# Bulletin

A FAITH IN THE FUTURE A BELIEF IN ACTION September, 2023

#### **130 YEARS OF POWERFUL JEWISH WOMEN**

NCJW confronts today's most urgent social and economic challenges facing women, children and families. Powered by the Jewish imperative to ensure dignity for all, we impact policy, advocate for justice, and support the community. Your voice has never been more essential and our voices together make a meaningful difference in the world.

Become A Member

Call us at 215-302-3586

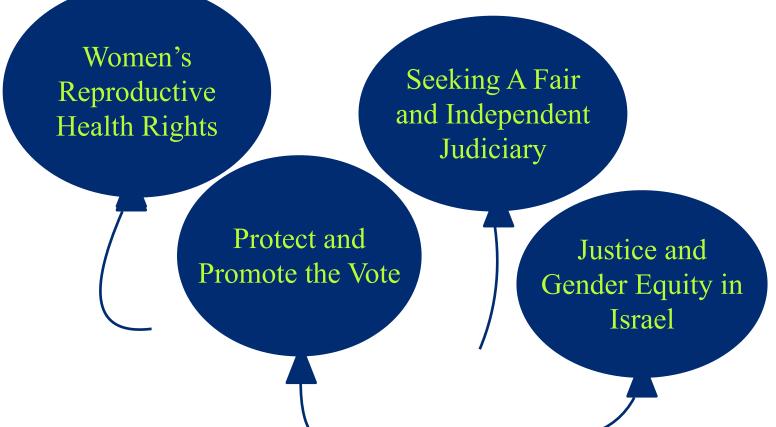
Visit us at ncjwphiladelphia.org

**Luncheon** September 19

Keynote speaker: Jane Eisner presenting How the Media Covers Antisemitism What does the press get right? How can it be improved?

Join us. See the flyer inside

Issues Confronting NCJW's Mission Have Ballooned. Our Section Members Are Dedicated To The Causes Impacting Us, Our Families And Communities.



NCJ \* A FAITH IN THE FUTURE A BELIEF IN ACTION\* National Council of Jewish Women Greater Philadelphia Section

Join us for a stimulating and relevant presentation and enjoy lunch with your friends and NCJW members

Keneseth Israel Synagogue 8339 Old York Road Elkins Park, PA 19027 September 19, 2023 11:30 - 2:30

Keynote speaker will be Jane Eisner presenting

How the Media Covers Antisemitism

What does the press get right? How can it be improved?



Jane Eisner is an accomplished writer, editor, educator, nonprofit leader, and public speaker. For more than a decade, she was editor-in-chief of The Forward, the legendary national Jewish news organization. Under her leadership the paper won numerous national and regional awards. She is known for her interviews with notables such as President Obama, Justice Ruth Bader Ginsburg and Prime Minister Benjamin Netanyahu.

**BOXED LUNCHEON FEE:** \$30.00 FOR MEMBERS \$35 FOR GUESTS

REGISTER, SELECT YOUR LUNCH CHOICE AND PAY ONLINE BEFORE September 14th

# **CLICK HERE TO REGISTER**

There will be donation tables for Dawn's Place, No More Secrets and Benjamin Franklin School.

**Questions -- Call Program-Education VPs -- Anita Shomer (215)** 

880-9992 or Rosalie Marcus (215) 512-5110

#### Please Remember: Bring Supplies to Donate at September Meeting

If you'll be at the September 19 program, please continue your generous donation of supplies for:

**Dawn's Place**: all paper products (*especially single-ply toilet paper*), full size cleaning products & wipes, large trash bags.

No More Secrets - period products

**Ben Franklin Elementary School:** School supplies (glue sticks, pencils, erasers, notebooks etc....)would be a much valued donation.

Note: At the parking-lot collection in July, folks suggested that - even at meetings - we enable members to put donations directly into our cars. This of course is much easier than carting them inside and bringing them out again. On September 19, we will experiment with this plan. *Gerrie and I will park near the entrance to KI - starting at 11 AM*. Anyone who has supplies to donate can drive up and give them to us **BEFORE** the meeting.

# Serving Our Community for Over 95 Years



117 Spring Garden Street, Philadelphia, PA 19123

# We are suspending donations to Mitzvah Circle

at this time because they are now located too far away from our volunteer drivers. So please DO NOT bring any used clothing to donate until further notice.

