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## Celebrating Rosh Chodesh in style



Juliana Bentel, Carly Soicher, Ricci Hetz, Ruby Lazarus, Maxine Norrie, Rachel Goldberg, Kira Meltzer, Keren Stearns, Franki Silverman, Rebbetzin Ariella and Alex Cohen

When the new moon appears for the first time in the night sky, we celebrate.

Rosh Chodesh means the 'head of the month', and it is a day, or two, of celebration marking the start of a new lunar month.

Rosh Chodesh is especially dear to women and recently there has been an explosion of beautiful Rosh Chodesh gatherings, where women come together to study Torah, recite Psalms and share inspiration. One of these inspirational gatherings occurred in October at Chabad on Campus.

Franki Silverman, head of the Rosh Chodesh Society organised a Kosher Cooking Club with Rebbetzin Ariella. Young women came together to learn their favourite Chabad House recipes, along with the laws of kosher cooking, in celebration of the new moon.

See pages 16-17 for more from Chabad on Campus

## Outstanding skills in Journalism award for Kerrin Baker

Herzlia's Matric Vaedictory and Prize Giving for 2019 was held in October.

The Cape Jewish Chronicle Cup for Outstanding Skills in Journalism was presented to Grade 12 student Kerrin Baker, who has shown his passion and ability throughout his involvement with the Herzlia Heretics Student Publication.



See page 26 and 27 for more from Herzlia

## WIZO's Yom Tov Market a success



Century City Branch Chairman Sue Lipschitz with Vice-Chair Rochelle Bloomberg, Phillipa Wener and Daphne Cohen at the pre-Yom Tov market that offers a variety of stalls to attract all ages.

See page 34 for more from BZA WIZO

## Back-to-back gold for local brewery

Five years ago Di (née Berkovitch) and James Rattle, a husband and wife team, started The Hermanus Brewing Co. and since then they have focused on creating delicious lager.

They have gone from strength to strength, doubling their capacity twice. In 2017 their Old Harbour Lager won gold at the National Beer Trophy Awards (they were up against some of the biggest breweries in the country), and in 2018, won gold again! They are the only brewery to win back-to-back gold for a lager.

This month Di won the Mayoral Award as Entrepreneur of the Year in the Overberg, a truly proud moment. "To create a brand, work with a great team, love what you do, and win awards and gold medals, is a dream realised and I'm so grateful," Di said.



Di Rattle with Mayor Dudley Coetzee

## Have you heard of Moische House?



The Moische House Cape Town team: Lauren Joffe, Mitch Freedman and Abbi Berkovitz

See page 33 for more from Moische House

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# Lindy with a why

## Why twice in eleven months isn't too much

By Lindy Diamond, Editor Cape Jewish Chronicle



This time last year I was a 38-year-old Jewish community professional who had never been to Israel. I had never travelled alone. I had never been away from my family for more than a few days at a time.

All that changed in December, when I set off to Israel for a two-week whirlwind networking and conference-filled trip.

Now, when you are travelling on your own (and you are me) you find yourself constantly worrying about if you are doing things 'right' and it's hard to relax into soft spirituality when you are a brave and intrepid explorer — as I had labelled myself so as not to collapse in a heap of Rescue Remedy and silliness.

I arrived in Tel Aviv into what would later be recorded as the wettest weekend in the rainy season, with some areas — I think specifically the ones directly above my head — receiving 50% of their winter rainfall allocation in just a few days.

The city was washed out, with grey skies, drippy buildings and rivers flowing down the sides of Ben Yehuda and HaYarkon streets. My weekend in Tel Aviv was so utterly different from the sunny beaches that had been in my mind that I was a little thrown. Here I was, intrepid explorer, all alone in a rain-soaked city.

Sitting in my hotel room for 48 hours felt like a total waste of my new-found bravery, so I zipped up my jacket grabbed an umbrella from the concierge desk, and headed out into the storm. Not one minute later I was running back towards the hotel, shrieking, my umbrella inside out like a dead spider.

All in all, it took me about 45 minutes to get out my hotel and away from the flooded beachside roads. The staff in the foyer would smile to themselves as I would come back in muttering about trying some other approach, or new protective gear or alternative exit. That day I ended up walking over 30 000 steps through Tel Aviv. I also counted over 50 dead-spider-umbrellas, abandoned along the pavements and in bins along my route. It was pure magic.

On the last leg of my trip I reached Jerusalem. I was too busy trying not to get horribly lost or commit some unspoken faux pas to properly relax

and just be.

As soon as I arrived in Jerusalem I wanted to go to the Kotel. But the logistics of finding the Wall in real life were nowhere in my memory and I didn't want to do it 'wrong'.

I ended up taking a ridiculously convoluted route when you take into account how close I was staying. But that route took me past *Martef HaShoah*, which had such an impact on me, and which I wrote about in my September column. I then worked my way confidently past a group of soldiers on a day-trip, through a checkpoint and into a queue waiting to reach The Wall.

As the queue slowly wound its way along, the Kotel came into view. It was like a squeeze in my heart, the entire history of my people represented in stone. My excitement rose with every step closer... and then my confusion grew with every step over and past.

Turns out I was in the wrong queue. I had gone to the Temple Mount. Wrong turns and false starts being the price you pay for boldly going where you haven't gone before.

When I left Israel after over two weeks of crazy beautiful experiences and wrong-turns-turned-right I sat on the plane just before take-off and said a prayer: 'Thank you for this amazing opportunity, but please, please can I come back here and do this again, without having to be quite so bold and intrepid?'. It was a crazy prayer. There was no way to justify for work to send me again so soon, and I didn't want to sacrifice our family holidays for me to travel alone to Israel. It seemed like a far-fetched ask, and as we took off my eyes got a little teary. Must have been 'allergies'.

Fast forward to my first week back at work after the trip. I get an email from Herzlia offering an 8-day trip to Israel for Jewish Moms. I jumped at the opportunity, after laughing out loud at the perfect timing.

As you read this, I am in Israel, with 600 women from around the world, and wonderful, experienced guides to allow me to close my eyes and free-fall through a totally different experience in Israel, all soft spirituality, not so much bold intrepidness, and probably just a few more 'allergies'.

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### SHABBOS PROJECT

Zusha and Friends Live in Concert. 14 November

See page 6

### MENSCH

Mitzvah Day. 17 November 2019

A day of volunteering to improve the lives of people and care for the planet.

See page 17

### TEMPLE ISRAEL

Sherman Shabbat. Programme for weekend 14 – 17 November

See page 35

### SAZF FILM CLUB

*Shoelaces* tells the story of a complicated relationship between a father and his special-needs son.

Nelson Mandela Auditorium. Sunday 24 November at 6.30 pm

See page 12

### SOUTH AFRICAN JEWISH MUSEUM

Herzlia Matric Art Exhibition. Until 15 November

Zvi Suchet's *The Radiant Portal*. Suchet's art explores Talmudic symbolism through his unique photographic illustration.

December 2019 – February 2020

See page 24

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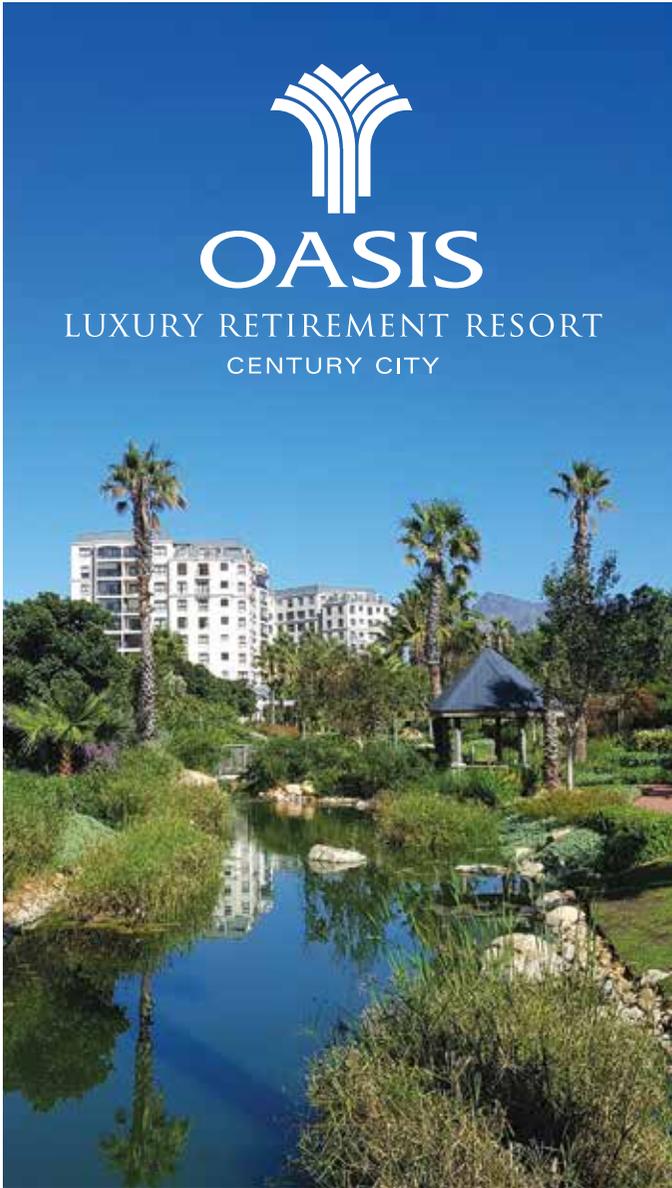
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Date	Portion	Candle lighting		Ends
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1 Nov/3 Cheshvan	Noach	6.15pm	6.56pm	7.50pm
8 Nov/10 Cheshvan	Lech-Lecha	6.15pm	7.02pm	7.58pm
15 Nov/17 Cheshvan	Vayera	6.15pm	7.09pm	8.05pm
22 Nov/24 Cheshvan	Chaye Sara	6.15pm	7.16pm	8.12pm
29 Nov/1 Kislev	Toldot	6.15pm	7.22pm	8.19pm

