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See page 20 for details

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Cape Town Holocaust and Genocide Centre appoints new director



Richard Freedman and Heather Blumenthal

Continues on page 19

A great honour for all Litvaks



Abel and Glenda with their children Ari, Sonya, Adam and Mia

The Lithuanian embassy in Tel Aviv held a ceremony on 5 June to honour Abel and Glenda Levitt's incredible work in Lithuania over the past 20 years.

Continues on page 41

Breindy and Matt bring something special to the SA music scene

The 25th annual South African Music Awards ceremony was held at the Sun City Arena on 1 June. The list of SAMA nominees was announced on April 25 — during Pesach — and what made this nominee list different from all other lists, was the inclusion of Breindy and Matt for best alternative album.

It's wonderful to note the diversity that is being celebrated at the SAMAs. To our knowledge, this is the first time that Jewish Hebrew music has been recognised at the South African Music Awards. Our music is deeply steeped in our wonderful tradition and it's uplifting to note this positivity coming out of our community" said Matt.

Their music could be described as Ancient-Hebrew, Indie-Alternative, but just like the pair

behind the melody, it fearlessly challenges definitions. Originally from two completely different backgrounds — Breindy, a rabbi's daughter, Matt having grown up in a secular home — the music they make has its roots in Biblical texts, yet takes shape in a sound that is both ethereal and contemporary, experimental and traditional.

When the CJC chatted to Matt after the award ceremony he said that it was "an honour to be nominated together with the exceptional musicians in our category and just to be in that kind of company has given us the excitement and enthusiasm to start new projects and make more music. Of course, we've never made music with awards in mind, so we're grateful to the SAMAs for giving us that bit of recognition and encouragement to keep moving forward."



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Lindy with a why

Why 'What Do You Want To Be When You Grow Up?' is a silly question



By Lindy Diamond, Editor Cape Jewish Chronicle

I remember being asked this a lot growing up. I think all children are. And we generally have answers for the adults who ask.

I wanted to be a palaeontologist, then a marine biologist, then an architect, which I applied for and was accepted into, before I made an unexpected turn into teaching and 'became' one of those instead.

I list all these career choices, because anyone reading this column right now can see that clearly I become none of these things.

I was a dreamy child, and was subjected to many (many) assessments for potential career choices. They all came back, 'miscellaneous artist'. I would try crook the test on the next round, I would maybe get something else as a first choice, but right there, second in the list, glaring pointedly at me, would be 'miscellaneous artist'.

I don't want to be a 'miscellaneous artist'. I didn't want to be 'miscellaneous' then either. Synonyms include 'jumbled', 'mixed up', 'sundry', 'disparate', if I had to be an artist, let me at least be a focused one. So I ignored all those test results and forged my own path.

When my children think about what they want to be when they grow up ('Spy', 'Rock Star' and 'Seamstress', for the moment) I ask them to focus on what they want to *do*, rather than what they want to *be*. Careers are made up of lots of little tasks, done

every day, some of which are mind-numbingly repetitive, at least let the little tasks be things you like to do.

So I have them focus on 'attention to detail and multitasking', 'grit and determination' and 'creating beautiful things out of nothing' These are skills they can develop now. These are skills that transfer to a multitude of career options, careers that may not even exist yet. They are preparing for their futures, doing what they love to do.

There are things that you can choose to do that span a variety of professions. It's not only doctors who make people feel well, it's not only architects who make beautiful spaces and it's not only lawyers who find justice for those who need it. When we look at careers in terms of broader strokes, rather than tight boxes, we are preparing for the ever-changing world of work.

Where does your natural ability lie, how far can acquired ability get you and what do you love to do? It's never too late to work this out. The answer can be applied to a career, a hobby or volunteerism. The answer can be applied to organising your spice rack.

I love to take things that are imperfect and make them as close to perfect as I can. I love to make something beautiful out of nothing at all, I love to make people happy with the things I create. Other synonyms for miscellaneous include 'Diverse', 'varied', 'wide-ranging'... Perhaps 'miscellaneous artist' is not so far off after all.

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Community Noticeboard

NETZER, HABONIM, BNEI AKIVA

Mini Machaneh and Winter Camp sign-ups

See page 14

SAZF FILM CLUB FOR JULY

The Wedding Plan

Sunday 14 July 6.30 pm

See page 13

SOUTH AFRICAN JEWISH MUSEUM

One Century of Seven: A unique look at the life and destiny of Jews of Lithuania

Lichtenfeld Krav Maga and its creator

See page 30 for information on both exhibitions

CT HOLOCAUST AND GENOCIDE CENTRE

White Rose Awards Evening — a ceremony honouring high school learners in the field of art.

The Children of Willesden Lane — An evening with Mona Golabek. Internationally acclaimed pianist and daughter of Lisa Jura, the Kindertransport child who grew up to be a concert pianist.

Birds are Singing in the Kigali — screening of award winning film.

See page 19 for a detailed programme of events

MENSCH

Celebrate Mandela Day on Sunday 21 July
A day of volunteering, packed with activities.

See page 26

LIMMUD

23 – 25 AUGUST

UCT Graduate School of Business, Waterfront.

For programme of speakers see page 28/29

JEWISH CARE CAPE AGM

Wednesday 28 August 5.00 for 5.30 pm
Gardens Community Centre

See page 6

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Shabbat and Yom Tov Times

Date	Portion	Candle lighting	Ends
5 July/2 Tammuz	Korah	5.31pm	6.27pm
12 July/9 Tammuz	Chukat	5.35pm	6.30pm
19 July/16 Tammuz	Balak	5.39pm	6.34pm
26 July/23 Tammuz	Pinchas	5.44pm	6.38pm

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

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Breindy and Matt bring something special to the South African music scene

Both Wits Music graduates, in 2011 the duo joined forces to collaborate on *Hallelukah*, their debut album which set in motion a creative partnership over seven years ago. They have since gotten married, had two children and explored many different musical worlds and sound experiences. Now they are proud to present *Ruth Ave* — a follow up album which encapsulates the colours and moods of a journey that has been traversed together through the different phases of their lives, in their Johannesburg studio and home, on Ruth Ave.

We got to know them a little better:

How did you guys get into the music business?

Matt: Breindy and I met one Friday night. It was at a friend's Shabbos table and we started talking about recurring dreams. Breindy had by then written many of her own songs and I was at the time running a small record label. I told her to come and show me her music, which she did a week or two later. I was very excited, and we signed a record deal. We started working in studio together and ten months later released our debut album *Hallelukah*. A month

after that we got married.

Your style is quite unique; can you describe it for us?

Lyrical we draw inspiration from our ancient texts which we sing in the original Hebrew. Besides the language having such a beautiful sound, it's also the timelessness of the words and the multi-layered depth of meaning contained in them that resonated deeply with us.

Breindy: One thing I remember feeling after we completed our first album is that I wanted our next one to have more of a special focus on the piano. I think we did achieve that with *Ruth Ave*, and I'm also delighted that we got to work with amazing musicians on cello, French horns and trombone. The sounds of those instruments really helped shape our sonic identity for this album.

Breindy and Matt: What's wonderful about being an independent project is that we aren't beholden to anyone when it comes to what we sound like, the songs we write and our production style. We try to let each song guide us, whether that means exploring an organic sound-world or venturing into some electronica. Of course we always love to celebrate the uniqueness and mystique of the



human voice in our music and that often comes to the forefront.

Matt: Sigur Rós meets Beck meets The Shins meets Shlomo Carlebach. Then one day they all meet the Moditzte Rebbe.

Are there any challenges working with your partner? If so, how do you work around them?

The biggest challenge is separating our music from our everyday lives. This album was made at home, in-between life — or did everything else happen in-between the album? I'm not sure. Everything feels intertwined. There's the practical issues of completing each stage of the project while juggling kids and other work, but at the end of the day being able to share the experience of creating together with each other is a privilege unlike any other, and we couldn't imagine not having this aspect of our lives to live through together.

Do you work around issues of *Kol Isha*?

We adhere to the guidelines of *Kol Isha* and perform only for women.

Tell us about your SAMA nomination?

We feel humbled and privileged to be contributing to the diversity of South African music. At the same time of course we're thrilled that this project into which we've invested so much of our hearts and souls is being recognised. It's been very encouraging and we feel a renewed strength to keep trying to bridge the gap from what one perceives Jewish music is to what

Sigur Rós meets Beck meets The Shins meets Shlomo Carlebach. Then one day they all meet the Moditzte Rebbe.

else it could be.

What are you working on at the moment?

Well we've spent the greater part of the last four years locked away in studio barely seeing the light of day. We're now having lots of fun getting back into our live shows again.

When will you be in Cape Town to perform again?

Invite us for a show and we'll be there!

Jewish Care
Cape
AGM
Invitation

Wednesday

28th August

17h00 for 17h30

Gardens Community
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Refreshments will be
served at 17h00

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11th Annual General Meeting

Wednesday
28th August 2019

17h00 for 17h30 sharp

Gardens Community Centre
Hatfield Street, Cape Town

Refreshments will be served at 17h00

The inspiring documentary
'Limits',
will be shown and the film's Producer,
Lauren Gillis,
will be the guest speaker on the topic
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Telfed's successful partnership with the South African Jewish community

By Dave Bloom

Collaboration between Telfed and the Cape Town Jewish Community has been growing over the years and in recent months we have enjoyed close cultural cooperation.

Following the success of the South African Jewish Museum's *Goldene Medina* exhibition at the Hebrew University of Jerusalem, two recent events took place, both closely aligned with Telfed's own activities in preserving the Southern African Jewish Community's story and contribution to the building of the State of Israel.

Nearly five years ago, South Africa's top opera singer Aviva Pelham spoke about bringing *Santa's Story* to Israel. On a visit to Israel over a year ago the decision was made to go ahead and months of detailed preparations paved the way for Aviva and her three musicians to perform in Israel. The 'show was on!' The audiences were rewarded and enraptured with a high-class performance over four nights at the Airforce Auditorium in Herzliya. "I have wanted to bring *Santa's Story* to Israel for many years and I am so pleased at the response," said Aviva. "My mother's story of survival and determination against all the odds is almost an allegory of what has happened in the State of Israel since its founding," she said.

On the eve of Yom Hashoah, Telfed was proud to partner again with the SAJM and Daniel Schwab to launch the exhibition called *Letters of Loss and Refuge*. Originally curated by the SAJM under its director, Gavin Morris, Telfed re-printed the exhibition for display at the SA-founded Beth Protea retirement home in Herzliya. Daniel introduced the back-story to his grandfather's collection of meticulously written letters, postcards and Red Cross messages both written to and received from his family in Germany prior to and during World War II. The letters miraculously survived a fire at the family home in Johannesburg and grandson Daniel has shared these letters with the public through a book called *From Things Lost* by Professor Shirlil Gilbert. "It is an honour to bring this exhibition to Israel and I hope to spread its powerful message to as many people as possible," said Daniel, who lives with his family in Modiin.

Telfed initiated an online archive to record the story of both the organisation's history and the tremendous contribution of Southern African's to the building of the State of Israel (www.telfedhistory.com). This is the story of a Zionist-orientated community that has punched far above its weight. Anyone who is interested in researching and contributing material should visit the website.



Aviva Pelham, photographed with her production manager and musicians, brought *Santa's Story* to Israel in March

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I will be visiting Cape Town on Sunday 21st July to Tuesday 23rd July, and Johannesburg on Wednesday 24th July to Friday 29th July and will be available for meetings. Please call 087 551 0790 or send me an email to rlerercohen@kinsearch.com to set up an appointment.

I look forward to meeting you

KEEPING IT REAL

Stuart Diamond, Executive Director of the Cape South African Jewish Board of Deputies

“There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living” Nelson Mandela

After months of waiting, of filling in forms and applications and facing fierce interviews, I set off on my Schusterman Leadership Fellowship with the hope that I could learn something valuable to bring home. What I experienced was beyond my hopes. I learned how diverse Jewish Identity actually is, and how brave some Jewish communities are needing to be. I also learnt that while we stare out across oceans, we have

so much to be proud of here in Cape Town.

Our past leaders have built a community that is one-of-a-kind. This legacy now needs to be carried into the future by our current professional staff and lay-leaders. The community of Cape Town, through organisations like the Eliot Osrin Leadership Institute, is seeing the start of an investment in lay- and professional leadership which will play a key role in building a sustainable and resilient Cape Town community.

While we focus on changing ourselves to change our community, may we find our way into Brave Spaces.

Invitation to Brave Space By Micky ScottBey Jones

Together we will create brave space
Because there is no such thing as a “safe space”
We exist in the real world
We all carry scars and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love

We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together, and
We will work on it side by side.



Wellington Cemetery restoration update

The Cape Board works for all Jews in the Western Cape, not just for those living in the big city, and we were shocked last December to learn of the desecration at the Wellington Jewish Cemetery.

Most of the 63 Graves in the Jewish Cemetery had been damaged, many of the tombstones were broken in half; some had been smashed into even smaller fragments. The community, led by members of the Paarl congregation, jumped into action to ensure that the site would once more be a secure and dignified resting place for their family members.

Members from Paarl and Wellington, together with representatives from the Cape Board, got together to engage with local government, get costings and quotes for the repair work, and discuss the fundraising that would be needed. The working team met on site in May to see the work that was on the go and it owes a debt of gratitude to Mark Kaufman and other members of the Paarl Jewish Community who have put a great deal of time and energy into the Wellington Cemetery restoration project.

The tombstones will now be laid at a slight angle in a bed of concrete in a manner that minimises chances of vandalism in the future. To date we have secured the tombstones and started repair work on the worst damaged graves.

The task team has held multiple meetings with the local council and have been informed that the council will build a new



outer perimeter wall.

The Wellington Cemetery Restoration Project needs the help of the community with the most critical element of the project; that being the contact details of relatives of those buried at the cemetery.

COUNTRY COMMUNITIES CORNER

A visit to Somerset West

Our Country Communities continue to be a focus of our work at the board.

An active sub-committee and a passionate Executive Director are dedicated to connecting with smaller Jewish communities and individuals living outside of Cape Town.

On Friday 24 May, Stuart Diamond and David King, who heads up the Country Community sub-committee, visited the small but vibrant Jewish

community of Somerset West and Strand. David presided over the Shabbat service and both visitors enjoyed some l'chaims and a bite together with the community afterwards.

Hertzel Brodovcky from the Somerset West and Strand community said “The visit was warmly received by all and the feedback was a resounding positive. It was a reconnection and sharing of mutual interests and many challenges and as outlying communities dwindle, the importance of becoming a closer family needs to be understood.”

Our next country community visit is planned for August where we will visit communities along the Garden Route.



David King with Gerald Potash

Can you help with putting us in touch with family members of those buried at Wellington Cemetery? Contact our office on 021 464 6700 to assist us with this important task.



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Breaking bread, making friends



Sarah Oliver (CTII), Aydin Inal (Turquoise Harmony Institute), Stuart Diamond and Uzair Ramjam (CTII) at the Turquoise Harmony Institute's iftaar

There is a joke about summarising the chaggim — they tried to kill us, we survived, let's eat.

Yet how often do we invite strangers to celebrate with us? One of the best ways of making friends is by sharing a meal, and recently during Ramadan, many Muslim communities did just this — opened their events to people from other faith communities.

This year we have had several opportunities to share Muslim culture and heritage as guests of the Muslim community during Ramadan. Stuart Diamond and his wife,

Lindy, attended an iftaar dinner at the Consulate General of the United States for more than 100 Capetonians from different ethnic and religious backgrounds. Lester Hoffman and Gwynne Robins were among 340 people of different religions who enjoyed the food at an interfaith iftaar held by the Shia Muslims in their magnificent new Ahlul Bait Mosque in Ottery. Both the Ahmadiyya community and the Open Mosque invited Jews to interfaith iftaars and Temple Israel hosted the Open Mosque to an iftaar at their shul.