We have started helping a different group, the National Giving Alliance. They distribute <u>new</u> clothing to families in need, and we've been volunteering to unpack and sort supplies they receive from manufacturers. Stay tuned for opportunities to volunteer.

> Thank You to quaint oak bank for sponsoring our September 19 Luncheon



quaint oak ban

O: 267.857.1777

Member FDIC

QuaintOak.com

# SAVE THE DATE

NCJ > National Council of Jewish Women Greater Philadelphia Section

> Annual Membership Luncheon Wednesday, November 8, 2023 SPRING MILL COUNTRY CLUB

Watch your email for an invitation



**FABULOUS LUNCH** 

# KEYNOTE SPEAKER Valerie A. Arkoosh, MD, MPH Secretary Pennsylvania Department of Human Services

Boutique by



# SAVE THE DATE!

# Tuesday, October 24 1:00 - 3:00 pm Afternoon Tea and Talk at Beth Sholom

Featuring Lauren Cristella, CEO of the *Committee of Seventy* Speaking about the upcoming November election in PA Details to come in October Bulletin

#### **PRESIDENT'S MESSAGE**

As we approach Rosh Hashanah and the start of the new year, this is a time to reflect on our accomplishments of this past year and look ahead to our new beginnings. We truly are 'powerful jewish women' and I encourage each of you to participate in programs and events that we are currently planning and to join us with your new ideas. We are stronger together. I wish you and your families a happy and healthy New Year.



Aileen Salus President, NCJW Greater Philadelphia Section







On the third Monday of the month we will be volunteering at NGA, the National Giving Alliance at 822 Veterans Way, Warminster. NGA collects only new clothing and donates the clothing after getting a request from a social worker. It is a small building and quite nice to work in. We remove tickets from the clothing and place an NGA sticker on each item. We also take lists from social workers and pack boxes to be sent out.

Since the Pandemic, we have been trying to find organizations where we can physically volunteer. Our monetary donations are always welcome but having a members volunteer helps both the organizations and NCJW. We make our presence known in the community and we have a bonding experience that has been missing since the Pandemic.

We are always looking for other places to volunteer and would appreciate any suggestions.

An e-mail blast will be sent out the week before the event. Please call Sherry Kohn Eisman at 215-208-0550 if you have any questions.



#### Volunteers pack supplies for postabortion kits.

On May 21, we joined volunteers at St Martin's Church in Chestnut Hill to pack 300 kits for patients at The Women's Centers (clinics).

1st row, L to R Betsy Parziale, Nan Myers, Pearl Tragash, Margie Zukerman, Ellen Mirbach, Carol Aronoff, Sue Sussman

2nd row, L to R Lynne Jacobs, Barbara Hoffman, Sherry Blumenthal, Rhonda Mandel

#### NCJW's Israel Granting Program - 2023 Grantees

1. "Womansplaining"

Training hundreds of women--from different communities--as facilitators of discourse circles throughout the country. Participants in the circles will learn about the Knesset's recently-proposed judicial reforms and how these changes could particularly impact women.

2. Coalition for Reproductive Rights in Israel

Through policy advocacy and a public awareness campaign, the coalition aims to ensure that the State of Israel is a place where all can enjoy reproductive freedom and have equal access to abortion care and reproductive health.

Lynne Jacobs Vice President, Advocacy



#### **School Volunteer Opportunity**

Our NCJW Section's adopted school, Benjamin Franklin Elementary School welcomes our volunteers as it has done in the past six years. Like schools across the country, especially in urban areas, Franklin School continues to face the challenges wrought by the pandemic in terms of helping students recoup and progress academically. Also importantly, the Principal, Roslyn Sample-Green has had a HVAC system installed to help reduce airborne contaminants, including viruses and has increased the level of janitorial service. The school is located at 5735 Rising Sun Avenue in the lower Northeast.

For more information you are welcome to contact Harriet Gran at 215-206-1026 or by email at hpgran68@gmail.com.



Condolences to:

- The family of Barbara Palmer. Barbara was a former co-President of our NCJW Section.
- Susan Horwitz on the loss of her stepmother-in-law and member, Marjorie (Marge) Horwitz.
- The family of member Lynn Margolis

Wishing Joyce Gometz a speedy recovery



#### NCJW: Holocaust Essay Contest 2023

As in years past the committee invited students from the seventh and eighth grades at Community Academy of Philadelphia ( the first Charter School in Philadelphia) and

all of the sixth grade students at Sandy Run Middle School in Upper Dublin Township to submit creative expressions. In both of these venues the teachers and the administrators have been extremely devoted to assuring the students submit their work to be a part of this effort. The students were asked to write essays, poems and even short play dialogues to express their reactions to learning about the Holocaust. With these two venues the committee judged close to 400 submissions. In each class two of the best entries were selected, and then also at Sandy Run Middle School one overall best entry was awarded a prize, as well.