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



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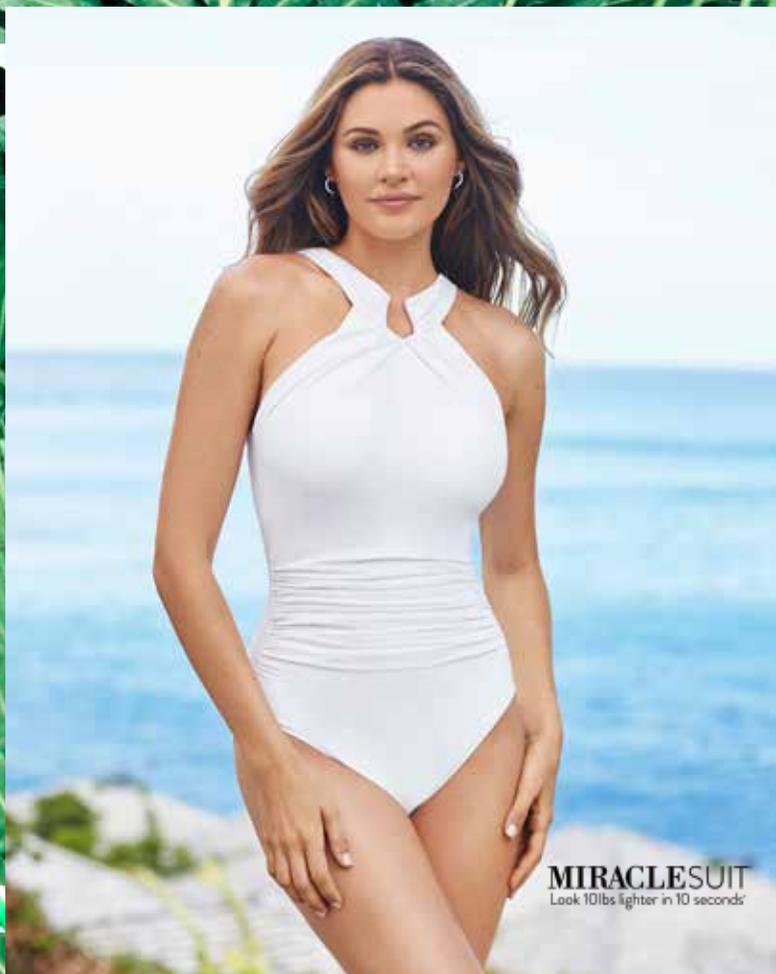
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## KEEPING IT REAL

Stuart Diamond, Executive Director, Cape SAJBD

### How shall we live?

In the weeks leading up to Yom Kippur, the Cape Board and Mensch hosted an all men's group to discuss issues around gender-based violence, gender equality, what it means to be a man and how we should be treating each other.



The discussions were powerful, honest and at times, brutal. I found myself relieved that Yom Kippur was around the corner, to provide me a space to reflect and work on myself. In preparation for this High Holiday season I had signed up for two WhatsApp groups with one overarching theme; Teshuvah. Repentance. The aim of the WhatsApp groups was to view our behaviour and then take corrective steps to make better choices and live a life free of transgressions against God and our fellow humans.

On Erev Yom Kippur, I took part in the Birkat Ha'Banim, the blessing of my children, at their school. As I held my hands on them and said the words of blessing, I prayed that they would always have the bravery to live a life that was authentic, and good. That they would treat their world with love and respect and look at it through a kind lens. I said this prayer for myself as well.

Yom Kippur is a day of reflection for me. I reflect on the fact that our lives are a gift. Not all of us are guaranteed to be here next year. When we performed teshuvah this Yom Kippur it was to remind us of our value to our community and that we need to widen that communal tent and that we need to focus on our relationships. When we focused on tefilah this was to promote the bonds of our connection to Judaism and our community. When we gave tzedakah this was to better the lives of all people around us.

Our task coming out of the High Holidays is not just to convince our friends, colleagues and God that we have transformed, but to acknowledge that change is slow, that it's hard and that to merit another year we need to remember that the message of Unetaneh Tokef requires us to ask ourselves not who shall live, but how shall we live?

## Assessing the threat of global anti-Semitism

Rabbi David Fox Sandmel, Ph.D. Director of Interreligious Engagement, ADL

News media, including the Jewish media, are filled with headlines about the increase in anti-Semitism around the world. Examples include synagogue shootings in the United States, the continuing controversy surrounding Jeremy Corbyn and the British Labour Party, cemetery and synagogue desecrations, and a deluge of online hate.

Research by NGOs and media outlets including the Anti-Defamation League (ADL), the European Union Agency for Fundamental Human Rights, the DAIA in Argentina and CNN confirms a rise anti-Semitic incidents (murders, assaults, vandalisms, hate speech, threats) in many parts of the world. ADL's 2014 Global 100 survey, shows that old anti-Semitic attitudes continue to be part of the popular imagination, with more than a quarter of the world's population harboring anti-Semitic attitudes. Jews in certain countries like France feel particularly threatened and wonder if they will need to emigrate in order to stay safe.

Where does this anti-Semitism originate? There are three primary sources. The first is white supremacy, which most experts today consider to be the most violently dangerous extremist threat. White supremacy has become more visible and vocal, with its proponents arguing that it's racist worldview should be considered a legitimate political perspective. And, as documented in a recent ADL report, there has been increasing coordination between white supremacists groups around the world.

The second source of extremism comes from elements within the Muslim community, something that is prevalent in parts of Europe, where it is sometimes interwoven in anti-Israel sentiment.

The third source is from extremists on the left, also often closely connected to anti-Israel activity and the BDS movement.

Taken as a whole, we see a global environment in which anti-Semitism and other forms of hatred are becoming "mainstreamed." Unlike in the past, anti-Semitism does not always provoke the kind of public opprobrium that it used to with some bigots now wearing the label "anti-Semite" proudly.

How serious is the situation? It is true that most anti-Semitic assaults come from those on the political margins – extremists. And we should not forget that the vast majority of political and civic leaders reject such hatred and denounce it unequivocally. However, as we have seen, a lone wolf extremist can inflict horrendous carnage, provoke terror, and – in an age of social media – inspire others to follow in their violent footsteps.

The need for vigilance remains. We must ensure our communal institutions are secure. We must continue collecting data on extremist groups and incidents, ensuring government agencies have the information and the resources they need to counteract violent extremism. In this regard, the most important thing we as individuals can do is to report hate incidents to the appropriate authorities and educate ourselves and others about diversity and respect at all levels of society.

Anti-Semitism does not exist in a vacuum. Those who traffic in Jew-hatred hate others as well. And that's why it is vital that we, as a community, join together with other targeted communities and groups to work for the safety and security we all deserve.