The Diamonds were also invited to an interfaith iftaar hosted by the Turquoise Harmony Institute, where Stuart and Judge Desai were the speakers. Their talks were filmed and placed on the

THI website. Stuart and Gwynne were also hosted to a family iftaar with the THI director, Aydin Inal and his family, in the home of his friends. Warm conversation and an abundance of delicious Turkish food made it feel more like a Shabbat family meal than a polite formal gathering, but one of the THI's mottos is "That we may know one another" and that is what such events achieve. They help to break down prejudices and turn strangers into friends

Stuart said, "Because when we share a meal and break bread, and we start to speak as people, over something as simple as food, we break down the boundaries

and the walls that keep us apart"

In return the Cape Board hosted an interfaith iftaar a few years ago and has welcomed members of different religions to Freedom Seders, to a Sukkat Shalom, to breakfasts during United Nations World Interfaith Harmony Week and most recently to a meal with a panel discussion on faith and sport with the Cape Town Interfaith Initiative.

To show compassion and goodwill to one another in everyday life, it is important that we embrace and enjoy these opportunities to build our greater Cape community. If we want this to be *No Place for Hate*, we must learn to share our common humanity and sharing a meal is one of the best ways to do so.

Cape Town Interfaith Initiative 2019: onwards and upwards

Twenty years ago, when Mickey Glass headed the Union of Orthodox Synagogues and Dayan Gross was the director of the Cape Jewish Board of Deputies, both were very involved in organising the 1999 Parliament of the World Religions, hosted in Cape Town to celebrate the miracle of South Africa's peaceful transition to democratic rule.

After the meeting, a decision was taken to continue the Parliament of the World Religions' mission by establishing a body in Cape Town to further the acceptance and recognition of the diversity and equality of religions. The Cape Town Interfaith Initiative (CTII) was formed, and the impact on the city over the past two decades has been remarkable.

Previously, major events would be opened with a prayer by a dominee. These days, such events include ministers from many faith communities, and CTII's interfaith events, including the Heritage Day bus tour, have involved thousands of people over the years.

The work of the CTII culminated in international recognition, when its chairperson Berry Behr and its former director James Ellmann travelled to Jordan in May this year to be awarded first prize by HM King Abdullah II for their participation in United Nations World Interfaith Harmony Week. The prize was awarded for an event they had organised at a site in Elsie's River that had been

recently reclaimed by the community after it had become a crime hotspot. The CTII never for a moment expected their simple event to receive such wonderful international attention.

The Cape Board has been involved with CTII in an executive capacity since its inception, with Gwynne Robins, for many years acting as its secretary, and currently elected onto its Advisory Council. At its recent AGM Stuart Diamond was elected as the CTII's honorary treasurer.

Stuart has said that he feels honoured to serve an organisation that helps to build interfaith relations in the Western Cape.

"If we want our city to have no place for hate we have to inculcate in all its citizens a spirit of acceptance of all its citizens, no matter their skin colour, faith, beliefs or culture. Through our engagement with the organisation, we have strengthened our relationships with Ananda Kutir, Baha'i, Brahma Kumaris, Buddhist, Christian, Hare Krishna, Hindu, Khoisan, Muslim and other communities, all of whom make up our city."

As Berry Behr, CTII director summed it up so beautifully at its AGM, "We plan to continue as we have started, serving the communities of Cape Town with compassion, joy and kindness. As we learn more about each other, we make friends, and when we make friends, we look out for each other. We become safer"

And the Cape SA Jewish Board of Deputies is happy to assist in such work.

You may apply if you:

- Are a Jewish undergraduate or postgraduate student
- Are in need of financial assistance to study in 2020
- Live in the Western Cape
- Wish to attend a registered university, technical college or similar educational institution in the Western Cape

Applications open on 1 July 2019 and close on 30 September 2019.

For further enquiries, contact Jodi Goldberg
T: 021 464-6724
E: sajbd2@ctjc.co.za

Cape SAJBD Bursary Programme

Apply now for financial assistance for your 2020 tertiary education!



Schusterman: Leading self, leading others, leading systems

From 13 to 15 May, Stuart Diamond travelled to Airlie, Virginia to attend the Schusterman Fellowship.

This highly selective 18-month leadership development programme is for people committed to driving change in their organisations, the Jewish world and beyond. Its goal is to support, cultivate and invest in professionals who are motivated and ready to lead toward a more equitable and just future.

The innovative curriculum focuses on strengthening the personal leadership capacity of the participants, as well as their ability to foster collaboration and drive sector-wide changes. Each fellow takes part in both individualised and group-based learning and works closely with an executive coach in order to create a customised learning plan. Fellows also receive a stipend so that they can participate in leadership advancement opportunities and each has to create and carry out a plan to address a pressing challenge in their organisation or field.

The focus of the first three-day breakaway was on the self. Before leaders can expand and enhance the skills that will help them make an impact, they first need to look inward and the Schusterman Fellowship guides them on a journey of self-awareness, self-understanding and self-development.

Stuart and the other fellows were encouraged to recognise the influences and motivations that drove their actions and how these factors — beliefs, aspirations, fears and values — affected their abilities as leaders, and they were provided with the tools, strategies and practices to ensure that their intentions and actions were aligned. This alignment forms the foundation of effective leaders and effective organisations.



Stuart Diamond engages Sarah Hurwitz (right) and Ginna Green (left) during the Immunity to Change exercise



Schusterman Leadership Fellowship Cohort Five at Airlie



Cohort Five engaging with Lisa Eisen, President US Jewish Portfolio of Schusterman Family Foundation, on what makes Jewish leadership different

“The Fellowship gave me the chance to meet and work closely with an international group of young Jewish leaders as well as with professional coaches. It also created a space for me to push boundaries and a space where I was provided with the opportunity for quiet contemplation. It was in such spaces that I could reflect and challenge myself in new ways and I hope that our community will benefit from the learning opportunity that I was privileged to receive.”

Stuart Diamond, Executive Director, Cape SAJBD

“It was hard to imagine what to expect when meeting 26 other Jewish leaders from around the world. However, by the end of the four days, it was clear we are representative of the ever-evolving Jewish community. During our cloaking circle, I was present to just how important diversity and inclusion is when building Jewish spaces. There is enough room for all of us, our ideas and beliefs. And if it seems as though there isn't enough room, it's time for you to roll up your sleeves and make space before it is made for you.”

Gamal Palmer, Senior Vice President of Leadership and Development, The Jewish Federation of Greater Los Angeles

“The first gathering of the fellowship offered us the rare opportunity to invest in ourselves as we continue charting our leadership paths. I feel like I was given the chance to stop and breathe a huge breath of fresh air that is reinvigorating my work and my life. Being surrounded by incredible leaders from around the globe is both inspiring and humbling.”

Amy Born, Chief Strategy Officer of Leading Edge

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QUOTE OF THE MONTH

“When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realise the only thing that I can change is myself, and suddenly I realise that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could have changed the world.”

Rabbi Israel Salanter, 1809-1883

MENSCH CHANGE-MAKER OF THE MONTH

Shana and Jed Kagan

A journey of hope and healing

It is often a sudden, traumatic and deeply-personal experience that propels one into a more meaningful and purposeful life.

A life changing moment can at once challenge us beyond our limits, and drive us towards activism, thought-leadership, community building and advocacy. We can suddenly find ourselves committed to a cause, of which we previously knew very little.

This was my experience. I'm an estate agent from Sea Point, and together with my family and my son Jed, we founded an NPO called Jedi Tedi. Our NPO works to inform the world about the rare medical condition of Complex Regional Pain Syndrome (CRPS), as well as creating a support system with other families experiencing this trauma. This is our story.

In 2016 our son Jed (10) sat down, and when he stood up he screamed in agonising pain and our lives changed forever.

Jed's pain elevated and tests were done with no conclusion. Eventually a paediatric specialist recognised Jed's symptoms and suspected Complex Regional Pain Syndrome (CRPS), a disease he had never seen in his 50 years of experience. A bone density scan confirmed this diagnosis. Symptoms include excruciating pain, altered skin colour, reduced movement, skin temperature changes and the skin texture becoming thin and shiny. CRPS can spread and children worldwide suffer from full body CRPS which can leave them immobile.

It is known that family and friends do not cope well with CRPS, as most do not understand the extreme nature of the disease. It is a pain like no one can imagine — the highest level of pain measured in medical science. A touch of a feather on the skin feels like a blow torch fire. Living with CRPS was challenging, we become housebound.

Jed was suicidal and traumatised as he thought no one could help him. The 32 pills he took daily caused anxiety, which is another symptom. We were assured however



Shana, third from right, Jed, and the Jedi Tedi gang

that children have a good chance of recovery because children's nerves are elastic. Eventually we were directed to Red Cross War Memorial Children's Hospital and were relieved that the pain clinic had seen this disease before. We very soon realised that this hospital, right here in Cape Town, is one of the few hospitals in the world that could help us.

Instinctively we knew that we had to let Jed travel this journey on his own. He started with an infusion which helped his nerves regain their direction. His pain levels went from a 10 to a zero in 4 days. He was given goals to achieve to conquer this disease. These kids have to be brave. They endure what most people never have to experience in a lifetime, as they struggle to take back their bodies and their lives. This is so difficult to communicate to families and to specialists.

We expect medicine and pills to treat our diseases, but with this complex disease this is not the case. The patient has to meet it halfway. A positive frame of mind is half the battle won, and it is this learning that we share. Jed became the 10th inpatient treated in Africa and we have supported 11 additional local CRPS families since Jed's recovery (excluding international families).

The approach in which the pain clinic excels is that they read into our

children's personalities. They then work with each child as an individual in their pain management regime

This holistic approach has helped our children. There are too many children who are told they will never walk again when diagnosed. This made us feel that it was our responsibility to raise awareness about CRPS.

Jedi Tedi reinforces our mission of instilling hope. We encourage

families to realise that they must carry on fighting and not solely rely on the medical fraternity. We support others going through their CRPS journeys through our Facebook and WhatsApp support groups, where we encourage hope and healing. As Jed always says "If I can do it, then so can you!"

My message to you this month of July — Madiba's birthday month — is to not wait to do good. You don't have to look far to find a cause that speaks to you. To offer a small amount of your time, empathy, positive energy or money — and I guarantee — you'll get back ten-fold what you give.

Finally, we are so excited to be celebrating Mandela Day this year with our Network of changemakers — The Mensch Network. Come and make Tedis at the Gardens Community Centre from 11am – 1pm on Sunday 21 July as part of the *Mensch Mandela Day — Family & Friends Day of Volunteering!* Bring your kids, family and friends to make a Tedi with us! We donate these Jedi Tedis to children who are in need of support and hope along their journeys, and for them to know that they are not alone.



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To book your tickets for Mandela Day, visit www.qkt.io/MandelaDay2019 or email info@mensch.org.za. Shana and Jed Kagan are Mensch Network Members — advocates and people-supporters extraordinaire! Check out their profile, learn more about Mensch or join The Mensch Network or Community by visiting: www.mensch.org.za To learn more about and support Jedi Tedi check out their website: www.jeditedi.net



VIEW FROM THE CHAIR

**Basking in the Light**

By Rowan Polovin,
Chairman, SAZF Cape Council

In March I attended the 2019 OurCrowd Global Investor Summit in Jerusalem, the largest tech and startup event in Israel's history.

Over 18,000 attendees from 187 countries swarmed into the Jerusalem International Convention Center to feast over the very best technology

in the world in the areas of MedTech, virtual and augmented reality, SportsTech, FinTech, Cybersecurity, Enterprise and Consumer Tech, Mobility and Cannabis.

At the Summit, we watched Adir, a former IDF soldier who became paralysed, confidently ride onto stage in a stand-up wheelchair developed by UpnRide. Edgybees demonstrated their tech that creates virtual worlds over any live scene to help police and firefighters navigate. Medaware spoke of how they eliminate prescription errors by using artificial intelligence and big data. Climacell demonstrated how they turn any device into a weather sensor in order to hyper-local weather data and prevent flooding. Insightec talked of their equipment for incisionless

surgery with highly focused ultrasonic guided MRI that treats Parkinson's disease and neuropathic pain. Sweetech showed how they use AI to predict, prevent and treat chronic diseases such as diabetes and hyperlipidemia. Nanomedic demonstrated their transient skin layer that is sprayed on top of a wound and mimics the structure of human tissue and automatically peels off as the wound heals. Biocatch showed how their behavioural biometrics platform can prevent fraud. Ubeam showed how they can charge devices wirelessly using light. And there were many, many more companies on demonstration and exhibition.

The bright future of the world was on blinding display in front of us by Israel, the Light of Nations. In

these moments of unbridled joy and optimism when we witness how Israel is saving the world and leading us into the future, there is oftentimes a hint of pain when we remember how unfairly treated she is by many governments and bodies of that world. The reality remains, however, that the world is at the same time beating multiple paths to her. The OurCrowd Summit demonstrates, repeatedly, that the fringe antisemitic BDS movement to which we pay far too much attention is utterly irrelevant and a spectacular failure. Worse than that, they regressively aim to pull us into their darkness. In South Africa we ought to do more to demonstrate this blindingly obvious fact to both our friends and self-declared adversaries, lest we continue to suffer in that darkness, and not bask in light.

Save the Date

Tuesday 30th July 2019



Gusti Braverman
Head of Department of Diaspora
Activities for the
World Zionist Organization



Isaac (Bougie) Hertzog
Former Leader
of the Opposition
Chairman Of The Jewish Agency



Daniel Limor
Dispatched an undercover
operation to Sudan to save the
Ethiopian Jews



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SAZF CAPE COUNCIL



Nir Meir in Cape Town

By Julie Berman, Executive Director, SAZF Cape Council

On Monday 2 July, the SA Zionist Federation (Cape Council) were privileged to host Nir Meir, Secretary General of the Kibbutz Movement.

Nir with his warm and humbling personality was an inspiration to all who had the pleasure of engaging him on the many interesting topics ranging from the upcoming Israeli elections in September, to the advancement of the kibbutz movement today. We thank him for taking time out of his busy schedule to visit our city and for putting his 'money where his mouth is' and assisting with the outstanding Shai Abramson concert. His advice given to us was greatly appreciated.

SAZF CAPE COUNCIL



Ayellet Giladi

By Julie Berman, Executive Director, SAZF Cape Council

the abuse of young children in Israel. She is the founder and the director of Voice of the Child (VOC). Voice of the Child, which is the only organisation in Israel, specialises in the development and implementation of programs preventing sexual harassment amongst children.

While in Cape Town during the month of May, Ayellet addressed counselors and psychologists from the Herzlia School system on early detection of child abuse. Very worthwhile discussions ensured whereby these teachers requested a follow-up session to be held in August when Ayellet returns to Cape Town to present at a world conference.

Ayellet is an Israeli educational sociologist. Her field of expertise is in early Childhood Education and Development (ECED). She is a pioneer and a recognised expert on



Nir Meir (centre) with the SA Zionist Federation (Cape Council) Mancom committee



Ayellet Giladi



Association for the Prevention of Sexual Harassment Among Children

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MOVIE The Wedding Plan
DATE Sunday 14 July 2019
TIME 18h30
VENUE Nelson Mandela Auditorium - Gardens

NO CHARGE - donations welcome
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**16 AUGUST
6:15PM**



**VEIDAH
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22ND-26TH**



Winter camp is here! Sign up soon as spaces are limited.

SAUJS



A look back at a great first semester

By Nathan Esra,
Outgoing SAUJS WC Chairman

In the first half of the year we hosted parties, talks and Hebrew classes. We fulfilled our mission of educating about our Jewish religious and cultural bonds and our connection to Israel through the many events that we held on campus and through our participation in communal events. We participated in amazing outreach programs through our various drives and the campaigns that we supported. We have a new interim chairman, Grant Norrie, and with him at the helm we are excited for next semester!

