ring to hold the keys to the Sherut apt.
- Knapsack *
- Laundry bag
- Metal rack for coats- need a drill to install (bring with you the first day when you drop off your daughter) and will need permission to put it up
- MP 3
- Notebook and pens to write down info. needed
- Pictures of loved ones
- Planters (if desired)
- Reading lamp
- Scissors
- Selichot-
- Shower caddy to hold shampoos, soap (it's triangular - and goes either on top of the shower head or is screwed into the wall of the shower stall)

MISCELLANEOUS Continued

- Siddur
- Sleeping bag- good for when the girls have guests over for Shabbat or if they go somewhere for Shabbat
- Small gifts (or food) for families the girls will go to for Shabbat if they stay in Sherut for Shabbat
- Small mirror
- Stand up Fan - there are usually never enough and it is important for the girls to have it-
- Tehillim
- Telephone book of important numbers and birthdays
- Towel rack (plastic) that goes over the door in the bathroom to hold the towels and bathrobes - there is never enough hanging space-
- Umbrella
- Yoman -calendar
- Pocketbook
- Wallet
- Writing implements - pens, pencils

** **Knapsack-** small (school size one) for when the B'nei/B'not are not using their large Sherut Leumi tek (which is provided by the Sherut Leumi organization. Sometimes it takes a few weeks until the B'nei/B'not get their Sherut leumi tek. Give your B'nei/B'not something that he/she can bring his/her dirty laundry back in. In the past few years, the Sherut leumi teks are smaller and for B'nei/B'not who do not come home every Shabbat; these teks are not always big enough for all their laundry. If someone wants to buy them a gift - The Outdoor brand Tracker 80 liter tek is a good size to buy.*

GIFTS

Often the question is asked as to what gift would be useful to give for the B'nei/B'not Sherut-. The following list was compiled from the responses received and without any consideration to cost or availability in any specific store or city. The response also depends on the type of position that the B'nei/B'not Sherut assumes – office or school or type of institution

- A mug with a picture printed on it
- Anything with pictures of friends. family, something that will make her room more "homey"
- Big pocketbook for to/from work
- Books
- Bulletin board w/ family pictures
- House wares, or a fan for summer months

GIFTS Continued

- Ipod
- Laundry bag
- MP4/3
- Nice yoman
- Personalized towel with name-
- Portable DVD
- Robe with name
- Siddur
- Sudoku/puzzle magazines
- Telephone and Address Books *
- Toiletries bag
- Travel mug

**** Tip- Remember to take down the phone number of the rakezet (coordinator), the phone number of the apartment where your son/daughter will be living, the phone number of at least one of the B'nei/B'not Sherut living in the apartment, and the phone number of his/her workplace. Take down the address of the apt. where he/she will be living.-***

APPENDIX

Source material Nefesh B'Nefesh website <http://tinyurl.com/yjl9x3n>

Placement Organizations

There are 3 placement organizations through which one can register for Sherut Leumi:

Agudah Lhitnadvut

www.Sherut-leumi.co.il

Malka Weisberg

Supervisor of Foreign Volunteers

Tel: 02-651-9508

Cell: 050-7434176

Fax: 02-652-3340

Email: yitzmalk@netvision.net.il

Aminadav

Web - <http://www.aminadav.org.il/>

email - info@aminadav.org.il

Bat Ami

National Zionist Religious organization

Web: <http://bat-ami.org.il/>

email: batami8@bezeqint.net

Contacts:

Tal Galterin - 052-431-7278

Ginat Bognim - 052-899-0444

Shlomit

Web: www.shlomit.org.il

Phone: 03-612-9202