

JEWISH CAPE CHRONICLE

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Chanukah edition

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Herzlia Grade 5 essay competition

During September, the Herzlia Grade 5 classes from Weizmann, Highlands and Constantia visited the *Letters of Loss and Refuge* exhibition, based on the book about the Schwab family by Professor Shirli Gilbert at the South African Jewish Museum.



Herzlia Weizmann: Ethan Werb, Noa Sherman, Mia Burnham (winner) and Alyssa Donninger

Their guide, Roz von Zwiklitz, explained the historical background of Nazi Germany that drove Rudolf Schwab to start a new life in South Africa. The children viewed extracts of his many letters, discovered in his trunk years later and used their imaginations to write essays about what the trunk would say if it could talk.

After some tough deliberation, a winning essay and three runners-up were chosen from each school.

Letters of Loss and Refuge will be on display at the SA Jewish Museum until mid-January 2018.

See page 45 for the winning essays

Cape Town hosts World Jewish Congress Community Directors Forum



WJC Community Leaders from Australia, South Africa, Canada and the United Kingdom

The World Jewish Congress held its fourth annual National Community Directors Forum in Cape Town from 22-24 October, bringing together senior professional leaders from dozens of member communities around the world.

"The WJC is a powerful network of professionals, leaders, Jewish community members and representatives, organisations, and more," said WJC CEO and Executive Vice President Robert Singer in his opening address. "We are better equipped to face these challenges than any other Jewish international body, and we will continue to work

together to preserve our Jewish culture and traditions. We are one global Jewish community, and together, WJC is at its strongest."

Mary Kluk, the President of the South African Jewish Board of Deputies said, following the forum: "Having this remarkable group of leaders in South Africa was such an incredible morale booster for our community. Seeing our country and our community through the eyes of the WJC participants gave us a renewed appreciation of our community. It is a true privilege to be part of the WJC family."

Continues on page 11

Capetonians 'keep it together' at communal challah bakes



Aviya and Hagit Walker, Dani, Jacob and Ruby Saks and Tim Bourne at the Progressive Challah Bake on 26 October

See page 21 for more



Elana, Lisa and Kiara Levy at the Shabbos Project Challah Bake on 25 October

See pages 24 - 25 for more

Review *Unpresidented* and win a coffee date with the author

If you love to read and then regale your friends and family with stories about the books you have enjoyed (or hated), then this competition, a partnership between the Cape Jewish Chronicle (CJC) and the Jewish Literary Festival (JLF), is for you.

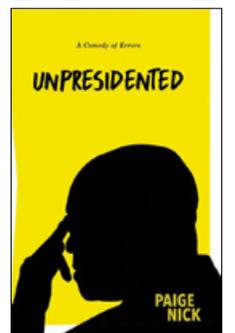
The delightful and irreverent Paige Nick has written another hilarious novel which has been described as 'a tour de farce', a 'tear-jerker, I cried with laughter' and 'has the authentic ring of South Africa of our time'.

Now we want to hear what you think about *Unpresidented*.

Reading and reviewing *Unpresidented* could win you coffee

with this entertaining and acclaimed author — a great chance to quiz her about her writing, life and anything else you might want to know. You'll also win another of her books and have your review published in an upcoming edition of the CJC.

But you have to do a bit of work first...



See page 29 for more information

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Lindy with a why

Why perfection is found in the imperfect

It's my ten-year anniversary this month. And while there have been a fair share of 'lively discussions' (both of us) and perhaps the odd throwing of utensils (me), I can comfortably and very thankfully say that the past ten years have been wonderful.

When I look back on the last decade, it's been an extended case of flying by the seat of our pants through some pretty hectic turbulence and yet thoroughly enjoying the ride.

Our first date was awful. I mean, let's-agree-to-never-do-this-again awful. And yet something made us try again. Because even the worst date together was better than anything else this world had to offer, and BH, we both knew it.

We got engaged on the spur of the moment during a power failure (thanks, Eskom) six weeks later. Hardly romantic, hardly well thought-out, no real engagement ring (we still have the Titanium thumb ring he gave me). And yet, even when we recreated the proposal so that I could get my actual ring, him on bended knee, complete with dinner and dancing and diamonds, it wasn't as perfect as that imperfect 'first' proposal.

When thinking about the week of our wedding, I recall some terror-filled and stressful issues. Like calling the venue the night before the wedding to ask a question and being told that no wedding was booked for the next morning. Like realising at the last minute that centerpieces for the tables had been completely overlooked. Like waiting at the venue for the hiring company to arrive and having them pitch three hours later than expected.

But then, a beautiful wedding, with family and friends and a really moving ceremony.

What followed were ten years of life. Proper, messy, lovely life.

Which brings us to now. It's our ten-year wedding anniversary this month.

I have planned this anniversary, I'm only a little embarrassed to say, for about ten years now. It's my chance to 'redo' my wedding day with the benefit of 10 years of experience, all mistakes rectified, every glitch smoothed out.

The actual wedding-day anniversary falls on Shabbat, which was perfect as we could celebrate with our shul (who married us) and our family and friends and then go to the wedding venue on the Sunday morning for brunch and a bit of a reminisce and take some photos of our family ten years later. Finally, some perfectly planned perfection!

Well, how does the saying go? *Mann Tracht, Un Gott Lacht?*

It turns out my Rabbi and Rebbitzin will be travelling for a simcha overseas during that time and my husband has to work both days of the weekend. Oy.

And yet, in the general theme of my marriage so far, this latest hurdle fits perfectly. And perhaps it's in all this imperfectness that perfection is found.

Mann Tracht, Un Gott Lacht... Well, I do plan my life to a painful degree, and while much of what I plan falls into place, a fair share doesn't. I'm starting to think that Gd does quite a bit of laughing at my expense and yet perhaps, all this time, he hasn't been laughing at me, but with me.

From all of us at the CJC, Chag Chanukah Sameach and Happy Holidays.



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Happy Holidays!



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Community Noticeboard

CT HOLOCAUST CENTRE.

Opening of photographic exhibition by Norman Gershman
Monday 11 December 6 pm.
Exhibition runs 4 December – 8 January. See page 46

EMBASSY OF ISRAEL CONSULAR SERVICES

3, 4, and 5 December.
Please see page 8

SOUTH AFRICAN JEWISH MUSEUM

'Letters of Loss & Refuge' Exhibition runs until 21 January.
Please see page 49.



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Shabbat and Yom Tov Times

Date	Portion	Candle lighting	Ends
1 Dec/13 Kislev	Vayishlach	7.25pm	8.27pm
8 Dec/20 Kislev	Vayeishev	7.31pm	8.33pm
15 Dec/27 Kislev	Mikkeitz	7.36pm	8.38pm
22 Dec/Tevet	Vayigash	7.40pm	8.42pm
29 Dec/Tevet	Vayechi	7.42pm	8.44pm

N.B. Please note that the times indicated are the latest times for candle lighting. Please consult your Rabbi.

		Earliest	Latest	Ends
5 Jan/18 Tevet	Shemot	6.45pm	7.43pm	8.40pm
12 Jan/25 Tevet	Va'eira	6.45pm	7.43pm	8.39pm
19 Jan/3 Shevat	Bo	6.45pm	7.41pm	8.36pm
26 Jan/10 Shevat	Beshalach	6.45pm	7.37pm	8.32pm

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Making progress possible. Together.

Larry Berger brews the 'Spirit of Rooibos'

By Tali Feinberg

When Larry Berger returned to Cape Town after a trip to Islay in Scotland, he was inspired by his travels to try a new hobby — distilling his own vodka. Although it began as a side project, the idea to infuse it with Rooibos has led to an exciting new venture.

“I began investigating how to distil my first brew and once my first fermentation batch was ready, I distilled my first eight litres in my garage,” he explains. “To my amazement, the vodka was exceptionally smooth.

A few days later, the thought of infusing rooibos with the vodka came to mind. The result was the ‘Spirit of Rooibos’ — an aperitif that is taking the beverage industry by storm both locally and abroad.

“Rooibos is a massive national and global brand, so it appeals to many people globally who already enjoy rooibos tea,” says Berger. “I had no intention of producing commercially,

but after receiving the International Michelangelo Award for Most Innovative Product for 2016, the phone began to ring nonstop.

It seemed fate had given me no choice but to reconsider.”

Now, he does most of the tastings and marketing himself — “there is no better sales person than the one who is the most passionate, and that is me.

This has given the product a rich, silky smooth woody flavour, followed by a spicy finish. Spirit of Rooibos is probably the most versatile drink you can find.

Though to be honest, the product is so delicious and has the unique and new factor, that I get 90% buy in when I present to a new client,” he says.

This isn't surprising when you

consider how the product is made and what it can be used for. “The entire Rooibos bush is infused with the vodka, thereby allowing the vodka to naturally absorb the full flavour and body from the botanical,” explains Berger.

“This has given the product a rich, silky smooth woody flavour, followed by a spicy finish. Spirit of Rooibos is probably the most versatile drink you can find. Besides enjoying it neat, it can be used for cocktails and cooking, replacing brandy when cooking and making Don Pedros. Spirit of Rooibos has been compared by some mixologists as a local Pims, Campari and Vermouth alternative,” he says.

Berger has received numerous awards and recognition from the industry, including the Trophy award in probably the biggest international wine and spirits competition — the Michelangelo. Among 54 countries, 24 judges and 2000 entries he received a Trophy, which is the highest accolade you can get. “I felt so out of place at the prize giving — truly a once in a lifetime experience for a garage brew to show its face!”

The Spirit of Rooibos also appeared on the Espresso show with South African 5-star Michelin chef Jan Hendrik using it in an apple crumble and rooibos pie, and famed South African chef Reuben Riffel is using Spirit of Rooibos in his signature drink for 2017-2018. He has also been cooking with it.

The aperitif is soon to be featured in some landmark venues, ranging from Table Mountain Cableway restaurant to Grootbos nature reserve.

It has also been exported to Taiwan, China, Australia, New Zealand, the UK and Germany. ‘Spirit of Rooibos’ has been patented and trademarked, and is globally protected by the South African government.

Berger has faced



Larry Berger and his wife Elena accepting his trophy at the Michelangelo Awards

some challenges — for example, “I was warned by a few key people in the industry to stay clear of this business. They said you need a bottomless pit of cash to market your product, that there is no shelf space

I had no intention of producing commercially, but after receiving the International Michelangelo Award for Most Innovative Product for 2016, the phone began to ring nonstop.

left in liquor stores or bars, that there is just too much selection available and plenty bigger brands buying shelf space.”

Despite this, his risk paid off because Spirit of Rooibos is so unique. “It falls outside of the norm and I felt I had a fighting chance. I was right. But for those entering the market, take heed of their warning,” he says.

Meanwhile, exciting opportunities lie ahead. Berger has been added onto the South African DTI team for international trade shows, and will be taking the product to China and New York in March.

He advises others that if you are starting a new risky business, make sure that you are truly passionate about it. “One of the conditions of proceeding with commercially producing Spirit of Rooibos, was that I was going to enjoy what I was doing and follow my passion.

I had zero interest in making this a financial success and have rather focused on sharing this beautiful drink with the world.



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Adv. Michael Donen honoured

Advocate Michael Donen SC has served on the SABJD Cape Council for over a decade and has been a practicing member of the Cape Bar for over thirty years.

His legal career exemplifies the very best of intellectually robust impartiality and faithfulness to the South African Constitution; defending political activists during the height of apartheid in pioneering cases that put him at security risk and even caused him to be ostracised by members of our community.

On 9 November, fellow Cape Board member Michael Bagraim MP, past a motion without notice in parliament that Adv. Michael Donen's remarkable career be recognised and honoured:

"I hereby move, on behalf of the Democratic Alliance, that this House:

1. notes that Advocate Michael Donen SC represented many freedom fighters during the days of Apartheid;
2. further notes that Advocate Michael Donen SC was highly successful in representing Major-General Mxolisi Petane in 1987;
3. recalls that Major-General Mxolisi Petane passed away in September 2017 and was buried last month, on 7 October 2017;
4. further recalls that Major-General Petane was arrested on charges of terrorism against the Apartheid state, and that the defence raised

by Petane's Advocate Michael Donen was a claim for prisoner of war status;

5. acknowledges that this prisoner of war defence was successful in that Major-General Petane was able to avoid the death sentence;
6. further acknowledges that Advocate Michael Donen SC stepped in to represent another hero of the peoples' struggle for liberation from Apartheid namely Michael Lucas, unfortunately he was not able to avoid the ultimate sacrifice but in so doing was able to save his comrades from the gallows;
7. recognises the outstanding contribution made by Advocate Donen to the rule of law;
8. further recognises his excellent work in representing freedom fighters during a time in South Africa's history when representing freedom fighters was not only risky but also destructive to his practice; and
9. congratulates Advocate Donen SC on this remarkable effort he put into representing freedom fighters for many years."



M Bagraim MP



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INSIDE AND OUT

Josh Hovsha, Executive Director of the Cape South African Jewish Board of Deputies

Writing on the Festival of Chanukah in his Legal Code 'Mishneh Torah' the great 11th-century Jewish leader Maimonides outlines the history of Seleucid Empire's invasion of ancient Israel and the Maccabean revolt which sought to end Jewish persecution at their hands.

Maimonides explains that the Hasmonians, "Saved the Jews from their [the oppressor's] hand. They appointed a king from the priests, and sovereignty returned to Israel for more than 200 years, until the destruction of the Second Temple." (Laws of Megillah and Chanukah Chapter 2). Two hundred years was all that was achieved. That was it. Two hundred years which ended nearly two thousand years ago.

It can feel detached from us. Even for Maimonides who lived at the halfway point between us and the Chanukah story this history must have felt far removed. Yet, writing more than a thousand years after the end of this era of sovereignty, Maimonides speaks about how much this time mattered. This brief time of self-determination in the long night of Jewish Exile matters,

because symbols matter.

In the introduction to his new work 'We Were Eight Years in Power' the author Ta-Nehisi Coates explains "Symbols don't just represent reality but can become tools to change it." For Coates, symbols remind us of what is possible and allow us to effect change. The symbol which a society chooses to emphasize reflects much about that culture. Whose stories do we tell and whose do we leave out.

The period of the Maccabees might have ended a thousand years before the time of Maimonides and two thousand years before our own time, but it reminded us that Jewish people had the right to control their destinies like any other people. It is for this reason that the early Zionists were captivated by the stories of the Maccabees.

Historical imagination is a powerful tool indeed,

If you go into the Jacob Gitlin Library, you will find editions of this paper in its previous form dating back to the turn of the twentieth century and earlier. Those old publications are filled with life.

I often think of what the Chronicle

must have meant to a small community of Jews disconnected from the lands which their parents and grandparents had known. To feel removed from their homes and histories and yet determined to record their own lives and Jewish connections.

This writing was a declaration that their lives and unique Jewish journeys.

We have recently been able to host the World Jewish Congress Directors Conference in Cape Town. A conference where Jewish leaders in diaspora communities throughout the world came together to collaborate.

Before all else we can delve into the symbolism here — World Jewry coming to the same centre where those early editions of the Chronicle are kept. The descendants of the communities left behind and so many others coming to see all that has been built here in Cape Town and simply being left breathless. We can be proud of what has been achieved in this community as we look to make our own impact in a country which needs us.



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Happy Chanukkah!



May your candles burn long...

And your celebration be joyous.

May your table be filled with good food

And surrounded by good friends.



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Continues from page 1

Cape Town: host city for the World Jewish Congress 4th National Community Directors Forum

Over the course of the two-day forum, the delegates from more than 40 global communities exchanged knowledge and experiences, and discussed solutions and strategies for the key issues facing the Jewish world.

The main point of discussion was the BDS movement and its impact on the various communities, including strategies for reactions, rapid responses, and preparation in the face of anti-Israel campaigns.

Delegates also held three working groups to exchange best practices from the large communities to the smaller communities, deciding on a number of strategies and plans of action to work together on issues including security of the Jewish communities and international coordination; online antisemitism and cyberhate; and using legal methods to combat anti-Semitism and the BDS movement. The discussions also included

promoting the global definition introduced by the International Holocaust Remembrance Alliance, and a preliminary plan of action was devised for a global campaign engaging internet companies against cyberhate.

Delegates to the conference were introduced to the nuances, history and social fabric of South African Jewish life. This included a panel discussion in which three of our Cape Town community members involved in the transition from apartheid to multiracial democracy — Ann Harris, Judge Albie Sachs and Johnny Copelyn — shared their memories and insights.

Premier of Cape Province, Helen Zille, welcomed the delegates at the opening dinner on Sunday with a keynote address in which she shared personal recollection of her mother's Jewish family that fled the Nazis in Germany, at her spectacular residence Leeuwenhof.

The gala dinner attended by

members of the Cape and National Board, parliamentarians from across the political spectrum, academics, members of the diplomatic corps and other distinguished personalities, took place within easy view of Robben Island and guest speaker was Tokyo Sexwale, Chairman of the FIFA Monitoring Committee on Israel-Palestine, who spoke on the Palestinians who wanted to expel Israeli teams from the international football organization, Sexwale said: "Our hearts go out to both Israelis and Palestinians because they need peace. Football should be viewed as a tool to unite people."

Guests were treated to our local Cape K kosher cuisine at all our K kosher restaurants and the conference took place at the Hatfield Campus with visits to the Garden's Shul, Holocaust and Genocide Educational Centre and Jewish Museum, and an outing to observe the incredible work being done at Afrika Tikkun and Astra Centre. They also toured the Herzlia

School campuses and met with school leadership.

A WJC member remarked, "The Cape Town Jewish community has left me inspired to go back home and replicate the support systems and networks you have in place! What a great place for a Jew to live."

Snapshot of the World Jewish Congress

- "Kol Yisrael Arevim Zeh beZeh" (All Jews are responsible for one another)
- Global Jewish organisation with affiliated communities and organisations in over 100 countries around the world, across 6 continents.
- Founded in 1936 in Geneva, Switzerland.
- The WJC has been at the forefront of fighting for the rights of Jews and Jewish communities around the world.
- Represents the plurality of the Jewish people, and is politically non-partisan.



National Director Wendy Kahn pictured with delegates from the WJC



The WJC Delegates from around the globe



Caroline and Rael Kaimowitz pictured with a delegate from the WJC



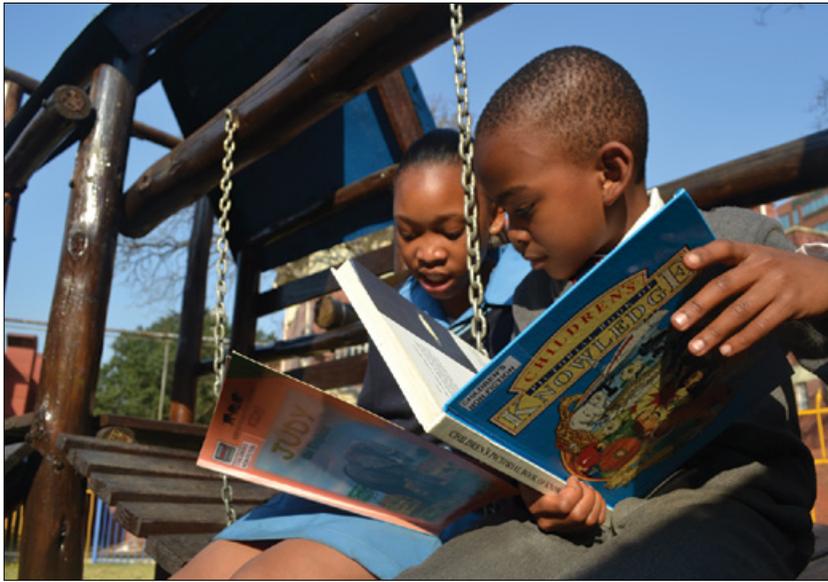
Members of the WJC in a working session



Premier Helen Zille hosts the opening event for WJC members at Leeuwenhof

Perfecting the World

By Ann Harris



At the end of our three statutory services every day, we say the beautiful prayer, Aleinu — it is our duty to praise the Master of all. We pray that the entire world will acknowledge the Almighty's sovereignty which will allow us to work towards a perfect universe.

But we all know that we are facing a tremendous challenge. How can we attempt to heal a world so fractured by poverty and disease, by injustice and cruelty, by inequality and abuse of power?