SAUJS Western Cape had an eventful first semester of 2019.



Grant Norrie, William van Wyk, Nathan Esra and Jordan Seligmann from SAUJS celebrating Israel's birthday at Yom Ha'atzmaut.



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THE ISRAEL CENTRE



Aliyah and Higher Education Expo 2019

By Michal Ilan,
Community and Aliyah Shlichah

When walking into the Gardens Community Centre during the three days of the Aliyah and Higher Education Expo, you could immediately hear people speaking with an Israeli accent, sitting outside on the piazza and inside the Sukkah Hall, chatting to Capetonians who are considering a permanent or a temporary move to Israel.

Making Aliyah or even just studying in Israel is a huge decision and one that is not to be taken lightly. At the expo, we invited people to come with their questions and learn about every aspect of life in Israel, the education system, health and welfare, employment, buying or renting

property, etc. We had two experts who know all about the rights and benefits for new immigrants explain everything to those that attended. There was also a large range of absorption programmes on offer for young Olim (immigrants) to choose from.

The expo was also open to teens and young adults who are considering studying in Israel. There was a high school programme represented as well as a few tertiary education institutes offering anything from semester programmes to Bachelor and Master Degrees. A representative from Telfed came to explain what kind of scholarships are available for students and the Student Authority representative explained to each potential student what benefits he or she can get from the State of Israel if they decide to make Aliyah. Yes, that means getting FREE education and a lot more!

The people visiting the expo ranged from those who already know they are making Aliyah and are in the process to people who have only started thinking about it and came to get an understanding of what it would mean for them.



Ambassador Lior Keinan, Chaya Singer (SAJBD) and employment advisor, Miri Bardugo.

For many, these were confusing days, packed with a lot of information to be processed. We, at the Israel Centre, invite you to continue the conversation with us. Let us help you reach the best decision for you and choose the next path that would suit you.

Please contact us with any questions:

Sharon Greenblatt (Aliyah Department) – 021 286 2130

Michal Ilan (Community and Aliyah Shlichah) – 021 286 2131

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Consider This

Bringing the Divine Presence into the world

By Rabbi Malcolm Matitiani



The People of Israel had not been in the wilderness long when they complained to Moses that they had no water.

Moses in desperation cried to God asking for guidance and expressed the fear that he will be stoned to death. In reply God instructed Moses to strike a rock with his staff so that water would issue from it. God says to Moses:

I will be standing there before you on the rock at Horeb. Strike the rock and water will issue from it, and the people will drink.” (Exodus 17:6)

Commenting on the phrase *Hineni omed lefanekha sham*, “I will be standing there before you”, Rabbi Ishmael in his midrashic interpretation of the Book of Exodus (known as Mekhilta deRabbi Ishmael) teaches: *amar lanu Hakadosh Baruch Hu mikol makom she-ata motzei roshem raglei adam sham ani lefanekha*, “The Holy One, the Blessed One says to us: in every place where you find the imprint of people’s feet there I am”.

This exposition of the biblical verse expresses the idea that God relies on human beings to acknowledge the Divine Presence, just as much as we rely on God to be our deliverer and source of strength. Thus God’s Presence is manifest wherever men and women perform deeds of righteousness and compassion and God’s Presence is denied when people act contrary to the life-affirming values of Torah. This symbiotic relationship is expressed in the Aleinu Prayer, recited three times a day:

“All the world’s inhabitants will recognise and know that to You every knee should bend, every tongue should swear. Before You, O Eternal, our God, they will bend every knee and cast themselves down and to the glory of Your Name they will render homage, and they will all accept upon themselves the yoke of Your kingship that You may reign over them soon and eternally... And it is said: The Eternal will be Sovereign over all the world — on that day The Eternal will be One and God’s Name will be One” (the Siddur)

This prayer originally composed for the Rosh Hashanah musaf service and ascribed by the Jerusalem Talmud to the third century Babylonian amora, Rav (Rosh Hashanah 1:3, 57a), suggests that God can only truly be the Ruler of the world when all of humanity acknowledges God as such.

Acknowledging God does not simply mean

pronouncing a belief in God as the Creator and sole object of worship, it means relating to others and the world according to the Shelosh Esrei Middot, ‘the Thirteen Attributes of God’ as delineated in Exodus 34:6-7:

The Eternal passed before him and proclaimed: “The Eternal! The Eternal! a God compassionate and gracious, slow to anger, abounding in kindness and faithfulness, extending kindness to the thousandth generation, forgiving iniquity, transgression, and sin; yet He does not remit all punishment, but visits the iniquity of parents upon children and children’s children, upon the third and fourth generations.”

Because human beings are created *bezelem elohim*, ‘in God’s image’, we are duty bound to emulate our Creator by our actions and attitudes in order to fulfil our true potential as human beings. By being merciful, compassionate, gracious, patient, kind and faithful, forgiving and principled we make God’s Presence a living reality and not just an ideal. The application of these positive traits when relating to the world about us leads to greater holiness and a deeper *devekut* ‘connection’ to God.

Conversely when human beings choose to relate to others in a destructive manner which negates the sanctity and dignity of life the world moves further away from God and the Divine sparks of holiness grow dimmer. Yet God’s Presence is not entirely absent, leaving the possibility of *teshuvah*, of ‘repentance’. Human beings always have the potential to change for the better, to grow spiritually and intellectually closer to the Divine Source of Creation. This is the reassuring thought that underlies the *Yamim Nora’im*, the ‘Days of Awe’ and that underscores the midrashic notion that God may be found “in every place where you find the imprint of people’s feet”. It is this notion that gives us a strong sense of hope in the future of humankind, a hope that is expressed in rabbinic tradition by the concept of *Yemot HaMashiach*, ‘the messianic era’ which will see the eradication of all malevolence and violence.

The past eight months have seen countless deaths due to hate crimes, many of them perpetrated in houses of worship against innocent congregants praying to God. It is at such a time that the vision of *Yemot HaMashiach* is desperately needed. May this ideal come to fruition speedily in our day.

An interfaith Ifthar Shabbat



Shabbat Chessed Ifthar together

At our fourth annual Ramadan Shabbat, Prof. Jonathan Jansen addressed a packed shul with Jews, Muslims and interfaith guests on Shabbat evening.

He spoke movingly about how interfaith work is always ‘scandalous’ as there are those who want to see the other as the enemy. But what brings us together is always greater than what sets us apart. And that was certainly the spirit of the evening — sharing prayers, food and stories together. Muslim guests praying on the rug in the middle of the shul was a moving sight for all.

And a powerful antidote to Christchurch, Sri Lanka and Pittsburgh.

Lag b’Omer fun at Temple

Temple Israel’s Lag b’Omer celebration was a wonderful evening of community, learning, music, food and fun! Everyone was treated to baked potatoes and gluhwein, eaten together around the fire and there were kosher marshmallows for roasting as well!

Kids enjoyed crafts while learning about Lag b’Omer and adults participated in the annual Difficult Conversations Programme, this year led by Mitch Hunter who shared his challenging and important research on the Jewish communities’ participation in the establishment of white supremacy in South Africa in the early 1900s.

Singing songs around the fire completed the lovely and stimulating evening and everyone left carrying the warmth of togetherness home with them.



Lag b’Omer stories around the bonfire with Rabbi Malcolm



Lag b’Omer Difficult Conversations with Mitch Hunter

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CAPE COUNCIL

BURNING BRIGHTLY

SENSE OF SELF AND REASON FOR BEING.

Rabbi Dani Brett (Director, Torah City Wide and Head of Education, UOS Cape Council)

Jewish education is about more than just classrooms and textbooks or, in today's terms, Google classrooms and Chromebooks, for that matter. It's about values and ethics, about imparting a sense of self and a reason for being.

This doesn't just mean teaching our kids to learn Torah and do Mitzvot so that they can be good Jews in the 'religious' sense of the word (which they of course should be). It means growing within them guiding values that ensure both a commitment to spiritual goodness, as well as full, wholesome, ethical, meaningful functionality in all areas of life, and a comfortable synergy between them.

A single set of values should guide us at school, at home, at work, on holiday, at shul, amongst friends, family, colleagues and strangers, and whether we're young or old.

The ultimate job of a parent and teacher is to help instill these core perspectives.

"Do only good. Accept yourself but know you can be more. Love deeply. Laugh easily. Find a way forward."

These and other mantras can either be glib lip-service, or they can provide a real compass. There are many universal truths in the world. But the questions to honestly ask oneself are: what is the underlying value of each, where is it sourced, why is it important, and what priority does it hold? And, the final test is whether we earnestly nod when we hear these things but don't really integrate them into our way of life, or do the lives we live truly reflect them?

Judaism teaches us to ground these concepts in concrete spaces and activities.

Shul. A recognition of the value of community. Acknowledgement of the need to turn to a greater Power in our lives. The responsibility to be part of an entity that not only serves us, but provides for others: the diverse social, religious and emotional needs of a community. If we review our perception of shul, and why we do (or don't) belong, attend and support our (and other) shul communities, we can hopefully (re-)involve ourselves with greater clarity in the purpose in doing so. Only once we renew our regard for shul, can we successfully convey that same attitude to our kids.

Cemetery. At first glance, this may seem to be a morbid place to turn for inspiration. In fact, an awareness of mortality is one of the greatest life-giving forces there is. Only a person who is healthily, but honestly, aware of mortality will fully embrace life, and transcend death. When one finds oneself at the cemetery, one can avoid any personal reflecting. That would be an opportunity missed. What am I really living for? What do I truly want to achieve? What image of myself would I like to leave my kids with. And am I actually living the answer to all those questions? Those are very powerful reflections at a cemetery, life-giving ones at that.

Kosher Food. Shabbat. Festivals. Embracing the 'restrictions' of these times is not limiting but liberating. Accepting that you cannot simply do what you want when you want but are subject to external parameters as outlined by an all-knowing Creator (who defines the laws of nature of the soul as much as He does of the body) assists in the development of true self-control and is in turn extremely empowering.

You're reading the UOS page in the Cape Jewish Chronicle.

The UOS is an umbrella body, providing the backdrop for Jewish life in the city. The UOS, its departments, constituent shuls, educational initiatives, and the organisations it oversees and works with, such as the Cemetery Board, Kosher restaurants, the Beth Din, the Eruv, Mikva and

many more, all provide these services not simply as retail conveniences or cultural place-fillers, but out of a sense of mission to provide us all with ample opportunities to draw values and ethics, and to live with a healthy sense of self and a rich reason for being.

"The UOS is an umbrella body, providing the backdrop for Jewish life in the city. The UOS, its departments, constituent shuls, educational initiatives, and the organisations it oversees and works with, such as the Cemetery Board, Kosher restaurants, the Beth Din, the Eruv, Mikva and many more, all provide these services not simply as retail conveniences or cultural place-fillers, but out of a sense of mission to provide us all with ample opportunities to draw values and ethics, and to live with a healthy sense of self and a rich reason for being."





CAPE TOWN HOLOCAUST & GENOCIDE CENTRE

From page 1

New director for CTHGC

Richard Freedman has retired after 14 years as the director of the Cape Town Holocaust and Genocide Centre.

Chairman of the CTHGC Board of Trustees, Gerald Diamond, recently announced Heather Blumenthal as the new director. Gerald went on to say, "Heather has worked alongside Richard since the start of 2019 to ensure a smooth handover. She comes to the position with a deep sense of community and a passionate interest in the Holocaust and the lessons it has for humanity. She ran her own film and television production company for many years and her well-known television series for SABC, focusing on Jewish affairs, meant that she kept her finger on the pulse of the South African community, its range and diversity. This will, no doubt, also contribute to her ability to position the CTHGC in both the national and international arena."

Commenting on Heather Blumenthal's appointment, Richard Freedman said, "at a time when

Holocaust and genocide education has an ever more important role to play in addressing rising antisemitism and the racism and xenophobia still so evident in South African society, Heather's ability to look at the broader picture and identify what is meaningful and important is going to be crucial. Through her experience in making documentary films Heather understands the need to explore the essence of the subject in order to educate and broaden perspectives. She is a 'people person', who engenders enthusiasm in others. This is all important in meeting the challenges and opportunities which lie ahead for the Centre in the years ahead."

This year the Cape Town Holocaust and Genocide Centre marks 20 years of commitment to building a more just and caring society through its extensive educational and public programmes. Should you wish to become involved with the Centre, Heather would be happy to hear from you. Please email her at director@holocaust.org.za



WHITE ROSE AWARDS EVENING

You are cordially invited to a ceremony honouring high school learners and their teachers who have contributed art and writing to the White Rose Creative Project

THURSDAY 25 JULY | 5PM
CAPE TOWN HOLOCAUST & GENOCIDE CENTRE,
88 HATFIELD ST, GARDENS



Patron: Kathy Ackerman-Robins

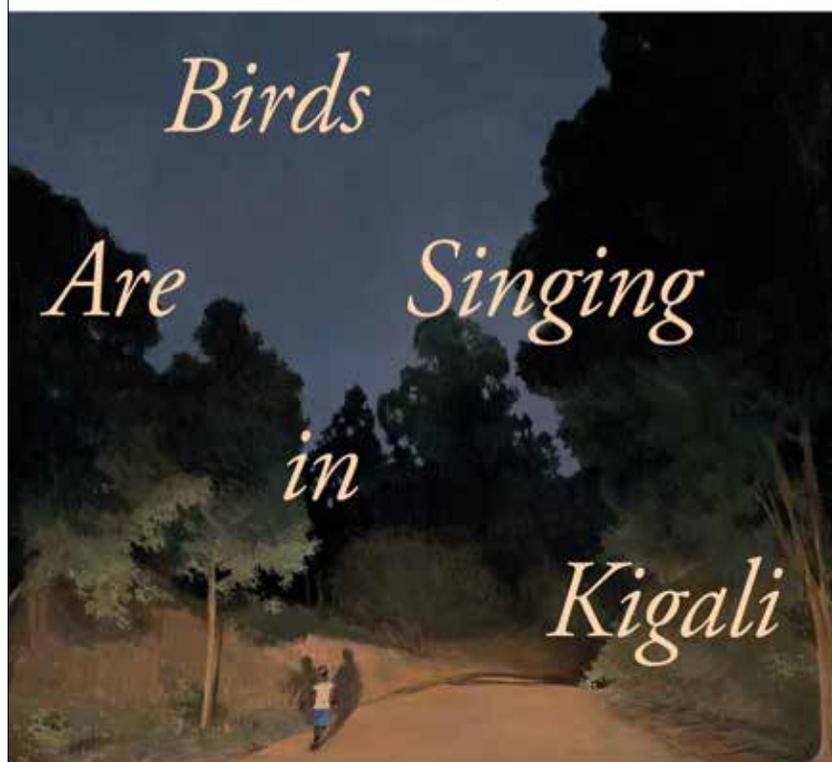
RSVP: 021 462 5553 or admin@holocaust.org.za | refreshments will be served.

GENEROUSLY SPONSORED BY THE FAMILY OF MERVYN SMITH.



Artwork by Joshua Sene, Lila Kbiel, Jordan Katzoff and Jade Spiro. 2018 entries

Please join us for a special screening of the award-winning film



The film explores a bittersweet story of healing and resilience, beginning in 1994 when a Polish ornithologist doing research in Rwanda saves a young Tutsi woman after her family is murdered in the genocide. In Poland, the women each struggle in their own way to move on from the visceral horrors they have experienced.

Running Time: 1h 54min

English, Polish, Kinyarwanda and French

Tuesday 16 July, 6:00 p.m.

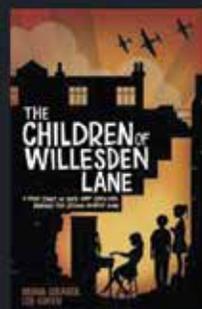
Cape Town Holocaust & Genocide Centre



The Children of Willesden Lane

13 August 2019 | 19:30 | Cape Town City Hall

Don't miss the extraordinary story of Lisa Jura, a Kindertransport pianist, whose career inspired thousands in the Second World War's bleakest hours, related and performed by her world-renowned pianist daughter Mona Golabek.