The students were articulate in expressing not only their learning but also how it applied to the issues that continue to face young adults today concerning discrimination, oppression and bigotry. In addition to offering the winners gift cards the committee chose a book to give each classroom for the library in that classroom. The committee decided to give each class a *"forbidden book"*. In a year in which there have been books banned in nearby school districts, we determined it was crucial to donate a book in both of these educational settings where fortunately all books are encouraged. We chose to give a book called *The Little Rock Nine* that had been banned by some school districts. One of the members of our committee, Dr. Paula Burstyn Goldberg donated funds in order that each school would also add the book, "The Last Million" to the school library.

The members of the committee who read and judged the essays are: Barbara Auerbach, Susan Horowitz, Paula Burstyn Goldberg, Lee Tonik, Harriet Gran, Joan Sax, Sandra Lewis, Carol Aronoff, and Fredi Cooper. The committee met in person this year to review our findings and share the entries and offer each other advice and make final decisions.



Members of our NCJW Section's Holocaust Essay Program Committee with our stack of student essays are left to right (standing) Paula Burstyn Goldberg, Joan Sax, Rabbi Fredi Cooper, our Chairperson, and Harriet Gran. Seated l. to r.) are Carol Aranow and Lee Tonik. Also attending were Sandra Lewis and Barbara Auerbach.

#### Here are four of the essays from the Community Academy of Philadelphia.

Name: Elias Gonzalez Date: 04/17/23 Grade:8th Community Academy of Philadelphia Charter School Holocaust Writing Competition

The Holocaust, a dark chapter in our history, A time of horror, pain, and misery. Where millions suffered, and millions died, Their innocence lost, their dignity denied.

The echoes of their cries still resonate, The horrors of their suffering, impossible to negate. The smell of death, the sight of despair, Their dignity stripped, their bodies bare.

The world stood silent, as evil ran rampant, The innocent, the weak, and the helpless, trampled and spent. Families torn apart, lives forever changed, A world plunged into darkness, never to be the same.

Yet in the midst of this, we see glimmers of light, Courageous acts, resistance, and the will to fight. The heroes who risked everything to save a life, Their bravery and selflessness, shining bright.

May we never forget the lessons learned, And let the memory of the Holocaust be forever burned, Into our hearts, our minds, and our souls, A reminder of the cost of hate and its tolls. Name: Destiny Iyannah Alvarez Date: April 17th 2023 Grade: 8th Community Academy of Philadelphia Charter School Holocaust Writing Competition

# The Jewish Survivor

What does it mean to be Anne Frank What do you think of when you hear my name? What do you feel when you see Anne Frank Do you see how the Nazis see me?

Or

Do you see me as a poor girl unable to defend herself? Do you feel bad for me? Or

Do you feel as though I deserved what was coming?

When you see the name ANNE FRANK You feel bad for me, don't you? As you read my story you start to feel hatred towards the Nazis When you think of Anne Frank you think, Sad,depressed,lonely,miserable

Well, when I think of myself I think of Historical,brave,courageous,and determined Think about it if you were me Would you really be able to sneak around all the time? Would you be able to carry those lifeless people to their barrel?

Would you be able to see the people you love die? You would probably change your religion and tell the Nazis you no longer think Jesus would return Wouldn't you?, Yes, you would, To survive you would do anything they told you to

> But not me through the labor camps I tried to SURVIVE I fought to my last breath as a JEW "For I would die for the Jewish" So I ask again, What do you think of when u see the name Anne Frank?