Would it not be easier for us to concentrate on our own needs and challenges, and not embark on a gigantic and seemingly impossible task?

Why should a small community of 70 000 souls, laden with responsibilities for itself, support organisations like Afrika Tikkun?

Quite simply because our religion expects and demands it of us. And the truth is that the ethical doctrine of Tikkun Olam, explained in Aleinu as making the world a better place and exemplified in a host of our religious teachings, is more widely known and taught today than ever before.

We can find it explained and illustrated in Torah and Tanach, in Siddur, Machzor and Talmud, in medieval and modern Rabbinic scholarship down through the annals of Jewish history.

When the infant Afrika Tikkun first saw the light of day nearly twenty-five years ago, side by side with South Africa's fledgling democracy, it was by no means a new idea. During the dark Apartheid years, many Jewish souls had been quietly involved in support for their disadvantaged fellow citizens, whether personally, commercially or communally. But a bright new day was dawning. Our founders, the late Dr Bertie Lubner and Chief Rabbi Cyril Harris, both of blessed memory, realised that if the Jewish Community was to make a positive contribution to the new

dispensation, its efforts would need focus, structure and organisation. And so a handful of volunteers in Johannesburg and an even smaller handful in Cape Town began to consider which problem to tackle first.

If we were to be involved in the building of a new and just society, our goal had to be to assist disadvantaged families and communities to give their children the chance to be tomorrow's productive citizens. We looked back at our role models, the founders of our community, who brought with them to these shores exactly those values, care of the family and the building of community structures which could assist them in the fields of education, healthcare and family support.

With hindsight, we can now admit that it took us several years to work out how we could best contribute — and we are still learning. The most valuable lesson learned was to realize that we were not just a hand-out charity; and that the real constructive way to assist had to be to make partnerships with a host of community-based organisations in all the localities to which we ventured and with many other NGOs skilled in 'specialist' work.

Since then, we have developed our much acclaimed 'Cradle to Career 360° Model' which is focused on ensuring that vulnerable children and young people are holistically supported in every stage of their development. This continues from infancy until our children are able to access employment or self-employment.

We operate from five 'Centres of Excellence' in five communities in Gauteng and the Cape. Each centre operates an Early Childhood Development pre-school and a Child and Youth Development programme for the school years, providing varied activities including academic support, (last year, we scored a 98% Matric pass rate), libraries and



UJW 31st Triennial Conference



The Union of Jewish Women South Africa hosted their 31st Triennial conference in Johannesburg from 15-17 October.

UJW leadership, delegates and guests were invited to hear different opinions on 'Our Changing World – Tomorrow's Challenges'.

The opening night was a splendid affair. Guests included the outspoken ANC MP Dr Makhosi Khoza, the Israeli Ambassador Lior Keinan, MCC for Health and Social Development JHB, Dr Mpho Phalatshe, National Chairman SA Jewish Board of Deputies Shaun Zagoev, the Director of JHGC Tali Nates and community leaders and key note speaker Gerrie Nel was outstanding.

On Monday, delegates and visitors gathered at the HOD Centre to hear inspirational speakers such as Luke Lambrecht, Nikki Munitz Nicola Barak, Thembekele Molaudzi and Carolyn Raphaely. They captivated and uplifted the audience with their stories of courage and success. Jewish leaders spoke on antisemitism and how to be vigilant in our changing world and the importance of protecting our children. In the

evening delegates, family and friends were treated to a delicious dinner and entertained by the inimitable Harry Sideropolis.

Mina Sable, National Honorary Life president congratulated outgoing President Lynne Raphaely for her excellent tenure at the helm. She inducted Myra Goldenbaum, who made UJW history by becoming the first 'out of Johannesburg' president and first working president as she is CEO of a company in Cape Town.

Myra Goldenbaum started her journey in the UJW as a young mother in Kimberley and became chairman of that branch before moving to Cape Town where she was Chairman and a Honorary Life Member. She was elected onto the National Executive Committee, became National Vice President and was then elected as a National Honorary Life Vice President.

Myra proudly inducted her vice presidents, Linda Nathan from Durban, Bev Goldman from Johannesburg, and Michelle Rosenthal from East London.

On Tuesday delegates heard of the great work the UJW branches were doing in their communities as 'Women of Action' and planned ahead to face the challenges of 'Our Changing World – Tomorrow's Challenges'.

computer laboratories. For the youth, the emphasis is on preparation for employment. Leisure activities focus on sport and music. Children with special educational needs are included.

Needless to say, we feed all our clients daily, as many as 800 000 meals a year — how could a Jewish led organisation fail to do that? We are also insistent on supporting our 12 000 clients with essential teams of social workers and primary health care. These services are a vital component of building Tikkun Olam. How can we make progress if people are sick and burdened by social challenges?

We often remember with amazement how we embarked on this adventure nearly a quarter of a

century ago with less than a handful of staff. That small group has now become a nationwide dedicated and highly professional corps, costly but necessary.

But we all need to accept the responsibility of helping to make South Africa an example of Tikkun Olam by contributing our interest, our understanding and the practical application of the timeless moral and ethical values of Judaism.

Ann Harris is a founder of Afrika Tikkun, together with her husband, Chief Rabbi Cyril Harris of blessed memory, Bertie Lubner also of blessed memory, Herbie Rosenberg and Arnold Forman. She continues to play a vital role in the organisation as a board member.



Thank you Cape Town for believing and investing in Phyllis Jowell School

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SOUTH
AFRICAN
ZIONIST
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CAPE COUNCIL

VIEW FROM THE CHAIR

By Rowan Polovin, Chairman, SAZF Cape Council

A mosaic, not a monolith

Israel is too often portrayed by her detractors as a faceless, impersonal and inhuman block of stone. An ever expanding monolith that heartlessly encroaches upon others' land.

It is uniform, unidimensional and artificially created. As a result, goes the argument, it cannot be reformed or assimilated into the community of nations, and any integration of it must be wholly rejected. The only solution is to demolish it into a state of broken stones.

This depiction of Israel as a monolith is effective because it is simple and understandable. In truth it is a big lie and malicious slander against this beautifully complex and deeply dimensional country. Israel is an ancient mosaic still in progress, not a recently completed block.

Simply because she is the Jewish State does not mean that all Jews in the state are the same. Her Jewish population is far more racially and ethnically diverse than many realise, with an array of Sephardic, Ashkenazic, Mizrahi and Ethiopian Jews. Even within these are diverse sects with differing customs and interpretations. Some Israeli Jews are ultra-orthodox, orthodox, reform or conservative religious, some are secular, some believe it is enough to live in Israel with no need to practice their Judaism, and others are Jewish atheists. All coexist with each other in complex ways to create an extraordinarily rich Jewish society never seen before in history. Almost 17 percent of the country is Muslim, 2 percent Christian and 1.7 percent Druze. The other 4 percent could be Samaritanism, Baha'ism and other religions, or people with no religious affiliation at all. Within these groupings are further differences and diversities coinciding peacefully with each other.

The Israeli government is not a unified

edifice. The Knesset is a reflection of a vibrant democracy in action, with loud and energetic debates and arguments from members across religious and ethnic divides. It is probably the only democracy in the world where democratically elected members of minority parties can falsely claim there is no democracy and are given the freedom of speech to claim there is no freedom of speech. Israel's policies are neither coalesced nor etched in stone, but ebb and flow in a meandering river of politics, and are continuously checked against one of the most advanced judicial court systems in the world. Israel is not perfect, but certainly not wholly imperfect

as its detractors like endlessly to claim.

The vast majority of Israeli life is not focused on the Israeli-Palestinian conflict, and besides her enemies, it is wrong for even her friends to spend a disproportionate amount of time talking about and focusing on purely political and conflictual terms. It is a country rich with history and culture beyond politics and conflict: a start-up nation; a high-tech superpower; a cultural forest amongst the deserted wilderness; an intellectual and academic

powerhouse; an archeological and historical dream; a place where its inhabitants are among the happiest in the world; an unforgettable tourist destination, and a phenomenal place to live, study, raise children and find meaning.

Israel is not a faceless block carved out in a modern era, but a modern assortment of ancient gems that have returned to her from all over the world and re-established a heart and home for the Jewish people. For this she demands and deserves respect, understanding and recognition amongst the nations and peoples of the world.



Celebrating the Balfour Declaration



Ronnie Gotkin, SAZF Cape Council chairman Rowan Polovin and Professor Milton Shain The SAZF (Cape Council) in Collaboration with the Jacob Gitlin Library and Likud hosts the Balfour Declaration Centenary Event.

The breezy weather did not deter the hundreds of attendees who attended the Balfour Declaration

Centenary event at the Sephardi Shul Hall. Ambassador Lior Keinan opened the proceedings, and the panel discussion of the evening was led by Ronnie Gotkin and Professor Milton Shain. The discussion was followed by a documentary, Whose Land? which looked at the legitimacy of Israel through the eyes of history and international law.

Diller visits the US



Elana Lewin (Melbourne Lay Leader) Julie Berman (CT Supervisor) Jackie Saftier, nee Diller (President of the Helen Diller Family Foundation) Maxine Boyd (CT Lay Leader) Mark Reisbaum (Chief Philanthropy Officer of The Contemporary Jewish Museum San Francisco) at the 20th-anniversary celebrations in San Francisco

During the month of October, Diller supervisor Julie Berman, lay-leader Maxine Boyd and coordinator Lee Lobel attended the Professional Leadership Conference of the Diller Teen Fellows Program in San Francisco.

This was the 20th anniversary of this world renowned leadership program which was started by Helen Diller z'l who believed in ensuring the longevity of the Jewish community by empowering Jewish teens to become leaders in their respective communities.

Each diaspora Diller Cohort (group) is partnered with a city in Israel working throughout the year

in close contact. During March the Israeli cohorts visit their diaspora communities for 10 days and during July the diaspora communities spend three weeks in Israel touring, learning, doing outreach projects, staying in home hospitality with their twin city and meeting up with all 700 like-minded Diller participants from throughout the world.

At the conference we were addressed by, amongst others, Rabbi Darren Kleinberg, Head of Kehillah Jewish High School in Palo Alto and Dr Shlomi Ravid, pioneer and educator in Peoplehood education for over 30s.

This is indeed a unique programme and one that our community is extremely proud to be involved in.



Fighting terrorism and safeguarding the rights of citizens worldwide

Terrorism is a global phenomenon; sometimes legal action is mightier than the sword.

Nitsana Darshan-Leitner's strategy in fighting terrorism in the courtroom is by attacking the terrorists in their pocketbooks incorporating legal loopholes to block their funding.

Darshan-Leitner is founder and

president of Shurat HaDin Israel Law Center, which is at the forefront of fighting terrorism and safeguarding citizens worldwide. She represents people from various backgrounds, ethnicities, races and religions. Her cases span the globe and enable victims of terrorism to fight back and sue their perpetrators, forcing them to spend enormous sums on legal fees and preventing them from

using financial institutions in western countries to fund their operations. Currently, she is fighting for the rights of hundreds of terror victims in lawsuits and legal actions against countries and organisations including the Republic of Iran, North Korea, the Bank of China, Palestinian Liberation Organisation, the Palestinian Authority and Hezbollah.



by a evening lecture at the Stellenbosch University. Despite the serious subject matter, Darshan-Leitner's storytelling of the work she does was exceptional and inspirational; she definitely had the audience in stitches.

Shurat HaDin also fights to end the incitement of violence

and promotion of terror on social media. At the same time, it defends Israel, its leaders and soldiers against claims of war crimes and combating Lawfare and BDS (Boycott, Divestment and Sanctions).

Nitsana Darshan-Leitner wields enormous influence in her area of specialisation. A mother of six, including a set of triplets, she is a graduate of the Bar-Ilan University Law faculty and holds a MBA from Manchester University. She is a regular guest on international media programmes on US and European networks.



Ben Levitas, Jonathan Silke, Nitsana Darshan-Leitner and Rodney Mazinter

Her success rate is excellent. Darshan-Leitner says her firm has succeeded in receiving more than \$1.5 billion in judgments, freezing over \$600 million in terror assets and securing over \$120 million in actual disbursements to the victims and their families.

Addressing audiences on the topic of fighting terrorism in the courtroom. The South African Zionist Federation Cape Council and the United Jewish Campaign hosted a breakfast talk where Darshan-Leitner spoke in front of a lively Cape Town crowd at Café Riteve on 25 October, followed



MASA Israel Journey

The umbrella organisation for immersive Israel experiences is

MASA Israel Journey.

MASA allows 18 to 30 year olds to see Israel for themselves whilst engaging in a programme which caters to their interests, from interning to volunteering, from studying to taking a gap year, MASA has a programme which meets the needs of young adults.

Alistair Kolevsohn decided to take a gap year in Israel after school and did the Kibbutz Ulpan programme, in his own words, it was a life-changing experience: "My first trip to Israel was amazing but I felt that I wanted to see more of Israel afterwards. So in my gap year in 2015, I applied to take part in a Kibbutz Ulpan. I got to experience a true socialistic kibbutz for the first time. Everybody works, eats and lives together in a very close-knit community. It is like one giant family."

"It was an unforgettable experience

I got to experience a true socialistic kibbutz for the first time. Everybody works, eats and lives together in a very close-knit community. It is like one giant family

and if you would like to see Israel it really is, I would highly recommend a Kibbutz Ulpan. Not only does it give one the opportunity to live as a Kibbutznik, it also gives one the option to explore and experience Israel freely."

Another exciting, affordable, new programme being offered is the Masa Israel Teaching Fellows. University graduates can apply to spend 10 months in Israel, live in a flat in their choice of city, work in Israeli schools as an English teachers or tutor, tour around Israel and get paid for teaching. It is an

incredible way to get to know Israel while gaining work experience.

Alistair's incredible journey in Israel is uniquely his, but the opportunity to do so is not, MASA is open to 18 to 30-year-old Jews with huge automatic grants available to eligible South Africans. Get an automatic discount (eligibility dependent) of between \$3 600 and \$9 100 off your chosen MASA programme in gap year, study, volunteer and internship categories.



Your Gap Year programme in Israel



Automatic Grant: 4 months - \$3600; 5 months - \$4500; 8 months - \$7200; 10 months - \$8,500

(011) 645-2561 | israelprog@israelcentre.co.za | www.masaisrael.org



For more information go to www.masaisrael.org or call 021 286 2130/1

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HABONIM DROR

The Summer We Have Been Waiting For

It's crazy to think that summer is here already, with our biggest Machaneh in five years about to kick off!

We've all been waiting so eagerly for December to arrive that we've seen the year fly by in a flash. On 8 December, hundreds and hundreds of Jewish campers from across South Africa will embark on a life-changing three week Machaneh with Habonim. Under the summer sun, swimming in the breath-taking Onrus ocean, and making best friends under the tree-top-canopies of our beautiful campsite. That's what awaits our campers this month!

All our madrichim have been on the campsite since 29 November making sure that everything is ready for our channichim to arrive. From the soccer court to the inspiring peulot and everything else in between, Machaneh17 Na'aleh is going to be

an absolute hit! With the biggest group of campers in five years, and our huge Cape Town contingent, we are sure that Habonim Machaneh is going to be a place of friendship, learning, love, fun, playing, and a summer to never forget. There are still a few spots left in some of the age-groups, so if you haven't signed your child up yet then please call our offices ASAP to see if there is still one more spot waiting for you.

As I write this final piece for the Jewish Chronicle as Rosh Machaneh of Habonim, I'd like to take the opportunity to thank each and every single member of the Cape Town community for helping strengthen and supporting Habonim this year. The amazing work we have achieved wouldn't be possible without you all.

To the summer of a lifetime! Aleh Ve'Hasgem!

David Schwartz,
Rosh Machaneh 2017



BNEI AKIVA

Cape Town's part in Machaneh Nitzavim Hayom

It's always a huge spectacle for over one thousand young Jews to come together in their December holidays and learn and grow together.

It requires huge amounts of preparation, time and effort to get to this point but in Cape Town it is always made easier by the amazing support that we receive from the Cape Town Jewish community.

Every year on Simchat Torah, Bnei Akiva Cape Town's madrichim gather together in the different Shuls in Cape Town to be involved in the night's festivities and to try and show the Cape Town community the power that we bring and the potential of young passionate young Jews coming together to serve a common purpose. Our common purpose on Simchat Torah in Cape Town is to raise as much money as possible for the sole purpose of being able to help the kids and families that aren't able to afford their camp fees.

We were joined in our efforts by fellow Bnei Akiva madrichim and channichim who all wanted to join in with the Cape Town community in the celebrating of Simchat Torah. Bnei Akiva Cape Town was able to bring four madrichim from Johannesburg



who played their part at the Claremont Wynberg Hebrew congregation and at Beit Midrash Morasha we were joined by Yeshiva College's tip tour which comprised 22 boys from Yeshiva College High School.

At the different shuls we tried our best to show how the value of having as many kids on Machaneh as possible and we are happy and grateful to say that we were able to raise enough money to send forty kids to camp.

This is truly something amazing and we are so grateful that the community can see the value in what we do and that its members are so happy to support our cause.

Machaneh Nitzavim Hayom will be remarkable and we owe a huge amount of thanks for this to the Cape Town community!

Kadima Bnei Akiva
Nathan Esra



SAUJS

SAUJS Recap

2017 was an incredible year for SAUJS Western Cape and I cannot believe how fast it has gone.

Since university will be closed throughout December, January and half of February, I saw it fitting to reflect on some of the year's events.

Our year kicked off with a bang with 'The Big Shmooze', which was held at the trendy and vibrant Asoka Restaurant in Town.

Jewish students mingled over tasty cocktails and interesting food. The night would not be the same without the amazing music and incredible company. This event gave Jewish students a small taste of what we would be offering them throughout the year.

Israel Apartheid Week followed, which was an extremely uncomfortable time for Jewish students on campus. Nonetheless, we stood strong in the face of blatant hatred, and made sure that we informed the misinformed and stood up for what we believed in.

We then concentrated on having events on campus that celebrated Israel's brilliance, strength and

beauty. We held a Yom Yerushalayim braai and gave out shawarmas for Yom Haatzmaut. These were extremely well received and set a precedent for even more of these events.

Our final Israel related event took place on Jameson plaza where we played hip Israeli music and cooked shakshuka and falafels for UCT students. We even managed to recreate the famous 'shoko', which went down extremely well.

The aim of these events was to show students the real side of Israel that is not in any way connected to politics. We were also involved in a number of outreach activities, including One to One, a fun day organised for the handicapped, where our students ran an arts and crafts stall.

We capped off our brilliant year with an extremely successful formal, which celebrated the incredible achievements of Jewish students.

We would like to thank our members for their support this year; and we look forward to begin our planning for even more exciting events next year!

Jesse Soicher
Chairperson SAUJS WC

The aim of these events was to show students the real side of Israel that is not in any way connected to politics.



DILLER

The gift of giving

Sometimes we receive gifts that provide us with a purpose. Being granted the role of a junior counsellor did exactly this.

This year was a challenge — a beautiful one. Balancing our Matric year and our responsibility to Diller wasn't always easy but it was always enjoyable. Our weekly meetings were productive and we put our strengths together to enhance every learning opportunity for our fellows.

We saw the growth of the fellows from month to month and this was the richest blessing. Guiding our fellows and leaving an impact on their lives was truly special. We are so grateful



for this unique opportunity, for the Diller programme, for the rest of the staff and for each other.