Mona will sign her book "The Children of Willesden Lane" after the performance.

Tickets: Webtickets

<http://www.webtickets.co.za/CTHolocaust>
R165 and R195 which includes subsidy to bring learners to schools' performances.
More information: admin@holocaust.org.za or call 021 462 5553

Secure parking on the Grand Parade available



Youth choir comes to Cape Town

The Bein haShmashot Youth Choir, from Beit Shemesh, Israel, recently visited Astra Centre.



Choir members and Astra workers spend time together

They performed beautifully for the workers, engaging them in song and dance.

Afterwards, they broke up into groups and volunteered in the various workshops, where they interacted more personally with the workers.

The leader of the group remarked that the choir had performed on some of the biggest stages in Europe, but they

felt that this was the most meaningful and best performance they had ever done. It was a memorable and special treat for both the visitors and the Astra community alike.

Astra is grateful to Yvette Rosenberg from the Zionist Federation for making the event possible.

Book your Rosh Hashana Greeting here!

"Our warmest wishes to family and friends for a happy and healthy New Year and well over the Fast"

Book your place on the Rosh Hashana greetings pages in our New Year edition — Deadline for submissions: Wednesday 14 August.

Pay with SnapScan or Zapper and use your name and email as reference and we will get hold of you for your wording.

Zapper



SnapScan



OR

Pay via EFT and send proof of payment to chron@ctjc.co.za

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Fill in the form below and send it in with payment of R150

Surname:

Family names:

Examples: COHEN Elana, Brett, Grant, Mia and Kim
BLOCH Mike, Rachel and family

Email:Phone:

(Not for publication)

Family Announcements

RECUPERATION — THANK YOU

MARION CASPER

My family and I would like to express our sincere thanks to all our friends, family and clients for all the messages, gifts, phone calls, food, flowers, support and prayers shown during my recent illness.

I am T.G. on the mend and am grateful to everyone including the trauma centre, ICU and staff at Blaauberg Netcare.

I would also especially like to thank Drs Kim Barnard, Brett Leslie and Saville Furman for their untold support.

CONDOLENCES — THANK YOU

MERVIN SEGAL

We would like to express our heartfelt thanks to Rabbi Bernstein, Ronnie Chorn, Dr Saville Furman, the Milnerton Hebrew Congregation, our family and friends for their love, support and warmth on the passing of our husband, father, father-in-law, brother and Grampa.

Your kindness has been a source of comfort to us all.

Leone
Lorraine
Barbi, Glenn, Carli and Staci
Robyn, Paul, Mikey and Gavin

ANITA SHIFRIN

The Shifrin family locally and abroad would like to thank the wider Jewish community for the outpouring of love and support on the passing away of our dear and beloved mother, grandmother and great grandmother, Anita.

We wish to express our thanks for visits, messages and food, which was greatly appreciated.

Our thanks also goes out to Rabbi Wineberg and Rabbi Green for their support.

May we only celebrate in simchas in future.

GRACIE SKLAR

Our heartfelt thanks and appreciation to Rabbi and Rebbitzin Feldman, family, friends and the community for their kindness and support shown to us on the passing of our beloved mother, mother-in-law, grandmother and great-grandmother.

Gracie exuded warmth, vivacity and touched the lives of so many. Her guidance, legacy and precious memories will remain with us always.

David, Shirley Sklar and family.
Woolf, Debbie Stein and family.
Diane Sklar and family

CONSECRATION

ADA KAHN

The consecration of the memorial stone of our late mother, Ada Kahn, will take place on 14 July at 11:00 am at Pinelands 2, Jewish Cemetery.

The attendance of friends and family will be welcomed.

Raynold, David and Sydney Kahn and families

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



What does 'old' even mean?

A recent study done at Harvard Medical School has shown it is possible to reverse the signs of ageing in the tissues and muscles of elderly mice.

Exciting findings have shown that various compounds aimed to trigger ancient protective circuits in the body. The race for the anti-ageing pill is just one of the consequence of the shifts that are transforming our world. Longer lifespans and declining birth-rates as fertility plummets almost everywhere outside sub-Saharan Africa, constitute the most dramatic story of our age. Shrinking ageing populations may alter the balance of power between countries, notably between the USA and China, the latter of which is growing old before it gets rich. Longevity will create multigenerational households and age-diverse workforces. The falling ration of young to old will rewrite social contracts and force us to rethink the whole notion of family. If people continue to retire when they are only three-quarters of the way throughout their lives, and if large numbers are crippled with chronic diseases the burden will become unbearable.

However it doesn't have to be this way. Many retirees are going back to work. Almost without noticing, an extended middle age has been created. The 'Young-Old' are very active, healthy and productive — totally different to 30 years ago. 'Young-Old' is now 60-75 and the WHO defines old as 65, but gerontologists main concern is with the 'Old-Old', who are very different. As life expectancy increases and people maintain good health longer, society's view of what it means to be old is changing. This is good news, if you don't consider people old just because they have reached 65, but instead take into account how long they have left to live, then the faster the increase in life expectancy, the less ageing is actually going on.

In the early 1970s 'early retirement' started to be marketed as a golden time, just when life expectancy for older people was taking off. This was in large part because of the decline of smoking, which massively reduced deaths from heart attacks and stroke. Life expectancy at 65 rose 20 times faster between 1970 and 2011 while society has not caught up and many employers remain reluctant to hire people over 50. They are often given only part time flexible jobs which inadvertently suggests that the over-50's are somehow weaker when, in fact, they are just as good as their younger colleagues. According to the Harvard Business Review, older entrepreneurs have a much higher success rate than younger ones.

Work can confer a vital sense of purpose and social connection, On the islands of Ikaria in Greece and Okinawa in Japan, people live exceptionally long lives with low levels of stroke and dementia and they continue to be active and look after grandchildren until they die. In west communities we create bingo mornings or coffee mornings to forestall loneliness — but we forget to help people feel needed.

The value of wisdom and experience can show up in unexpected ways. In Zimbabwe, psychiatrists have realised that they are unable to provide enough mental health support of trained counsellors to work in the villages and have found that the most effective counsellors turned out to be grandmothers who have three qualities most valued — listening skills, empathy and the ability to reflect. Astonishingly, a study showed that the patients who received six one-to one-therapy sessions from the trained grandmothers had a lower incidence of depression and anxiety after six months than those who had received standard care. Older people can make excellent mentors, teachers and social workers. When there are so many societal problems to fix, why don't we put the two together? A number of studies around the world have identified exercise as the single most powerful predictor of whether we will age well .

Lifestyle behaviours need relentless focus to narrow the gap between rich and poor as there is a life expectancy gap of 15 years between the richest and poorest people living in the USA and the richest of British, when turning 80 are only just beginning to experience the limitations that people in the poorest third have been suffering from 70. If only the rich and well-educated enjoy extended healthier lifespans, we will all be the poorer. There are a multitude of ways as how we can improve our own odds of enjoying the time we have left. Most of us would happily settle for checking out a bit later, but as fast as possible, to avoid the time spent in senescence.

We may not be able to outwit fate altogether, but we can immeasurably improve the quality of our lives, and those of older generations, if we redefine our notion of 'old'. In extra time, there is still everything to play for and it is up to each one of us to do so.

Diana Sochen Executive Director

Out and about with members



Reina Hurwitz and her son Michael at her 90th Birthday at Southern Suburbs



Mel van Emmenes with Shelley and Eleanor Farber at West Coast



West Coast members enjoying a morning with Life Coach, Shannon Pam

Special Events July booking essential for all functions

Twilight Suppers

Sea Point 16 July	5.30 Michael Bagraim
Milnerton 11 July	6.30 Beryl Eichenberger and Ryland Fisher R70
Wynberg 17 July	5.30 Beryl Eichenberger and Ryland Fisher R60

Outings

Southern Suburbs	1 July	Norvall Gallery
	11 July	Rupert Museum
	15 July	Maritime Museum
	29 July	Kaplan Centre
Milnerton	9 July	Boere Sjik
	23 July	Kaplan Centre
	30 July	Maritime Museum
Sea Point	10 July	Boere Sjik
	17 July	Zeitz Museum
	24 July	Kaplan Centre
	31 July	Rust en Vrede
West Coast	2 July	Rupert Museum

Men's Schmooze

Milnerton	5 July	10.30am	Con Travers
Wynberg	10 July	10am	Con Travers
Sea Point	25 July	10.30am	Tiny Jones

Shabbat Supper

Sea Point	5 July	Booking Essential
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SOCIAL AND PERSONAL

Births

Ida Surovsky — great granddaughter

Engagements

Becky Joffe — grandson

Ruth Katzeff — granddaughter

Alan and Silvana Silverman — granddaughter

Bella Silverman — great granddaughter

Marriage

Anita Stoch — grandson

Birthdays

Reina Hurwitz 90

Charles Sacks 80

Bernard Saven 70

Ida Surovsky 85

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

Miriam Dick

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

Hajiera Safidien-Maloon — brother

Janice Ospovat-Burman — husband

We welcome New Members to the CJSA family:

Alyson Franco, Michelle and Godfrey Shev, David Whitelaw

Condolences to the families of our members who have passed away:

Morris Baskir, Pessie Maesroch



Cape Jewish Seniors



Monday 5

Sea Point 10.00 Talking Point with Colin R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10
2.30 Yoga with Leina Sank R10

Milnerton 10.00 Irving Freeman Jewish Music Series Episode 4 R10
2.00 Musical Appreciation with Doreen Kantor R10

S/Suburbs 9.30 Visit Stephen Rautenbach Sculpture Gallery in Stellenbosch. Transport R50. Entrance free
11.00 DVD Series Shtisel R10
2.00 Yiddish mit Rita R10

Sea Point 11.00 Rabbi Emma Gottlieb R10
10.00 Ageless Grace with Joycelyn R25
2.00 Mosaic classes with Yvette R30
2.00 Bridge classes with Irving R10

Milnerton 10.00 A morning with Loren Raize, Director of CSO R10
1.00 Kalooki set tables R10
13.30 Mosaic class with Sonia Norrie R30
1.45 Line Dancing with Cathy Hudson R10

S/Suburbs 9.30 Social Bridge R10 New members welcome
10.00 Kalooki R10
2.00 Knitting Group R10

West Coast 10.00 Outing to the Kaplan Centre R30. Tea at Jean's Kitchen (Own account)



Monday 12

Sea Point 10.00 Irving Freeman Jewish Music Series Episode 4 R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10
2.30 Yoga with Leina Sank R10

Milnerton 10.00 Enjoy an interesting morning with Bernadine Bachar of the Saartjie Baartman Centre R10
12.15 Milnerton Committee Meeting

S/Suburbs 9.00 Outing to Dunes Restaurant in Hout Bay R30. Tea for own account

Sea Point 10.00 Ageless Grace with Joycelyn R25
10.00 Talking Point with Colin R10
2.00 Bridge classes with Irving R10
17.30 Twilight Supper Dr Anastasia Tomson exploring diversity with community

Milnerton 10.00 Enjoy the start of Season 1 of the series Shtisel R10
1.00 Kalooki set tables R10
13.30 Mosaic class with Sonia Norrie R30
1.45 Line dancing with Hannah Seinik R10

S/Suburbs 9.30 Social Bridge R10 New members welcome
10.00 Kalooki R10
2.00 Knitting Group R10

Muizenberg 10.30 A morning with Bernadine Bachar of the Saartjie Baartman centre



Monday 19

Sea Point 10.00 A morning with Loren Raize, Director of CSO R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10
2.30 Yoga with Leina Sank R10

Milnerton 10.00 A morning with Janene Currie, Chairlady of Broth Zion WIZO R10

S/Suburbs 9.30 Outing to the Saartjie Baartman Centre R30. Tea for own account.

Sea Point 10.00 Ageless Grace with Joycelyn R25
10.00 Talking Point with Roni R10
2.00 Beginners Bridge with Irving R10

Milnerton 10.00 Movie Morning Series 1 Shtisel R10
1.00 Kalooki R10
13.30 Mosaic class with Sonia Norrie R30
1.45 Line dancing with Hannah Seinik

S/Suburbs 9.30 Social Bridge R10 New members welcome
10.00 Kalooki R10
2.00 Knitting Group R10

West Coast 9.00 Stephen Rautenbach Sculpture Gallery, Stellenbosch. Transport R50.



Monday 26

Sea Point 10.00 Irving Freeman Jewish Music Series Episode 4 R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10
2.30 Yoga with Leina Sank R10

Milnerton 10.00 Pop In: Author Leo Turvey reads from his book (a compilation of Jewish Stories) R10
13.00 Shiur with Rabbi Bernstein R10

S/Suburbs 10.30 Karin Paschen of the Cart Horse Protection Association R10

Sea Point 10.00 Ageless Grace with Joycelyn R25
10.00 Talking Point with Marcia R10
2.00 Beginners Bridge with Irving R10

Milnerton 10.00 Stephen Rautenbach Sculpture Gallery, Stellenbosch. Transport R50
10.00 Kalooki R10
13.30 Mosaic class with Sonia Norrie R30
1.45 Line dancing with Hannah Seinik.

S/Suburbs 9.30 Social Bridge R10
10.00 Kalooki R10
2.00 Knitting Group R10

DIRECTOR: Diana Sochen 021 434 9691 director@cjsa.org.za ADMIN: Amanda 021 434 9691 admin@cjsa.org.za www.cjsa.org.za