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## Religious Heritage Month



*Bryan Opert, Uzair Ben Ibrahim, Li Boiskin, Professor Dan McVey, Rabbi David Sandmel, Juleiga Enus, Dr Elham Manea, Imam Keraan, Dr Taj Hargey, Dr Jacqui Hargey, Gwynne Robins, Rev Berry Behr and Mrs Janet Sandmel*

**US President Bill Clinton wrote that he had spent his life trying to advance the idea that our common humanity matters more than our interesting differences, and to work for a world in which we are coming together, not being torn apart. This is an ideal the Cape Board embraces heartily and it tries not to miss an opportunity to further this. September provided us with several such occasions.**

One of which was the chance to host Rabbi David Sandmel, Director of Interreligious engagement at the Anti-Defamation League, to an interfaith lunch. He had chaired the Jewish Studies Department at the Chicago Catholic Theological Union, and been vice-chair of the International Jewish Committee on Interreligious Consultations, the body tasked with working with the Vatican, the World Council of Churches, and the Ecumenical Patriarch of the Orthodox churches. He was also involved in dialogue between Jews, Christians, and Muslims and went last year to Abu Dhabi to participate in the World Forum for Peace in Muslim Societies. He also leads interfaith study trips to Israel and the Palestinian territories.

There was great interest in his talk and among the guests were Archbishop Brislin, Imam Keraan, Baptist Professor Dan McVey (Abilene Christian University, Texas), Muslim Professor of Political Science, Dr Elham Manea (Zurich University), Dr Taj Hargey from the Oxford Muslim Educational Centre, Rabbi Brian Opert, Rev Berry Behr, and Rev Peter Fox.

Rabbi Sandmel had come to Cape Town via Harare where he had been

teaching Catholic seminarians about Judaism. He advocated for faith communities to form alliances so that they could stand up for each other and work together and speak out about hate crimes in consultation with the local communities. All minorities were targets.

The issue of Israel and Palestine could be a stumbling block in Jewish-Muslim relationships but that was happening on the other side of the world and one should not import those issues into discussions. People needed to learn how to disagree and talk to each other respectfully without letting it interfere with relationships.

“We are watching our society breaking up into little groups, identifying ‘the other’ as dangerous. Hate is a growth industry — that is why I have job security”, Rabbi Sandmel joked. “If you are not in dialogue, you are not going anywhere.”

September also heralded the Cape Town Interfaith Initiative Religious Heritage Day Bus Tour, visiting the Gardens Shul, the Jewish Museum, St Mary’s Cathedral, the Tushita Kadampa Buddhist Meditation Centre and the Shiite Mosque where they enjoyed a vegetarian lunch. Prejudice is fuelled by ignorance and few people have ever visited a house of worship from another faith community, which is why Gwynne initiated these tours eight years ago. Stuart Diamond and Gwynne Robins both participated and spoke to the group and the guests were most appreciative of the welcome packs from the Cape Board.

The Board thanks Rabbi Feldman for welcoming the participants into the shul and addressing them so inspiringly and warmly. May we all learn to appreciate our common humanity.

## Leadership as a tool to build bridges

By Viv Anstey



*Leaders of the Nasenyi Jewish community, Mbale, Uganda, who also run a service organisation for the Jewish community – Jewish Response Uganda.*

**My husband Gary, son Benji (Herzlia Grade 9) and I visited Jewish communities in East Africa — mainly Uganda and Tanzania (passing through Nairobi) for five weeks in August and September for an immersive volunteering experience.**

Our lives were enriched by new friendships, relationships, insights and engagements, and we have come away feeling more African, holding nuanced perspectives on Jewish life — from privilege to passion. Our dream is to bring African Jews into the hearts of our South African Jewish community. Our community’s presence in Africa is visibly absent, and we should play our part.

As South Africans and as Jews, let us start a trend of giving back to Africa. Sharing resources, exchanging leadership and organisational models, encouraging voluntarism, creating business and mentorship opportunities, and prioritising how to collaborate so that the freedoms of our privileged

South African Jewish life can be felt. One thing is for certain — we can all make a difference.”

When considering the prospects of a five-week ‘sabbatical’ I explored volunteering with Jewish communities around the world; then my direction was channelled by Clive Lawton via the Commonwealth Jewish Council’s offer for our family to take on the function of ‘field workers’. This way we were ‘invited’ guests, traveling with purpose to interact with the local Jewish communities, with the aim of making connections, sharing conversations and problem-solving together. For many years I have also monitored the scope of the African Jewish Congress (a project of the SA Jewish Board of Deputies). This trip had merged my interests.

Continues on page 20



*Yehuda, Benji, Shimon and Daniel in Arusha, Tanzania at a Shachrit Service*



*A joint gathering of Jewish leaders from Nasenyi, Putti and Mukono Jewish communities, Uganda*

# PEOPLE IN OUR COMMUNITY ARE HUNGRY

**JEWISH COMMUNITY SERVICES** currently distributes over 150 food packages every month to Jewish families and individuals who are in desperate need of assistance, in order to put food on their tables.

The iCan Project allows children from local Jewish Day Schools to participate in the *mitzvot of chesed and tzedakah*, in a meaningful and tangible way, by donating Kosher non-perishable food items to the JCS Foodbank for our recipient families.

Suggested items include: Chopped & Peeled Tomatoes, Tomato & Onion Mix, Baked Beans, Green Beans, Peas, Sweetcorn, Pilchards, Tuna, Longlife Milk, Rice, Weetbix, Jungle Oats, Cooking Oil, Chicken Stock, Pasta, Pasta Sauce, Chutney, Tomato Sauce, Marmite, Jam, Peanut Butter, Provita, Sugar, Tea and Coffee.

## DONATE NOW

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# MAINSTREAM VILLAGE AND MALLS

If you only thought of Hout Bay for its tourist attractions such as Mariner’s Wharf and World of Birds, think again – because Mainstream Village and Mall has become the talk of the town and being referred to as Africa’s most beautiful outdoor shopping centre.

Less than 15 minutes from Camps Bay or a bit longer from Clifton and Sea Point, tenants include Woolworths, Pick n Pay, Clicks, CNA, Sorbet, Flight Centre, Vodacom, MTN and Cell C, major banks, vibrant cafes and lovely boutiques.

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**Call us on 021 790 2345 during office hours**





**SOUTH AFRICAN ZIONIST FEDERATION**  
CAPE COUNCIL



VIEW FROM THE CHAIR



### Four diverse women inspire

By Esta Levitas,  
Chairman, SAZF Cape Council

**Towards the end of a terrible Women's Month, the visit by four Israeli women helped those who met them regain faith in humanity and find a way to navigate to a brighter future.**

What was special about these women was their diversity, although all are Israeli, two are Jews and two are Arab Muslims. Salwah, one of the Arab ladies, fulfilled the requirements of Hajj and prays five times a day. The Arab ladies proudly

wear their hijabs and participated in the Partnership2Gether programme commonly referred to as P2G, to dialogue and find common ground with their Jewish neighbours in the area known as Mateh Yehuda, near Beit Shemesh.

The closeness and camaraderie within the group, and particularly between the Muslim and Jewish ladies, was obvious and palpable. They knew each other intimately, from all the interactions and dialogues that they have shared over many years, and it was this sharing of their common humanity that demonstrated for us the need for similar dialogue in our country. Only when women come together, to share experiences about their challenges, fears, hopes and aspirations do they grasp that they share more in common than the differences that divide them.

In South Africa, the terrible legacies of Apartheid live on in racism; hate of foreigners (xenophobia) and femicide and these somehow reach

a new apogee during the month set aside to reaffirm women's rights. Every four hours a woman is killed in South Africa, usually by a husband or lover, and the widespread looting and harming of foreigners, once again highlights the unresolved issues that our society is failing to deal with. These Israeli women have shown a way out of this stigma, through

dialogue. Society needs to form groups in multiple places, bringing foreigners and locals together to meet each other as humans, searching for the commonalities that they share and so from the ground up build bonds that can withstand the differences. These ills stem from a lack of understanding of the other, and dialogue offers the salvation to misunderstanding.



The Israeli women meeting the girls of Cape Town Torah High School to swap stories

**FILM CLUB**

**SHOELACES**  
A FILM BY JACOB GOLDWASSER

"Shoelaces" tells the story of a complicated relationship between a father and his special-needs son, whom he abandoned while he was still a young boy. Reuben's (60) kidneys are failing and his son Gadi (35), wants to donate one of his own kidney's to help save his father's life. The transplant committee objects to the procedure claiming that Reuben, does not have the right to authorize such an invasive procedure. Gadi, who recently lost his mother, is afraid of losing his father as well. He feels he finally has the chance to do something meaningful and sets out to fight for his right to save his father's life. Through the film's portrayal of a relationship full of love, rejection and co-dependency, it manages to shed some light and question the importance of human life, human connection and if life is even possible without it either one of them.