Hannah-Rose Fleishman and
Melissa Moritz
Junior Counsellors (JCs)

Pick n Pay



**WE WISH OUR JEWISH
CUSTOMERS A HAPPY CHANUKKAH
FILLED WITH LIGHT.**



UNION OF
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איחוד בתי הכנסת האורתודוקסים
בדרום אפריקה
CAPE COUNCIL

BURNING BRIGHTLY

THANK YOU

RABBI MATTHEW LIEBENBERG [CLAREMONT WYNBERG HEBREW CONGREGATION]

The Talmud provides a rather brief description of the Festival of Chanukah (Shabbat 21b): *"What is Chanukah? Our Sages taught: From the twenty fifth day of Kislev are the eight days of Chanukah, on which one may not recite eulogies nor fast. [This is because] when the Syrian-Greeks entered the Sanctuary, they defiled all of the oils there. And when the Kingdom of the House of the Hashmoneans overcame them and vanquished them, they searched everywhere in the Temple and could only find one jar of oil with the seal of the High Priest still intact. There was only sufficient oil to light the Menorah for one day, yet a miracle occurred and they kindled the lights from it for eight days. The following year the Sages fixed these days as Yamim Tovim [festive days] on which Hallel (Psalms of Praise) and Hoda'ah (thanks) must be recited."*

Rashi explains the last line of the passage: *"Yamim Tovim [festive days] – not that work is forbidden on these days, for they were only instituted to read Hallel and to say Al HaNissim ('for the miracles') in the Thanksgiving section of the Amidah."*

The Talmud thus explicitly designates Chanukah as a festival of thanksgiving. This aspect of the *chag* is fulfilled through the addition of the paragraph *Al HaNissim* in the thrice-daily *Amidah* prayer and in the *Birkat HaMazon*, Grace after Meals. In the former, the paragraph is inserted into the second-last blessing, *Modim* ('We gratefully thank you'), and in the latter, in the second blessing, *Nodeh Lecha* ('We thank you, Hashem'). But the recitation of this paragraph is not the only form of thanksgiving that takes place on Chanukah. It would seem from the *Midrash* that the nightly lighting of the Menorah in the Temple also fulfilled this function: *"The Israelites said to the Holy One, Blessed is He, Master of the Universe, you instruct us to kindle light [the Menorah] before You, yet You are the source of all light in the world...!" The Holy One, Blessed is He replied, "It is not because I need the light, instead I want you to illuminate the path for Me as I did for you [in the wilderness] so that all of the Nations will say, "See how Israel lights the way for the One who illuminates the entire world!" An analogy may be given: A sighted man and a blind man were travelling together. The sighted man said to the blind man, "When we get into the house at our destination, please kindle this lantern for me to provide me with light." The blind man replied, "When I was on the road you supported me and until we get into the house, you escorted me and yet now you tell me to light a lantern for you? The sighted man responded, "I do not want you to*

feel indebted to me for guiding you on the way, that is why I asked you to light the lantern for me. The 'sighted man' is the Holy One, Blessed is He and the 'blind man' is Israel, whom God guided and illuminated the way. When the Tabernacle was erected, the Holy One, Blessed is He, called Moshe and said, illuminate [the Sanctuary] for Me, as the verse (Bamidbar 8:2) states, "When you kindle (literally, 'lift up') the lamps" – this mitzvah serves to elevate you."

Although it is impossible for finite man to express gratitude to the Infinite God or to do anything for Him, for everything is His, nevertheless He gave the Jewish people the *mitzvah* of kindling the Menorah as a form of saying 'thank you' to Him. Our tiny, barely noticeable flame is not ignored by God. On the contrary, He considers it a meaningful way to offer Him thanks for the countless blessings He heaps upon us.

There is something very unique about giving thanks to God or to another human being. As mentioned above, the *Amidah* contains a blessing, *Modim*, dedicated to thanksgiving. There is something unusual about this blessing. When the chazzan repeats the *Amidah* that the community has just recited silently, the congregation listens quietly and recites 'Amen' at the end of every blessing. But when the chazzan reaches *Modim*, the congregation recites a paragraph called *Modim D'Rabanan* (a collection of different prayers of thanksgiving recited by the Talmudic rabbis) while he continues his repetition aloud. Why

is it insufficient for the congregation to answer 'Amen' as is the case with all the other blessings? Why must each person recite their own thanksgiving?

The Fifteenth Century Spanish sage, Rabbi David Abudraham, supplies the following remarkable answer in his commentary to the weekday *Shacharit* service: *"For it is not proper for a servant to say to his master, "You are my master" through an agent. Rather, each person must accept the yoke of the Kingship of Heaven with his own mouth and if he does so through an agent it is lacking for he can always deny that he sent the agent."*

We cannot thank God through the mouth of another just as we cannot thank another person who has been kind to us in this way. Thanksgiving must be direct. Chanukah is the time of the year during which we humbly thank our Creator for the goodness He bestows upon us every day and "at every season-evening, morning and afternoon" (From the Modim prayer).





Glenn is changing the game!

Prior to going into the property business, I was in the children's business. As the Owner and head coach of Visions Gymnastics, I had the honour of developing hundreds of children over many years.

During this time I saw a need for general exercise, a place where all children could enjoy both the physical and emotional benefits of movement in a non-competitive environment, much like the adult versions of gyms we see today.

Those children with talent could work on their conditioning and fitness to excel in their preferred sport and then there are those children that don't do sport or have special needs, but need the exercise.

As life would have it my daughter Emily was born in 2010 with a neuromuscular condition that restricted her movement in her hands, shoulders and foot. At the age of 3, I started taking Emily with me to gym, sneaking her into the studio for her weekly training session.

After seeing the most incredible improvement in both her physical and emotional development, the idea I had 15 years ago came back to nag me to the point that I felt compelled to explore it.

RE/MAX LIVING graciously granted me a sabbatical to pursue this passion and I opened the doors to THE KIDS GYM in August. I have had such incredible support from the Jewish community from all over the Western Cape, most impressively from those that travel from the Atlantic Seaboard, as I've learned that in Cape Town more than 10 minutes away is considered a day trip! Thank you so much to all of you from the bottom of my heart!

With the help of partners, I am able to pursue my career with RE/MAX and I look forward to assisting you with your property needs.

Refer or list your property with me and receive an annual membership for all your children at THE KIDS GYM.



Glenn Joselowitz

Cell 083 454 3377
glenn@remaxliving.co.za



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TEMPLE ISRAEL
CAPE TOWN PROGRESSIVE
JEWISH CONGREGATION 70
Years

Consider This

By Rabbi Malcolm Matitiani

A Story of national and cultural identity



Chanukkah is not only the story of the triumph of good over evil and of right over might, it is also the story of the preservation of national identity, language and culture. The villain of Chanukkah, Seleucid king Antiochus IV Epiphanes, outlawed Jewish practice and the teaching and studying of Torah. After plundering the Bet Mikdash and massacring Jews, he dedicated the sanctuary to Zeus, inspiring the Maccabean rebellion.

Matityahu ben Yochanan founded a guerrilla army that, under the leadership of his son, Yehuda HaMaccabee, successfully won Jewish independence from foreign, Hellenistic rule. The climax of the Jewish revolt against the mighty Seleucid Empire was the re-dedication of the Temple to the worship of the God of Israel. This victorious act sent out a powerful message: that the native inhabitants of Judea were not prepared to sacrifice their traditions, culture, language and religion in order to comply with those of another nation.

As I write this article the Spanish government centred in Madrid have quashed an attempt by the people of Catalonia to declare independence from Spain. The region of Catalonia has long been an autonomous community within Spain because its inhabitants have their own language (Catalan is closer to French and Italian than it is to Spanish) and culture (cuisine and festivals) which is distinct from that of their Spanish cousins. The Catalans also have their own national symbol, flag and anthem.

It is therefore no surprise that Generalitat de Catalunya (the Government of Catalonia) unilaterally declared independence from Spain

on 27 October this year, following a vote by the people of Catalonia, a vote that was declared illegal and unconstitutional by the Spanish government in Madrid. The Spanish Prime Minister, Mariano Rajoy was given the mandate to invoke article 155 of the Spanish constitution to suspend the region's autonomy. Charges of sedition have been filed against Catalan President Carles Puigdemont who has sought asylum in Belgium.

While Madrid's reaction to Catalan aspirations for complete nation autonomy cannot be compared to the systematic assault on Jewish culture by Antiochus IV Epiphanes, there are echoes of the Chanukkah narrative in the situation that is playing out on the Iberian Peninsula. The Spanish government are not attempting to eradicate Catalan language and culture, the way the Seleucids tried to impose Hellenistic culture and religion on the Jews, but they are preventing the inhabitants of Catalonia from expressing their ambitions to be masters of their own destiny.

There is a fear of course that if Catalonia were granted independence from Spain, the regions of Galicia and the Basque country would also demand independence. Italy, the United Kingdom, France and Germany could face challenges from Lombardy, Scotland, Corsica and Bavaria respectively. It is no wonder that these countries came out in support of Madrid as did the European Union.

As we light our chanukkiyot during the eight days of our Festival of Lights in celebration of the Maccabees' triumph to preserve our culture, may we undertake to learn about and respect the culture of other minorities in our diverse and interesting world.

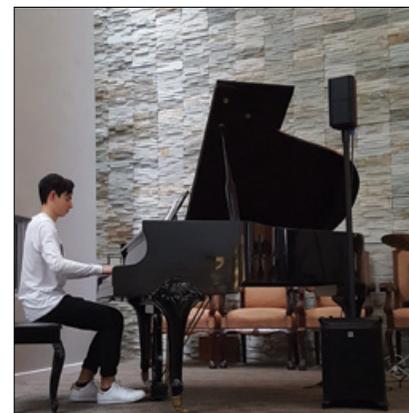
Making a mitzvah a simcha

At Temple Israel all our bar or bat mitzvah students do a mitzvah to make the world around them better.

It is one thing to be called to the Torah, but another to clean a river, read to a resident at Highlands House or support a soup kitchen. In honour of his bar mitzvah Tan Tan Kuti-Alexander arranged a concert with some of his friends from school to raise funds for Glendale.

The concert, held during Sukkot, was a huge success both musically and financially. The repertoire ranged from classical piano pieces to contemporary pop music and featured the outstanding talents of the 13-14 year-olds of the congregation. Performers were Tan Tan Kuti-Alexander, Rio Fisher, Aidan Cohen, Mila Smith, Michaela Perkel, Gabriel Sieff, Gabriel Dubb, Matthew Lubner, Yasmin Kuti-Alexander, Jamie McNally, and Skyscrapers made up of Mila Smith, Leo Letschert, and Daniel Buchalter.

The evening raised R10 000 for Glendale, who sent a group of residents to come along on the evening, and of course, Charles Brand made a speech. Thank you to the musicians, parents, staff,



TanTan Kuti-Alexander plays the grand piano on the bimah at Temple Israel

audience and volunteers who all helped to make this mitzvah project a reality.

To add simcha to the whole week, on Simchat Torah, Temple Israel took the music (and the rabbis and the Torah) to Glendale home. Congregants joined with residents to dance with the Torah and sing our hearts out. From Hava Nagila to Od Yavo Shalom Aleinu, the dancing and festivities went on and on, sealed with a Torah reading of course. Thank you to Glendale for providing the eats and to Ari Scharfstein for the music. Everyone was moved by the occasion, and we hope this will become an annual event.

Sukkot and Simchat Torah at Temple Israel

Our Sukkot and Simchat Torah once again provided wonderful services and events for our congregation.

Our Erev and Morning Sukkot Services and Brochas in Green Point and West Coast respectively were led by four Progressive rabbis and, with support from the Rina musicians and congregants, provided plenty of ruach at both. On the Friday morning, a breakfast shiur was led by Rabbi Tamara Schagas and which featured discussion on Sukkot traditions and some

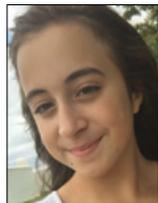
of the challenges faced by Israel.

On Saturday evening Wynberg was once again the host for the Havdallah, Cider in the Sukkah — at which different flavours of cider were tasted — and Braai. Our Simchat Torah Service and Party were, as always, a wonderful advertisement for our congregation where the hundreds of people there davened, danced with the Torah and ate /drank to their hearts content at our shul in Green Point. We are truly grateful to all who contributed to making the chaggim so full of learning and enjoyment for all.

Mazaltov to those who celebrated Bnei Mitzvah with us last month:



Leo Chames
18 November



Aleah Cohen
25 November



Rabbi Julia Margolis, Rabbi Tamara Schagas, Rabbi Greg Alexander and Rabbi Malcolm Matitiani



Scott Haigh Roberts and Ari Sharfstein leading the hakafot



Anita Sales and Hilton Jacobson



Astrid Diliberto, Rabbi Greg Alexander and Andi Kuti



Barbara Bont, Tanya Atash and Lesley Manion



Bronwyn de la Cruze and Elriza Albanie



Lindi Hingston, Aisling Hingston and Simon Minitzer



Cynthia Robertson, Jonathan Holmes and Anthea Feintuch



Danelle Datnow, Marni Reise and Gill Saks



Mikail Garcia, Lianne Stuppel and Sasha Ella



Margie Williams, Glynnis Laubsher and Kelly Williams



Friday morning T'filin Wrap



Josh, Greg and Bev Lyons



Judy Sacks with Gabriella Flash, Yasmin Kuti-Alexander and Jesse Flash



Simone and Tyler Meyerowitz



Rabbi Malcolm Matitiani, Lianne Stuppel and Mikail Garcia

A Proudly Progressive Shabbat

Shabbat belongs to every single one of us — it is arguably our greatest treasure. The early cultural Zionist thinker, Ahad Ha'Am (Asher Ginsberg) famously said: "More than the Jewish people have kept Shabbat, Shabbat has kept the Jewish people."

These words beautifully echo the incredible energy, spirituality and community that accompanied our unique celebration of the Shabbat Project. Whether it was the kneading, braiding, singing and overall joy of the incredible, inclusive Challah Bake, or davening Shachrit under the warm rays of the morning sun at the Tefillin Wrap or enjoying the spiritual lift of one of the special shul services on offer or just experiencing the melodic and magical high of The Havdallah Braai, we came together as a community to share the powerful and connecting experience that is Shabbat.

And we did it in true Proudly Progressive style.

We want to thank all who were involved in the planning and running of Shabbat Project 5778, but special mention should be made of Eureka Mills for their wonderful sponsorship of the flour for the Challah Bake.



Heidi-Jane Esakov-Jacobson, Marni Reise, Rachael Bootcov and Nina Hoffman



Jeanne Livingstone and Sue Grove



Nina Hoffman, Judy Sacks, Vanessa and Tim Bourne



Michelle Christian, Tina Christian and Terence Figland



Noah Smollan and Leib Jacobson jam with the band at Havdallah



Linda Thorn and Diana Sochen



Our Challah Bake entertainers — Nidhi Chaitow, Fabio Diliberto and Ari Sharfstein



Eugene, Glenda, Zena and Aaron Kruss van der Heever



Ralph and Sheila Baker and Cezanne Carsten

The highest Jews in the world

In October this year, Geoff Cohen, Gary Anstey, Steve Kruger, Marc Cohen and Michael Gavronsky went on an incredible trip to the Himalayas in Nepal. Below are some of Geoff (GC) and Gary's (GA) reflections on their experience.

The team:

GC: Our team comprised 11 individuals, mostly from Cape Town but also Vancouver, Toronto and San Diego. I approached the trek with huge excitement mixed with a healthy dose of trepidation.

GA: Our group comprised Marc, Geoff, Leigh, Tania, Tina, Jeremy, Jan, Michael, Roxanne, Steve and myself. We settled seamlessly into each other which made it memorable and enjoyable.

Preparation:

GC: Preparation plays a huge part in the success of the trek and reaching the goal. It is really hard to train for altitude so my preparation was climbing Table Mountain and Lion's Head and endless running loops around the Molteno Reservoir. There is not much one can do to prepare for the ascent of two Himalayan peaks of 5400m above sea level. One has to hope that the altitude does not affect one's body.

GA: Ganesh was our guide, host, carer, and companion, assisted by his designated assistant, Ramu. Ganesh is a climbing guide so this experience had to be rather tame for him. However, his experience of altitude climbing made him more aware of the symptoms of Acute Mountain Sickness (which everyone experiences in some form or another), High Altitude Pulmonary Edema and High Altitude Cerebral Edema (which fortunately none of us experienced). Safety is the most important concern of any high altitude trek and so taking necessary precautions is critical.

Katmandu:

GC: The capital of Nepal is an exciting vibrant and historic city with huge numbers of tourists experiencing the wonderful culture of Nepal. While walking around the streets of Kathmandu I came across Chabad House and was immediately drawn to the welcoming sign. It was the festival of Succoth and the local Rabbi invited us to come celebrate with them. So on Erev Succoth we arrived at Chabad House, Davened Ma'ariv and at the insistence of the Rabbi I addressed the over 100 Jewish guests that had come for the Succoth dinner. I was blown away by the number of Israeli and Jewish people who, like me, were drawn to the comfort and familiarity of our people. The young Rabbi and his wife had created a little oasis in the heart of Kathmandu where Jews of all dominations could find a place to be with each other. The feeling of familiarity, connection and being part of something greater was palpable.

GA: Nepal is one of the worst gastric offenders and few people escape without some form of food poisoning or a gut that did not adapt. Cleaning your hands before every meal and after visiting a toilet is a non-negotiable. Many visitors experience Delhi belly so if you are entreated to avoid salads and stone fruits, listen to the experts. One of our party demonstrated incredible perseverance — after stupendous stupidity — when she staggered up the trail for the first two days. She had no recollection whatsoever of the route when we backtracked the last two days.

Acclimatising:

GA: Acclimatisation becomes the object of any trek — our rule was go as high as you like but sleep not more than 400m from your previous altitude. On the itinerary the misnomer was 'acclimatisation day', interpreted by some of us to be a day of rest! It means go stagger up a few 100 metres so that tomorrow's walk is more enjoyable.

The symptoms range from headache, nausea, shortness of breath, disturbed sleep, tiredness, difficulty breathing, and loss of appetite. It is important to drink water, and eat. Diamox is a personal choice but it definitely helps with processing of oxygen, and results in a less disturbed sleep. For some, its diuretic properties are a turn off, but others use pee bottles and the rest of us just get out of bed and go to the bathroom, or look at the stars.

Gokyo Ri:

GC: The ascent of Gokyo Ri was probably the hardest day of my life. We woke up at 04h00 to begin a 600m ascent to the top of Gokyo Ri which sits at 5840m. 600m might seem like a very small number when you are in Cape Town at sea level. When you are ascending 600m at an almost vertical angle and you are at 5000m it is a very different story.

My ascent of Gokyo Ri was torturous. It took over three and a half hours to get to the top and I am not ashamed to say that I cried when I got there. It may have been the exhaustion or the fact that I had reached my goal but there is also a strong possibility that my emotion was due to the fact that all our team stood at the top waiting to welcome me. It was an incredible moment of team cohesion, camaraderie and family.

The emotion continued as a few of us had planned to put on Tefilin when we arrived at the top of Gokyo Ri. This was another incredible moment of connection and feeling part of something greater. Standing there at that moment looking out at the panoramic vista of the huge Himalayan peaks with Mount Everest standing out tall as the majestic mother mountain of them all was clearly a remarkable moment. I will never forget this awesome



The trek team

experience.

GA: From the heights of Gokyo Ri (5357m) — a hill really, and the Renjo Pass (5360) I looked at the panorama of mountain giants — the walls of Choy Oyu (8201) to our north, Everest (8848), Makalu (8463), Lhotse (8516) and Nuptse. Four of the tallest mountains in the world in front of us!

Tourism in Nepal:

GA: Nepal is a poor country dependent upon foreign aid and foreign agencies. Therefore tourism is very important as it provides direct employment and indirect employment. No-one is left untouched by the sight of human donkeys staggering underneath their loads with their bent backs, weighed down by building and food supplies. On one occasion I tried to lift the two 20 kg kit bags on my back as they do, and staggered unbalanced with the unfamiliar and disturbing weight. Yet as Ganesh explained on our last party night in Lukla tourists create opportunities that otherwise would not exist. In fact the career path to Sirdar begins as a youngster staggering under the weight of other entrepreneurial ideas.



Geoff Cohen lays tefilin at the top of Gokyo Ri

Nepal/Israel Relations:

At one particular point on our trek we came across a statue of Sherpa Tensing Norgay, who together with Sir Edmond Hilary, were the first to reach the summit of Mount Everest. As I looked at this monument to a great man, I noticed a smaller monument just off to the right and went over to take a look.

The inscription read as follows: *On this site are placed stones brought from the Dead Sea in Israel.*

Stones from Mount Everest in Nepal were placed on the shore of the Dead Sea. The exchange of these stones is a symbol of friendship between the two peoples and the relationship between the highest and lowest points on earth. Long live the friendship between Nepal and Israel.

This was another special moment of connection to our people.