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Events Calendar AUGUST 2019



		<p>Thursday 1</p> <p>Sea Point 9.15 JOY Intergenerational programme with Alon Ashel learners 10.15 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10 10.30 Pop In with Janine Rogers of the Gitlin Library R10 1.00 Kalooki R10 West Coast 11.30 Irving Freeman Jewish Music Series Episode 4 R10</p>	<p>Friday 2</p> <p>Sea Point 9.30 Shopping with Malcolm R20 Milnerton 10.30 Men's Schmooze Group: A morning with David Hirsch R10 Milnerton Shabbat! Booking Essential R60</p>
<p>Tuesday 6</p>	<p>Wednesday 7</p> <p>Sea Point 9.30 A Visit to the Stephen Rautenbach Sculpture Gallery in Stellenbosch. Transport R50. Entrance free. Tea for own account 1.45 Bridge and Kalooki R10 Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R10 2.00 Ageless Grace with Cathy Hudson R20 S/Suburbs 10.00 Ageless Grace with Yvonne R20 11.00 DVD Series Shtisel R10</p>	<p>Thursday 8</p> <p>Sea Point 9.15 JOY Intergenerational programme with Alon Ashel learners. 10.15 Yiddish mit Veronica R10 2.00 Kalooki R10 9.30 Kalooki R10 10.30 Irving Freeman Jewish Music Series Episode 4 R10 1.00 Bridge and Kalooki R10 West Coast 10.30 A morning with Janene Currie, Chairlady of Bnoth Zion WIZO R10</p>	<p>Friday 9</p> <p>Sea Point Women's Day Office Closed</p>
<p>Tuesday 13</p>	<p>Wednesday 14</p> <p>CRAFT EXHIBITION in Milnerton To display your craft R50 To display and sell R60 Booking essential</p> <p>Sea Point 9.30 Outing to Craft Exhibition in Milnerton R50 including tea and light snack 1.45 Bridge and Kalooki R10 Milnerton 10.00 Craft Exhibition R15 S/Suburbs 10.00 Craft Exhibition in Milnerton. Transport R30 Tea and light snack R20 10.00 Ageless Grace with Yvonne R20 10.00 Men's Schmooze Group: A morning with David Hirsch R10 West Coast 10.00 Craft Exhibition in Milnerton Entrance Tea and light snack R20</p>	<p>Thursday 15</p> <p>Sea Point 9.15 JOY Intergenerational programme with Alon Ashel learners 10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10 10.30 A morning with Theresa Medicine speaking on the NSRI and the work that they do. R10 1.00 Kalooki R10 West Coast 11.30 A morning with Loren Raize, Director of CSO R10</p>	<p>Friday 16</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p>Tuesday 20</p>	<p>Wednesday 21</p> <p>Sea Point 9.00 Outing to Kalk Bay to Save our Sea Exhibition and movie R30 1.45 Bridge and Kalooki R10 Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R5 S/Suburbs 2.00 Ageless Grace with Cathy Hudson R20 10.00 Ageless Grace with Yvonne R15 11.00 DVD Series Shtisel R10 5.30 Twilight Supper: An evening with well-known food entrepreneur Ina Paarman. R60 booking essential.</p>	<p>Thursday 22</p> <p>Sea Point 9.15 JOY Intergenerational programme with Alon Ashel learners. 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace with Joycelyn R25 1.45 Bridge and Kalooki R10 Milnerton 18.00 Twilight Supper: Deborah from Two Oceans Marathon Booking Essential R60 S/Suburbs 10.30 A morning with Heather Blumenthal, Director CTHGC R10 1.00 Kalooki R10 West Coast 10.30 Enjoy an interesting morning with Bernadine Bachar of the Saartjie Baartman Centre R10</p>	<p>Friday 23</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p>Tuesday 27</p>	<p>Wednesday 28</p> <p>Sea Point 9.30 Outing to Hillcrest Berry Farm R40. Tea for own account. 1.45 Bridge and Kalooki R10 Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R10 2.00 Ageless Grace with Cathy Hudson R10 S/Suburbs 10.15 Ageless Grace with Yvonne R15 11.00 DVD Series Shtisel R10</p>	<p>Thursday 29</p> <p>Sea Point 9.15 JOY Intergenerational programme with Alon Ashel learners. 10.00 Yiddish mit Veronica R10 1.45 Bridge and Kalooki R10 1.00 Kalooki R10 Milnerton 09.30 Kalooki R10 S/Suburbs 10.30 Outing to Spice Route R40. Tea for own account. West Coast 10.00 Art with Sharon R35</p>	<p>Friday 30</p> <p>Sea Point 9.30 Shopping with Malcolm R20 10.30 Men's Schmooze Group: A morning with David Hirsch R10</p>

PROFESSIONAL STAFF: **Sea Point:** 021 434 9691; **Milnerton:** Hajiera Safidien-Maloon 021 555 1736; **S/Suburbs:** Monique Nieuwenhuys 021 761 7960; **W/Coast:** Stacey Melmed 074 405 5186

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Nechama welcomes Sarit

Nechama is a counselling service for bereaved Jewish members of the community.

The organisation is run by a group of dedicated professionals and trained volunteer counsellors. The bereaved are helped through their process of mourning in accordance with Jewish laws and customs, using modern methods and knowledge from the fields of psychiatry, psychology and social work.

Nechama is happy to announce and introduce Sarit Swisa, their new Psychological Services Coordinator.

Sarit is a psychologist by profession who came highly recommended, with experience and skill in the role of



assisting people going through emotional pain and undergoing difficulties, and in her words "I enjoy creating spaces that facilitate others' growth, and in which they feel supported."

Sarit has additionally trained in Schema therapy and family work. She has co-chaired programming at Limmud in Johannesburg, is currently assisting and coordinating the international presenters on the National Committee for Limmud this year and has had decades of involvement in Camp Kesher, a camp for vulnerable children.

Sarit will use her skills, training and knowledge as well as her creativity in her new position at Nechama.

Walking sticks trump broken hips: tips for making your home a safer and more functional space

By Robyn Black

Ageing. The purpose of life is quite simply, to age. The alternative is not preferable.

Our early stage of life is focussed on physical and cognitive growth and development to independent function. Our adult stage of life is focussed on maintaining our highest overall level of function. Our older age stage of life is focussed on maintaining independence and preventing disability.

The gift of living to a ripe old age often comes with the perils of ageing; falls, fractures, difficulty moving around, pain, memory loss, cognitive decline, and general functional decline.

For some, these difficulties start appearing at a younger age largely linked to illness or accidents.

Regardless of the 'why', or 'when' the difficulties begin, most of us at some point in our adult-to-older life will start to find living a functional and independent lifestyle increasingly more difficult.

As this happens and our performance of our activities of daily living deteriorates, it helps to either adapt these activities to meet our ability to perform them, adapt our environment to enable a safe and functional space in which to function optimally, or accept help from others.

Here are some tips to create a safer home environment and more functional you:

Always wear supportive footwear, and never walk in socks or stockings

If your balance is poor, if your legs give way, if you suffer from knee, hip or back pain, and/or if it has been recommended to you — walk with a walking aid. An occupational therapist or physiotherapist can recommend the correct walking aid for you — and make sure it's the right height for optimal support. 'Walking sticks trump broken hips'

Ensure you have adequate lighting in your home, especially when walking to the bathroom during the night.

Lift loose rugs and carpets

Ensure that items of everyday use are within reach in cupboards or on shelves

It's easier to stand up off higher surfaces — toilets included

Here are some tips to address difficulties with memory and cognition

Keep an up-to-date calendar on your wall and cross off each day before you go to bed

Keep a hand written diary for appointments — correct date, time and venue

In a diary (separate or the same as an appointment diary), write down anything significant that you did that day, should you need to refer back to it

Engage in challenging and stimulating activities that work on cognitive processes such as memory, attention, concentration, problem solving, sequencing and planning — some examples could be wordsearches, card games, board games, jigsaw puzzles and Sudoku

And of course, remember that asking for help can end up enabling us, not making us more dependent. We often feel that we are making ourselves more dependent, or coming across as less able by putting strategies in place to help us. In fact it's quite the opposite. By accessing the right help, engaging in the right activities and accepting adaptations to our home and lifestyle, we are enabling ourselves to live a far more functional, safe and productive life.

Robyn Black has a Bsc Honours in Occupational Therapy from UCT. Upon completing her community service year, she developed a special interest and skill set in working with older people, and adults with physical and/or cognitive difficulties. Robyn returned to Cape Town and started her own practice assessing older people and adults in their homes. She recommends and guides the implementation of home and lifestyle adaptations, and treats those who would benefit from ongoing sessions. Robyn has a special interest in working with people with dementia. She also works with shoulder surgeon Dr Joe de Beer — seeing his inpatients prior to discharge and addressing the functional difficulties they may experience once home from hospital. Robyn is the head of training and development at SIFAR — the Samson Institute for Ageing Research. She also recently completed an assessment and care planning project at Highlands House.



Should you wish to contact Robyn for an assessment or advice for yourself or a family member, her details are; 074 912 8367 robynblack.ot@gmail.com

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Kodesh at Phyllis Jowell Jewish Day School

This term we learned about and celebrated a number of significant Jewish days such as Yom Ha'atzmaut, Lag B'Omer, and ending off with Shavuot. Below are just a few of the highlights of these events.



Pre School dancing to Israeli music for Yom Ha'atzmaut

LAG B'OMER

On Lag B'Omer we had an exciting programme for the students which included making friendship bracelets, enjoying a food stall, and learning secrets of the Torah. There was a focus on the importance of Achdut (unity) with the students from Sinai Academy joining us.

YOM HA'ATZMAUT

There was a lot of celebration in the air on Yom Ha'atzmaut as the Pre school went on a virtual trip to Israel to celebrate Israel's birthday. The Primary school engaged in age-appropriate activities through which they learned about Israeli music, geography, food, and dance.



PJJDS Kids making friendship bracelets



Yom Ha'atzmaut for the primary school



Pre School children beading necklaces for Lag B'Omer

Contact: reception@pj.org.za



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Rude awakening — tales of cross-cultural harmony

By Maiyan Karidi

Somewhere in rural Southern Africa lies a picturesque, little town, sleepily hidden in an emerald valley surrounded by majestic, purple mountains with waterfalls cascading down steep, rocky cliffs.

Clustered with pretty, white houses and neat gardens it seems like an ideal place to forget about the outside world.

The people who inhabit this town are a strange mix of eccentric characters; farmers, mechanics, laborers and upright citizens. Among the more interesting is an old lady who plays such amazing piano she can make you fly, women who look like men and men who look like women, an ancient Koi San tribe elder name Africa who hasn't been sober in fifty years, a woman so fat she cannot get into her car, a magistrate whose name means 'rabbit pants', a greasy haired man with an official expression who owns a messy grocery store and who sits in a grand office high up like a DJ's box keeping watch over his shriveled vegetables and playing with blank papers all day long, an over-zealous traffic policeman who will stop the same person at the same place every day for ten years

to ask for his driver's license. Nothing much changes in this town and the upright's make sure it never will.

One sunny, spring morning we paid a visit to the Fairy Sanctuary. It was a Friday and we thought it would help us wind down for Shabbat. We opened a rickety, old wooden gate and entered into an enchanted garden. A wonderfully overgrown wonderland full of pretty flowers surrounding a narrow pathway leading us to the colorful fairies' house.

All around us were tiny fairies, perched on rocks, on pieces of gnarled, tree stumps, inside the trees and among the long grass. They were dressed in typical 'fairy wear', delicate and sparkly. Sweet music played from the little house and invited us to enter. Once inside, we were lost to reality. In fact, we were so far away we could hardly imagine reality. The rooms were filled with fairies, miniature worlds, millions of colored lights, shiny beads and twinkling sequins.

Our day had turned into an amazing journey into a fairy tale which had become tangible. The fairies were alive with expression, each one showing his very particular character. After exploring all the magical rooms,

I walked outside and found myself in the back garden, alive with more fairies and classic red and white toadstools. I felt I needed to sit and ponder the universe on my own, so I looked for a quiet spot to contemplate.

I found the perfect place, a huge toadstool with an archway entrance just asking me to enter. Being in a playful mood and feeling like a child again, I stooped down to enter the low doorway and took a seat on the carved bench. I closed my eyes and went into a peaceful state of absolute calmness.

Then I heard my daughter call my name in a loud and excited voice, "Maiyan, come quickly, you have to see this beautiful frog."

"Coming!", I was loudly awakened from my tranquility and I rushed forward to get outside.

I was met by a massive thud to my consciousness. It wasn't a bang, that is too little a word, it felt like a huge boulder had fallen from the sky and hit my forehead. Yes, I forgot to duck when exiting the solid concrete toadstool.

I saw many stars, an entire constellation and instantly lost 12 mega-bites of memory. They had to



carry me away, past the disappointed fairies. Reality had rudely awoken me from my dream state and my life (which seemed awfully funny in fast motion) flashed before my eyes. I was unconscious. The toadstool had almost killed me, not the bungee jumping, not the venomous snakes while living in the wilderness, the flood, the mountain fires, the falls from a traumatised race horse, not the car accident with a drunken driver, not the bomb that went off in my street but the toadstool at the fairy sanctuary in a sleepy, uneventful, nameless town.

The Karidis are an Israeli/South African artist family who have lived and worked in South Africa, Israel, Mauritius and Fiji. These stories form part of a series of experiences of Jewish identity in extraordinary locations.



CLINICAL PSYCHOLOGIST

Daniel Rabinowitz

BA (Rhodes), BA Hons (UNISA), MA (UJ)
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HAROON MOGHUL THE HUMANITY THAT UNITES US

Haroon is a commentator on Islam and public affairs who serves as the Fellow in Jewish-Muslim Relations at the Shalom Hartman Institute. He is the author of 'How to be a Muslim: An American Story'. He has appeared on CNN, Al Jazeera, NPR and the BBC. His works have been featured in TIME, Guardian and the Washington Post.



BRETT LOCKSPEISER RECOGNISING THE POSSIBILITY OF TORAH & TECHNOLOGY

Brett Lockspeiser is the co-founder and chief technology officer of Sefaria, a non-profit dedicated to creating the future of Torah. Sefaria makes Torah texts available to the world for free on its website and mobile apps in their original and in translation and creates tools and experiences to help people learn and explore. Brett lives in San Francisco, California.



SONJA VILICIC BLUE STAR BELGRAD

Serbian Sonja Viličić worked for the Joint Distribution Committee in Budapest in various positions. She is also a graduate of the Melton Senior Educators Program at the Hebrew University of Jerusalem. Based in Belgrade, Serbia, she is one of the founders and an Executive Director of NGO Haver Srbija, coordinator of the educational program of the Federation of Jewish communities of Serbia and volunteers at local Limmud events.



ELIE HOLZER SPIRITUAL GROWTH THROUGH CHAVRUTA & SONG

Internationally recognized as a spiritual activist, Elie Holzer designs and leads learning opportunities for spiritual and religious growth through prayer, song, and text study. Rabbi; Professor of Jewish education at Bar Ilan University; teacher, expert on Havruta text study and Hasidic Renewal and Post-Critical Jewish Religiosity and founding president of Shma Koleinu, a non-profit organization which aims to inspire individuals and communities through online interactive learning, workshops and public events.



JODI MAGNESS UNEARTHING ANCIENT STORIES

Jodi Magness (JodiMagness.org) is the Kenan Distinguished Professor for Teaching Excellence in Early Judaism at UNC-Chapel Hill. She holds a B.A. in Archaeology and History from the Hebrew University of Jerusalem and a Ph.D. in Classical Archaeology from the University of Pennsylvania. Magness' most recent book is Masada: From Jewish Revolt to Modern Myth. Since 2011 she has been directing excavations at Huqoq in Israel's Galilee.



MISHY HARMAN ISRAEL STORY

Mishy Harman is the host and co-founder of Israel Story. He's a curly-haired Jerusalemite who stumbled upon radio by chance. He studied history at Harvard, archaeology at Cambridge and wrote his PhD – a biography of the first Protestant missionary in Ethiopia at the Hebrew University. He now lives in Somerville, MA, with his wife Federica and their two dogs, Nomi and Golda.



GLORIA GREENFIELD THE FIGHT OF OUR LIVES

Gloria is an award-winning documentary filmmaker and president of Doc Emet Productions, a nonprofit organization that produces educational films that contribute to the strengthening of Jewish identity, Jewish nationhood, and the values of freedom and democracy. In January 1980, Ms. Magazine cited Gloria as a woman to watch in the '80s; she walked out of the women's movement in 1983 in defiance of its intensifying Anti-Semitism and illiberal dogmas.



JESSICA MONTELL DEFENDING THE OTHER

Jessica Montell is Executive Director of HaMoked: Center for the Defence of the Individual, and has been a leading figure in Israeli civil society for two decades. Jessica served as Executive Director of B'Tselem from 2001-2014. She was founding director of the Israel-Diaspora partnership SISO: Save Israel, Stop the Occupation. A frequent lecturer and commentator on human rights and the Israeli-Palestinian conflict, Action Against Armed Violence named Jessica as one of the 100 people making the world a safer place.



AVI BEN TZUR MISSION IMPOSSIBLE? URBAN DEVELOPMENT IN JERUSALEM

Jerusalem born Avi Ben-Tzur is Director of Planning at Israel's Ministry for Environmental Protection - Jerusalem District. He supervises the Ministry's planning department for the cities of Jerusalem, Mevasseret, Beit Shemesh and the surrounding rural communities, and sits on the District Planning Committee that approves all large-scale development projects for Jerusalem and the District.



ARI ENGELBERG THE RELIGIOUS ZIONIST "SINGLES PROBLEM"

Ari Engelberg is a sociologist and anthropologist. His expertise is religion and Israeli society. He is an academic staff member at Hadassah Academic College and lectures at Tel Aviv and Hebrew Universities. His doctoral research focused on the phenomenon of prolonged singlehood in the Religious Zionist community. His research has extended to Orthodox marriage guidebooks as well. Ari's most current research focused on an organization by the name of Lehava and more generally on the Israeli urban extreme right-wing.