**MOVIE** Shoelaces  
**DATE** Sunday 24 November 2019  
**TIME** 18h30  
**VENUE** Nelson Mandela Auditorium - Gardens

**Bookings:**  
Contact Yvette 021 464 6714 or sazfevents@ctjc.co.za

Light refreshments will be served.  
NO CHARGE, donations welcome.

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**We aim to send two deserving UCT science students to the Weizmann Institute of Science in Israel**

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SA FRIENDS OF ISRAEL



A Night to Honour Israel

By Julie Berman,  
Executive Director, SAZF Cape Council

**For the annual Night to Honour Israel, Desire for all Nations Church congregant, Pat Rolleston, chose the theme '6 million reasons to say: Never, Never, Never again'.**

On a cold and very wet evening on Thursday 12 September, over a thousand Christian Zionists came out to show their support for their beloved Israel, the land that is so deeply connected to their bible.

The evening commenced with a rendition from three outstanding Gospel singers, Diane Fortuin, Jaenine Meyer and Janine Lawrence. The guest of honour was Holocaust survivor Ella (Frank) Blumenthal, who told her extremely moving story of how, by a stroke of luck, she escaped the gas chambers in Auschwitz-Birkenau. Ella was deported to the Warsaw Ghetto in 1940 and in 1943 was sent to Majdanek. Bergen-Belsen became her nightmare in

1944 from where she was liberated in 1945 by the British army.

Having lost 23 souls of her immediate family, Ella returned to Warsaw. She then travelled to Paris to look for her niece Roma, her only surviving relative who had spent so much time with her during those dark and desperate times. Continuing on to Tel Aviv, she met her South African husband, Isaac Blumenthal, and it was love at first sight. They were married after 13 days. The newly married couple settled in Johannesburg and had three sons and one daughter. In 1995 they relocated to Cape Town and the rest is history. This feisty lady truly epitomises the saying 'dynamite comes in small packages', having survived so much, she is a hero in our time for which I have the utmost respect.

MC for the evening was Jackie (Gorgiou) de Lange from Joy Magazine who introduced the rendition from Hanelie Slabbert, one of South African's well-known Gospel singers. Merold Hiebner composed and performed a song for Israel which was very well received by the audience. The evening concluded with Vivienne Myburgh, Director of the ICEJ addressing the audience on the Roots of Replacement Theology and how it impacted the world leading up to and resulting in the Holocaust and how it is still affecting the world today.



Christians unite with Israel



Pat Rolleston, organiser of the event with guest of honour, Holocaust survivor Ella Blumenthal and Heather Blumenthal, Director of the Cape Town Holocaust and Genocide Centre

THE ISRAEL CENTRE



P2G Jewish and Muslim women dialogue group

By Michal Ilan,  
Community and Aliyah Shlichah

**"What did you learn about each other's tradition that surprised you?" was one of the questions asked by a Grade 12 pupil from Cape Town Torah High School, to a group from Israel's Mateh Yehudah Regional Council who recently visited the school.**

"After staying together in the same house with a religious Jew", said Salwa, an observant Muslim, "I realised that a lot of our customs are very similar. Even though I am Muslim and she is Jewish, we practice the same way".

The dialogue group arrived in Cape Town in early September with the aim of connecting with as many people as possible and sharing their message of diversity and dialogue. The group consisted of two Muslim women from the Arab village of Ein Nakuba and two Jewish women from a moshav and a kibbutz nearby. They were accompanied by Dr. Naomi Tor, who manages the Centre for Dialogue and Mediation in the region. This delegation came to us after a yearlong process, they were part of

a bigger group made up of Jewish and Muslim women who met once a week, and who got to know each other and worked together to build bridges between their communities.

During their stay, we hosted an event at the SA Jewish Museum where they shared their stories and showed us a video of where they live. A second event took place at Avital Lang's Art Gallery in Bo-Kaap. This was an exclusive event held for women, both Jewish and non-Jewish, where our delegates shared their stories. In addition, the women who attended also shared their stories and inspired everyone who attended.

The next two events were done in collaboration with the Turquoise Harmony Institute. We were hosted by this beautiful organisation and were able to bring together not only our guests from Israel, but also women from our Jewish Community to meet with Muslim Turkish women who live here in Cape Town. Both events were filled with warmth, music, good food and overall wonderful energy. All women learned about each other's culture and at the end of the event exchanged hugs and asked us for more events like these.

On the delegation's last day, they visited Cape Town Torah High School. They met with the girls and then with the boys, shared their stories and answered the honest and beautiful questions that the pupils asked them. All those who met with our delegates immediately fell in love with them and with the concept of dialogue. We hope to bring more of that and use their model here in South Africa as well.



Breakfast event at Avital Lang's Art Gallery



Jews and Muslims sharing food and laughs in a Turkish home



SAUJS



**SAUJS**  
pizza make!

By Cassandra Mayekiso,  
SAUJS Western Cape Coordinator



Brendan Weaver prepping his pizza

**On the 2 September, SAUJS Western Cape hosted a phenomenal pizza make at Café Riteve in Gardens.**

Hands kneading with much chatter in the air, students from various university campuses in Cape Town came together to share in an evening of much desired pizza making. The competition was thick, recreating their favourite pizza turned out to be quite a task, however, it allowed our members a chance to connect off campus during the very busy university week and unwind.

Netzer SA Presents

# Machaneh HaSollelim

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**HDSA INVITES ALL CHEVRA TO BE A PART OF OUR 2020 LAUNCH PROJECT: REBUILDING THE MIGDAL**

In anticipation for the Habo2020 90th Anniversary celebrations, this iconic Habonim Machaneh symbol will be retired, relocated, and replaced on Kikar Rabin with a new, more stable model.

- We invite all past and present chevra to contribute what they can towards the cost of this project which is R54 000.
- All donors who contribute R540 or more will have their names inscribed on a plaque.
- Please visit [www.habo.org.za/Migdal](http://www.habo.org.za/Migdal) to make your donation.

# MENSCH

## Mitzvah Day

**MITZVAH DAY PROJECTS CONFIRMED SO FAR!**

Mitzvah Day is a Jewish-led day of volunteering to improve the lives of people and care for the planet.

What will you be doing for Mensch Mitzvah Day this year?

**17th**  
NOVEMBER  
**2019**

Here are a few of projects that will be happening on the day - **Check the website for even more!**



**WANT TO GET INVOLVED? FOR MORE INFO AND HOW TO REGISTER YOUR PROJECT PLEASE GO TO:**  
**[www.mensch.org.za/mitzvahday2019](http://www.mensch.org.za/mitzvahday2019)**



MENSCH MITZVAH DAY IS HOSTED AND COORDINATED BY MENSCH IN COLLABORATION WITH MITZVAH DAY UK, AND SUPPORTED BY OUR LOCAL COMMUNITY ORGANISATIONS, BUSINESSES AND INDIVIDUALS INCLUDING THE SOUTH AFRICAN JEWISH BOARD OF DEPUTIES (CAPE COUNCIL).



IF YOU WOULD LIKE TO BECOME A PARTNER , SUPPORTER PLEASE EMAIL [GINA@MENSCH.ORG.ZA](mailto:GINA@MENSCH.ORG.ZA) OR [JODI@MENSCH.ORG.ZA](mailto:JODI@MENSCH.ORG.ZA).

# JEWISH LIFE ON <sup>& off</sup> CAMPUS!

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on Campus

## Applying Ancient Jewish Wisdom to Modern Living



Alexa Ginsberg, Zach Israel, Dylan Greenberg, Jake Solomon, Dylan Kilov, Samuel Pogrund, Adam Lewison, Jade Kaplan, Erin Ginsberg, Jess Loeb, Rebbetzin Ariella, Rabbi Nissen, Avi Lurie, Dylan Trappler and Jono Devi (Absent: Jesse Nathan, Jesse Harrisberg)

### Students celebrated at the closing ceremony of *Think Jewish*, the flagship course of the Sinai Scholars Society.

This is Chabad's academic club where University students spend eight weeks discussing, debating and applying the ancient texts of Torah to modern-day living. The course culminates with participants writing either a research paper or an essay on the topic of their choice, thereby furthering their own Torah ideas.

**"Sinai Scholars has opened my eyes to a more mature side of Jewish studies and what it truly means to be Jewish."**

In their course reflections Think Jewish graduates said the following:

Jono Devi: It's been a truly enlightening experience for me and a weekly highlight for far too short a time. Much of my previous studies have been very surface level, hearing and understanding the Torah's traditional stories but never delving deeper into the more complex lessons or purpose they contain. Sinai Scholars has opened my eyes to a more mature side of Jewish studies and what it truly means to be Jewish.