I'd like to think you would think of me as a survivor Leaving my legacy behind for all to read Name: Jose Nevarez Date: 4/14/23 Grade: 8th Community Academy of Philadelphia Charter School Holocaust Writing Competition

#### All of These Jews

These jews cry for hours and hours nonstop They beg and plea to live But I can't, I'm forced to do this stuff I WANTED NOTHING TO DO WITH THIS! THEY FORCED ME! IT'S EITHER THEIR LIFE OR MINE! That turned me into who I am now I'm a Murderer who killed hundreds for no reason They tell me "lead these jews into these things called showers and close the doors" but they aren't showers The reason I know is because just a few minutes after I-I- I HEAR SCREAMS ECHOING FROM INSIDE! THE HORROR IN THEIR VOICES AS ALL THESE JEWS SCREAMING FOR US TO HELP THEM But instead, I just stand there with my fellow soldiers laughing and saying "this is what you deserve"

On the outside I'm forced to laugh or they might kill me but on the inside I'm crying All I can hear 24/7 IS ALL THESE JEWS SCREAMING FOR HELP! EVEN WHEN I'M SLEEPING THOSE SCREAMS HAUNT ME! THEY NEVER LEAVE ME ALONE! I ONLY STARTED THIS JOB 1 MONTH AGO! And now I hear someone's voice always in my head telling me "I had a family and YOU TOOK ME AWAY! WHY!"

Nothing I seem to do can get that voice out of my head and IT'S DRIVING ME INSANE! I get no sleep because of that voice

That voice makes me think. Why did I take those people's lives? It's not like they did something to me. Right?

The only reason we got to hate these Jews is a rumor that our leader believes in But the rumors don't include all the jews just some of them

And those Jews are most likely dead so why do we keep on doing this All these Jews before my eyes had nothing to do with that rumor so why do we do this? It makes no sense we are killing innocent kids and their parents because our great leader told us to

These thoughts fill my head and makes me filled with rage but I can't do anything I'M DONE WITH THIS JOB! I'M DONE WITH THIS LIFE! Name: Elias Marrero Date: April 17th 2023 Grade: 8th Community Academy of Philadelphia Charter School Holocaust Writing Competition

# Free

Here I sit on this cold and dirty floor, The room, crowded with people we didn't know. Dark, harsh, filthy, disgusting conditions we are in. I just wish to be home once again.

Here I sit on this cold and dirty floor, Watching as the daughters and sons of many parents, Forcefully taken from the room, led to shower. Horrified by this, I wish to be free once again.

Here I sit on this cold and dirty floor, Knowing it could be me next. I sit here, thinking of Imma and Abba. Wondering if they wish to be home again too.

Here I sit on this cold and dirty floor, Watching as once again more men and women are taken. Befriending the rats and other rodents, I dream about being free again.

But now here I stand on this cold and dirty floor, Being dragged along. I cry, I scream, I kick, I fight, but it doesn't work. I comply, and dream about being home again.

Here I stand on this cold and dirty floor, Not alone, however alone in my thoughts. I'm next, and I know it. I just want to finally be free again.

Here I stand on this cold and dirty floor, Wishing my Imma and Abba would come and save me. It's no use, as I cry and hold my breath. Closing my eyes, and realizing I'll finally be free again.

And now here I lay, lifeless, on this cold and dirty floor. Hoping Imma and Abba will be safe, Hoping they're next so they too can be, Finally free

## Message From NCJW CEO Sheila Katz

National Council of Jewish Women

# NCJW Devastated by Dismantling of Democracy in Israel

WASHINGTON — Following the Knesset's vote to overturn the reasonableness standard for judicial review of government appointments and decisions, the first step of the current Israeli government's judicial overhaul plans, National Council of Jewish Women (NCJW) CEO Sheila Katz issued the following statement:

"We are devastated at the rollback of democratic protections in Israel. National Council of Jewish Women (NCJW) has spoken out against these plans since they were first announced, and we are dismayed to see them in action — especially because of their expected impact on the rights of women, members of the LGBTQ+ community, Arabs, and other minorities. "This vote goes against the will of the majority of Israeli citizens, who for nearly six months have taken to the streets to protest these plans. We remain in solidarity with all of the Israeli protestors, including tens of thousands who marched from Tel Aviv to Jerusalem for four days this past week in a desperate bid for the government to abandon its judicial overhaul plans.

"To be clear: the reasonableness standard in Israel is not an abstract legal principle, but a crucial tool that protects real people from unreasonable harm. The reasonableness standard has established bomb shelters to protect children at schools in Gaza border

communities, *mikvahs* (ritual baths) to be available for religious women in a northern municipality, and electricity supply as a basic right of Israeli citizens — a decision that has continued to impact thousands of Israelis struggling with poverty — and so much more. " It is painfully fitting that this major step of the judicial overhaul happened just days

before *Tisha B'Av*, Judaism's day of communal mourning. Just as we come together to grieve the destruction of the First and Second Temples in Jerusalem, so, too, must we grieve the loss of the sacred structures of democracy — and fight to fulfill the words at the end of Lamentations: 'we must turn around and renew our days.'