Reflections on the return to Cape

Town:

GC During the three weeks on the mountain I had to dig deep into reserves, both mental and physical to complete my challenge and reach my goal. When you are down below you need to look up with hope and when you are up above you need to look down with humility. That is the lesson that I learnt. You must always be hopeful but you must always be humble.

GA: My overall sense and experience of the trek can be described as awe-inspiring. Blessed to be in that environment, blessed to be on those remote high mountain trails, blessed to be surrounded by glaciers, blessed to be amidst snow covered mountain giants, blessed to be in good health. Thus it was unsurprising for me personally that putting on tefillin was a most appropriate way to express my humility and gratitude.

The objective for many trekkers is to go as high as possible and each day is sequenced and structured around enabling you to do so. The sense of accomplishment is indescribable but fleeting. And so I realised, unwittingly, the real objective of my tea house trek was the journey.



facilitating business growth & financial sustainability



ORT JET Mentor and Donor *Appreciation Evening*

On Wednesday 18 October, Deloitte hosted ORT JET's Mentor and Donor Appreciation Evening as an opportunity to celebrate its mentors and donors – those who have so generously shared their business knowledge, resources, and skills to uplift entrepreneurs and business owners in the Jewish community.

The highlight of the evening was the presentation by guest speaker, Arie Fabian, who shared in his talk entitled "Thinking out of the box" about his own entrepreneurial journey. Arie, who oversaw the rebranding of his family retail business Fabiani in the early 2000s, spoke of his rise in retail and how he sold Fabiani and G-Star Raw into TFG in 2011. He delivered a colourful address with lots of advice for the mentees to take away.

One only needed to look around the room when he said: "Your network is your net worth" to know how true this statement is, especially in the ORT JET community. Before and after the talk, guests spent time connecting and networking – one of ORT JET's greatest value adds.

In attendance were many of the ORT JET mentors, mentees and donors, including Ryan Dogon of Deloitte, who introduced the proceedings. A special guest for the evening was also the Shadow Minister for Small Business Development, Toby Chance, and Simon Susman, Chair of ORT SA CAPE, who made a special appearance by video to introduce the guest speaker.

During the course of the evening some of the mentees also spoke in a video especially prepared for the event by the ORT JET team. Each mentee shared their own ORT JET experience and their heartfelt gratitude for their individual mentors, giving the audience an insight into this powerful mentorship programme.

If you are interested in becoming a mentor, a donor or join as an entrepreneur please connect with lisa@ortjetcapetown.org.za or 0214488516.

For more information visit - www.ortjetcapetown.org.za



Nilly Baruch, Lisa Sandler, Ilana shone, Brenna Frankel, Ryan Dogon, Elana and Arie Fabian



Gabi Lasker and Amanda Rabinowitz



Arie Fabian addressing ORT JET mentors, donors and mentees



Amelia and Abigail Bisogno



Melissa Fagan and Joanne Smollan



Karen Kaimowitz, David Resnick, Brenna Frankel and Roy Fine

Wishing our Jewish customers and their families peace, love and light.



HAPPY CHANUKAH



THANK YOU



FOR KEEPING IT TOGETHER WITH US



El Salvador



Queens / Minneapolis



Panama



Belarus



Johannesburg



Ra'anana



San Jose



Monterrey



Odessa



Toronto



Los Angeles



Vancouver



Brussels

The Shabbos Project

A water-saving summer

By Tali Feinberg

As the worst drought in recorded history grips the Cape, "We need all visitors to save water like a local," wrote Atlantic Seaboard City Councillor Shayne Ramsey on Facebook.

When tourists enter the Cape, they will be asked to use just 87 litres of water per person per day, and they can expect buckets in showers, bath plugs removed, pools covered and a set of water-restricting rules presented on arrival, depending where they stay.

"The city will rely heavily on the tourism sector to spread awareness that Cape Town is a water-scarce region. The 'New Normal' requires us to adapt the way that we have been doing things, in all aspects of our lives," Ramsey wrote.

She also advised that water supplied by the City remains safe to drink and is tested in accordance with safety standards.

However, the City has now entered Phase One of its Disaster Management Plan, which includes water rationing and 'water-shedding'. The City has advised that each household should store up to five litres of water for essential usage in the event of intermittent supply.

In a recent statement, Mayor

Patricia De Lille said that "We're determined that we'll not allow a well-run city to run out of water," and that desalination will be up and running by February 2018.

In terms of maintaining Jewish life while in the city, Rebbetzin Esther Maizels assures visitors that the mikveh in Sea Point will remain operational. "The mikveh has sufficient rain water now, and the rain water is stored — so there is no problem with the mikveh in a drought situation."

Easy ways to 'save water like a local'

Ablutions:

- Do not use the bath unless in exceptional circumstances, such as bathing a baby or for someone with disabilities. Most hospitality establishments will have removed bath plugs. If you do have to run a bath, save this water for flushing toilets, washing floors or add hot water to it the next time you bath.
- Do not leave a tap running while brushing your teeth, and wash hands as quickly as possible.
- Shower once a day or even every

other day, for two minutes. Place a bucket to capture the water and use this to flush toilets.

- 'If its yellow, let it mellow. If it's brown, flush it down' (with grey water from your shower!)
- Use wet wipes, waterless hand sanitisers and dry shampoo to cut down on showers.

In the home, hotel or Air BnB

• Speak to your hosts about saving water and what they expect from you. Request buckets to save water if

they are not provided.

- Keep the cover over the pool when you are not using it, and do not refill pools with drinking water.
- The use of baby splash pools is prohibited.
- Washing of cars is prohibited.
- Only do laundry when you have a full load.
- Wash dishes with minimal water by hand, or only use your dishwasher when it has a full load.
- Use mugs, cups and plates a few times before washing them.
- If you have water at the end of the

day in a water bottle, do not throw this out — pour it into the kettle or a glass, or use it for cooking.

- Do not water any grass or plants unless it is with grey water.
- Do not use hose pipes for any reason.
- Do not use sprinklers or drip irrigation.
- Ensure that everyone has adequate drinking water, including pets.

Out and about

- If at a restaurant, request water by the glass instead of a jug, which could go to waste.
- Children love playing with water, but it is important to explain that water is precious and they can be a 'water warrior' by not wasting water while playing or drinking.
- If you are going to a public swimming pool or water park, find out ahead if it is open during the drought.
- Swim in the sea rather than the swimming pool at home or the hotel.
- Take note that water you use at the gym, public restrooms, outdoor showers and at other homes or venues all count towards your 87 litres per day.

Go to <http://mycapetownneeds.co.za/thinkwater/> to calculate your water usage and find out if you are meeting your 87l per day target.

Happy Hanukkah

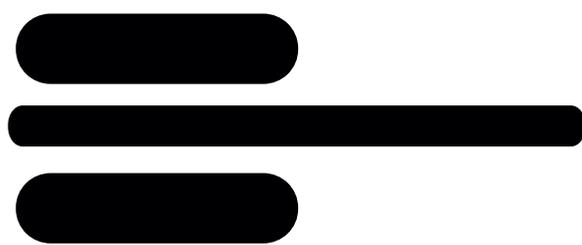


May your
HANUKKAH
be **BRIGHT**

my **SPAR**

SEA POINT

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FLUSH LESS**



**DON'T BATH
TAKE A SHORT
SHOWER**

don't waste

The City of Cape Town has implemented LEVEL FIVE WATER RESTRICTIONS as the Western Cape battles with severe drought conditions. The City has set the limit of **87 litres/person** and **500 million litres collectively per day**.

There are a number of steps we can take so as not to waste Hashem's blessing of rain. Firstly, when Hashem provides us with water, we can use it wisely.



BE RESPONSIBLE AND SAVE WATER
#waterwise #BaITashchit

Jewish LGBTIQA Leaders gather for JDC/Entwine



Meeting JAG members and government representatives in Buenos Aires

From 23-29 October the first ever JDC/Entwine Inside Argentina and Uruguay trip for Jewish LGBTIQA Leaders took place.

Jacqui Benson was the only South African, and indeed, African, with the rest of the group hailing from the USA, Canada, Israel and the UK. Together the group explored Montevideo and Buenos Aires through the lens of Jewish life in these two progressive (marriage for same-sex couples is legal in both countries) Latin American countries.

The American Jewish Joint Distribution Committee (JDC or the 'Joint') is the biggest Jewish humanitarian organisation in the world, operating in 70+ countries. Projects support disaster relief, combating hunger and financial hardship, building self-sustaining Jewish communities and rescuing Jews in turmoil and more.

Its Entwine initiative offers diverse programmes, often in conjunction with partner organisations, as in our case with JQ International and Eighteen:22, to bring graduates and young professionals on trips to inspire and create a global connection and 'call to action' for the next generation in the work to be done.

"We visited Jewish sites including a pluralist school and old age homes, we participated in a Cafe Europa event for Holocaust survivors, visited the AMIA building and site of the Argentina 1994 bombing, had a tango lesson, davened at NCI Emanu-El for Kabbalat Shabbat and over dinner heard how this kehillah went through the process to pave the way for the first same-sex marriage in its synagogue in 2016," says Jacqui.

Jacqui continues, "sightseeing is only one part of any trip. It is within the group on the trip where the real travel happens. We came together as individuals, and left as a community, having bonded through shared laughter and tears, being challenged and engaged with a whole lot of authentic sharing of our own personal stories and experiences. The daily things we confront in a world where our gender identity and sexual orientation is often questioned, and where we face struggles with acceptance in both the Jewish world and the world at large. We came away inspired by who we are for one another, beacons of tolerance and understanding across the world so that our voices are heard as one."

For more information, please visit Jewish LGBTIQA and their Allies on Facebook.

From page 1

JLF Book review competition

Read Paige's newest novel *Unpresidential* (available from good bookshops or the Gitlin Library). Then, review the book in your own words and email your review to the CJC or the JLF (emails below) before 29 January 2018. Your review must be between 200 and 300 words and be sent to editor@ctjc.co.za or info@jewishliteraryfestival.co.za

The reviews will be assessed by a panel of adjudicators from the CJC and JLF and the winning submission will be published in the March edition of the CJC.

So, get reading, send us those reviews and diarise the date for the next Jewish Literary Festival – Sunday 17 June 2018.

Paige is one of our invited authors among a host of well-known South African writers and commentators bringing you a lively and even more interesting and topical programme that will entice you to explore and journey further with the magic of books.

The JLF 2018 programme will showcase authors, poets, illustrators, journalists, writers and educators who have a Jewish connection or are engaged with subjects of Jewish



Author Paige Nick

interest. Building on the popular events of JLF 2016, the programme is being expanded to introduce leading thinkers on a wide variety of subjects (art, science, technology and innovation).

While the heart of our festival is Jewish-themed, our speakers, events and audience all defy narrow categorisation and many of our talks will be of universal interest.

For more information, visit www.jewishliteraryfestival.co.za

Selwyn Bloch

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CT HEBREW CONGREGATION STUDENTS AID FUND / BURSARIES

Applications are invited from Jewish students for a grant or bursary for tertiary and post-graduate studies as well as for study in Israel.



Cape Town Hebrew Congregation

Application forms are available from the Office Manager, Mrs Carmen Kay.

Phone: 021 465-1405
CLOSING DATE: 15 JANUARY 2018



A busy month at CJSA

Preparation for a new Year

As we move towards 2018, we have plenty to reflect on.

This year has seen members enjoying many special occasions; whether it has been listening to a guest speaker presenting a topic which is important to them, or the wonderful outings that we have all over our beautiful city, the Goudini midweek break, the weekly bridge games, yoga and other exercises that keep our brains active and our limbs supple, or the many different times when we have been able to share a special meal in the company of others. It has certainly been an unforgettable year.

Looking forward to 2018, we commence by moving into a beautifully renovated SeaPoint home. We are so delighted with the transformation and look forward to many happy years there. During the first two months of the new year, we are going to make use of the good weather by spending many days outdoors. A midweek break is on the cards, so think of joining us for some special 'me time' in the company of friends.

JCC AGM

JCC members were very proud of the outstanding AGM that we hosted. We were privileged to hear the incredible Mariuma, who hailed from Israel, speaking on her special project with street children and the two incredible shelters that she has initiated in Beersheba and in Tel Aviv. Against all odds, she is making a tremendous difference to the lives of marginalised youth.



Leina Sank was the recipient of the award in the volunteer capacity nominated by CJSA

We salute all recipients of the professional and community awards and a special mention to Leina Sank who was nominated by CJSA to receive a community award. Our thanks to a special lady for all the years of volunteering her services as a committee member and yoga teacher. It is an honour richly deserved.

Mini Olympics

We hosted our first—ever Mini Olympics and this really proved to be a momentous day with much fun and laughter from both the participants and spectators. We used the Herzlia Field in Highlands and we, the CJSA seniors, together with a team from Highlands House as well as a fantastic team from Ikamva Labantu enjoyed participating and sharing a morning together. Community participation would be appreciated. This event will certainly become a regular in our annual planning of events when we honour our seniors in October which is the month dedicated to revering Seniors.



Walking race at the Mini Olympics

As Summer comes into full swing, we look forward to welcoming visitors to our shores. Many are family of our members who return as often as possible to visit loved ones. Our members look forward to the visits for months prior to their arrival and we know how sad they are after they leave. We endeavor to create a home away from home atmosphere at our centres and to assist in any way needed when the family arrive.

Diana Sochen, Executive Director.

Out and about with members



Milnerton members enjoying the kitchen tea in their garden



Jack Nathan, Benjamin Marks and Miriam Lichterman at Sukkot



Hajiera, Thandeka and Emmanuel getting into the swing of things at the Mini Olympics

Sunday 21 January

**World Premier
Leah Teddy & the Mandolin**

See calendar of events for details

Jill Lazard, Chairman of FADS, will be organising our new Lifestyle Club which will be starting on 28 February 2018. Professor Howard Philips will be our guest speaker at the first evening. He will speak on the Earliest South African Jewish Document R60.

Starts 6.30 pm with supper to follow.

SOCIAL AND PERSONAL

We extend a hearty mazaltov on the following occasions:

Births

Henry Bernstein — Great grandson
Sadie Graziani — Great grandson
Ivor Jacobson — Grandson
Judith Resnick — Great grandson

Batmitzvah

Ruth Goldman — Granddaughter

Engagements

Reina Hurwitz — Grandson
Joan Kahn — Grandson
Eunice and Leon Movsowitz — Granddaughter
Ada Newman — Grandson

Marriage

Shirley Elvey — Granddaughter
Pearl Firer — Daughter

Anniversary

Sheila and Ivan Sofer — 50
Joe and Shulamit Rozowsky — 50

Birthdays

Veronica Belling — 70
June Benjamin
Sam Levy — 80

Joe Rozowsky — 80

We extend our sincere best wishes to our members who have not been well

Rita Blum, Maya Golan, Doreen Kantor, Michelle Pietersen
Dorothy Woolf

We extend our sincere condolences to our members who have lost family members:

Marie Abel — Daughter,
Irving Freeman — Wife Irene Owen and Lisa Futeran — Father
Jack Schneider — Wife, Cynthia Schneider

We welcome New Members to the CJSA family:

Dr Ian and Heather Blumenthal
Twiggy Curitz
Rose Korber
Errol and Jennifer Millar
Adele and Bernard Saven
Randall Sher
Norma and Sidney Shlomowitz
Gizelle Solomon
Reuben and Sheila Wagenheim

Mazaltov to Recipients of WIZO 2017 Rebecca Sieff Awards

Special Events: — Booking essential

7 December Twilight Supper, Milnerton — end of year dance with Ivor and Shuli R60

8 December Shabbat Supper, Milnerton R60

18 December Birthday Pop In, Milnerton

19 December Birthday Pop in, Sea Point

16 January Twilight Supper Sea Point, Heather Blumenthal — Derech Eretz R50

18 January Twilight Supper, Milnerton — David Jacobson — Are we our own worst enemies? R50

23 January Birthday Pop In, Sea Point — Janine Rogers

13 February Twilight Supper, Sea Point — Theodore Yach speaking on ultra-distance swimming — R50

15 February Twilight Supper, Milnerton — Charles Gonsenhaus speaking on the beauty of carpets R50

21 February Twilight supper, Southern Suburbs — Charles Gonsenhaus speaking on the beauty of carpets R50

20 February Birthday Pop In, Sea Point — Joy Wilkin — Yiddish theatre in Cape Town

28 February Launch of the Lifestyle Club with Harold Philips — The Earliest South African Jewish Document R60



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ANNA SHEVEL

ABOUT ANNA

Anna is pioneering "GOOD" food tourism in the Western Cape with her recently published "Good Food Map" for foodies who want to find natural and ethical eating spots. The map is part of the first of its kind, "Good Food Network", an online directory of all the farms, outlets and experts in the natural, local, and organic food ecosystem in South Africa.

As a result of running a successful World Design Capital Project called The City of Eden in 2014, she started a niche tour company called Food Route: Organic and Urban Farm Tours, which includes visits to local urban farms, township food projects, foraging experiences, biodynamic wine, raw chocolate, bee-keeping and other exciting activities for people that love learning more about nature and think of eating as an adventure!

info@foodroute.co.za
foodroute.co.za
hello@goodfoodnetwork.co.za
goodfoodnetwork.co.za



ABOUT ANNA'S WORK

THE GOOD FOOD NETWORK

The Good Food Network (GFN) is South Africa's most comprehensive online resource for finding local, ethical, fair and sustainable food outlets, farms, suppliers, events and training courses. It is a mapped directory that uses geolocating to connect the public with local organic and natural food places closest to them, while helping natural, and organic farmers, food producers and experts get exposure to more customers.

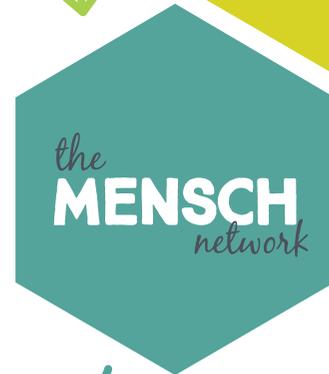
"GOOD" includes ethical, fair, local, sustainable, organic and natural, and so the Good Food Network aims to accelerate the growth of the GOOD food sector until it replaces the current (broken and toxic) industrial food system.

THE GOOD FOOD MAP

The Good Food Map is a downloadable and printable map that promotes ethical, local and sustainable food places so that visitors can make GOOD food choices while investing in people, products and companies that respect the health of their customers, the Earth, local communities, and future generations.

FOOD ROUTE TOURS

Food Route's Organic Food and Urban Farm tours create inspiring experiences for people that are interested in natural and organic urban farming. Each food tour is set against the backdrop of Cape Town's magnificent landscape and includes activities like eating locally grown natural and organic food, harvesting fresh fruit and veg, planting trees in community-gardens, visiting local markets, and learning how to grow food at home.



Are you a Jewish social change-maker working or volunteering in the non-profit world? Running a social enterprise? Or working in education, health, or local government?
YOU'RE A MENSCH! And we'd love you to join the Mensch Network and create a profile page for yourself on our site - like Anna's here!

Go to:
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Are you a Jewish person wanting to get involved in a something, volunteer occasionally or regularly?

Perhaps you have professional skills, in-kind donations you can offer out Network of Jewish change-makers?

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To keep informed of opportunities through Mensch, or to suggest one of your own,

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WORKING TOGETHER TO CREATE POSITIVE SOCIAL CHANGE IN SOUTH AFRICA



10th Annual General Meeting for Jewish Care Cape



Esta Levitas (Chair Oranjia) presenting Belinda Slavin (Director Oranjia) with an award for Professional Leadership



Delia Kaplan (Deputy Director Highlands House) presenting Maureen Tuck the award for Professional Service



Harris Burman (Chair JCC) and Mariuma ben Joseph presenting the Chairperson Award to Helen Lieberman



Esta Levitas and Helen Lieberman (Chairperson Award)



Peter Greenberg (Chair Astra) presenting Ivan Katzenellenbogen with the award for Community Leadership

It was the 10th year of bringing together all seven Jewish Welfare organisations under the umbrella of Jewish Care Cape, but this year was different.

The first part of the proceedings involved formal, practical AGM business which was overseen by Harris Burman (Chair) with humour and efficiency.