Avi Lurie: I now have a much better knowledge and understanding of core Jewish beliefs and ideas. This

course challenged my thinking in many areas and provided me and my peers with an environment where we could discuss, debate and learn. Opportunities like this are very rare. I don't know of any other community where lessons and teachings like this are offered. I'm truly grateful for this experience and would recommend it to all students.

**"Opportunities like this are very rare. I don't know of any other community where lessons and teachings like this are offered."**

Erin Ginsberg: After finishing high school I felt a growing disconnect to my religion. Sinai scholars has been an extremely positive experience. It has allowed me to reconnect with my Judaism. After these eight weeks I feel a part of an extremely supportive and welcoming community. I now know I am welcome whenever I need and I'm looking forward to

**"After finishing high school, I felt a growing disconnect to my religion. Sinai scholars has... allowed me to reconnect with my Judaism."**

joining more Chabad on Campus events! I look forward to continuing my personal Jewish journey, and will hopefully learn more through Sinai Scholars and Chabad on Campus. This has sparked my interest in Judaism and is such a large part of my growing identity. I am excited for the future of learning, and being more involved in my community.

Thank you  
to the Greenstein Family  
for sponsoring the 2019 course

Chabad On Campus is funded entirely by donations from the community, donations are tax deductible and go 100% to supporting Jewish Life on Campus. Thank you for supporting our students!

# JEWISH LIFE ON CAMPUS! <sup>& off</sup>

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**Chabad**  
on Campus

## Applying ancient Jewish wisdom to modern living



Zach Israel presents his paper The Benefits of Shabbat



Jade Kaplan presents her paper on The Mitzvah of Mikvah and Family Purity



Dylan Trappler presents his paper on The Purpose of Life: A Jewish Perspective



Dylan Greenberg presents his paper on How Shabbos improves my Life



Rabbi Nissen addresses the graduates



Hayley and Barry Pogrund with son Samuel



Rebbitzin Ariella hugs Erin Ginsberg



Jess Loeb, Alexa Ginsberg, Rebbitzin Ariella, Erin Ginsberg and Jade Kaplan



Dennis and Nesta Shorkend with grandson Adam Lewison

Photos by Levi Uranovsky



Parents schleppling Yiddishe Nachas



Parents, Grandparents and friends come out to celebrate the graduates



UNION OF  
ORTHODOX SYNAGOGUES  
OF SOUTH AFRICA  
איחוד בתי הכנסת האורתודוקסים  
בדרום אפריקה  
CAPE COUNCIL

# BURNING BRIGHTLY

## WHAT 12 MONTHS OF MOURNING TAUGHT US

[A PERSONAL REFLECTION] Rael Kaimowitz

One can never truly comprehend the impact that our actions will have on others, in this world or the next. My father is a shul goer. He began when his mom passed away...years ago. He would tell us it was a good way to start the day, to thank Hashem for his many blessings. He also felt a responsibility to help make a minyan for others saying kaddish. About 10 years ago, on one of those mornings, a young mourner walked into shul, lost and confused. He had no clue how the morning service worked and was still battling through the Aramaic of the Kaddish prayer. My dad reached out to him, sat next to him and guided him through his year of mourning. In another seemingly isolated incident, in January of this year, my wife and I received a call from an old friend who had emigrated to the US, asking if his son and daughter, now in their early 20's, could stay with us for a week while visiting Cape Town. We had a great week together and we stayed in touch after their return to their studies in New York.

My mom, Guttel Chedva bat Yitzchak z'l passed away on 11 July 2018 after suffering from Alzheimer's for many years. When we die, we leave this world at whatever spiritual level we have attained. In the next world, we are no longer able to grow the way we can in this world. There is, however, one way we can attain new spiritual heights even after death – through the positive deeds performed in our merit, especially by our children. When my brother and I embarked on this 12 month journey, that was our specific objective – to give our mother's soul a spiritual elevation, as best we could.

One of the primary obligations on the mourner is saying the mourner's kaddish with a minyan. We did so throughout the year, no matter where we found ourselves. While in the Garden Route in December, we tried our best to organise a minyan wherever we were. At our first stop in Knysna my wife put out a message on Facebook to anyone in the area who could possibly help. We had a decent response but just before starting we were one short of the required 10 men. Just then, an unfamiliar car arrived. It was someone we all knew but who I would describe more as an acquaintance than a good friend. We now had 10! After the minyan I couldn't resist asking why this person had responded. He had no obligation, nor did we know he was in the area. His response shook me. He was that young man who, those years earlier, my father had helped in shul, when his dad passed away. For him, there was no choice but to come. The impact of my father's care, led him, in turn, to reciprocate years later.

We chose to close out our 11 months of mourning by taking an unforgettable trip to Israel and saying our final Kaddish at our foremother, Rachel's Tomb. Although a minyan of 'any 10 Jews' is intrinsically

as valuable as any other, we felt that a moment such as this would mean even more if it were made more personal, and so I was on a mission to secure a minyan of our friends who live in Israel, all of whom we are connected to through our shul. Being a working day, it was a difficult task, and a couple of hours before mincha, we only had eight. While finishing off some last-minute shopping in Mea Shearim, we happened to bump into our American friend's son who had stayed with us in January. We invited him to join the minyan, but he was unable to as he had other commitments that afternoon. We resigned ourselves to having eight friends supplemented with two other visitors at Rachel's Tomb. On arrival I received a text from our friend telling us to please wait, and that he had moved things around and was on route with a friend. I was choked with emotion.

Afterwards, over a l'chaim, I asked if he was aware of the impact of his actions. He said that after thinking about the incredible week he and his sister had spent with us in Cape Town, there was no way he could miss this.

Throughout the year of mourning we were reminded again and again of how things come full circle. We have no idea how our actions ripple out, change lives, stir actions and emotions, sometimes months or years later. While we set out on a 12 month journey to give back to our mom; what we got was a spiritual elevation of our own. We learned many lessons: there are no coincidences, God runs the world with exquisite synchrony, and the Jewish people truly are something special. May her memory always be for a blessing.

*Kaddish, the Mourner's Prayer, is recited each morning and afternoon for 11 months after the loss of a loved one. It takes effort and commitment to observe this age-old Jewish practice, and is an incredible way to remain connected through spiritual channels when physical modes are no longer available. It is an act of selfless giving to souls when they can no longer do mitzvot themselves, but only benefit from the good deeds they did when physically alive, as well as from what their children and others do in their merit after they pass on. Although we would rather have it otherwise, death is a fact of life, and each and every day in shuls across Cape Town, Jews are doing just this, and others are supporting them by forming the minyanim required for the Kaddish to be said, and in other ways too. Each person's journey is unique; we hope that these reflections encourage and inspire those in similar positions to embark on their own journey with wholehearted dedication, and to be enriched – and maybe surprised – by the places and spaces that it ultimately takes them.*





# Lone soldiers, we salute you!

In September, in partnership with Australia's Ambassador to Israel, H.E Chris Cannan, Telfed welcomed South African and Australian lone soldiers to a Friday morning brunch to pay tribute to these young men and women. From our beginnings in 1948, supporting young soldiers has been central to the work we do at Telfed and the Lone Soldiers Brunch has become an annual highlight in our calendar.



Aussie Lone Soldiers and Telfed representatives with the Australian Ambassador, H.E. Chris Cannan

Over 70 years ago, when the newly established State of Israel found itself at war upon gaining independence, over 800 young men and women headed to Israel to volunteer for the fledgling army. Telfed was established to assist these young men and women and, over the years, while our services have expanded, we have been proud to continue our support for our soldiers whose wellbeing remains a priority.

There is a sense of pride that permeates the community of South African and Australian Olim in Israel where lone soldiers are concerned. The benefits to the soldiers are unparalleled — some tangible, some tacit. Recruiters look favourably at those who have come

to serve, there's no better place to improve your Hebrew and personal networks created within army units are priceless. Moreover, Israelis hold these young men and women in high esteem; no one takes it for granted that they have left the comfort of home and family to serve our country.

Telfed staff and volunteers have the unique privilege of being active participants in supporting these soldiers, thanks to the generous support of our donors. In the days leading up to the brunch, Telfed's boardroom was lined with gift bags filled with goodies for our soldiers, gift cards were purchased and backpacks were collected.

