

Hours (Chicago time)	Israel time	Shomer/et		Hours (Chicago t	Israel time	Shomer/et
6-8 am	2-4 pm	Shira		6-8 am	2-4 pm	razie indich
8-10 am	4-6 pm	Chaya		8-10 am	4-6 pm	Beth Bassman
10 am-12 pm	6-8 pm	Frumi		10 am-12 pm	6-8 pm	Beth Bassman
12-2 pm	8-10 pm	Aunt Jocie		12-2 pm	8-10 pm	
2-4 pm	10pm - 12 am	Ronya Friedman		2-4 pm	10pm - 12 am	Bobbie Schayer
4-6 pm	12-2 am	Debby Robinson		4-6 pm	12-2 am	
6-8 pm	2-4 am	Work Shira :)		6-8 pm	2-4 am	
8-10 pm	4-6 am	bina Simon		8-10 pm	4-6 am	
10pm-12 am	6-8 am	Sara Webster		10pm-12 am	6-8 am	
12-2 am	8-10 am	Sheila Bogen		12-2 am	8-10 am	Anne Silverstein
2-4 am	10 am-12 pm	Nechama moskowitz		2-4 am	10 am-12 pm	
4-6 am	12-2 pm	Rucky		4-6 am	12-2 pm	
Before your time, say a short kabalah that you will, bli neder, not speak or listen to lashon horah for the next 2 hours as a zechus refuah shleimah for shaindel rivka b-s sara						