Grade 11 learners from Herzlia High and Cape Town High Torah Academy produced videos using their cellphones, showcasing the seven welfare organisations, with the assistance and expertise of Jessie Zinn and Daniella Cornibear. Film publicist, Joy Sapeika, judged the films and complemented the filmmakers on making informative and creative videos. The winner of the competition was Peter Oki for his production of the Oranjia video. He was followed in second and third place by Jeffrey Gutman for his rendition of Glendale and Simon Jubiler for his production and expression of Jewish Community Services respectively. The audience really enjoyed this creative aspect of the evening's event.

Due to the generosity of Paul Berman, Mariuma Ben Yosef from Israel was brought out as our guest speaker to delight and inspire the over three hundred attendees with videos and stories of how she has built her successful and awe-inspiring organisation for homeless Israeli youth; Shanti House.

The Eliot Osrin Award ceremony followed and six deserving members of the JCC Community were honoured for their contributions.

Mariuma was selected from among thousands of candidates from 187 countries around the world to be featured in CNN's prestigious flagship project — CNN Heroes. Hers is an inspiring story of commitment and care. It is these same attributes that motivated the Eliot Osrin Annual Welfare Awards, Chairman's Choice category, to go to Helen Lieberman.

Helen is a courageous South African community leader and activist, whose compassionate work in the Townships of Cape Town, for over 50 years, is truly inspirational. Her commitment and dedication to improve the lives of others, led to the formation of the non-profit organisation, Ikamva Labantu, that focuses on orphans and vulnerable children, early childhood development and a senior's program.

Jewish Care Cape salutes Helen and all the other 2017 Eliot Osrin Award recipients as role models for all those striving for a caring community in accordance with the principles of Tzedakah and Tikkun Olam.

Thanks to everyone for contributing to the success of this year's AGM.

For more information please contact Shifra Jacobson on 021 462 5520

- These are the names of the Awardees and Categories that were chosen for the Eliot Osrin Jewish Care Cape Awards:**
- Helen Lieberman — Chairperson Award
 - Ivan Katzenellenbogen — Community Leadership
 - Debby Jowell — Community Service
 - Belinda Slavin — Professional Leadership
 - Maureen Tuck — Professional Service
 - Leina Sank — Community Leadership



Mariuma Ben Josef and Shifra Jacobson (Administrator JCC)



Debby Jowell receiving an Award from Marc Lipshitz (Nechama Psychologist) for Community Service



Film Makers Peter Oki (1st Prize), Jeffrey Gutman (2nd Prize) and Simcha Jubiler (3rd Prize) with Maddie Wingerin, Claudia Greenberg and Daniela Jeursen



Leina Sank being presented with her certificate from Diana Sochen (Director CJSA) for Community Leadership



Philip Todres (Trustee JCC) thanking Mariuma for her wonderful presentation

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WEALTH MANAGEMENT





THE HIGHLANDS HOUSE
NEW BEGINNINGS

Highlands House announces new management board

The Jewish Care Cape combined AGM of all seven welfare organisations was held on 18 October. Highlands House held an election at the AGM where members were voted onto their management board for 2017/2018.

The President, Vice-President and Treasurer were then elected at a management board meeting held at Highlands House on 25 October.

Mrs Moonyeen Castle	President
Mr Michael Novos	Vice-President
Mr Lew Heilbron	Treasurer
Dr Howard Chait	Honorary Medical Superintendent
Dr Terry Berkow	
Mrs Jenni Burnett	Residents' Committee
Mr Saul Helman	
Mr Stuart Hendler	
Mr Glen Heneck	
Mr Herbert Maltz	

Highlands House welcomed two newly appointed management board members: Lew Heilbron and Saul Helman. Mr Heilbron has been involved in Jewish community service over many years in Kwa-Zulu Natal and has held numerous positions including President of the Council of the C.K.N., Chairman of the I.U.A. and U.C.F. Appeal, Chairman of the C.S.O. and Trustee of the Holocaust Centre (Local and National) to name a few.

Mr Helman has many years' experience in pharmaceuticals and has owned and run Chinn's Pharmacy since 2005. He is married to Claire and they have three children. Rebecca 18, Ben 16 and Max 9. He says "I am passionate about ensuring that my clients and the residents of Highlands House get the correct medication according to their personal health situation, with regards to medicine interactions, dosages, side-effects and efficacy rates."

Family Announcements

CONDOLENCES — THANK YOU

CHARLES ODES

We would like to express our deep appreciation and grateful thanks for the wonderful support from Rabbi Wineberg, family and friends as well as communal organisations after the passing in September of our dear husband, father, grandfather and brother, Charles.

Rayna, Jonathan,
Marcia and family,
Janice Bloch

CYNTHIA SCHNEIDER

We greatly appreciate the generosity and support from Rabbi Dansky, Milnerton Hebrew Congregation, family, friends and communal organisations on the passing of our beloved Cynthia.

Jack, Bev, Lana, Tracey,
Warren and families

To place a family announcement, phone
Tessa 021 464 6736 (am)
or email: chron@ctjc.co.za

Seeking family of the late Barnet Solway of Cape Town

When Kibbutz Ma'ale Hachamisha, near Jerusalem, decided to research the history of their water system, they came across a plaque dating to the 1930s that states, 'This water installation has been erected with a gift made by the late Mr. Barnet Solway of Cape Town in memory of his father Yehuda Solowitzick'.

The kibbutz is keen to get in touch with the family.
If anyone has information, please contact
Dafna Bahir at Bahir@msn.com

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For your next holiday, dont forget to take your **SHABBAT ON THE GO BAG**, containing all your necessary Shabbat goodies.

בל תשחית
Bal Tashchit

don't waste

The environment is where you put your efforts.
As it says in Psalm 115:16, "God has given the earth to humanity,"
and you feel responsible to care for our land, water and
animals and to teach others to do the same.

**We are responsible for the environment, and partners
with God in maintaining the earth's resources.**



BE RESPONSIBLE AND SAVE WATER
#waterwise #BalTashchit



JCS@Work

Jewish Community Services' Community Cottages

Frank Dillane said "Being homeless is like living in a post-apocalyptic world. You're on the outskirts of society"

Most cases of homelessness speak to a series of severe losses which can lead to further trauma. These individuals experience internal persistent terror, loneliness, despair, fear and dread within a capsule of psychological invisibility.

A significant proportion of the homeless have serious mental illnesses such as schizophrenia, bipolar disorder and major depression. This constructs greater barriers to housing and its victims fall prey to social isolation and economic desperation. Persons with poor mental health are more susceptible to the main factors that can lead to homelessness namely poverty, disaffiliation and personal vulnerability.

JCS Community Cottages were established close to two decades ago as a response to the housing needs of persons living with a psychiatric disability where it is recognised that a safe and stable place to live is a vital component in containment and stabilization of mental ill health.

12 residents live in two separate

houses with a full repertoire of support on a spectrum of level of care and functional match that is flexible to the current and changing needs of residents.

This is implemented as an empowering tool to allow residents to live in the least restrictive environment so that they may more effortlessly frame their own subjective perception of their own quality of life in a manner that shadows the debilitating effects of stigma. This is a place where residents feel in control and orchestrate their own rhythm of daily living.

Residents enjoy -

- Full provision or subsidisation of daily nutritious meals
- Laundry
- Individual rooms
- Live in caregiver support
- Medication administration support systems of varying levels so as to ensure compliance
- Individual social work case management services
- 24-hour access to crisis social work intervention services
- Group work
- Community projects which enrich and enhance the quality of life of the residents including volunteer services and art/craft group

- Spiritual enrichment through regular shiurim

This infrastructure of support while providing a stable and safe living space has proven to reduce hospitalisation and provides a readymade community of mutual support to combat loneliness and isolation.

The quality of the physical environment and the convenience of location which blurs with the neighborhood helps to normalise their daily existence.

Should you wish to get involved in any way please enquire with reference to this article at 021 462 5520.





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 donation collections: 021 462 5520
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 bargainsgaloreofficial@gmail.com
 @bargainsgalore 📺
 @bargainsgaloreofficial 📷

Bargains Galore is a Jewish Community Services project that provides gainful employment to those in need. We rely on the kindness of people within the community who donate goods and stock to our store. Please think of us when moving house or cleaning out your cupboards. We have a collection service if you are unable to drop off your donation.

Help us make a difference in our community and to the lives of those less fortunate.

*Bargains Galore is a charity store run under the auspices of JCS (Cape.)
A registered welfare organisation NPO no 003 - 172*

Chag Sameach, from all of us at Stenham



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Amazing adventures near and far

Our Glendale residents have certainly been keeping busy.

Last month, residents enjoyed a visit to the Aquila Game Reserve — and they haven't been able to stop talking about it since. During the game drive they were lucky enough to spot plenty of animals, including zebras, hippos, springbok and even a whole pride of lions. Then, after all the excitement, it was time for a delicious lunch before heading back to Cape Town. All in all, it was an incredibly fun and educational day for everyone who was there and, based on all the requests to visit again, we'll have to plan another trip soon.



Ari Weiss



Jonathan Pick, Mark Treisman and Denis Bucky

Another outing, a little closer to home, was a visit to the Polkadraai Strawberry Farm. The Glendale residents had an absolute blast picking their own strawberries — and, after all their hard work, they spent almost as much time deciding how they were going to share the delicious fruits of their labour.



Polkadraai strawberry farm

Going green is something that has been on the Glendale agenda for quite some time and we're delighted to announce that, with the help of our residents, we'll be officially starting our recycling project from next month.

It's so wonderful to see how excited everyone is to get involved and start making a difference. And following the success of our veggie garden, this is the natural next step. If anyone would like to be involved or help out with our recycling project — and other eco-friendly initiatives — please do get in touch with us. We love welcoming new faces and assistance on these kind of projects is always very appreciated.



The Glendale Team

Coffee Time & Gifttime



OPEN

DECEMBER / JANUARY (2017 / 2018)

HOLIDAYS

(Closed Public Holidays)

Mon - Thurs 08h00 to 15h30

Fri 08h00 to 15h00

Sunday 24 Dec 8h00 to 12h30

Sunday 28 Jan 8h00 to 15h30

- Buffet Lunches, A La Carte Menu,
- All day Breakfasts, Speciality Coffees,
- Baked Goods, Takeaways

Kids Cup Cake decorating work shop

Limited Space - Booking is essential

1hr sessions @ R 100.00 per child

10h00 - 11h00

Thursday 14 Dec

Monday 18 Dec

Thursday 21 Dec

Thursday 4 Jan

Tuesday 9 Jan

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Eight fun facts about Chanukah

By Viva Sarah Press for Israel21c

1. 44 candles

There are at least 44 candles in each box of Chanukah candles, enough for one person to light the chanukiyah (see item six on this list) according to tradition every night. Some boxes include extra candles as they tend to break easily. Today, candles come in a variety of colors, wax types, and even scents. You can also fulfill the mitzvah of lighting the chanukiyah with oil.

2. Holiday calories

When you eat holiday treats fried in oil, you can't really expect for them to be fat-free. The average 100-gram sufganiyah (doughnut) packs 400-600 calories. One potato latke has about 150 calories, svinge (a Moroccan cruller) 350-442 calories, and chocolate coins 85 calories each. Israelis devour some 24 million sufganiyot during the eight-day holiday — adding up to 10.8 billion calories.

3. Chanukah, Hanukkah, Hannuka

Chanukah also goes by the names of the Festival of Lights and Feast of Dedication. As if multi-names weren't enough, the holiday also has a variety of transliterated English spellings — thanks to the guttural Hebrew sound of the first letter, which cannot be rendered properly in English.

4. Dreidel, dreidel, dreidel

Get your spinning finger ready: It's

time to remember when the Greeks were in town and forbade Jews to learn Torah. Tradition holds that kids used to meet up in secret to learn, but if a Greek soldier happened upon their meeting they would pretend to be gambling with their dreidels.

Israeli author/politician Avram Burg is said to have the largest dreidel collection in the world, counting more than 3 500.

Dreidel, by the way, is a Yiddish word which comes from 'drei' — to turn or spin. The dreidel (a special spinning top for Chanukah) features four Hebrew letters. In Israel, the letters are Nun, Gimel, Hay and Peh. Abroad, they're Nun, Gimel, Hay, Shin. The letters stand for the Hebrew phrase "A great miracle happened there (for those outside of Israel)/here (for those in Israel).

5. Most popular Jewish holiday

Though it is one of the most well-known and celebrated Jewish festivals, Chanukah is actually a more minor holiday, according to religious tradition, than Passover, Rosh Hashana or Yom Kippur. The holiday is not even mentioned in the Torah.

Some say Chanukah gained popularity in the late 1800s among American Jews because of the season in which it falls — usually around Christmastime, this year

at Thanksgiving. Chanukah always begins on the 25th day of Kislev on the Hebrew calendar. The corresponding Gregorian date varies.

Others point to the fun aspect of the holiday as the reason for its popularity. Maimonides wrote that the mitzvah of lighting the chanukiyah is even more important than buying wine for Sabbath.

6. Menorah vs. Chanukiyah

The menorah is a seven-branched candelabra used in synagogues. The chanukiyah is a nine-branched candelabra used during Chanukah. Because the chanukiyah can also be called a Chanukah menorah, confusion often sets in.

Tradition states that the chanukiyah should have all candles or wicks at the same level, with only the shamash — the ninth candle or wick, for lighting the other eight — a bit higher or lower.

7. Lighting in the right direction

GPS navigation could help when organising the chanukiyah. According



Dreidels are an essential part of the Hanukkah holiday.

Photo by Flash90

to accepted rules, you should place the candles right to left to correspond with the direction in which you read the Hebrew language. But you should light the candles from left to right, giving more attention to the new candle first.

8. Chanukah at the White House

Today, the US president and first lady host an annual Chanukah party for hundreds of American Jewish politicians, organisation heads and school and yeshiva deans.

The first official White House Chanukah party was held on 10 December, 2001. President George W. Bush borrowed a 100-year-old chanukiyah from the Jewish Museum in New York for the event. Since then, the White House Chanukah party has been a coveted get-together.

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HERZLIA IN FOCUS

Prize Giving and Matric Valedictory 2017

Geoff Cohen
Director Education, UHS

One of the highlights of the year for me is the prize giving, sports awards and the Matric Valedictory evenings across the system. This is a culmination of, for the Matrics, 16 years of schooling and for all the other award winners, recognition of a productive and hardworking year.

One of HERZLIA's attributes is the fact that we try our best to be everything to everybody. In this vein we support the value of participation where we encourage every child in the system to engage in the full spectrum of activities that the schools provide. On the other hand, we recognise and value excellence in all fields and therefore it is incumbent on us to acknowledge, recognise and value those pupils who have excelled in their area of expertise.

One of the things I love about our schools and our pupils is the fact that they have the ability to appreciate the achievements of their peers. This is so apparent in the manner in which they applaud and share in the joy of their classmates who have shone in a huge range of activities.

As you glance through the pages of this chronicle spread, I am sure you will *kleib nachas* as much as I have as we celebrate the magnificent achievements of our pupils.

Extract from the speech by Board of Governor Chair – Natalie Barnett

Matrics of 2017, parents and guardians, honoured guests, Executive Directors, Principals, Rabbis, teachers and support staff, Trustees and fellow Board members;

Tonight we celebrate, honour and bid farewell to the HERZLIA Matric pupils of 2017. This valedictory is not just goodbye to Matric, but to your whole school career. This journey began here for many of you, and your parents, as long ago as 15 years, and so tonight we pay tribute not only to your High School principal and teachers, but to all those HERZLIA professionals who have held your hands and guided you along the way, through pre-primary, primary and middle school. *Kol hakavod* and thank you to them all!

Even though you will be leaving HERZLIA, we know that HERZLIA will never leave you. Being here has helped to shape your identities, and the words you just sang in the school song – "We're from Herzlia, we know who we are" will continue to ring true throughout your lives.

What I hope for, is that you will all cherish for years to come, special moments that enable you to realise what a privilege it has been to be a member of this HERZLIA family – a caring community of pupils, parents and employees utilising top quality facilities in beautiful environments, all of whom have contributed in some way to nurturing who you are today.

The world as we know it is rapidly changing. Technology is certainly developing at an exponential rate and with this comes not only massive advancement, but also challenges to our social and emotional structures, and thereby our values. School is the perfect place to be able to experiment, by pushing the boundaries and to engage in uncomfortable discussions, to stand up for what we think we believe in, all of which can be achieved in this safe environment, where pupils are supported and guided. Such experiences are most valuable as they all real and relevant.

As has been tradition since 2008, the chairperson of the governing body has the immense privilege of choosing a recipient to award the Chairman's Cup. The Chairman's award honours an individual who has made an extraordinary contribution to the life and well-being of the greater HERZLIA community.

For the past 11 years, the recipient has worked at HERZLIA as a member of the security team. Since then he has not only become the familiar and friendly face at the entrance to HERZLIA schools, but the dependable guardian of the MH Goldschmidt gate and the school campus beyond. Be it blowing gales or pouring rain, he is always found dutifully at his post wearing a sunny smile, ably coordinating the arrivals and departures of visitors, deliveries, pupils and staff, ensuring the smooth flow of traffic, signing in and out, and allocating those ever-elusive parking bays.

This person makes a point of knowing everyone, and is always aware of what's going on and where it's taking place. He greets everybody with kindness and treats all with respect. He is confident and firm and remains calm even under trying situations. His good humour and infectious enthusiasm have endeared him to all who are fortunate to have encountered him.

Not only is he dedicated to the well-being and safety of the entire HERZLIA community, he approaches his role with responsibility and consideration. It is fitting that his traditional name, *Khayaletu*, means 'Our Home', for this is what he commits himself to - HERZLIA - our home.

I am delighted to tell you that this year's Chairman's Cup is awarded to none other than our own HERZLIA legend - Khayaletu Robin Mjakuja.

Robin – you are a person who exemplifies our HERZLIA Values, you are a role model to us all, and to whom we are all grateful – Enkosi kakhulu, Mhlekezzi. Siyabulela!

One of our wisest sages, the Rambam teaches that "We each decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No one forces us. No one decides for us, no one drags us along one path or the other. We are responsible for what we are." I wish you all the strength and wisdom to make the right choices in your lives, and to become the people you aspire to be.

B'hatzlachah for the next two months of exams, and more importantly, for the rest of your lives. We are proud of you all! Congratulations 2017.



Winner of the Chairman's Cup 2017 – Khayaletu Robin Mjakuja.



Principal's Cup – Kaelly Berkovitz.



Union of Orthodox Synagogues (UOS) Cup – Melissa Moritz.



Top Academic Award – Dale Shargey.



Drama Cup – Jake Maisels and Jarred Fischer.



The Roussouw van Zyl Memorial Award (this is a special award in recognition of having attained an average of 90% or more in prelims) – Kira Meltzer, Aviva Phillips, Hannah-Rose Fleishman, Jaron Cohen, Dale Shargey and Joey Forman.



Western Province Representatives 2017 – Kira Meltzer (Synchronised Swimming), Leah Gluckman (Synchronised Swimming), Sarah Symons (Basketball), Jenna Isserow (Water Polo), Ella Katz (Rhythmic Gymnastics), Ariel Mausenbaum (Life Saving) and Zoe Amato (Synchronised Swimming).

Shalom Class of 2017 – Be more curious and play more!

Extract from the speech by Herzlia High School Principal – Marc Falconer

Dear Herzlia Community, below is my Valedictory speech. I think it is appropriate for the acknowledgements offered to be shared with the wider community;

My job here tonight is, at least two-fold: to thank some people who ensure that the school runs with the efficiency and pre-planning that it does. My second job is to offer a formal and final farewell and leave taking to the 2017 Matric group.

You have all heard before that the education you have had is preparing you for jobs that don't currently exist – and the ones that do exist are not necessarily going to remain employment options for much longer.

You, M17, are probably going to be the first group in the history of the world who could, for the most part, quite conceivably live in three centuries - born as you are, mostly in 1999, the last school group from last century. Life expectancy is increasing by 1.5 days per week at the moment (some sources inform us). Your group spans the centuries that saw the invention of the cars, airplanes, TV, antibiotics, the computer: the internet and the cell phone, nuclear power and space travel. And what will 2100 bring? The very real possibility of artificial intelligence dominating your world.

And how fast is the change? Can you conceive, the first iPhone was launched just 12 years ago. And Facebook has only existed since 2004 (and already Facebook is old news, even though it has more active users than the population of any country in the world.)