"NCJW supports President Herzog's call for a consensus-based approach to this crucial moment for democracy in Israel. We oppose the judicial overhaul package and remain steadfast in our fight for a Jewish and democratic State of Israel that lives up to its founding Zionist ideals."

#### A BIT OF NCJW HISTORY

#### Hannah Greenebaum Solomon January 14, 1858–December 7, 1942



When she created the National Council of Jewish Women, Hannah Greenebaum Solomon used the model of an elite Chicago women's club that had challenged its members intellectually as well as demanded their energy for social causes. Under her leadership, NCJW was committed to both Jewish education for women and engagement in social reform. Solomon spearheaded study circles to fight assimilationist trends and help Jewish women become more involved in Jewish life. She also allied NCJW with Christian and secular groups for women, working together to help children and the poor in Chicago and throughout the country. Devoted to her family, she helped recast the Jewish mother from a quiet angel of the house to a woman who could be deeply committed to her home life and also make important contributions to society.

https://jwa.org/encyclopedia/article/solomon-hannah-greenebaum

"Dear Members,

I am proud to be taking on the role of Grants Committee Chair.

Our Section awards small grants, not to exceed \$500, to local organizations whose programs serve the needs of women, children and families.

If you know of a worthy organization in our area, you can suggest that they fill out a grant request.

Click the link below to get the application. To be eligible, a group must qualify as an IRS 501(c)(3) organization.

Feel free to contact me at gervert@verizon.net or (215) 402-0887 with any questions.

Gerrie Greene

"Click here for grant information and an application"

#### BOOK CLUBS

#### Afternoon Book Club

Thank you to Wendy Rader for moderating our July book club discussion of Monogamy by Sue Miller. We are on vacation in August. Starting in September, Eileen Davis has graciously accepted the administrative tasks for the group. Below is schedule of books thru November.

August 24 Vacation

- Sept 28 *Mother, Daughter, Traitor, Spy* by: Susan Elia MacNeal Moderator: Stephanie Fenlon
- Oct 26 This Is How It Always Is by: Laurie Frankel Moderator: Eileen Davis
- Nov 23 Remarkably Bright Creatures by: Shelby Van Pelt Moderator: Anita Shomer

For more information, contact Susan Brooks at 215-542-0712 or seamcrazy@outlook.com.

With a couple of clicks, you can have books delivered from Amazon to your Kindle.

> Click Here for our Website Book Page

#### **Center City Book Group**

Sept 13, 7 p.m. Horse by Gerald Brooks Leader: Faith Edelman Hostess: Faith Edelman

Interested in joining? Call Audrey Block. 215-688-0094 ablock1919@comcast.net

#### **Suburban Book Club**

Our next book is "The Personal Librarian", written by Marie Benedict and Victoria Christopher Murray, Due to travel schedules and upcoming Jewish Holidays, the date, in consultation with our members, will be determined and notifications sent.

#### Suburban Book Club Welcomes New Members to Join

Our section's original Book Club (later known as the Evening Book Club) began in November, 1988, usually meeting one evening a month. Since then we have read 352 books. We have had meetings with husbands, meetings in Margate and Loveladies, meetings with authors in person and by phone, pot luck lunches and swim parties. Our group, recently named the Suburban Book Club has now elected to meet in the afternoon on Wednesdays. For more information... contact Joan Sax at 215- 740- 7263 or joansax@ comcast.net.

#### WE WELCOME NEW MEMBERS

Lynn Albert	Shirley Bloch	Linda Freed	Ronda Dorfman
Gail K. Wiener	Rhoda Indictor	Marsha Finklestein	
Judy Heath	Susan Lynn Fried	Paige Seeherman	Rona Elias

As Membership co-Vice-Presidents we welcome all to call with any questions. Please contact Patti First (patal16@verizon.net) or Linda Abrams (lr.abrams@gmail.com).

We are delighted to send out membership packets to those wishing to become members or dues envelopes for current members.

Dues envelopes should be returned to Harriet Winokur, 732 Johns Lane, Ambler, PA 19002 Membership Dues: Annual \$50 (Be an Angel \$60 )\* Please LIKE us on our Facebook page. Search our full name "National Council of Jewish Women Greater Philadelphia Section." \*For an additional \$10, you can achieve "angel" status which increases the number of people we can assist.

Please check out our website ncjwphiladelphia.org for our Bulletins, past and present, for program information and registration.