Eli, who attended the brunch said that "the brunch at the Australian ambassador's residence was everything to be expected and more. A spectacular array of food combined with the supportive words of the Ambassador created a welcoming environment that everyone enjoyed. This combined with catching up with friends made the event a definite highlight of many lone soldiers' year! Thank you Telfed for such a great event." "It was so lovely to feel the support and open arms that Telfed gives to us," added Sarah. "We're so lucky to have such an amazing organisation always looking after us."

## Most South African Jews of Sephardi origin are entitled to EUROPEAN CITIZENSHIP AND ACCORDINGLY, AN EU PASSPORT

A common misconception is that South African Jews of Ashkenazi heritage are of Lithuanian descent, and that only those who are able to prove their eligibility for Lithuanian citizenship are able to obtain a European passport. The fact is that most South African Jews do qualify for European citizenship, whether they can prove their Lithuanian lineage or not, and most South African Jews of Sephardic heritage are also eligible for European passports.

empires: Russia, Prussia, the Austro-Hungarian empire. Neither Poland nor Lithuania existed until 1918.

At the end of the WWI, the territory was divided, and countries like Lithuania, Latvia, Poland, and others were born/reborn. Only then did residents become citizens of these countries. As a result, people who, for example, were born in Riga (nowadays Latvia) could actually be Lithuanian or Polish.



Horesh advises that eligibility for a Lithuanian or Polish passport depends on the city from which your grandparents (or their parents) hailed.

Horesh says many South African Ashkenazi Jews of Lithuanian origin have been refused Lithuanian citizenship because their heritage is actually Polish. They would, accordingly, be entitled to Polish citizenship and a EU passport.

are most likely eligible for a Portuguese passport. If applicable, Horesh is able to obtain an official certificate confirming such eligibility, on the basis of which an application for European citizenship can be made and will most likely be successful. Portuguese citizenship enables one to enter the United States without the need to apply for a visa.

field of European citizenship, with a full understanding of local immigration laws.

Living in Israel – a four-hour flight from Warsaw and Vilnius – offers him quick and easy access to Poland and Lithuania. Accordingly, he is able to work closely with local professionals who assist him in tracing the documentation required for successful applications for European citizenship.

Adv. Avi Horesh has in-depth knowledge of the applicable legislation and in his experience, the majority of South African Jews have ancestors who were illegally deprived of citizenship. As their descendants, these Jews are eligible for European citizenship which will result in them obtaining a EU passport.

After World War II, the borders in Europe changed, resulting in cities changing nationality. The resultant effect for descendants of Jews who were born in Vilnius, for example, is that their application for Lithuanian citizenship will be declined, but an application for a Polish passport may very well be successful.

In addition, Horesh is filing many applications for descendants of Sephardi origin who arrived in South Africa from Greece, Turkey, and North Africa. Descendants from other countries in the Middle East – even Holland – are also potentially eligible.

In addition, and as a result of his close ties with Portuguese authorities, to date he has had a 100% success rate with applications for Portuguese citizenship.

**Ashkenazi:** It is important to understand that until 1918, all of Eastern Europe was divided between three

**Sephardi:** the descendants of Sephardi Jews (who were exiled 500 years ago)

Horesh resides in Israel, but has spent seven years in Poland, and is recognised as a leading lawyer in the

**Horesh is available to discuss your specific details. He is often in South Africa, and can meet you in person to discuss your specific needs.**

I will be in Johannesburg from November 14th till 20th, and then in Cape Town till November 28th  
My South African phone number is +27 64 745 5273 • Email me on [adv.avi.n.horesh@gmail.com](mailto:adv.avi.n.horesh@gmail.com)

Continued from page 9

## Leadership as a tool to build bridges

By Viv Anstey

The 100-year-old Ugandan Jewish (Abayudaya) community is around 3000-strong, spread across eight geographical and ideological communities, from Conservative to Orthodox Judaism. Made up of armers and pastoralists they live in rural villages, sans running water nor electricity. Families are united by their unwavering faith, love of community and pursuit of education. Communities are more or less established, with more or less resources, but how to live a full Jewish life is always central.

Tanzania's 4th largest city is Arusha, home to about 70 Yemenite Jews, anchored by a remarkable couple, a lawyer and a human rights advocate. Rooted in ancient Sephardi tradition, this religious community is yearning for the language and the land.

The three of us each interpreted our roles and 'brief' in our unique ways: Benji brought his religious observance and ability to lead liturgy with melody. Being a teen amongst peers who are dedicated to their spiritual journeys with a thirst for knowledge, a passion for the Hebrew language and for ritual and bond to the Jewish people was truly refreshing. Those who have less want more, while those who have more want less.

Gary brought his interest in history, the outdoors, and community analysis (after decades by my side), and business and his role as business coach into the mix.



Reconnecting in Mbale after 13 years with Moshe (from Putti, Mbale) who is currently completing his orthodox rabbinic training in Israel, and Micael, a young graduate from Mukono Jewish community, just outside Kampala.

Light bulbs went on as we unpacked the high rates of unemployment amongst university graduates, struggling to find or hold onto jobs and forced to make sacrifices to keep Shabbat.

I was in my element: exploring and strengthening community, defining and refining networks, using my skill set to find creative, innovative and constructive solutions, while being a connector to all things kosher, Jewish, and community-focused. The major and consistent request was to bring unity and we explored models of leadership and organisation to achieve this for the sake of advocacy and a more enriched and sustainable Jewish life.

Most times, even as the only whites, we could celebrate sharing common traditions and interests. But as South Africans travelling at the height of the xenophobic crisis in SA, we felt shame. There was outright condemnation for what our hosts saw as 'black on black' violence and we had no excuses. There is so much opportunity in South Africa, if only we would harness our resources into dignity, education, safety and security, employment and a stable economy.

Please contact me on [vivanst@africa.com](mailto:vivanst@africa.com) to become involved.

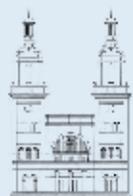


Aaron, Viv, Elisha and Tarphon



Women's leadership meeting to establish a project: Nasenyi Jewish Community, Mbale, Uganda

### CT HEBREW CONGREGATION STUDENTS AID FUND / BURSARIES



Cape Town Hebrew Congregation

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

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

Phone: 021 465-1405

CLOSING DATE: 15 JANUARY 2020

## Family Announcements

### RECUPERATION — THANK YOU

HAZEL COHEN

I wish to thank my family and friends for all their well wishes and kindness shown to me after my recent foot surgery. It was very much appreciated and certainly aided the very long recovery journey.

### CONDOLENCES — THANK YOU

GILLIAN VAN EMBDEN

Our heartfelt thanks and sincere appreciation to Rabbi Feldman, Rabbi Ozhekh, family and friends as well as communal organisations for the love, kindness and support shown to our family on the sad passing of our beloved mother, mother-in-law, grandmother (Ma) and great grandmother.

Mom was a dedicated and loving person; her family was at the core of her being.

The wonderful memories of her happy and fulfilling days will remain with us forever.

Marco, Gwen and the Van Embden family

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



### PERSONAL GROWTH GROUP

The Personal Growth Group provides a safe, strictly confidential space for participants to explore aspects of their lives, past and present, in order to gain a deeper understanding of themselves. It is facilitated by a skilled and experienced psychologist who is able to provide guidance and insight into issues raised.

Group support provides a unique opportunity not only to gain self-awareness but also to learn and develop through other peoples' experiences. Commencing 6th February 2020 over 8 sessions.

Dates : 6th, 13th, 20th, 27th February 2020  
5th, 12th, 19th, 26th March 2020  
Time : 17H00 - 18H30  
Charge : R650-00

For further details, contact 021-465 9390 / 021-462 5520 during office hours (08h30 - 12h30)



## Life consists of a series of hellos and goodbyes

This year has simply flown by and it is inconceivable that this edition of the CJSA editorial and calendar is the last one for 2019!

The vast majority of our CJSA members have many of their family members living outside Cape Town. I too, have joined this group of people who spend an inordinate amount of time looking forward to the hellos as beloved family arrive, whilst dreading the goodbyes, which are certainly going to follow — and I hate goodbyes!

It seems that nothing is harder than the very first hello and the very last goodbye we say to someone — especially those we love. When we welcome a new-born child into the world, we say our first hello to them, and when we bury a loved one we say our last goodbye — at least for now. It has been said, “it only takes a moment to say hello, but forever to say goodbye.”

As our children grow up, our hellos and goodbyes are separated by more and more time. The first big painful goodbye is usually kindergarten, which can be the cause of angst. After kindergarten, school hours are extended to a full day, and soon comes the first overnight camp or overnight sporting events, and the length of time away just keeps extending. When they move away for college, marriage, or career, it can be years in between, due to distance and travel.