Progress in education has been slower than in other areas: we still use the model of filling you up with content and then checking to see if it's still all there. But traditional content-based learning is increasingly less important than the social and emotional skills we need to be focussing on.

So, it is conceivable that you will be unemployed (and that does not have to be seen as a negative) since employment is not necessarily what you want. Think about: Dr Watson, the supercomputer, which can make medical diagnosis 99.8% accurately – as opposed to the 75 - 80% accuracy of human diagnoses; Rent-a-pensioner – a growing trend to use oldies doing jobs (such as call centre work) that millennials are way too impatient to attend to. This is an exciting time of deep structural change in society and it will be you who will need to take these forward.

And here is the start. Your education should be not to answer questions but to ask them. Don't retreat – we need you to be expansive thinkers, problem solvers, questioners. Do that. Take more risks, embrace the challenges and the changes. They are inevitable. Be more curious...and play more.

We have done our job – according to the lights of the department of education – we have achieved the broader education we have strived to offer. And we hope that you have done your job, as teenagers, the job of separating, individuating and learning to take responsibility for yourselves.

You have almost come to the end of the 'small scorching ordeals' which has fired your clay and shaped you. Your 'selfhood' begins in a different way now. There is a well-established trope which I know you will all be aware of – life as a journey as pilgrimage and process. Not only one of discovery but also of questioning, exploring. Journeying inwards – of discovering the topography of yourselves. Take time to think about this. How can you decide on the way of setting out if you do not know at first where you are going or at least with what purpose you are going there? Each of you now, cast your own light, make your own shadows.

I and the staff wish you farewell. Be strong, be healthy, be grateful and be happy – tomorrow and forever. *Shalom and l'hitraot.*



Zalman Avin Award – Jarred Fisher.



Service to Sport – Zac Israel and Kayla Smith.



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Rose, a 69-year-old divorcee, works three care-giving shifts to pay her bills.

Following a cancer diagnosis and surgery, she had to stop working and now lives off minimal National Insurance payments. 86-year-old Barry and his wife Celia can't afford to live in sheltered accommodation and rent a small apartment in Tel Aviv. Barry is incontinent following surgery for prostate cancer. Barely affording weekly groceries, they now need to lay out for medication and necessary accessories.

Marcy, 72 years old and recently widowed, is attempting to keep the small family business going following her husband's death. Since they arrived in Israel five years ago they rapidly used up the small pot of savings they brought with them. She calculates carefully in order to subsist on limited government payments.

These folks, and many more like them, are former Southern Africans. Some made Aliyah recently and some have been in Israel for several years. The common denominator is that they all had somewhere to turn to at a difficult time in their lives. Telfed, the go-to organisation for former Southern Africans in Israel, stepped up to offer practical support, counselling and financial assistance

Telfed Tidings — Growing old in Israel

where no one else would. After a careful evaluation of documentation, Telfed facilitated three months' rent for Rose from the Special Urgent Relief Fund as she recuperated. Barry and Celia receive monthly assistance so that they can afford to buy diapers, medicine and a hot meal, with weekly visits from a student volunteer participating in Telfed's PRAS Student Mentoring and Scholarship Programme. Marcy receives a financial stipend and gratis counselling sessions with Telfed's Social Worker.

Many Southern Africans recognise Telfed as the organisation that greets people at the airport and advises potential olim at Aliyah fairs, but far fewer realise how the support Telfed offers extends long after that heady passage through Ben Gurion airport. Proudly entering its 70th year, Telfed is busy as ever tending to the needs of thousands of new and veteran olim. From financial assistance to lower-cost housing, assisting people to build social networks and awarding student bursaries, caring for the elderly and lone soldiers to helping people find jobs – Telfed caters to a full range of needs and ensures that no one in the community feels alone in facing their challenges in a new country.

A growing concern is the wellbeing of senior Southern Africans in

Israel. Of the 5 132 elderly that are registered with Telfed, 38% are over 80. Over the past year, 40% of funds available for distribution to the needy went to elderly community members.

A recent report in Haaretz newspaper stated that more than 1/3 of immigrants to Israel live under the poverty line. The cost of living in Israel is 15.05% higher than in United States and salaries can be up to 20% lower.

Whilst Israel is a wonderful place to live with extensive opportunities, Telfed's social worker Ariela Siegel remarks that it is "incredibly hard to grow old in Israel when one does not have financial arrangements solidly in place." The cost of living is high and National Insurance payments are significantly less than the minimum wage.

Only a tiny percentage of elderly southern Africans can afford to live in retirement villages or sheltered accommodation. "Some of our clients sorely need protected living but simply can't come close to affording it, so they suffer in silence at home. Telfed is there for those clients who don't have a financial backing, but need support and assistance in the community" (Daniela Shapira, Telfed's Community Services Administrator)

Former Southern Africans have seen the value of their South African

work pensions shrink over the years due to rand devaluation. Many Southern African olim who had planned to live off their pensions find this is no longer possible and have no alternative arrangements to fall back on.

Israelis are blessed to be some of the longest living in the world today, placing second out of 170 countries for life expectancy. The downside of this is that many senior citizens outlive their savings.

Thanks to the generosity of the Southern African community both in Cape Town and in Israel, elderly Southern Africans in Israel are not abandoned.

The mother of a recipient recently wrote "thank you for assisting [my mother] not only to survive but to hold on to her self-respect which she cannot live without." To reach one's twilight years and have to struggle with the uncertainty can be distressing.

A wonderful network of Telfed donors, (South African Jews renowned for their sense of social responsibility), ensure that our elderly folk are supported and embraced by their community of origin.

With life expectancy and Aliyah rates consistently rising over the past five years, Telfed's responsibility is expected to grow in this sphere.

The Cape Town Holocaust Centre invites you to the opening of the photographic exhibition by **Norman Gershman**.

Besa

A CODE OF HONOUR

Besa is a code of honour deeply rooted in Albanian culture that demands that one takes responsibility for the lives of others in their time of need.

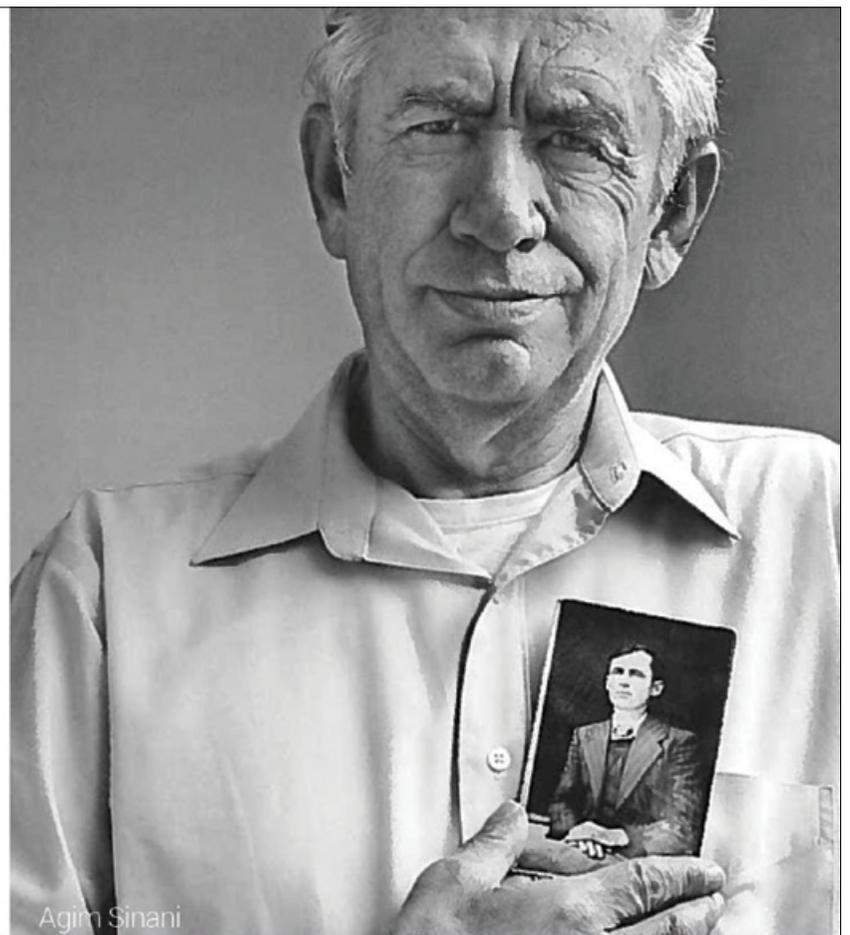
This photographic exhibition of Norman Gershman's work shows some of the Albanian Muslims whose families sheltered and protected Jews during the Nazi occupation of the country. These people were 'heroic', they were everyday people, tailors, shopkeepers, farmers, and workmen who rose to the occasion.

Monday 11 December, 6pm

Cape Town Holocaust Centre,
88 Hatfield St, Gardens



Light refreshments will be served. Booking essential. 021 462 5553 or admin@holocaust.org.za



Agim Sinani

Exhibition Runs:

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If this trunk could talk — winners 2017

By Mia Burnham, winner Herzlia Weizmann

Hello and welcome to this exhibition that is all about me! You say it's not. Well I ever! Wouldn't you like to know my story, not my master, Rudolf's one. You would? Really? Well then, make yourself comfortable. It's going to be a long one.

I was sitting behind that sparkly, glass shop window posing, waiting for someone, anyone to come and buy me. The owner of the shop had polished me today, much better than he ever had before. The first customer of the day walked in. He looked like a well-off person and maybe a good owner too. So I did what any trunk searching for an owner would do. I tilted back so that the morning sun made my polished, silver padlocks shine. So do you want to know what he did? Of course you do. He walked right past me and my sparkly corners. A few more people came in and did not even glance at me. At about lunch time a grumpy person came. I didn't really like the look of him so I didn't show off, but he came up and grabbed me anyway. He bought me and took me to his home.

I was sitting on his bed in his room when I heard him read aloud a letter he had gotten from his childhood friend, Karl Kipfer, the non-Jewish-forced-to-be-a-Nazi friend. It told my master that he was going to be arrested soon because he was a Jew. Suddenly Rudolf started throwing clothes into me. He wrote a letter explaining he had to leave to his family and set off to Belgium. He found no work there so he moved to Holland. He found work there but the Nazis invaded so we set sail for Cape Town.

We were at sea for weeks. I felt like I was going to vomit, I was that seasick, except trunks can't vomit. We finally saw the dim lights of the Cape Town harbour. I was so happy when we stopped in the harbour that

I wanted to hug someone although I have arms as much as I can vomit.

I spent a few months in the lovely sunny Cape Town with my owner and then moved up to Johannesburg. We bought a rather fine house and settled in. He went on safari without me, but wrote a very descriptive letter to his aunt about it and made a copy of it with some carbon paper. He gave the copy to me. Me! Yes me! Me of all trunks! Well I am the only trunk he owned at that time. Talking about his letters, he kept all the letters he received inside me and all the copies of the letters he wrote stored inside me.

He wrote letters about life in Africa. The game reserves, the climate, other things I didn't have time to read. He wrote about how he was sorry he couldn't come to his brother's Bar Mitzvah and how he missed everyone and was trying to get passes to allow his whole family to come to Johannesburg. He received letters from his aunt telling him to be careful because there are dangerous animals in Africa, a letter all about what happened in his brother's Bar Mitzvah and many about life in the war.

He married a lovely lady called Rachel and had a child called Norman. Norman grew up and inherited me with all my letters. He soon forgot about me and put me in a corner in his garage. A few years ago there was an accidental fire in Norman's house but I survived along with Rudolf's family tree. Daniel, Norman's son, started looking through the letters, found them interesting and showed them to the Jewish Museum and BAM! Here I am. Well that's it. That's our story. Rudolf's and mine. I hope you enjoyed it. Goodbye!

By Jarred Beifus, winner Herzlia Constantia



Herzlia Constantia: Micah Mills, Anna Lieberman, Jarred Beifus (winner), Madison Talberg

Dear Brother Suitcase Bronze I have just come out of the factory. It is wonderful here with all the new breaths of bags, trunks and suitcases. I came out as a marvellous trunk with nice bronze lines and a wooden body. Right now I'm going to a Jewish family. Hope you enjoy your new life!

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze

I have safely landed here in Germany and have been bought by a nice-looking Jewish fellow. He has taken me to a nice house near some Jewish neighbours. I'm sorry if I'm forgetting a lot of details, I guess I've got a lot to learn about where I live. That's it for now, looking forward to hearing from you again.

Yours truly, Trunk Bronze

Continued on page 57

By Sara-Rain Witkin, winner Herzlia Highlands



Herzlia Highlands: Meira Rod, Robbie Hirschson, Jared Zolty, Sarah-Rain Witkin (winner)

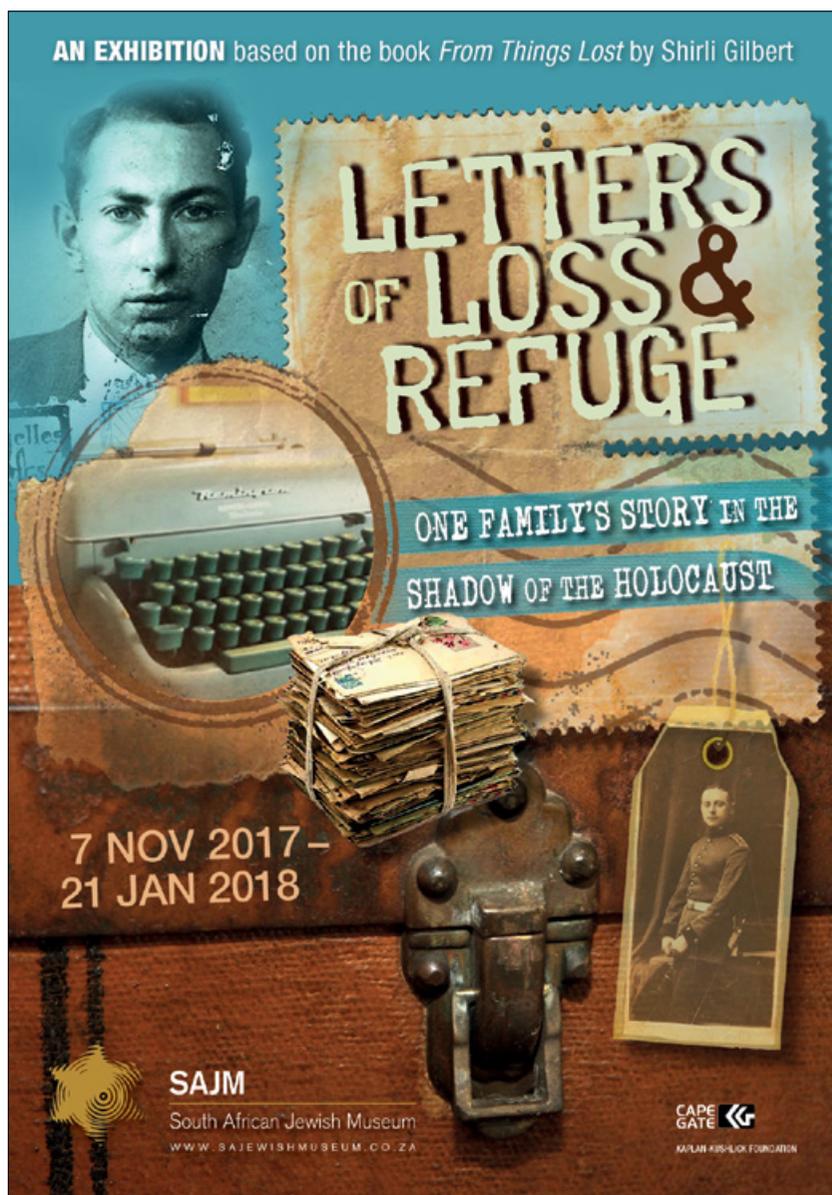
It's been years now, years since I've been opened, so many that I can't even remember the letters stored inside of me. All neatly wrapped, folded and copied through that highly regarded carbon paper that Rudolf deeply appreciated. I used to know them word for word, each letter bearing such important information during such rough times that I felt myself compelled to memorise each one from beginning to end. Rudolf would often read them out once he received

them. Sometimes he would even cry. Oh Rudy, how I wish I could see you again!

Now I sit in a garage, discarded and locked, waiting for someone, anyone, to find me. I've been to many places, sat in corners, but I've never been so alone before. I feel neglected. No one has ever — wait. What was that? Could that be my Rudy? It's a door opening. I'm not alone!

A young man walks up to me. He looks like Rudolf, but not quite. My journey continues...

AN EXHIBITION based on the book *From Things Lost* by Shirli Gilbert



LETTERS OF LOSS & REFUGE

ONE FAMILY'S STORY IN THE SHADOW OF THE HOLOCAUST

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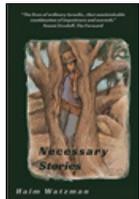
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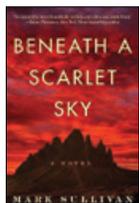
FOREST DARK by NICOLE KRAUSS. In this mesmerising novel, Krauss includes two narrative threads. One centres on Jules Epstein, a New York philanthropist who travels to Tel Aviv, the other on recently divorced novelist, Nicole who comes there too, looking for inspiration for her book. Though both Jules and Nicole never directly connect, both are searching for meaning and belonging.



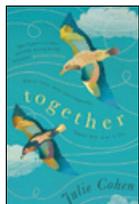
NECESSARY STORIES by HAIM WATZMAN. In this short-story collection, Watzman has included several from his Jerusalem Report column. They are about Jewish and Israeli life today and in the past. Some are funny, some meditative and some sad; set in immigrant camps, the army and south Jerusalem. This book is dedicated to his son Niot who died during his service in the Golani Brigade.



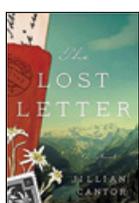
DEVIL IN FALSE COLORS by JACK WINNICK. A note signed ISIS, found after five children were massacred at a LA Jewish day school, warns of more Jewish victims. Lara of the Joint Terrorism Task force and Mossad agent Uri Levin investigate. Uri infiltrates as an escaped terrorist and Lara offers herself as an American bride to Muslim clerics online ads. Filled with action and suspense.



BENEATH A SCARLET SKY by MARK SULLIVAN. In this saga of suspense, history and love, Pino Leila joins the underground helping Jews escape over the Alps in 1943. He falls in love with Anna, a widow six years his senior. He is forced by his family to enlist in the German army becoming the personal driver of Nazi Hans Leyers. He continues to resist bolstered by his love for Anna.

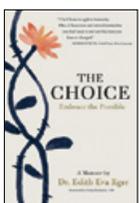


TOGETHER by JULIE COHEN. The compelling book begins with Robbie writing his wife Emily a letter which will break her heart. Their story is then told going back to 1962 and provides snapshots of this couple's life sharing their initial blossoming of love, choices, decisions and their terrible secret which they will do anything to protect. The final disclosure should take your breath away.

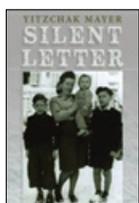


THE LOST LETTER by JILLIAN CANTOR. In Austria in 1938, Kristoff is apprenticed to a Jewish stamp engraver who forges papers at great personal risk. He falls in love with Frederick's daughter Elena. In 1989, Katie Nelson finds within her father's stamp collection, a unique Austrian stamp. This stamp leads Katie and philatelist Benjamin Grossman on an odyssey of discovery and love.

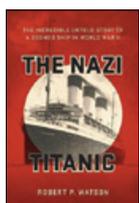
HOLOCAUST



THE CHOICE by EDITH EGER. A moving memoir of 89 year old Holocaust survivor Eger, an eminent psychologist. She survived Auschwitz dancing for infamous Joseph Mengele in exchange for bread. She draws on her Holocaust experience and shares the remarkable stories of those she helps. She was able to free herself by confronting her own suffering and making her own choices.



SILENT LETTER by YITZCHAK MEYER. The author describes his family's desperate flight from Belgium to France at the outbreak of World War II. Pregnant and unable to speak French, Meyer's mother Rosie depends on him. The story is told as a letter from his mother to his father Moritz who died in Auschwitz. Meyer captures the anguish and horrors they encounter.