#### CLICK HERE TO JOIN OR RENEW ONLINE

Hard to get all my girls at the shore at the same time so... Happy Summer memories Cindi Pasceri



#### **DO YOU WANT TO BE IN PICTURES?**

When you are at an event, send a picture to Harriet (harrietandmal@gmail.com), who will publish it in the Bulletin.



#### REMEMBER.... THERE ARE MANY WAYS TO CONTRIBUTE.

#### **INCLUDE NCJW Greater Philadelphia Section in your estate planning.**

You can help its important work continue for years to come.

Celebrating a *simcha* or have one you would like NCJW to recognize?

We will make a note of it. An acknowledgement to you and the recipient is our pleasure.

What a great way to share by making a donation to our Greater Philadelphia Section.

For information, call 215-302-3586 and leave a message for Pearl Tragash, Treasurer.

Sponsoring an event for a minimum of \$100.00 in honor of a special event or person in your life, or in memory of an important person is a great way to do a double mitzvah! You are honoring the person or event and helping NCJW. You can share this sponsorship between friends. Your name ( or names) will be on the invitation flyer. This is a lovely and meaningful way to support our NCJW section! Please consider sponsoring an upcoming event. Click on the link below or call Aileen Salus 215-441-9339 or Linda Brosgol 215-672-2404 and tell us what event you'd like to sponsor.

### **CLICK THIS LINK TO SPONSOR AN EVENT**

# **ELEMENTARY SCHOOL VOLUNTEER OPPORTUNITY** Please call Harriet Gran at 215-206-1026 or email hgranncjw@gmail.com.

We look forward to the time when we resume all of our volunteer activities.

#### **Hello HAMEC Volunteers!**

The Holocaust Awareness Museum and Educational Center is looking for volunteers to help in the office and as docents. Contact Cindi Pasceri vpasce@gmail.com or (215) 205-0133



This beautiful Tribute card is available in packages of 6 cards for \$25. Use for many occasions such as graduation, Get Well, In Memory, Bar or Bat Mitzvah, or Just Thinking of You. Your donation will help support NCJW in many ways. We would be happy to meet you and deliver your cards. You can also call us to send a card for you at a cost of \$5.00.

Ann Pollock 215-806-4068

Linda Mosko 215-233-0184



If you have changed your address, phone number and/or email, or if you hear of a member's passing, please contact Harriet Winokur. harrietwinokur@gmail.com

#### NCJW Greater Philadelphia Section 2023-2024

#### President - Aileen Salus

#### Vice Presidents:

Advocacy:	Lynne Jacobs	
Membership:	Patti First, Linda Abrams	
Programs & Education:	Rosalie Marcus & Anita Shomer	
Community Services:	Faye Benshetler & Wendy Rader	
Fund Raising:	Cindi Pasceri & Aileen Salus	
Officers:		
Treasurer:	Pearl Tragash	
Assistant Treasurer:	Margie Zukerman	

Treasurer:	Pearl Tragash	
Assistant Treasurer:	Margie Zukerman	
Financial Secretary:	Harriet Winokur	
Recording Secretary:	Susan Chace	
Corresponding Secretary:	Bobbie Berman	

Board Directors at Large:

Nancy Cox Sherry Kohn Eisman Janet Ecksel **Diane Plotnick** Ann Pollock Joan Sax Jackee Swartz

Honorary Founding Director

Immediate Past Presidium

Linda Brosgol

**Diane Steinbrink** 

Harriet Gran, Bulletin Editor. Mal Gran, Website Manager harrietandmal@gmail.com Ellen Toplin, Technical Advisor

Thank you to those members whose help with the publication of the Bulletin is so appreciated: Harriet and Mal Gran Carol Stein Margie Zukerman Char Kurland

National Council of Jewish Women is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children and families and by safeguarding individual rights. We are a 501 (c)3 nonprofit organization. Our National web site is www.NCJW.org











**Regional Director** 215.646.6381

610.584.0468



Jane Barr Horstman 215-399-9436 jane@barrhorstman.com www.janebarrhorstman.com

#### September

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12 Board Meeting 1:00p.m.	13 Center City Book Club 7:00 p.m.	14	15	16
17	18	19 LUNCHEON WITH SPEAKER JANE EISNER HOW THE MEDIA COVERS ANTISEMITISM	20	21	22	23
24	25	26	27	28 Afternoon Book Club 1:30 p.m.	29	30