JONATHAN WEBBER MAKING SENSE OF THE JEWISH EXPERIENCE IN POLAND

Jonathan Webber is a British anthropologist and Jewish activist living in Kraków, Poland. Specializing in modern Jewish society, Holocaust studies, Polish-Jewish studies, and Jewish heritage, he taught at Oxford, Birmingham, and the Jagiellonian University, Kraków; he is now retired. He has had a long-standing interest in the Polish Jewish heritage and was the co-founder of the Galicia Jewish Museum in Kraków, where he co-curated its permanent exhibition.



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SAJM
South African Jewish Museum

Happenings at the South African Jewish Museum

One Century of Seven exhibition opening

On Thursday 6 June a large group braved the winter weather to attend the opening of the SAJM's latest exhibition, *One Century of Seven: A unique look at the life and destiny of Jews in Lithuania*.

Sponsored by the Embassy of the Republic of Lithuania, the display takes the form of five giant panels, curved to resemble Torah scrolls.

Visitors had the chance to examine the panels, which chronicle the

rich history of the Jews in Lithuania over seven hundred years, beginning in 1340 when Gediminas, Grand Duke of Lithuania, invited European merchants and craftsmen to settle in his domain. Modern Lithuania has shrunk to a small part of what was once the Grand Duchy, and thus Lite — the land of Litvaks — encompasses a much broader area that includes present-day Belarus and parts of Ukraine.



Lithuanian Ambassador to South Africa, Sigutė Jakštonytė, Robert Kaplan and Gavin Morris

The exhibition shines a light on the Jewish experience over the centuries, encompassing the interactions with Lithuanians and their perceptions of Jews, how this was expressed through folklore and the binary nature of town and countryside, the growth of Yiddish, the contribution of the Vilna Gaon, and the political, cultural and religious life that culminated in the decimation of the Jewish community in the 20th century.

SAJM Director Gavin Morris introduced the Lithuanian Ambassador to South Africa, Sigutė Jakštonytė, who expressed her pleasure at being able to partner with the SAJM in bringing such a comprehensive overview of an intricate, sometimes mutually beneficial, often bloody and sad, history of a community that had a huge impact on the character of both Christian and Jewish Lithuanians and their descendants all over the world.



Life is Wonderful: Mandela's Unsung Heroes film screening at the SAJM



Gavin Morris and Denis Goldberg

On the evening of 28 May, the SAJM hosted a film viewing of *Life is Wonderful: Mandela's Unsung Heroes* in honour of Rivonia trialist Denis Goldberg.

The film screening was held as a fund-raiser for House of Hope, a project of the Denis Goldberg Foundation that aims to provide a safe space for the youth of Hout Bay, the area where Goldberg lives.

A full audience enjoyed the film, and particularly the subsequent Q&A with Goldberg who engagingly spoke of his life experiences.

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A unique look at the life and destiny of Jews in Lithuania

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EXHIBITION
JUNE 2019

EMBASSY OF THE REPUBLIC OF LITHUANIA TO THE REPUBLIC OF SOUTH AFRICA

CAPE GATE



A night to remember!

Close to 700 people enjoyed an evening of pure magic at WIZO's Yom Yerushaliyim community concert at Gardens Shul in Cape Town last month.

Featuring the representative cantor for the State of Israel, Shai Abramson, whose magnificent voice was superbly accompanied by master pianist, Eitan Sobol, Choni G and the Gardens Shul Choir, and Zamar Instrumental Band.

As one member of the audience commented: "I need to tell you that, without a doubt it was the moving and wonderful event of its kind that I have been to."

Others said: "The ruach was electric", "Blown away!!!", "What a phenomenal evening".

WIZO thanks all those who attended, our valued sponsors, and organisations which collaborated with us to make this concert possible.



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Education is Changing

GEOFF COHEN
Director of Education, UHS

Education today is changing rapidly, and we at HERZLIA cannot afford to rest on our laurels. 21st Century skills are a necessity and we have to ensure that our pupils leave HERZLIA with the expertise required to navigate and excel in this new world. Added to this, is our duty to ensure that our pupils are able to access the faculty of their choice at tertiary institutions. Balancing these two educational methodologies is one of our biggest educational challenges.

If you consider a child starting Grade 1 in 2019, he/she will enter the job market in 2035. The world then will be a very different place with careers and industries unimagined today. Our educational offering today needs to be exciting, innovative, and geared towards the world of tomorrow, not the world of today.

Our pupils need to be taught educational skills that will enable them to be flexible, collaborative, technologically savvy, creative and able to adapt to a constantly changing world in which they may very well have to create their own employment opportunities.

With this in mind, our senior educational team has been working extremely hard to find new and exciting ways to educate our pupils in a way that will guarantee them the skills they need for the 21st Century world they will be entering.

Our schools are part of the South African Thinking Schools Network that empowers schools to grow a culture of explicit critical, creative and collaborative thinking so that pupils become independent life-long learners. Effective thinking skills takes time to develop and are essential when trying to understand and develop new and unique solutions to problems as well as enable one to connect and integrate new experiences.

Pre-Primary Schools

Our current Early Childhood offering is based on many different influencing theories that are applied in a diverse manner with the child



Innovation & Technology: Chromebooks are introduced in our Primary School classrooms.

“Our pupils need to be taught educational skills that will enable them to be flexible, collaborative, technologically savvy, creative and able to adapt to a constantly changing world in which they may very well have to create their own employment opportunities.”



Chai to Chai: Grade 12 pupils entertain and educate Grade 1 pupils from all three Primary Schools.

always at the centre of all the plans. Earlier this year we sent our Early Childhood Director, Jos Horwitz, together with Principal of Gan Aviv, Melissa Braithwaite, to participate in the international Reggio Emilia conference in Italy. The Reggio Emilia Philosophy is an innovative and inspiring approach to early childhood education, which values the child as strong, capable and resilient. Their philosophy rides on the coattails of the innate curiosity of children and aims to assist them with understanding their world.

Primary Schools

At our Primary Schools, our Principals together with our Curriculum Head, Mark Helfrich, have been working together in order to create the most appropriate education for our Primary School pupils. Our schools are implementing internationally recognised, cutting edge programmes in English, Maths, Natural and Social Sciences.

We have adopted the Singapore Maths Programme as our curriculum of choice, having seen its huge success in many parts of the world. We have also incorporated the latest on-line programmes to enhance learning and promote the use of technology in all our classrooms.

Some of these programmes include: Cool to Be Me, which is a social-emotional learning curriculum that supports the Life Skills subject. Matholia in the Foundation Phase, which is an online Mathematics learning portal providing pupils, teachers and parents with dedicated content that complements the Singapore Maths Programme. Purple Mash is an award-winning website for Primary School children that enables children to explore and enhance their knowledge in a fun and creative way.

Middle School

Moving on to Middle School we have put in place Project Based Learning (PBL); here pupils work on a project over an extended period of time that engages them in solving a real-world problem or answering complex questions. They demonstrate their knowledge and skills by developing a public product or presentation for a real audience. As a result, students develop deep content knowledge as well as critical thinking, creativity, and communication skills in the context of doing an authentic, meaningful project. PBL unleashes a contagious, creative energy among pupils and teachers.

The focus in the Middle School this year has been on the further development of Creative Thinking Skills and focusing more on the process of education, rather than the result. Entering our pupils into local and national educational competitions, Olympiads and expos gives them opportunities to enrich their academic development.

High School

Moving on to the High School, Marc Falconer and his team have reexamined the whole area of assessment and have reduced the

emphasis on marks and started to focus on thinking skills and more creative educational tools. We continue to explore the option of Cambridge A-Levels as a third Matric option from 2020.

Our groundbreaking Vocational Matric enables those pupils who do not wish to follow an academic stream to focus on a vocational skill that will equip them for life.

We continue to offer the National Senior Certificate as our core school-leaving qualification that we believe gives our pupils the best chance of entrance into the faculty of their choice at university or college.

After investigating and thoroughly researching all the available matric options in South Africa, we are actively exploring the decision to offer Cambridge A-Levels as a voluntary option for those pupils who are looking for a more robust curriculum and the opportunity of attaining a truly international Matric.

Technology

Technology has become key to everything that we do in the classrooms. All our teachers from Grade 4 to Grade 12 have a Chromebook to assist them with planning, teaching and administration. A Herzlia 'Centre of Innovation' is being planned to further drive technology education in our schools.

On the technological front, our schools have all been equipped with WiFi and our pupils use mobile devices as educational tools. We have been investigating the use of applying Virtual Reality to aspects of the curriculum and are looking at including aspects of VR into both our Hebrew and secular curricula.

Innovative Education Programmes

The High School has implemented a number of Innovative Educational Programmes that uses interdisciplinary methodologies that enhances their learning and skills;

The popular Grade 10 five-day Orange River programme studies geological rock formations, the night sky and seeing the world as a series of interconnected and interrelated systems.

In our Holocaust study course our pupils are asked to design their own learning programme. They are presented with information and resources to do with ghetto life and to see the connections between this and the Shoah.

In the extensive outreach or Gimmilit Chasadim programme our pupils are taught

the concepts of Tikkun Olam. The innovative pupil driven Interfaith programme that sees them interacting and learning with other faith-based schools.

Our Chai 2 Chai event where our Grade 12's host the Grade 1 pupils for a morning of fun and entertainment has proven to be a great success. The Grade 12's have to apply their minds when arranging an educational and appropriate programme. The life skills learned in organising this event is clearly evident.

Israel Education

On the topic of Israel Education, we continue to provide opportunities for our High School pupils to participate in at least one experiential Israel trip. It is our aim that every child in the High School will have at least one opportunity of visiting Israel on an organised programme. We have also started providing opportunities for our Middle and High School pupils to engage in discussions and debates about the Israel/Palestinian conflict.

We have learnt from the 'kneeling incident' that took place last year, that we have not provided enough opportunities for facilitated debate and discussion in this regard and we have undertaken to implement a programme this year starting in August 2019.

On the Hebrew front, we are currently exploring a new Curriculum called Ulpan Or that focuses on a communicative approach. Outstanding results have been seen with the use of Ulpan Or that promises to teach our pupils the ability to hold a conversation in Hebrew.

Staff Development and Training

Personal and professional development is critical if we are to ensure that our teachers remain inspired and up to date on the latest educational methods and processes. HERZLIA spends in excess of R1 000 000 a year on upskilling our teachers. Other areas of challenge for us are the issues of social media, gender and sexuality and talking to our pupils about difficult topics.

The words of King Solomon ring loudly in our ears, teach a child according to his way. This is something we take seriously, and we are constantly evaluating, assessing and investigating new options for all our pupils so that we will always be assured of offering our pupils the very best education in our world-class school.

“The words of King Solomon ring loudly in our ears, teach a child according to his way. This is something we take seriously, and we are constantly evaluating, assessing and investigating new options for all our pupils so that we will always be assured of offering our pupils the very best education in our world-class school.”



THE HERZLIA FOUNDATION TRUST

SECURING JEWISH EDUCATION



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AMANDA ZAR
The Herzlia Foundation Trust

Education is evolving at an astonishing rate. Geoff Cohen in his speech at Herzlia's recent AGM pointed out that the world a matriculant enters in 2031 will be very different from the world we live and work in today. Herzlia has to constantly move with the changing needs of society and this all comes at a cost. We, at the Herzlia Foundation Trust, are very aware that a Herzlia education is a privilege that not everyone can afford. We know that so many of you give so generously of your time and money to ensure that the hundreds of children requiring financial assistance can attend Herzlia.

learning challenges. We interrogate curricula from all over the world in an attempt to provide a well-balanced, stimulating and up to date educational offering. This ensures that Herzlia continues to provide a world class education and equip our pupils to be global citizens.

We have generous donors who sponsor programmes like Encounter, Sports Tours, Cultural opportunities, our Academic Extension Programmes and most recently Herzlia's fifth pillar Menschlichkeit. The Herzlia philosophy of not denying a Jewish Child a Jewish education for genuine financial reasons extends to all aspects of school life up to and including support for uniforms and kit.

Late last year, the Herzlia Vocal Ensemble toured Israel with the Mambazo African Male Choir, this incredible initiative was partly funded by a generous donor and the tour was an incredible success on so many levels; alumni who loved reminiscing about their days on stage at Herzlia, ex-South Africans living in Israel wanting to hear songs from Africa and of course our pupils who had the opportunity to perform on an international stage. There are so many areas where funding from our donors has

2020 marks Herzlia's 80th birthday where Herzlia will celebrate 80 years of excellence. You, our donors, need to take credit for your contribution to this astonishing achievement. As education constantly evolves, so our donors step up to ensure that Herzlia remains at the cutting edge of education.

Through the generosity of donors we built a state of the art music house with its own in-house recording and mixing studio. Donor money is also used to fund extension programmes in the classrooms and pay for staff training and development sessions on differentiation, extension and pupil support. We receive funding to boost our learning support centres whether it's for time management and planning or learning support for individual subjects.

As a proudly inclusive school, approximately 20-25% of Primary school learners across our three schools access this support, in the Middle School roughly 25%, and in High School about 40-50%, they work on a drop in system. Educational tools and programmes are developed literally on a weekly basis and Herzlia ensures that we purchase the most relevant and beneficial learning materials to ensure that our pupils can meet their

impacted on all Herzlia pupils. Capital projects like the new Gan Aviv Playground, the new play areas at Weizmann and Kerem, and during the water crisis money was used from donations to ensure that Herzlia would continue to operate regardless of Day Zero.

As a Jewish Community school, we are very much like a *shtetl*. Learning and education were the ultimate measures of worth in the eyes of the community. The *shtetl* had a consistent work ethic which valued hard work and frowned upon laziness. Studying of course was the hardest work of all. An African proverb says it takes a village to raise a child. In Herzlia's case, it takes a Community to sustain our school. As we begin preparations for our 80th birthday, we acknowledge with gratitude, the generosity and vision of our donors who continue to ensure that we have a world class Jewish Day School at the southern tip of Africa.



A VIEW FROM THE BAR

Yoga and the law

By Anton Katz

It may be surprising to read yoga and law in the same sentence. But there are interesting dynamics at play in the two differing disciplines. I will touch on some ideas.

Firstly, practical issues that arise; secondly, the seven spiritual laws of yoga; thirdly, blending an ancient Jewish spiritual practice with yoga; and lastly, a reminder that in general law and justice are in some instances not the same.

This last point is foreign to the yoga philosophy. Yoga philosophy does not purport to impose 'the truth' on law, but rather to invite those who practice law to apply some humility with respect to their ability to judge and do justice unto others.

Peaceful yoga instructors and studio owners operate within the mundane, but complex legal world just like any other enterprise or human activity. They need to choose a posture, such as sole proprietorship, partnership or company.

Other concerns relate to brand protection, such as copyright and trademark, and also to insurance protection, employment agreements, and labour problems, franchising, sale and lease and the buying and selling of a studio. These legal challenges apply in all spheres of life, and yoga is not exempt. Recently a yoga instructor at an upmarket studio complained to the Cape Town Equality Court and to the CCMA about an alleged racist comment made to her by a fellow yoga instructor. The yoga studio was effectively exonerated because it had followed the correct labour protocols in how it dealt with the racist complaint.

So, yoga gets caught up in the law, just like all areas of life. Medicine, sports, art, music, business, family life, children, education, housing, crime, equality, water resources, air pollution, and employment relations, etc.

In the world of yoga seven laws apply. **1: The Law of Pure Potentiality.** Humans' essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since we are an inextricable part of the field of consciousness, we are also infinitely creative, unbounded and eternal. **2: The Law of Giving and Receiving.** Giving and receiving are different expressions of the same flow of energy in the universe. Since the universe is in constant and dynamic exchange, we need to both give and receive to keep

abundance, love and anything else we want circulating in our lives.