THE NAZI TITANIC by ROBERT WATSON. The tragic account of the German luxury liner, Cap Arcona used by the Nazis to transport troops and then to move soldiers and civilians away from the Red Army's advance. In the Reich's final days, the ship was packed with concentration camp prisoners and mistakenly bombed by the RAF. A compelling, gripping well researched story.

AWARD-WINNING FEATURE FILMS ON DVD

GETT: THE TRIAL OF VIVIANE AMSALEM. One woman's anguished fight to obtain a divorce amidst Israel's strict divorce laws.

MY NAZI LEGACY. Documentary by Philippe Sands, author of East West Street. A powerful, psychological exploration of three men wrestling with their past.

REMEMBER. Thrilling fast-paced revenge story, with an incredible lead performance from Christopher Plummer as the frail but unstoppable Zev Guttman.

SON OF SAUL. Winner of the Oscar for best foreign language film. A member of the Sonderkommando attempts the impossible – to save his son's body from the crematoria.

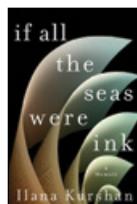
13 MINUTES. From the director of Downfall, the true story of Georg Elser, the man who tried to kill Hitler.



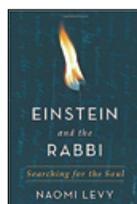
RELIGION



THE HEART OF LONELINESS by RABBI MARC KATZ. With masterful storytelling, Katz uses the pains of our ancestors to help readers understand the nuances of loneliness addressing this experience. His book is honest and courageous partially inspired by his own divorce. Katz includes the wisdom of the Bible and ancient rabbis and the findings of social scientists and psychologists.



IF ALL THE SEAS WERE INK by ILANA KURSHAN. Living alone in Jerusalem following a painful divorce, Ilana embarked on the project of reading the Talmud, Daf Yomi, a page a day. This profoundly honest, perceptive memoir demonstrates how this inspiring young woman rediscovers happiness while learning the Talmud. The chapters are organised to parallel the tractates.

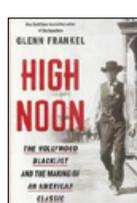


EINSTEIN AND THE RABBI by NAOMI LEVY. Bestselling author, Naomi Levy explores the purpose and meaning of the soul inspired by a poignant letter written by scientist Albert Einstein decades earlier. His words reveal a path to something every bit as elusive as the theory of relativity-the human soul. A work filled with wisdom to help reclaim our souls and live up to our gifts.

FILMS & ENTERTAINMENT



WARNER BROS by DAVID THOMSON. Film critic and historian Thomson takes a masterful look at one of Hollywood's preeminent families examining their internal dynamics and cultural impact. The brothers-Harry, Albert, Sam and Jack arrived in America as unschooled Jewish immigrants. They founded their studio making gangster films, backstage musicals and dramatic romances.



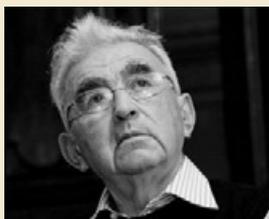
HIGH NOON by GLENN FRANKEL. The story behind the Academy Award winning movie High Noon showcasing the political climate at that time. Frankel explores this film made during the Hollywood blacklisting era. Screenplay writer Carl Foreman and others were forced to testify about their involvement in the Communist party and on refusing to name names, they were discredited.

'Forgetfulness is an incurable and dangerous disease'

An interview with Litvak writer Grigory Kanovich

By Stephan Collishaw

It is a miracle that Grigory Kanovich, one of Lithuania's most prominent Jewish writers, survived the Second World War. 95% of Lithuania's Jewish community were massacred by the invading German troops and their local Lithuanian collaborators.



Kanovich's small family were fleeing the Nazi invasion when the line of refugees they were travelling with was attacked by a German plane. Counter-intuitively, Grigory Kanovich's mother dragged the boy into a haystack in the middle of a field while the other Jews hid in a copse.

It was an action that was to save their lives. The scene is dramatically retold in Grigory Kanovich's moving novel, *Shtetl Love Song*, published for the first time in English, about growing up in a small town in Lithuania before the Second World War.

The novel is a paean to his mother, Hennie, and his father's mother Rokha-the-Samurai. But it is also a love song to the shtetl, the Jewish communities that existed in every Lithuanian town. He peels back the surface of the rich community that lived there, the cobbler, the tailor, the shop-owners and Socialist dreamers, the beggars and the braggarts.

It is a requiem for the pre-war Jewish shtetl, for a people and a way of life that was destroyed in the holocaust.

Grigory Kanovich is one of Lithuania's most prominent novelists. He has been the winner of a whole array of awards, including the National Prize for Culture and Arts and, for his final novel, the Liudas Dovydenas Prize awarded by the Lithuanian Writers' Union.

Kanovich's novels have been translated into many languages and sold in their millions.

Born in Jonava, near Kaunas, in 1929, he was twelve years old when the Second World War broke out and his family was forced to flee to safety in Russia. After the war Kanovich returned to Lithuania from exile in Kazakhstan, settling in Vilnius where the author graduated from Vilnius University.

As well as a prominent novelist, Kanovich is a renowned playwright and wrote screenplays for the Lithuanian Film Studios. A play based on his novels is about to open at the Barbican Theatre in London.

Dissident Lithuanian poet and academic Tomas Venclova, has called Grigory Kanovich the 'last link in the chain' of Litvak literature. He is the last Lithuanian Jewish author with first-hand experience of the shtetls and he has dedicated his life to preserving the memory of those communities in his beautiful and moving novels.

As the Frankfurter Allgemeine Zeitung commented, 'Kanovich makes us feel and see a world that has long disappeared.'

In 1993 the writer moved to Israel, where he now lives.

SC - To what extent is the novel *Shtetl Love Song* autobiographical?

GK - True, *Shtetl Love Song* is an autobiographical novel.

Your character in the novel seems very close to his grandmother and goes with her regularly to the synagogue. Is the synagogue still a part of your life?

My grandmother Rokha was a very religious person. When I was a child the synagogue played a big role in my life. There was not a single Saturday, nor a Jewish holiday when my grandmother wouldn't take me to synagogue. My grandfather was religious, but didn't go to synagogue so often. He joked, 'If you hear something interesting from Him, you won't be able to keep it from me long, you'll tell me.' I, myself, am not religious; the synagogue doesn't play such a strong role in my life now as in my childhood.

You reference the mass murders that happened in Lithuania at the outbreak of the war, but do not dwell on them. Was that deliberate?

The novel is dedicated to what has been lost, to what has been destroyed — the small Jewish town. It is, in a sense, a requiem to all such Jewish towns. From the first line of my novel *Devilspelt* until the last line of this, my last novel, all of my novels have been dedicated to that which was wiped from the face of the earth — those small towns like the one where my grandparents and great-grandparents used to live. None of them are left anymore; that Jewish world perished during World War II.

Why did your family decide to stay in Lithuania after the war?

After the war our family was drawn back to Lithuania, to the cemeteries of our relatives, because those who forget the graves of their ancestors are not worthy to be called people. Forgetfulness — it is an incurable and dangerous moral disease.

Did you ever go back to Jonava?

Yes, after the war I visited my childhood town; I am an honorary citizen of Jonava. The first time I went was straight after the war. I went there with my father and mother. Several times I went there on my own. The last time I visited was with my eldest grandson. Together we read the inscriptions on the Jewish gravestones.

What made you want to be a writer?

I started writing by accident. My classmate, the son of a Russian priest, came to me for some reason with the request that I write

a poem for his beloved girlfriend. He liked the poem. The girl liked it too. I was happy to have brought pleasure with my words and slowly I became drawn to writing. Over the years I stopped writing poetry and turned to prose. Gradually I found my topic. That's how my first story appeared, 'I Gaze at the Stars' [*Ya Smotryu na Zvezdy* 1959] which was the beginning of my saga about Lithuanian Jewry.

Why did you choose to write in Russian, rather than Lithuanian or Yiddish? Is the language you choose to write in important for artistic or political reasons?

My four years study of Yiddish was not enough to be able to write in the language of my grandparents and great grandparents. There was no political dimension behind my choice of language; it was chosen by God's will. The war didn't help improve my Yiddish. In Russia they took my father right away; he was conscripted into the army. The Soviet organisers of the evacuation sent me and my mother to Kazakhstan, to a remote village next to Ala-Tay, where nobody had ever even heard of Yiddish. I and the other refugee children studied in the same class with the Kazak children, where the teacher taught us in Russian and the Kazaks in their own language at the same time. After a year and a bit we found relatives in the Urals, in a coal mining town. We moved to join them and I was sent to a Russian school. From that point on Russian became my guide. So that's how they took away my Yiddish. There was nobody left to even read it. All over the Europe the readers of Yiddish were taken and shot. They were killed in cities and little towns, in the villages and in the forests. For those who survived the concentration camps and exile, the reading of literary fiction was not top of their priorities.

Who influenced you as a writer?

The biggest, most decisive influence on me was not that of a writer, but [the artist] Marc Chagall. After visiting Paris and having seen his paintings in the museum, with Jews floating into the sky, I said to myself, 'Try doing this in prose.'

Did being a writer in the Soviet Union put a pressure on what you wrote, limit you, or force you to consider how you wrote?

At the very beginning of my creative life in the

Soviet Union the authorities began a campaign against Jewish values. They brutally murdered Mikhoels [the artistic director of the Moscow State Jewish Theatre]. They closed his theatre and began taking Jewish organisations and their leaders to court. They dissolved the Jewish Anti-Fascist Committee. They even accused [Solomon] Lozovsky, who had been the deputy minister of the foreign affairs of the USSR, with Zionism. It's impossible to list all of the cases of persecution. In such circumstances it wasn't safe to write on Jewish topics without risk of retribution. My father, a tailor, said to me, 'if you want your dinner in prison, then carry on writing.' In these circumstances, my ability to write freely was circumscribed.

Are you writing anything at the moment?

I stopped writing in 2012. '*Shtetl Love Song*' is my last novel. These days I spend my time answering questions to students on MA and BA programmes in Lithuania and Israel, as well as in other European countries, who write academic essays on my creative work. Apart from that I keep up a wide correspondence with my readers.

Why is it still important to write about what happened in the Second World War?

In numerous articles I have sharply condemned the killings of Jews in Lithuania by local supporters of the German occupation. I think that Lithuania is still afraid to openly and resolutely accept the full extent of the national tragedy of the Jews in Lithuania.

Do you think the Lithuanian government has done enough to preserve the memory of their Jewish heritage in Lithuania?

I have been for a long time now of the opinion that Lithuanian government has not done enough, it has done too little to preserve Jewish heritage in Lithuania.

Do you still consider yourself to be a Lithuanian writer?

I have never called myself a Lithuanian. I am a Russian speaking writer who was born and lived in Lithuania. By birth I am a Jew, and as long as I live I will stay such.

Grigory Kanovich's last novel, 'Shtetl Love Song' is available in English now, published by Noir Press. ISBN: 978-0995560024



Cape Town runner completes Extreme Marathon for charity



Gavin Shaskolsky completed the Kalahari Augrabies Extreme Marathon in November in aid of Sinenjongo High School. This is not the first time Gavin has run the self-sufficiency marathon, which sets daily distances ranging from about 25km to 75km with temperatures reaching into the late 40s.

He said it took at least a year to prepare for the desert run, which started on Thursday 26 October. In an interview with Summer Jacobs at *Table Talk* in October, Gavin explained that “you need to have a base of fitness and experience in endurance events like Comrades and Two Oceans Ultra. I have now

completed four Comrades and five Two Oceans Ultras. Then it's important to have a clear training plan that matches the outcomes that you want to achieve.”

The *Table Talk* article went on to explain that the runners must carry all their supplies, clothes and compulsory safety and survival equipment for the duration of the event. Overnight shelter in camps, and water, which is strictly controlled and distributed during the race, is supplied. “People often think I am crazy to do these types of events. I think otherwise. I love running, I love nature and adventure, and I love meeting new people. I love seeing what my mind and body can do when being pushed to their limits.”

Holocaust survivors connect in Cape Town

The Academy of Jewish Thought and Learning hosted Dov Landau, Holocaust survivor, in Cape Town from 26-28 October.

At the age of 15, Dov Landau, living in Poland, was sent into forced labour under the occupying Nazi forces. His mother and four siblings were taken away, never to return. In 1943 he was transferred to Auschwitz-Birkenau, where he saw his father for the last time. Dov recalls his father's last words to him — to remain a Jew. Dov subsequently survived a death march and Buchenwald camp, which was liberated by American forces 11 April 1945.

Dov lost his entire family.

He arrived in Cape Town on Thursday, meeting the families of past Academy of Jewish Thought and Learning Poland Tour participants. Dinner that evening was hosted by Leora and Michael Sternberg in Camps Bay, where he regaled the table with his life story, and also met with two of Cape Town's Holocaust survivors — Ella Blumenthal and Miriam Lichterman.

On the Friday morning, Herzlia High School learners had the opportunity to hear and meet Dov, as he



Iconic pic of three Holocaust survivors taken at a dinner hosted by Michael and Leora Sternberg: Dov aged 89, Ella Blumenthal aged 96 and Miriam Lichterman aged 95

addressed them, and then spent time connecting with individual grades. The reaction of students who meet and hear Dov is universal — a sense of honour, privilege and awe.

For the Shabbat Project, Dov was generously hosted by Alan and Martine Trope, and the Ohr Somayach community in Seapoint. He was warmly welcomed, and not only joined their community dinner, but was invited to join in the Bar-Mitzvah celebration of one of the congregants.

Dov embraced his time in Cape Town, connecting to this vibrant Jewish community — it is what he does.

He bears witness, he embraces life, and he places great value in taking every opportunity to forge links in the chain of Jewish life — past and present.

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A VIEW FROM THE BAR

The rights of foreigners in South Africa

By Anton Katz



A key and growing issue in the world today, as it has always been, is the movement of people.

Migration, and terrorism-related-concerns dominate media internationally. Every terror attack brings more 'keep them out' language and in many countries, immigration fuels political parties' electoral prospects.

Governance and the administration of human affairs is managed through nation states and has been since 1648 (Peace of Westphalia). There are many who argue that the nation state is not serving human rights and development optimally.

People move across borders and internally within states for a variety of reasons. Push factors are love and/or family, safety and security (to escape wars), for financial benefits, for advancement of careers, for religious or ideological reasons or beliefs. Where they go or attempt to go is also based on numerous considerations. Principally family unity or promises of safe and better futures for children are pull factors.

The Supreme Court of Appeal has recognised: "Human dignity has no nationality. It is inherent in all people,

citizens and non-citizens alike simply because they are human." This sentiment is not entirely different to Exodus 12:49 "There shall be one law for the native and for the stranger who sojourns among you." In other words the rights guaranteed in Constitution and the law apply to all persons whenever they are either in South Africa, or outside South Africa, but are affected by conduct of the South African government.

Over the last two decades I have advised and represented many individuals in the immigration/refugee context in South Africa and other jurisdictions. Clergy (rabbis, Imams and priests), East European exotic dancers, an alleged Al Qaeda operative fleeing the late Colonel Gaddafi's terror, alleged Chinese triads, Kurds fleeing Turkey, impoverished Africans trying to earn a living as security guards, wealthy Israeli diamond merchants, South American musicians, United States scientists, transgender, lesbian and gay running from persecution, foreign children attempting to join their South African parents or siblings and 'allegedly illegal' Zimbabweans detained for months without trial have been among my clients.

In South Africa I have regularly had only positive experiences with regard to my and my family's citizenship/passport issues. Yet my foreigner clients routinely have only had nightmare experiences. Their files get lost, their applications are rejected years later without proper consideration. The reasons given demonstrate that the adjudicator was considering another (different) application. The documentation, including financials supplied were not understood, properly or at all. More often than not the process followed fell far short of requirements of the law. And when the process was challenged in court the government vigorously opposed at great expense to the tax payer.

Indeed in the case of a DRC refugee the SCA has, in a frustrated tone, lamented: "...Once it became apparent that Ms Dekoba claimed not to have been given an appeal hearing, that claim should have been fully investigated by the Department. Why then did the Department not immediately make arrangements for her to have the appeal and ensure that she would be present and appropriately assisted...? Had they done so instead of claiming that her rights had been exhausted there would have been no need for this litigation and Ms Dekoba's refugee status would long since have been resolved. Instead, over five years after her appeal was due to be heard, like a game of snakes and ladders, she finds herself back where she was on 17 February 2009, awaiting a hearing of her appeal. In the meantime her son is now seven years old and presumably should have started his school career. All that could easily have been avoided had the Department's officials taken a practical and sensible view of matters instead of engaging in costly and, as it turns out, fruitless litigation. This is not what we are entitled to expect from our public servants."

In a slightly different context: although in South Africa the death penalty is unconstitutional, Home Affairs officials have had no difficulty in deporting or attempting to deport persons to face the death penalty in the US and Botswana. This governmental conduct has been held by the Constitutional Court to be constitutionally unacceptable.

It has been up to the courts to right the numerous wrongs committed by government departments time and again. The South African courts have stood up to their task admirably in both the immigration and refugee context. The immigration laws apply to foreigners who wish to either live in South Africa permanently and temporarily. The applicable legislative framework is generally

rational and welcoming. In the immigration context proper provision is made for family unification and the encouragement of needed goods, finances and skills to be imported. Refugee law, on the other hand, is geared towards protection of (a) those outside their own countries, and who have a well-founded fear of persecution by reason of his or her race, tribe, religion, nationality, political opinion or membership of a particular social group, is outside the country of his origin and is unable or unwilling to avail himself or herself of the protection of that country or (b) owing to external aggression, occupation, foreign domination or events seriously disturbing or disrupting public order. The Refugee laws adequately give effect to South Africa's international refugee obligations.

After World War II, the successful war powers decided that it was necessary to adopt internationally binding treaties to protect human rights. The most significant was the Refugees Convention (Geneva) of 1951. The idea was to impose obligations on States to provide protection to, for example, Jewish persons fleeing the horrors of Nazi Germany. States would not be permitted to turn back persons fleeing from being shoved into gas chambers. South Africa is a party to all refugee treaties, and has obligations to protect those escaping persecution.

What is of interest is that although South Africa has a well-developed set of laws and protections available why have government officials over such a long period of time and so consistently been so intransigent? It is hard to understand. An educated guess is that the government bureaucracy enforcing the race laws of apartheid inherited the task of administering the immigration and refugee laws. In doing so they continued the unfortunate superior attitude to the other. So foreigners have become the disempowered and marginalised black persons in democratic and free South Africa. Under apartheid the Nationalists were above those not classified white. A foreigner is now the untermensch. This development is not entirely dissimilar to developments all over the world. Perhaps this xenophobic attitude will change for the better as world order starts, as it must, transform towards a global perspective.

Anton Katz SC is a practicing advocate at the Cape Bar and is a member of the United Nations Human Rights Council Working Group on Mercenaries.

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THE ART OF PERFORMANCE

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Israeli economy flexes its muscle as shekel is deemed world's 2nd-strongest currency

By Adam Abrams/JNS.org

The German financial services giant Deutsche Bank last week ranked the Israeli shekel as the world's second-strongest currency, bolstering the broader outlook on the Jewish state's economy.

"The strength of the shekel reflects the strength of Israel's current economic position," Leo Leiderman — a professor of comparative economics at Tel Aviv University and the chief economic adviser for Bank Hapoalim, Israel's largest bank—told JNS.org, adding that he expects the shekel "to continue showing relative strength."

During the past year, the shekel has appreciated 6.1 percent against the currencies of Israel's main trading partners, including the U.S. dollar, British pound, euro and yen, according to Deutsche Bank's strategic foreign currency analyst Dr. Gautam Kalani. Only the Chinese yuan is stronger than the shekel, Deutsche Bank said.

The shekel's strength results partially from Israel holding one of the largest reserves of foreign currency in the world, serving to reduce the volatility of the Jewish state's native currency.

Israel's central bank, the Bank of Israel, announced record-breaking

foreign reserve holdings of \$111 billion at the end of September. In April, a report by Bank of America Merrill Lynch noted that the Bank of Israel was "defying gravity" by checking the appreciation of the shekel against the U.S. dollar, which hit a three-year low against the Israeli currency this summer.