Sometimes we have to say goodbye to a loved one who passes away — which can be difficult to do. There are many in our communities who wish they had one more day to say goodbye to loved ones who left this world unexpectedly. For various reasons, some relationships don't work out, and a goodbye can be a good thing — a fresh start, and a way to have closure. Sometimes we become attached to a home, and moving to another home or city includes many new hellos and hard goodbyes.

We know that, at this time of the year, most visitors descend on our shores and the Mother City becomes more vibrant and busy than ever. Makeshift beds and accommodation is at a premium with everyday activities pushed aside so that we can enjoy precious time with our visiting family or friends. The anticipation of arrival creates great excitement and often the regular day to day activities are dropped for the duration of the visitors stay.

Visits can also bring anxiety for both the family member visiting as well as the person anxiously counting the hours until the family arrives. Those living in Cape Town stock up, preparing favourite meals, planning special family times and anticipating happy outings so that the short time together can be maximised and enjoyed by all. Spending quality time with ageing parents, siblings, friends while at the same time being able to enjoy just being back in their hometown is important. Adult children living away from their parents have their own way of parenting and enjoying their lives and this can cause dissension when returning home and living under one roof with one's family. Compromises have to be made, if all are to enjoy the holiday to the full.

No matter the circumstances, hellos and goodbyes involve joyous and poignant feelings, and can have an impact for good or bad, depending on the circumstances. Because we never know when we will see a loved one again, it is vital that we make sure all of our hellos and goodbyes are special!

Pooh Bear maybe says it best, “How lucky I am to have something that makes saying goodbye so hard.” May we hug a little longer, squeeze a little tighter, smile a little bigger and be more generous with our time and our love to those we care about, as we say hello and goodbye while we can! Life is made up of “Hellos and Goodbyes,” so make them extra special.

*Diana Sochen , Executive Director*

### Social and Personal

**We extend a hearty mazeltov on the following happy occasions:**

**Barmitzvah:** Debbie and Harry Epstein — Grandson

**Engagements:** Anita Stoch — Grandson

**Marriage:** Sadie Graziani — Granddaughter

**We extend our sincere condolences to our members who have lost family members:** Ruth Mink — Son

**Condolences to the family of our recently departed members:** Family of Audrey Katz, Marion Sherman and Ruth Stander

**We welcome new members to the CJSA family:** Evelyn Katz

## Out and about with members



*Jenny Dinsdale, Wendy Johnston, Rifka Luyt, Audrey Shantal, Reina Bristow, Merle Thompson, Tina Philipps, Maureen Lurie enjoying an outing to the Cape Quarter*



*JOY Programme. CJSA Members enjoying a Rosh Hashana morning with Alon Ashel Learners*

### Special events for November

#### BOOKING ESSENTIAL FOR ALL FUNCTIONS

##### OUTINGS

<b>Southern Suburbs</b>	4 Nov Parliament R30 IDs required 11 Nov NSRI Waterfront R30 18 Nov Helderberg Nature Reserve R50 25 Nov Intaka Island guided tour R85
<b>Sea Point</b>	20 Nov Parliament R30 IDs required 27 Nov Helderberg Nature Reserve R50
<b>Milnerton</b>	5 Nov SPCA visit R30 19 Nov Parliament R30 IDs required 26 Nov Helderberg Nature Reserve R50
<b>West Coast</b>	12 Nov Helderberg Nature Reserve R50

##### MEN'S SCHMOOZE

	Bochrim from Chabad Shul talking on their outreach programmes R10
<b>Milnerton</b>	Fri 1 Nov
<b>Sea Point</b>	Wed 13 Nov
<b>Wynberg</b>	Wed 20 Nov

##### SHABBAT SUPPERS

Clarewyn Shul	1 November R90 for members R180 Non Members
Marais Road Shul	22 November R90 Members, R180 Non Members. Booking essential

**ANNUAL VOLUNTEER BRUNCH** (By invitation only)  
27 November Temple Israel Green Point

##### SAVE THE DATE

New Pathways for Ageing  
CJSA Biennial Seminar Wednesday 6 November  
R350 includes teas and lunch. Booking essential



# Cape Jewish Seniors

	<p style="text-align: right;"><b>Monday 2</b></p> <p><b>Sea Point</b> 10.00 A morning with Karen Kallman chatting about the family's recent adventure to Georgia, Armenia, Azerbaijan and Russia R10 2.00 Reminiscing with Hazel R10 2.30 Yoga with Leina Sank R10</p> <p><b>Milnerton</b> 10.00 Pop In with Linda Thorn, Speech and Swallowing Therapist R10 2.00 Milnerton Jazz Club R10</p> <p><b>S/Suburbs</b> 9.30 Outing to the Big Wheel at the Waterfront R30 Tea for own account 2.00 Yiddish mit Rita R10</p>	<p style="text-align: right;"><b>Tuesday 3</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin R10 10.00 Ageless Grace with Joycelyn R25 12.00 Bridge classes with Irving R10 2.00 Mosaic with Yvette R30</p> <p><b>Milnerton</b> 10.00 Movie morning R10 1.30 Mosaic with Sonia Norrie R20 2.00 Line Dancing with Hannah Seinek</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 9.30 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p><b>West Coast</b> 9.15 Outing to Parliament to enjoy the Heritage Walkabout R30 NB Bring Identification. Tea for own account</p>
	<p style="text-align: right;"><b>Monday 9</b></p> <p><b>Sea Point</b> 10.00 Pop In with Shirley Kantor, an illustrated story from Vilna to Calvinia R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10 2.30 Yoga with Leina Sank R10</p> <p><b>Milnerton</b> 9.30 Pop In with Rabbi Brian Opert speaks on Interfaith, the pleasure and pain R10.00 12.15 Milnerton Committee Meeting R10 2.00 Milnerton Jazz Club 3.00 Shiur with Rabbi Bernstein R10</p> <p><b>S/Suburbs</b> 10.15 Outing to view the work of Sculptor Jean Doyle. R15.00</p>	<p style="text-align: right;"><b>Tuesday 10</b></p> <p><b>Sea Point</b> 10.30 Men's Schmooze with Con Travers, the Wondering Jew R10 10.00 Ageless Grace with Joycelyn R25 12.00 Bridge classes with Irving R10 17.30 Twilight Supper with Harold Berman of the Two Oceans Marathon R60</p> <p><b>Milnerton</b> 9.30 Outing to the Stellenbosch Botanical Garden R30 Tea for own account 2.00 Line Dancing with Hannah Seinek 1.30 Mosaic Classes with Sonia Norrie R20</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 9.30 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p><b>Muizenberg</b> 10.30 A morning with Karen Kallman chatting about the family's recent adventure to Georgia, Armenia, Azerbaijan and Russia R10</p>
	<p style="text-align: center;"><b>Monday 16</b></p> <p style="text-align: center;">Reconciliation Day Public Holiday Office Closed</p>	<p style="text-align: right;"><b>Tuesday 17</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Roni 10.00 Ageless Grace with Joycelyn R25 12.00 Bridge classes with Irving R10</p> <p><b>Milnerton</b> 10.00 Movie Morning <i>The Way</i> A movie on the Camino and about self discovery R10 13.30. Mosaics with Sonia Norrie R20 2.00 Line dancing with Cathy Hudson</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 9.30 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p><b>West Coast</b> 9.30 Outing to the SPCA with a special tour of the venue and explanation on the work done R30 Includes tea</p>
	<p style="text-align: center;"><b>Monday 23</b></p> <p style="text-align: center;">Office Closed</p>	<p style="text-align: right;"><b>Tuesday 24</b></p> <p style="text-align: center;">Office Closed</p>
<p style="text-align: center;"><b>Monday 30</b></p> <p style="text-align: center;">Office Closed</p>	<p style="text-align: center;"><b>Monday 30</b></p> <p style="text-align: center;">Office Closed</p>	<p style="text-align: right;"><b>Tuesday 31</b></p> <p style="text-align: center;">Office Closed</p>