3: Law of Karma (Cause and Effect). Every action generates a force of energy that returns to us in kind. When we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

4. Law of Least Effort. Humans can most easily fulfil our desires when our actions are motivated by love, we expend the least effort and we offer no resistance. We tap into the infinite organising power of the universe to do less and accomplish everything.

5. Law of Intention and Desire. Inherent in every intention and desire are the mechanics for its fulfilment. When we become quiet and introduce our intentions into the field of pure potentiality, we harness the universe's infinite organizing power, which can manifest our desires with effortless ease.

6. Law of Detachment. At the level of spirit, everything is always unfolding perfectly. We don't have to struggle or force situations to go our way. Instead, we can intend for everything to work out as it should, take action, and then allow opportunities to spontaneously emerge.

7. Law of Dharma. Everyone has a dharma or purpose in life. By expressing our unique talents and using them to serve others, we will experience unlimited love, abundance, and true fulfilment in our lives.

The application of these 'yoga laws' are said to promote physical health and emotional wellbeing, success and abundance, loving relationships, and higher states of consciousness, including intuition, creativity, insight, imagination, and inspiration.

Even if yoga only enhanced physical fitness, the time spent would be worthwhile. However, while the health benefits are seemingly many, yoga offers more than just a method to exercise the body. The meaning of yoga is the path it offers into the timeless world of spirit.

Yoga teaches both to let go and to have awareness in every moment. In this expanded state of consciousness, humans are taught to experience freedom from suffering. Life becomes more joyful, meaningful and carefree.

Musar Yoga blends two spiritual practices. Judaism and Vedic Brahminism. Musar means 'instruction' in Hebrew.

The Musar movement continued its development among the non-Hasidic Orthodox Lithuanian Jews as a response to the social changes

brought about by the Enlightenment, and the corresponding Haskalah movement among many European Jews. In this period of history antisemitism, the assimilation of many Jews into Christianity, and the impoverished living conditions of many Jews in the Pale of Settlement caused tension and disappointment.

Many of the institutions of Lithuanian Jewry began to break up. Religious Jews feared that their way of life was slipping away, observance of traditional Jewish law and custom was on the decline.

Musar is described as a path of contemplative practices and exercises that have evolved over the past thousand years to help an individual soul to pinpoint and then to break through the barriers that surround and obstruct the flow of inner light in our lives. Musar is a combination of techniques and understandings that offer guidance for life's journey. The goal is to release the light of holiness that lives within the soul.

The roots of all of our thoughts and actions can be traced to the depths

of the soul, beyond the reach of the light of consciousness, and so the methods Musar provide include meditations, guided contemplations, exercises and chants that are all intended to penetrate down to the subconscious, to bring about change right at the root of our nature.

A legal case generally aims to resolve, at least in part, actual disputes between competing interests and versions from the past. It does not seek to ascertain the truth or attempt to develop a better and more just society. The practice of yoga is different. It seeks to assist the individual to be at peace with him/herself.

Perhaps justice in general may be well served by lawyers and the law incorporating yoga philosophy into their lives?

Anton Katz SC, a senior counsel practicing at the Cape Bar, was a member (2011-2018) of the UN Human Rights Council Working Group on mercenaries



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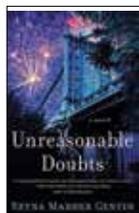




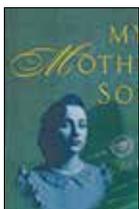
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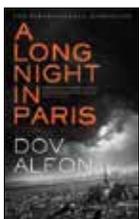
FICTION



UNREASONABLE DOUBTS by REYNA GENTIN. Liana Cohen is an attorney in the New York City's public defender's office romantically involved with a successful lawyer. She is assigned the case of Danny Shea, who she believes to be innocent. When their relationship strays from purely professional, she turns to Rabbi Nacht to debate the Jewish ideals of justice. He reveals a path for her to recognise her Bashert soulmate.



MY MOTHER'S SON by DAVID HIRSHBERG. Joel is a successful radio raconteur and he reminisces about his beloved grandfather who came to America and became involved with Italian immigrants. It was a time of the Korean War, polio epidemic and when Holocaust survivors did not share their experiences. By being exposed to the Irish city bosses Joel met men of all ethnicities when delivering their "envelopes". A journey from innocence to acceptance.



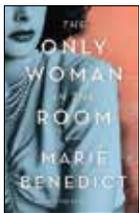
A LONG NIGHT IN PARIS by DOV ALFON. An Israeli software engineer disappears at Charles de Gaulle Airport. Called in to investigate is Commissaire Jules Léger and Zeev Abadi, head of code decryption, who happens to be in Paris and was on the same El Al flight. Abadi realises that this attack was a case of mistaken identity when he sees footage of the incident. He calls on his team in Israel including his deputy Oriana Talmor to find the intended target.



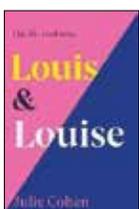
IN ANOTHER TIME by JILLIAN CANTOR. It is the love story of a young couple torn apart by World War II. Max Beissinger is a Jewish bookstore owner and Hanna Ginsberg, a violin student. They remain together with Max disappearing for months at a time trying to help save Hanna who is Jewish. In 1946, Hanna finds herself in Berlin without any memory of the past ten years and of Max's whereabouts. She moves to London using music to heal her wounded heart.



THE ALTRUISTS by ANDREW RIDKER. A darkly funny family saga about the Alter family. Arthur invites his children Ethen and Maggie home for a supposed reconciliatory visit but it is because he needs his late wife's money, which they have inherited. He unwittingly unleashes age-old resentments and buried memories that orbit Francine, the matriarch whose life may hold the key to keeping them together. Ridker tells his tale with humour, insight and depth.



THE ONLY WOMAN IN THE ROOM by MARIE BENEDICT. Hedy Lamarr's father encouraged her to marry an older Austrian suitor in 1933 in the face of anti-Semitism. She was able to gather secret information about the Third Reich from their guests. Hedy fled his control and reached Hollywood becoming a legendary star. To share the secret information she gleaned in Vienna she invented a radio-communication device, forerunner of modern cell phones.



LOUIS & LOUISE by JULIE COHEN. Louis and Louise are born on the same day to the same parents but as their stories unfold, their lives differ. Both leave Casablanca for New York City at 18. Louis becomes an author and Louise, a schoolteacher and single mother. Their relationships with their parents and friends different in each timeline as their reason for leaving home. Yet both return when their mother is dying. Cohen weaves memorable characters.

MEMOIR/BIOGRAPHY

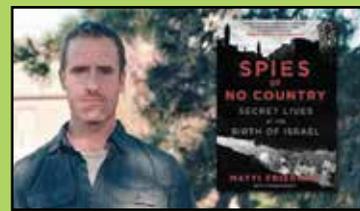


MATTERS OF VITAL INTEREST by ERIC LERNER. A memoir by screenwriter and novelist Lerner about his friendship with Leonard Cohen that lasted until Cohen's death. They met at a Zen retreat and helped each other through divorce, the joys of raising children and the difficulties of writing. He provides insight into Cohen's idiosyncratic and life as a poet first and musician second. Lerner shares moving conversations ending with their final email exchange.

BOOK OF THE MONTH

SPIES OF NO COUNTRY by MATTI FRIEDMAN

The story of four underground spies for the Arab section of the Haganah. They were native to the Arab world and could assume Arab identities. Working

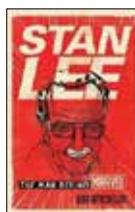


undercover in Beirut for two years, they operated under

conditions collecting intelligence and sending messages back to Israel. Friedman considers what these spies, who were the nucleus of Mossad today, meant for the country they went incognito to help.



EVERYDAY MADNESS by LISA APPIGNANESI. After the unexpected death of her partner John of thirty-two years, prize-winning author Lisa writes a compelling examination of grief and anger. She shares her personal experience to examine the effects of loss and the space it occupies in our lives. With honesty and humour, she reflects on the time needed for her recovery from bereavement and hopes this will help others bear the aftermath of death.



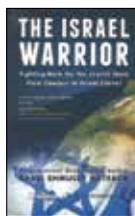
STAN LEE: The Man behind Marvel Comics by BOB BATCHELOR. The author begins with Stan Lee's childhood in New York City and then moves on to his natural talent which enabled him to become the editor of Marvel comics when a teenager. He re-created the Fantastic 4, Hulk, X-Men and Spiderman thus revolutionising the super hero genre. This captivating biography tells of a man who ended up creating new worlds and heroes for generations of readers.



PRINCE OF THE PRESS by JOSHUA TEPLITSKY. In his beautifully illustrated book, Teplitsky tells the story of bibliophile David Oppenheim, chief rabbi of Prague in the early eighteenth century. He built a collection of Jewish books and manuscripts that are unparalleled today. The combination of his Judaic erudition and wealth positioned him to do this. Today his archive is housed in the Bodleian Library at Oxford. A window into books in early modern Europe



JERUSALEM ON THE AMSTEL by LIPKA PELHAM. Memoirist Pelham paints a portrait of Amsterdam's prosperous Sephardi community during the Dutch Golden Age. She begins with the exodus of Jews from Portugal due to the Inquisition. Many settled in Amsterdam, which welcomed Jews without confining them to ghettos until 1942. Pelham offers insights from the Jewish descendants of three original immigrant families living in Amsterdam today.



ISRAELI & RELIGIOUS INTEREST

THE ISRAEL WARRIOR by SHMUELY BOTEACH. If you are fed up with nonstop attacks on Israel; continuous condemnation of the only democracy in the Middle East; the duplicity of the Western media which cares more about Israelis adding rooms to apartments in Eastern Jerusalem than the thousands of Arabs killed by Syria then this book is for you. Boteach provides you with the information to stand up for Israel by arming yourself with the truth.



PUTTING GOD SECOND by RABBI DONNIEL HARTMAN. The author looks at how monotheistic religions have failed to live up to their ethical ideals. He believes that in order to fulfil religion's true vision for humanity we must focus on the ethical treatment of others. By evoking a wide array of ancient Jewish sources, Hartman forms a solid argument for changing the direction of Judaism. He cautions against injury of others in the name of God's honour.



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JCS @ WORK Facing Challenges Every Day

Lynne Hendricks & Hazel Levin

Jewish Community Services (JCS) Cape Town are faced with numerous challenges impacting on the emotional wellbeing as well as the physical, social and psychological health of the many members of the Cape Town Jewish Community. They depend on JCS for support and assistance on many levels: These include increases in the cost of living, poverty and the consequent rise in unemployment.

Members of our Community are being retrenched, businesses are closing, and some of the clients are not eligible to work in the open labour market. Whether they live independently, with their parents or residing in one of our cottages, this has a negative impact on the individual, creating a feeling of loss of self-worth, dignity and purpose.

Hazel Levin, Executive Director, proposed initiating a sheltered employment initiative, the idea being to attempt to uplift and create employment opportunities for vulnerable and unemployed JCS clients. Richard Harris of Woodheads was approached, and it was established that he required various commodities to be packed separately into small bags to sell in his store.

This employment initiative was introduced to a few residents of our cottages, packing venue being the craft room at one of the cottages. We started with two residents and by the second week we had recruited two more cottage residents who expressed an interest in joining the programme. In the three weeks since its inception, this amazing programme has exceeded all expectations, it has not only given the clients a purpose in life but is affording them an opportunity to earn their own income, an income that is determined by how committed they are to the project, and how many parcels are packed. **"This is really an incredible social responsibility programme, empowering others with a mutually beneficial outcome."** says Richard Harris

Lynne Hendricks, Social Work Assistant, has played an incredible role in facilitating the establishment of this project. She has ensured that the 'employees' needs are met

and encouraged and supported them in taking ownership of the project, to the extent that they are currently being accountable and taking responsibility for the work that they do.

They are highly motivated and have shown initiative by sorting the work, thus ensuring that each person has the opportunity to earn with each order they fill. They no longer sit around waiting for the next box to arrive, but have learnt to seal each box completed, invoice it, return it to Woodheads and collect the next order. Plans are being put in place to create a more work friendly environment, given the success of the project.

When the 'employees' were asked how they felt about the project, the comments were nothing but positive: "It's the best project ever, and we don't even have to go far. The person who initiated this, had the best idea. I am very grateful"

Another comment: "It's not easy to find work and I really want to work. This project has made it easy for me to find to work. It gives me purpose every day. I am finally earning some money now."

The next step is the Work Shadow/Mentor Program where we plan to approach local Jewish businesses to become involved. The requirement being to assist in mentoring the unemployed individual, in their workplace, giving them the opportunity to be upskilled and, in the long term, possibly equipped to secure gainful employment in the open labour market. This is done by appointing a

member of your staff to mentor the individual within your business, guiding, advising and teaching the individual the correct skills for a period of three months.

Dignity is something many of us take for granted but when you have been stripped of your dignity as a result of your circumstances beyond your control, the ability to restore your dignity to some extent, through participation in a small project like this will bring out the You, that You are meant to be, despite your circumstances or adversities. This is but one of many small projects that JCS has implemented this year, but the impact has been huge on those directly affected by it.

JCS relies on you, the community, for support with all of our initiatives. A small act of kindness can have a tsunami effect somewhere else, so partner with JCS on the Employment Initiative Program.

For more information about how you can get involved in one of our JCS initiatives please contact Hazel Levin at JCS at **021 462 5520** or email hazel@jcs.org.za



Hazel Levin, Lynne Hendricks and members of the JCS team hard at work.

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SIMCHA SNAPS



Josh Zieve, son of Rael and Julia, celebrated his barmitzvah on 13 April. Seen here with his brother Samuel and sister Izza-bella. Four weeks after his barmi, Josh was awarded a college scholarship at Bridgehouse for his entire college career.



Tahlia Yesorsky and Daryn Videlefsky

Photo: John Henry Photography

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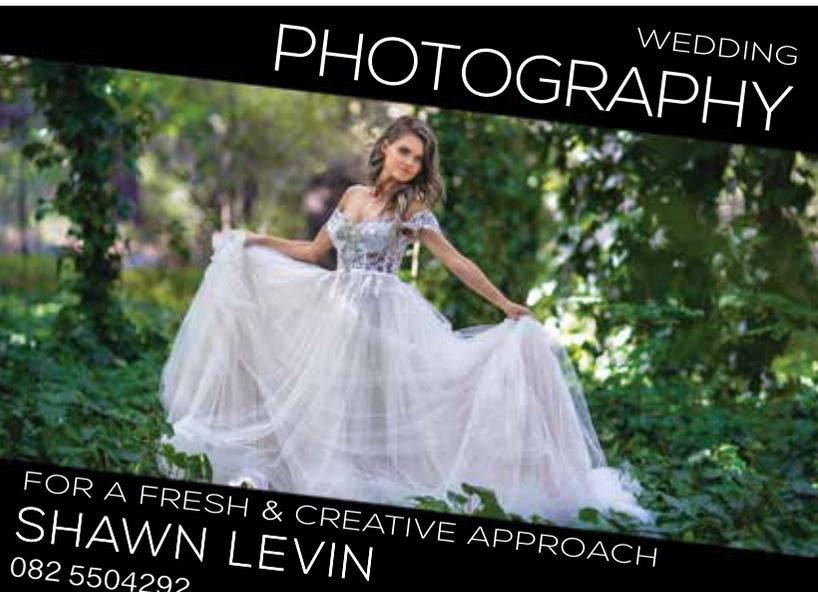
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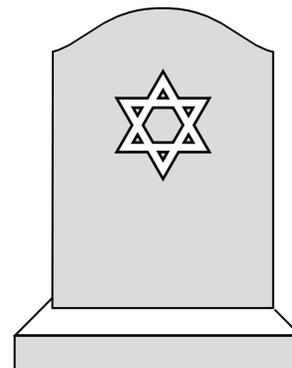
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All Monumental Requirements

A great honour for all Litvaks

By Mia Levitt Frank

Abel and Glenda Levitt were awarded with the highest Lithuanian medal of diplomacy, 'The Star of Lithuanian diplomacy'. They made Aliya from Cape Town in 1979 with their four children, and first travelled to Lithuania in 1998.