Imports and exports

Leiderman explained that Israel "exhibits a surplus in the current account of the balance of payments—that is, excess of exports of goods and services over imports of these. Obviously, a strong currency means more challenges for our exporters, and some easing of prices for imported goods and services."

Yet despite the challenges that the shekel's strength might pose for local manufacturers and exporters, Israel's exports actually rose 6 percent — to \$50 billion — during the first half of 2017, according to the Israel Export and International Cooperation Institute.

Leiderman said the jump in exports was driven by rapid growth in high-tech services and incoming tourism.

"The economy benefits from capital inflows from abroad, especially in the high-tech sector. This year, we expect a total of 3.5 million incoming tourists, which is a record-high figure in Israel's history," he said.

Israeli exports of services totaled \$21 billion in the first half of this year, boosted by the rising trend in exports of computer and software services — which grew 12 percent, to \$6.8 billion.

Exports of tourist services were up 16 percent, to \$3.2 billion, in the same period, and exports in industrial sections—including drugs, chemicals, refined oil products and electronic components — grew 5 percent.

"Increasing exports is a strategic goal of the Ministry of the Economy and Industry, because the export industries feature high productivity," Israeli Economy Minister Eli Cohen said in August, Globes reported. "We are continuing our efforts to attract international companies. With the help of incentives for exporters, we will cross the \$100 billion mark, which is our annual export target."

A top economic competitor

Besides being recognised for its strong local currency, Israel is also considered home to one of the world's most competitive, innovative and stable economies.

"When looking at the OECD (Organisation for Economic Co-operation and Development) countries, we are towards the top of the list, almost at the head, and this is very important," Israeli Prime

Minister Benjamin Netanyahu said in February. "This creates jobs, raises wages and is good for the citizens of Israel."

The Jewish state is currently ranked first in the world in research and development (R&D) and venture capital investments as a percentage of gross domestic product, as more than 600 new start-up companies are launched in the country every year. Israel is also home to more than 300 R&D centers belonging to tech giants such as Facebook, Microsoft, Intel, Google, IBM and Apple.

Israel is ranked second on the World Economic Forum's (WEF) innovation index and 16th on its Global Competitiveness Report. Israel moved up eight positions from last year on the WEF competitiveness index, marking the first time that the country was ranked among the list's top 20 nations.

According to the WEF, Israel this year maintained its position as one of the world's three most innovative countries, in line with Jewish state's longstanding reputation as the "start-up nation."

Israel also cracked the top 10 on the 2017 Bloomberg Innovation Index, which rates the level of innovation in a nation's economy by measuring its spending on R&D as well as its number of publicly traded high-tech companies.

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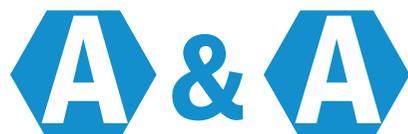
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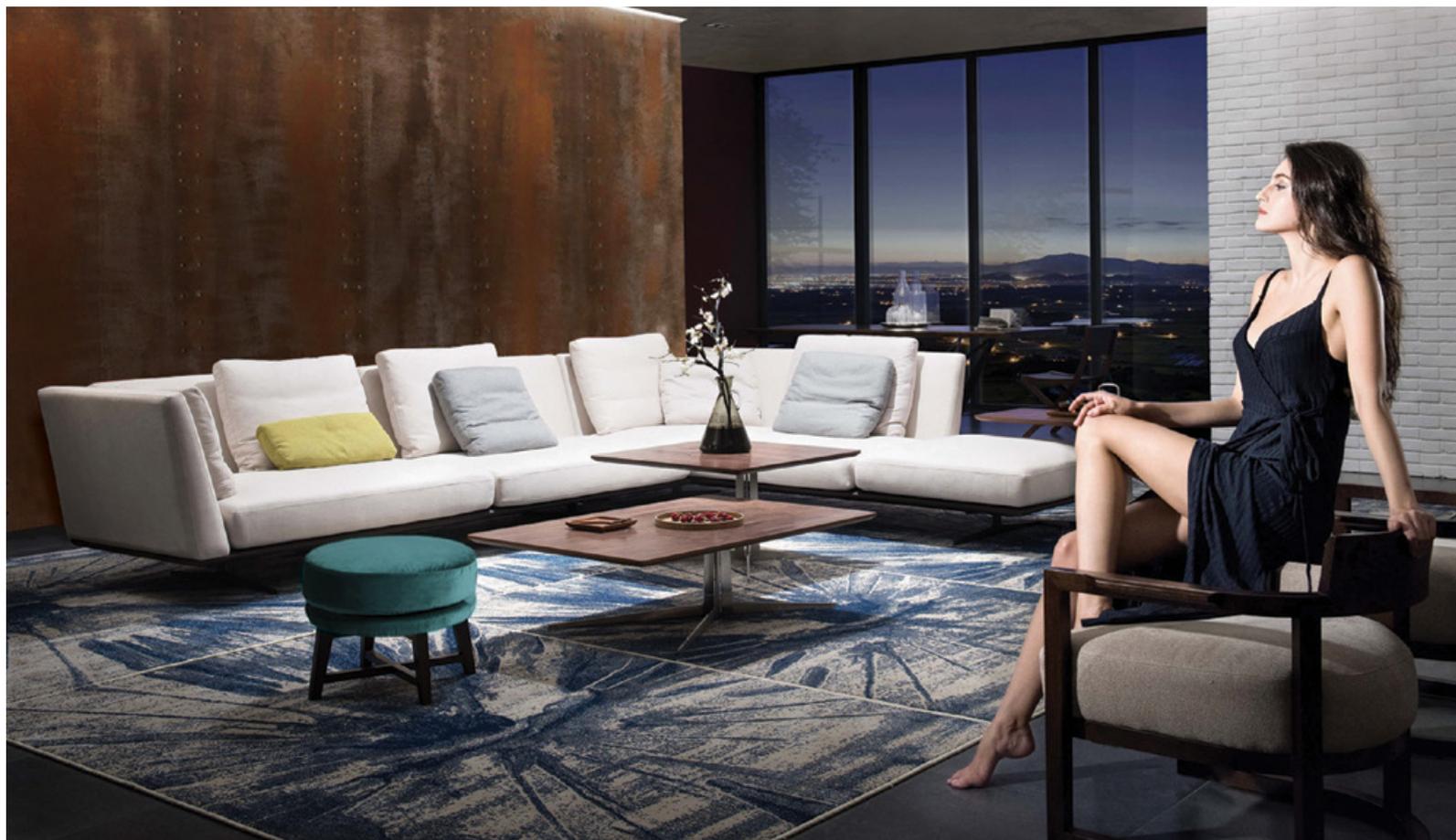


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Ethiopian-born Miss Israel once dreamed of the Jewish state, now advocates for it

By Adam Abrams/JNS.org

In Ethiopia, Yityish “Titi” Aynaw and her fellow villagers always dreamed of living in Israel.

“From as far back as I can remember, I was always told that I am Jewish and that I must live in Jerusalem,” said the former Miss Israel, who in 2013 became the first Ethiopian to hold the title. “I imagined that Israel would look like how it’s described in the Bible, as the land of milk and honey...like a fairytale.”

This week, Aynaw commenced her third Israel advocacy speaking tour on U.S. college campuses, in what she described as an opportunity “to give back” to the country that gave her a new life.

Aynaw’s fall 2017 tour — facilitated by Jewish National Fund (JNF) and Media Watch International—began Oct. 30 and includes visits to campuses in the states of New York, Colorado, California, Washington and Oregon. The tour culminates with Aynaw’s keynote address to hundreds of American students at JNF’s national conference in South Florida Nov. 11.

Since being crowned Miss Israel, Aynaw’s meteoric rise has seen her become one of Israel’s top models, a prominent media personality and a staunch advocate for the Jewish state. Along the way, she has shattered a cultural glass ceiling and paved the way for other young Ethiopian-Israeli women to follow in her footsteps.

Aynaw, 26, comes from humble beginnings — walking barefoot as an orphaned child in the Ethiopian village of Gondar. Both of her parents died by the time she was 9. After her mother’s death, Aynaw and her brother lived with their aunt before making Aliyah in 2004. In Israel, the siblings moved in with their grandparents, who had already arrived in the Jewish state.

In the following interview with JNS.org, Aynaw discusses the challenges of Aliyah, her work ethic, serving in the IDF, becoming Miss Israel and Israel advocacy.

JNS: What was your biggest challenge upon moving to Israel?

“Learning Hebrew. My brother and I went to a religious boarding school in Haifa, and I was the only girl there. My brother had other guys in the class who he could learn with, but I was alone.... It was really challenging... I would go to the library alone and try to learn. It took me about three months to learn to speak Hebrew. Learning to read and write took me more than a year.”

Was becoming a model one of your early goals?

“Everyone always told me that I should [become a model]. I said that I would, but only after I finished school, and just as a small job to make a little bit of money. It’s not



something that I thought I would do very seriously.”

How was your experience in the IDF?

“I was in the army for three and a half years in a very tough position. I was a commander for the guys who stand at the checkpoints to Jerusalem. I trained them to be professional soldiers at the checkpoints. I was the only girl in my platoon. It was really tough.”

How did the men respond when they saw a woman who looks like a model telling them what to do?

At first they couldn’t believe they had a female commander, but in the army, if you’re good at what you do, it doesn’t matter if you’re a girl or a boy... After I had several meetings with them and was tougher with them, I earned their respect.”

“At first they couldn’t believe they had a female commander, but in the army, if you’re good at what you do, it doesn’t matter if you’re a girl or a boy... After I had several meetings with them and was tougher with them, I earned their respect.”

Then they must have been even more surprised when you became Miss Israel.

“Yes. By the end of my service, I was the commander of my platoon. I had around 300 boys under my command, and four

months after I left the army I became Miss Israel, and they were shocked. For me, it was so weird that my soldiers would see me in a swimsuit on television, walking and smiling, and just a few months before I was with them running, training, yelling at them, doing all of these tough things.”

How did it feel to become the first Ethiopian Miss Israel?

“I didn’t think it would ever get this big.... For me to be Miss Israel, it didn’t just give Ethiopian olim hope, but all immigrants to Israel. I am proud that I made history.... I am happy that this happened to me because it changed my life.”

Have you ever experienced racism in Israel?

“[Not] against me personally. There is some racism...but I believe it happens because Ethiopians are the newest group of immigrants.... It’s happened to every new group of immigrants...I believe in Israel. I believe things are changing, and if there is something we don’t like, we can protest. I participated in some of the recent protests against racism.”

Can you describe the “Titi Project,” one of your current initiatives?

“There are many children in my neighborhood [in Netanya] who have too much free time after school, and they get into trouble.... Their parents are working all of the time and don’t have the money to pay for extracurricular activities for the kids. I raised money in the U.S., and we opened the Titi Project in the center of my neighborhood. It gives the kids extracurricular activities like basketball, tutoring and lessons on how to make jewelry. At first I thought these things would just keep the kids busy after school, but then the kids really started doing well in their studies. I love this project. My dream was to keep them far away from trouble, but it turned into something bigger than that.”

What are your goals for this U.S. college campus tour?

“I’m really happy to do this with Media Watch International and JNF.... I’m speaking about my life’s story on this tour, and through that I want people to understand more about Israel. Many of the things they hear in the media about Israel are not true. I have a really great opportunity with this, to help people understand that we have a really nice country. It gives me the chance to give back to the country that gave me another life, and I’m proud to do that.”

Miss Israel, Miss Iraq find ‘peace and love’ amid Mideast tensions

By JNS.org



Miss Israel Adar Gandelsman (left) with Miss Iraq Sarah Idan. Credit: Instagram.

In a rare sign of Middle East solidarity, Miss Israel Adar Gandelsman and Miss Iraq Sarah Idan took to social media to put friendship over division ahead of the Miss Universe competition later this month.

Gandelsman on Tuesday posted a picture with Idan on Instagram, saying, “Get to know, this is Miss Iraq and she’s amazing,” followed by a heart emoji.

On her Instagram page, Idan also posted the picture, along with the caption “peace and love from Miss Iraq and Miss Israel.”

Like many Arab countries, Iraq does not recognize Israel and is openly hostile towards the Jewish state. Yet Israel and Iraq’s Kurdish community, which the Jewish state backed for independence from Iraq in September, do enjoy warm relations.

In August, dual Swedish-Lebanese citizen Amanda Hanna, who won the Miss Lebanon Emigrant 2017 competition, was stripped of her title after it was revealed that she had visited Israel using her Swedish passport on an academic trip in 2016.

Idan, 27, from Baghdad, and Gandelsman, 19, from Ashkelon, will compete at the Miss Universe pageant in late November in Las Vegas.

Despite the warm social media posts, fraternizing with Israel has landed other Arab beauty queens in hot water in recent years. In 2015, Miss Lebanon, Saly Greige, nearly lost her title after she posted a photo on social media appearing with Miss Israel, Doron Matalon. In August, dual Swedish-Lebanese citizen Amanda Hanna, who won the Miss Lebanon Emigrant 2017 competition, was stripped of her title after it was revealed that she had visited Israel using her Swedish passport on an academic trip in 2016.

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Continued from page 45

If this trunk could talk — by Jarred Beifus

Dear brother Suitcase Bronze
I'm getting worried about where I live. There's a mean old chap who calls himself Hitler. I wonder what type of bag he is. Anyway, back to this guy, he is trying to come into the country to beat down my family. What a mean guy! Well I'm going to find out more. Look forward to seeing you again!

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
Hitler has invaded the country! Thankfully we left in time and are now heading to a new place named Africa. I'm travelling with my owner on a giant iron bag. I've tried talking to him but he isn't that chatty. I will tell you when I get there. For now, looking forward to your reply!

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
I have arrived. Africa is an amazing place! I've seen some wild animals and I went to this giant reserve park! We have moved down to a big city named Johannesburg. It's very nice here and I love my life here. I look forward to writing to you again.

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
A new bag has entered the house! He is very cute and he makes a lot of noise! My owner Rudolf (I finally found out his name!) has named the new bag Norman! I think it's a good name for a little bag like him. I'm running out of ink so it will be a while till we talk again.

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
I have been put away in the garage and I don't like it here. Norman is now a huge bag and has forgot about me and left me to waste in the dark garage. These are sad times. My only friends are the spiders. I will talk to you again soon.

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
Yesterday there was a fire! Only me and a guy named the family tree survived. I am sad by the silence in the garage, now everything is black and not even the spiders are talking to me anymore. For now I will rest in the black rubble.

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
It's been a while since we talked. Recently a group of bags the same type as Norman came to my rescue. HURRAY! They took me to a weird place where they fished letters out of my stomach. It was a bit horrifying. I'm going to a new place now, I will write to you again I promise!

Yours truly, Trunk Bronze

Dear brother Suitcase Bronze
I am in this new place called a museum. I have lots of friends now! And bags like Norman and Rudolf now visit me all the time! Although the people here don't let me use a typewriter anymore I want you not to worry about me as I am happy where I am. I hope you are happy too and wherever you are just remember I'm happy!

Yours truly, your happy brother, Trunk Bronze.

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USING MY NUDEL

A Lesson from the Festival of Lights

By Craig Nudelman



It's the end of 2017 and we're about to head into the secular new year.

But before that we have one more Jewish festival to look forward to: Chanukah. We are also eagerly awaiting the ANC's elective conference. Both of these events end on 20 December this year, and PG may we be in a celebratory mood for them. Although one may think the two have nothing in common, let me paint you a picture of the story of Chanukah, and perhaps you can begin to see how the ANC's Elective Conference is connected to it, through this fascinating story that led to our festival of lights.

It was truly incredible that a small band of priests, under the rule of Mattathias the Maccabee (Maccabee meaning hammer) and his five sons could spark a revolt that would endure for many years to come. But it was not just a revolt against the Seleucid Kingdom (or the Greeks). It was mainly a civil war, one which pitted Jew against Jew.

The Greek way of life had infiltrated many aspects of Judaism. There was disagreement between the traditionalist Jews and the those who wanted to assimilate with Greek culture, regarding what is now called Hellenisation.

The Temple and other structures of Judaism were also well protected for many years. Antiochus III, the Seleucid king, even promised his Jewish subjects a reduction in taxes and funds to repair the city of Jerusalem and the Temple. But it was too good to be true, and after a few years and a change of leadership, the new Antiochus IV decreed that all Jewish rites and rituals would be banned. The Temple was looted and, in 168 BCE, an altar to the Greek god Zeus was erected in the Temple. This is the backdrop for the revolt that began a year later which had the Maccabees fighting for Judaism as they knew it.

What's fascinating are the other reasons for the civil war. Joseph Schultz sees the conflict as a civil war between traditionalists and reformists instead of an uprising against foreign oppression. Another view is that this was a revolt of the rural traditionalists against their urban contemporaries in other major cities. However, as the civil war drew more attention from the Seleucids, who sent in more troops, the Judeans saw this as encroaching upon their semi-independence. Once Antiochus had decided to prohibit the practices of the 'traditionalists', he had now banned the religion of an entire people. And so, from a rebellion

between the traditionalists and the reformists, it had now become a war of national liberation.

The part which we celebrate as Chanukah came about in 165 BCE, three years after the beginning of the revolt. The Temple in Jerusalem was rededicated to G-d (Chanukah derives from the verb 'to dedicate') and an eight-day holiday was proclaimed. The story of Chanukah is just a small part of the backdrop which would lead to a century-long dynastic era, known as the Hasmonean period. From 140 BCE to 37 BCE, it was the first time that Judea was led by a Jewish leader, Simon, Mattityahu's third son, since the fall of the Davidic dynastic period in 586 BCE. Brandon Marlin, in the *Algemeiner*, describes what happened perfectly: "While the five Maccabean brothers were devout, fought Israel's foes, and restored religious and political freedom to the Jews, their Hasmonean descendants increasingly Hellenised and preoccupied themselves with internecine intrigues and bloody civil wars. Power corrupted the Hasmonean kings, whose machinations crippled Judea...". Their dynasty ended in 37BCE, and the Herodian dynasty began, which ultimately led to the destruction of the Second Temple and the beginning of the Jewish Diaspora — where a Jewish State was only created 70 years ago.

How can this be related to the ANC's elective conference coming up? We are witnessing the same story. The people who fought for liberation before apartheid made a commitment to free the country from oppression. The Bill of Rights in our amazing Constitution was a gift from G-d to this country. But the corruption that has perverted our system has led to corruption, cronyism and the demise of the liberation movement of our country.

It's hard to imagine in the heat of our South African summer that our Jewish Festival of Lights takes place in the middle of winter. It happens just as the world is about to head into the darkest time of the year; where the nights are long and the precious hours of daylight are limited (or sometimes non-existent). One can say that our sunny days in South Africa have taken on a dark hue. But hopefully the ANC's elective conference in Gauteng from 16-20 December will shine light onto our country in more ways than one.

Chag Chanukah Sameach!

Craig Nudelman is a teacher, a father and a Jewish observer.

SPORT

Maccabi Cricket takes off

Maccabi Cricket joined forces with All Rounder's Cricket Academy in April to have regular coaching sessions on a Sunday morning at the Green Point Cricket Club, and they are seeing great results.



U 10 Players: Jack Preston, Menny Feldman, Nathan Dermeik, Aryeh Kallman, Connor Epstein, Adam Katz, Sam Alexander, Ben Levin, Sam Marx, Jake Tarlie and Gavriel Jowell

On 12 November the boys had their first Maccabi Match Day at Green Point. The team had players from Herzlia Constantia, Weizmann and Highlands, and Phyllis Jowell. The boys played with two full Maccabi teams; U12 and U10, competing against the all Rounder's Cricket Academy. The U12 team lost, after a gallant effort, but the U 10 team won their match, which went down to the wire, needing 2 runs off 1 ball.

Maccabi Cricket encourages all boys who are keen to play cricket in 2018 to contact Tarryn Epstein 082 88 33 991 or Melissa Zolty 082 776 7177



U 12 Players: Giyan Sulcas, Zachary-Levi Herskovitz, Aaron Ellman, Eytan Kallman, Jarred Zolty, Adi Levin, Jared Marcow, Adam Merris, Ethan Werb, Coach Jordan Sansom, Joseph Melzer, Aiden Kusewitsky and Connor Amsdorf



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