It was then that they met Yacovas Bunka, 'The last Jew of Plungyan', who dedicated his life after the Holocaust to commemorating the lives of the Jewish community of Plunge, all murdered in the Kausenai Forest in July 1941. Among those murdered, were many Levitt family members.

Abel and Glenda, who developed a close relationship with Yacovas and his son Eugenius Bunka, embarked upon a journey of cooperation and contribution in Lithuania, devoted to both remembering and honouring the murdered Jews, but also to promoting tolerance education. In 2001 they led a group of 40 Levitt family members from all over the world, to visit Lithuania and Plunge. The tour culminated in a very moving ceremony at the mass graves, saying Kadish and singing Hatikva. Following this event, Abel and Glenda took upon themselves several projects.

One was to cover the mass graves to preserve them (at the request of Yacovas Bunka), and the other to create a tolerance center at the local high school. This could not have been done without the assistance of many wonderful people, as Abel spoke about at the ceremony. Besides Yacovas and Eugenius Bunka, Abel mentioned for example, a teacher they first met at the ceremony in 2001, Danute Serapiniene, who devoted herself to the tolerance center at the school. He spoke about the two high school principals who showed continuous appreciation and support for the project. It was the eighth tolerance center formed in Lithuania, one of more than one hundred functioning today. As they got to know the school and the educational work of the tolerance center, Glenda decided to instigate a project combining art with education for tolerance.

And so, in 2005, the Ronald Harwood art competition was first held. Sir Ronald Harwood is also a Litvak. Since then, the annual competition invites Lithuanian school children to create artwork (painting, acting, singing) commemorating those murdered, and celebrating tolerance. Their goal was and is, as Glenda said in her speech, "To enable young Lithuanian students to enrich themselves, with

tolerance and empathy for others, through knowledge, and to express themselves through all mediums of art".

When the Lithuanian ambassador to Israel, the honourable Mr Edminas Bagdonas opened the award ceremony, he spoke about his deep appreciation for Abel and Glenda and what they have done in his country. "When I first came to Israel in 2014, and was contacted by the Levitts, I had no idea who I would meet" he said. "They arrived to meet me with PowerPoint presentations. They were like an organisation!" He was visibly touched when he spoke about the deep significance of the art project with the students. Ari, the oldest of Abel and Glenda's children, spoke at the ceremony about outstanding Litvaks who have made a mark on society and humanity. He named several, among them Dutch philosopher Baruch Spinoza, Nobel Prize winners Daniel Kahneman, Nadine Gordimer and Michael Levitt. Jerome David Salinger — author of *The Catcher in the Rye*. Ehud Barak — Former IDF general, Israeli Defence Minister, and Prime Minister of Israel and Aharon Barak — Former President of the Supreme Court of Israel.



'The Star of Lithuanian diplomacy'

"Every person has a name" wrote Israeli poet Zelda. Glenda and Abel took it upon themselves to commemorate the names of as many of the murdered Jews of Plungyan as possible. Again, with the help of many people, they organised a Memory Wall

built from bricks from the demolished synagogue in Plunge at the Kausenai mass graves, with names of many of the perished Jews.

In 2011, together with a small group including all four of their children, they participated in the municipal ceremony for the revealing of the Memory Wall. In the spring of 2015, Abel and Glenda visited the town of Birzai with Ingrida Vilkiene, Deputy Director of the international commission for evaluation of the crimes of Nazi and Soviet occupation regimes in Lithuania.

Glenda's grandmother came from Birzai, and like many Litvaks, left Lithuania at the turn of the century for South Africa. Family members that remained in Birzai were among those murdered. In Birzai, Abel and Glenda met father and son, two history teachers Vidmantas and Merunas Jukonis. A new project was born. A monument with names of the Jews of Birzai murdered in 1941. Merunas and Vidmantas were to become key figures in this project.



Abel and Glenda with the Lithuanian ambassador to Israel, Mr Edminas Bagdonas

Glenda and Abel approached Ben Rabinowitz, a Cape Town philanthropist and Birzai descendant. He was on board. According to Abel, Ben is "the true father of the Birzai project, and the person who deserves massive credit for its success". Ben too was at the moving award ceremony at the Lithuanian embassy. Abel and Glenda left once again for Lithuania on 5 June.

They organised a tour of 50 Birzai descendants from around the world, to visit Birzai and participate in the unveiling of the new monument, designed by the architect Joseph Rabie from Paris. On Friday night,

14 June, the group held Friday night prayers and Shabbat dinner in Birzai, for the first time since the 1941 massacre. The unveiling ceremony took place on 16 June. The Israeli, Chinese and Japanese ambassadors to Lithuania were among the dignitaries present.

Two days later, on 18 June, Abel and Glenda returned to Plunge for a ceremony commemorating the names of 75 young girls murdered in Kausenai forest. Glenda and Abel were joined by two of their children and two of their grandchildren.

Their legacy lives, and will live on.

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Is there space for cultural innovation in the city of Jerusalem? The Israel Festival says yes!

By Mikki Shana

Over 30 000 visitors, Israelis and tourists alike, enjoyed the Israel Festival this year.

Now in its 58th year, the Israel Festival showcases a rich and varied artistic program from Israel and around the world in the fields of dance, music, theater, performance art, video art and installation.

This is the country's flagship cultural event, renowned for inspiring and thought-provoking material that cannot be seen anywhere else. Although the first home of the Israel Festival was Cesarea, the late Mayor of Jerusalem, Teddy Kolleck brought it to the capital in the early eighties where it has been hosted ever since.

Director of the festival, Eyal Sher, together with artistic director, Itzik Giuli, lead the Israel Festival on a path of artistic innovation. They have set a clear goal — to identify new artistic movements, forms and languages on the global culture and art scene, as well as to find innovative and original interpretations, while conserving the festival's historical value and its achievements over the past 50 years. Recent years have seen a rise in the number of young audience members, as a result of both the

artistic program and the affordable pricing policy.

"In the arts, we are witnessing a constant attempt to narrow the freedom of artistic expression, but that's something we do not take into consideration in our programming. We perceive cultural and creative achievement as a unique means to create space for dialogue and cultural encounter. We are proud to continue a consistent line of artistic programming that conforms to just one criterion: excellence." says Sher

The festival's layered program was focused on an inter-cultural search for identity from both familiar and new perspectives. It aimed to express many different cultural identities, while constantly testing the limits of artistic creation, exposing identity politics, questioning conventions of separation between 'artist' and 'viewer', between the 'self' and the 'other' — while spotlighting the fluidity that exists between these definitions and an inspiring, unique artistic space.

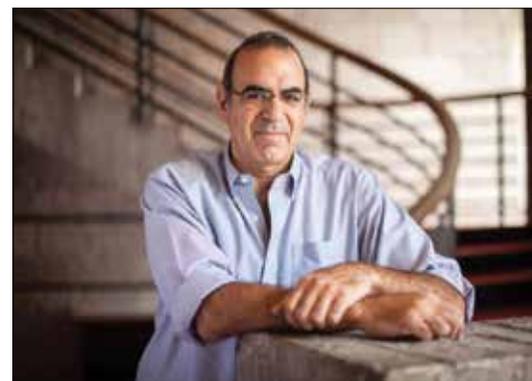
"Like many festivals around the world" says Sher, "the Festival is not merely a cultural event but an important catalyst, advancing education,

empowering community, encouraging tourism and fueling the economy. But in Jerusalem, its most important role is no doubt facilitating encounter and dialogue".

The festival continues its tradition of integrating the old with the new. Alongside contemporary content, often characterised by multi-disciplinary forms, the festival featured a number of performances inspired by classic masterpieces of the world, in a range of exciting and surprising adaptations by contemporary artists from Israel and abroad. Among the innovative and contemporary festival programming are original Israeli productions created especially for the festival by independent artists and groups; highly-acclaimed guest productions from France, Brazil, Switzerland and Poland. This year there were two shows that have their roots in South Africa.

The Laurence Olivier Award-winning veteran choreographer Robyn Orlin, performed at the Festival. *And So You See* looks at post-apartheid South Africa. Robyn Orlin questions if the people of South Africa are truly free and whether the promised democratic values, especially gender equality, meet the hopes laid down in the constitution.

South-African born, France-based performance artist Steven Cohen performed in the Israel for the first time this year, presenting a tribute to his partner Elu in *Put Your Heart Under Your Feet... And Walk Self-described as a South African, white, gay, Jewish man, Cohen created a performative hybrid that brings together all these identities. In a*



Director of the Israel Festival, Eyal Sher
Photo: Emile Salmon

chilling requiem to his partner of twenty years, Cohen performs a brave parting ceremony that celebrates art both as a path of coping with loss and as a resolute choice in a vital and passionate existence.

This year, the Israel Festival launched a Friends Giving Circle to help support its growth and ongoing activity. The Friends Giving Circle will facilitate the gift of high quality art and performance to a wide range of audiences by subsidising tickets and funding free events in public spaces.

The Israel Festival is supported by the Ministry of Culture, the Municipality of Jerusalem, Mifal HaPais lottery, The Jerusalem Foundation, as well as many public and private foundations.

Sher has already started working on next year's programme and knows that in no time at all the Festival will be celebrating, with some luck and good planning, the 60th Israel Festival in 2021. "Running a cultural organisation in Jerusalem is a bit like being a pioneer in the early days of the Zionist Movement" says Sher. "It requires passion and resilience, a bit of naivety, a lot stubbornness and above all, a vision of what we believe this incredible city could be, what it should be, what it deserves to be".



Steven Cohen's moving tribute, *Put Your Heart Under Your Feet... And Walk*
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SPORT

Dean Furman confident for the Afcon

By Ilan Herrmann

Seldom do you come across those prodigious, great players that are adept at changing a game with their brilliance.

Today there are Messi, Ronaldo and Neymar. Yesteryear, there were George Best, Santoro, Zico and others. The list is not long though because that skill and those talents are rare.

Yet even the greats had to rely on the less startling players who sturdy grit broke down opposition and fed them the ball. These unsung grinders



Dean Furman credit wikipedia creative commons

of the game, whose tackling and disruption enable the exciting and flamboyant players to do their magic are often the cog around which the team is built.

Dean Furman is one such player and his strength and metal will be one of the crucial elements Bafana Bafana will look too as they go into the Afcon tournament through June and July.

The Afcon is the African Confederations Football Tournament to determine who reigns as Africa's best soccer side.

Bafana are in Group D and face a daunting challenge in Morocco and Ivory Coast, with Namibia possibly being the easier of the three games. "It is a tough group, but I don't think anyone in the squad has any doubt that we can do something here," said a confident Furman.

South Africa were the only team in their group to go undefeated in the qualifiers with three wins and three draws. "The side has been playing well. We can take a lot of heart from our recent form. Our performances against Nigeria and away against Liberia in very tough circumstances and conditions, shows how far we've come. I believe we go into this tournament with good reason to expect we can compete with the best. We don't have to fear anyone."

Furman has captained Bafana Bafana numerous times and may

very well be given the captains armband again by coach Stuart Baxter. Baxter was Furman's coach for years at Supersport and has shown his confidence in Furman time and again as a player he can count on.

The tournament is being held in Egypt where the simmering heat is brutal and something the SA players are not accustomed to. For this reason, the team held a training camp in Dubai prior to the Afcon to acclimatise. "Most teams are going to struggle with the conditions, us included. It will likely affect the pace of the game," says Furman.

Furman is the only Jewish player to ever captain the SA national soccer team and says that while his Jewish identity is clear to all and he is openly proud of it, it does not come into factor in any particular way. "The national team is made up of players with so many backgrounds. The diversity is appreciated by the players, my Jewishness included."

"It's disappointing that as one of the great nations on the continents we haven't been successful in football terms in the recent past and have to last look back at 1996 for any real tangible achievements. We are all aware of that. We want to fix that and are determined to go into this tournament as contenders and not just to make up the numbers."

Africa have some outstanding teams. The recent u-20 world cup where Mali and Senegal stunned the world with their electrifying pace, strength and skill, demonstrated the depth of talent in African football. South Africa showed early promise, but then lost their way and collapsed. If Bafana could put in a good show at the Afcon it could permeate its way down through the football tributaries in the country and evoke a sense of national pride and identity. This would inspire the way forward towards SA footballing greatness once again.

Will Furman visit the Pyramids his ancestors are said to have built? Furman laughs and says, "Our schedule is tight and we're going there to do a job. To play and to win. But sure, yeah, if we get a leisure outing I'd love to see the ancient Egyptian pyramids."



The Union of Jewish Women reflects on a wonderful AGM



Dr Sheila Aronstam (Adult Education Division, AED) Patsy Fivelman (Chairman UJW) Shirley Gelcer (AED) Dr Hannah Reeve Sanders (AED)

The 86th Annual General meeting of the Union of Jewish Women was a well-attended morning of inspiration and gratitude at the Hellenic Community Centre.

Patsy Fivelman, Chairman of the UJW welcomed everyone and thanked loyal supporters and members for attending.

Proceedings kicked off with Myra Goldenbaum, President of the UJW, speaking about the history of the Union and the UJW's affiliation with the International Council of Jewish Women (ICJW) and the UN. (There is ICJW representation at the UN, and the UJW has an Honorary Life President, Irene Zuckerman, and a Vice President, Lynne Raphaely, from South Africa as well as eight other South African members of the UJW executive committee represented on the ICJW.)

Myra spoke about trafficking and slavery. She explained how trafficking and slavery are prominently placed on the Global agenda, and that there was more awareness being created worldwide.

The past year saw the loss of four very special women who had been an integral part of the UJW. Gita Finkenstein, Delia Livingstone, Julie Peires and Mavis Horwitz. Friends and family were asked to say a few words in honour of each of these special women and it was very touching to hear each person speak of the dedication and love these women had for their families and their community. Mia Shaked, a member of the Herzlia ensemble then sang a beautiful song in honour of those we have loved and lost. There wasn't a dry eye in the room.

Guest speakers Kentse Radebe and Shifra Jacobson from The Counselling Hub gave an inspiring and very moving talk about their organisation and their vision for the future. It is always so encouraging to see how many like-minded

organisations are working to aid and support those who are destitute in our community. Karen Kallmann thanked the two speakers for their remarkable initiative and wished them luck going forward.

Patsy Fivelman then spoke about the past year and all the projects, programmes and events the UJW had been involved with, she thanked the staff, Executive Committee, Groups, members of the UJW, Patrons and Benefactors all of whom had contributed to helping the UJW fulfil its goal of uplifting and serving those less fortunate in our community.

The morning continued with the handing out of awards to members of the UJW for their dedicated and meritorious service, these included Pearl Mandelstam Award, which went to the Adult Education Division committee. Dr Hannah Reeve Saunders, Dr Sheila Aronstam and Shirley Gelcer. Phyllis Friedlander, Sheila Aronstam and Joyce Allen were handed awards for being part of the UJW Cape branch for 50 years and over.

Alan Hoffman and Michelle Cohen received Service Excellence Awards. Georgie Solomon who has worked at the UJW Cape branch for 40 years, was handed a Long Service Award. Tzipi Brivik was recognised with an Appreciation Award. Cecily Kaplan received the Sara Sloman Award for 25 years and Beverley Zetler and Michelle Miller were awarded with the Toni Saphra Award for 35 years.

The Chairman, Executive Committee and staff of the UJW wish to say a big thank you to guest speakers, Kentse Radebe and Shifra Jacobson from The Counselling Hub. Thank you also goes to Yolande Kretzmer-Keys for her impressive photos, Mia Shaked for her enchanting voice, Barry Berkowitz from Berkies for the delicious food, Patrick and his team from Sound Events for their exceptional service and last but certainly not least our loyal members for their continuing support.

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