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 DECEMBER 2019



Wednesday 4		Thursday 5		Friday 6	
<b>Sea Point</b>	10.00 Craft with Yvette and Jeanette R15 1.45 Social Bridge and Kalooki R10	<b>Sea Point</b>	9.15 Alon Ashel JOY Programme 10.15 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10	<b>Sea Point</b>	9.30 Shopping with Malcolm R20
<b>Milnerton</b>	9.30 Art Classes with Karen Cohen R25	<b>Milnerton</b>	9.30 Kalooki R10	<b>Staff End of Year Function</b>	
<b>S/Suburbs</b>	9.30 Ageless Grace with Cathy Hudson R20 10.00 Bnoth Zion Meets 10.00 Ageless Grace with Yvonne R20 11.00 DVD series <i>The Crown</i> R10	<b>S/Suburbs</b>	10.30 Pop in with Irving Friedman on the Jewish Influence on Broadway R10 1.00 Kalooki R10		
<b>West Coast</b>		<b>West Coast</b>	10.30 Joanne Jowell speaks on her latest novel <i>Two Mothers, One Daughter</i> R10 Booking Essential		
Wednesday 11		Thursday 12		Friday 13	
<b>Sea Point</b>	9.30 Outing. Enjoy an outing to the Stellenbosch Botanical Garden R30. Tea for own account 1.45 Bridge and Kalooki R10	<b>Sea Point</b>	10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10	<b>Sea Point</b>	9.30 Shopping with Malcolm R20
<b>Milnerton</b>	9.30 Art Classes with Karen Cohen R25	<b>Milnerton</b>	9.30 Kalooki R10		
<b>S/Suburbs</b>	9.30 Ageless Grace with Cathy Hudson R20 10.00 Ageless Grace with Yvonne R20 10.00 Bnoth Zion meets 10.00 Men's Schmooze morning with John Scott, former editor of the Cape Times R10 5.30 End of year Twilight Supper. Joanne Jowell speaks on her latest novel <i>Two Mothers, One Daughter</i> R60 Booking Essential	<b>S/Suburbs</b>	10.30 Pop In with Stuart Diamond, Director of the SAJBD R10		
<b>West Coast</b>		<b>West Coast</b>	10.30 Pop In with Helene Pam author and story teller R10		
Wednesday 18		Thursday 19		Friday 20	
<b>Sea Point</b>	9.15 Outing to the Clay Café in Hout Bay R30 Tea and artwork for own account. 1.45 Bridge and Kalooki R10	<b>Sea Point</b>	10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10	<b>Sea Point</b>	9.30 Shopping with Malcolm R20
<b>Milnerton</b>	9.30 Art Classes with Karen Cohen R25	<b>Milnerton</b>	9.30 Kalooki R10		
<b>S/Suburbs</b>	9.30 Ageless Grace with Cathy Hudson R20 10.00 Ageless Grace with Yvonne R20 12.00 Outing to Green Point Urban Park Light lunch at the tea garden R30	<b>S/Suburbs</b>	17.30 Celebrate the year end with a special social dinner R60 11.30 End of year lunch with guest speaker Tiny Jones R20 1.00 Kalooki R10		
<b>West Coast</b>		<b>West Coast</b>	10.30 Pop In with Jacqui Benson demystifying LGBTIQ+ R20		
Wednesday 25		Thursday 26		Friday 27	
Office Closed		Office Closed		Office Closed	

**SUBSCRIPTION 2020** It is important to note that CJSA does not send out annual accounts. Our subs for 2020 are now due on January 1st and we appreciate it greatly if your subscription is paid timeously. Subs can be paid at any of our branches or via EFT. Our banking details are: ABSA Cheque Account Number 4062830510. Branch Code 632005

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

## THE CONTINUED SUPPORT GIVEN BY THE FOLLOWING SPONSORS

nts ritz in ley	THE SILVERMAN FAMILY FOUNDATION	Stanley and Zea Lewis Foundation	With compliments The Jack & Ethel Goldin Foundation	<i>The Susman Charitable Foundation</i>
ay	With compliments The Henry Van Embden Family Foundation	With Compliments  www.almondbreeze.co.za	 STONEHAGE FLEMING	With Compliments Kalman, Esther and Michael Maisel Trust



# Happenings at the South African Jewish Museum

## Herzlia Matric Art Exhibition 2019

On Monday 7 October the South African Jewish Museum hosted the Herzlia Matric Art Exhibition. This event is often a highlight of the year, showcasing the many talents of Herzlia art pupils.

Art teacher, Lauren Palte thanked her year group and commended their strengths in working together and helping one another. She saw this exhibition as a series of “collaborative, generous and kind acts particularly when artistic pursuits can be seen as a lonely endeavour”. High School Principal Marc Falconer gave an equally inspiring speech, affirming the importance of artists in society.

The exhibition can be viewed until 15 November.



The SAJM was packed on the night



Examples of portraiture from the exhibition



A wide range of styles and subject matter was on offer



Guests enjoying the artwork on display



The iconic SAJM staircase leading down to the exhibition

## Launch of prayer book, *Beloved of the Soul*

On 23 September the Old Synagogue was packed with people from a variety of cultural and religious backgrounds. The occasion was the launch of a unique prayer book, *Beloved of the Soul*, by Sara Evian in collaboration with Balu Nivison.

This siddur weaves together aspects of Kabbalah, daily prayers, translations, insights into the deeper meaning of each prayer. The launch was celebrated with performances by Indoni Dance Arts and Leadership Academy in song with Zola, making this a truly magical evening.



Sara Evian, Gavin Morris, Balu Nivison and Zola



Indoni Dance Arts and Leadership Academy in song with Zola



The Old Synagogue was packed for the event

## SAJM hosts Ann Nurok — *Why Creativity Matters*

On 26 September, in partnership with the SA Friends of Israel Museum, the SAJM hosted international advertising authority Ann Nurock, the Africa Partner of global consultancy Relationship Audits, who spoke on the latest global trends in advertising and marketing.

In her talk entitled *Why Creativity Matters*, Ann reported on the most awarded and innovative advertising campaigns from the 2019 ‘Oscars’ of advertising, the Cannes Lions International Festival of Creativity.



Ann Nurok talks on the importance of creativity



Guests enjoying the presentation

The SAJM is proud to present the world premiere of

**Zvi Suchet's**

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“Suchet's art explores Talmudic symbolism through his unique style of photographic illustration”

December 2019  
-  
February 2020

**SAJM**

www.sajewishmuseum.co.za

## Cape Town's first LEGO Certified Store opens in Canal Walk

**Cape Town's first LEGO Certified Store opened in Century City's Canal Walk Shopping Centre on 28 September.**

Some of our younger community members were at the special pre-opening day event, and the CJC interviewed them:



**Jake Kaimowitz (8)**

**What was the first thing you wanted to see when you came to the LEGO store opening today?** I wanted to see my LEGO set that I built — the giant dinosaur

**How did you get involved with building a LEGO set for the shop front?** My dad's friend Robert [Greenstein, co-founder of the Great Yellow Brick Company and South African license-holders of the LEGO Certified Store concept] is the owner

of the LEGO store and he asked my dad if I would be interested and I was.

**Which set was it?** The giant Jurassic Park dinosaur.

**Was it a challenge to build?** Yes, a lot! but my friends Levi and Raphael, my cousins Eli and Maya and my dad helped me.

**Are you a LEGO set builder, or a LEGO free-style builder, or a bit of both?** A bit of both. 50% LEGO sets and 50% freestyle.

**If you were a minifigure what would you look like and what would your accessory be?** My accessory would be a sniper rifle and I would look like a secret agent

**Aaron Lipschitz (almost 5)**

**What was the first thing you wanted to see in the store?** The latest LEGO ranges

**What kind of LEGO builder are you?** Definitely a set builder

**If you were a minifigure what would you look like and what would your accessory be?** A superhero with a cape!

**Danyel Smith (7)**

**What was the first thing you wanted to see in the store?** I wanted to see all the different types of LEGO they had. I wanted to see all the different builds I hadn't seen

before. I didn't know what parts there would be to build the men.

**Are you a LEGO set builder, or a LEGO free-style builder, or a bit of both?** Both.

**If you were a minifigure what would you look like and what would your accessory be?** I would be a cool alien who is green, he has antennae with two eyes, no ears, with a paint brush and paint palette.

**Ruben Levin-Vorster (7)**

**What was the first thing you wanted to see in the store?** The amazing rollercoaster!

**Are you a LEGO set builder, or a LEGO free-style builder, or a bit of both?** A bit of both. (Dad: he first builds a set and then keeps it for a few weeks and then all pieces become part of his free-play LEGO.)

**If you were a minifigure what would you look like and what would your accessory be?** Definitely Master Wu! Accessories: A cape and a Master Wu bamboo stick!

**Juliana Krupp (4)**

**What was the first thing you wanted to see in the store?** Well, I wanted to see all the beautiful colours of LEGO cause my favourite is the Frozen LEGO and my baby sister loves the Duplo. There was



*Rubin, Danyel, Juliana and Aaron at the building table*

a talking LEGO policeman, he was soooooo funny!

**Are you a LEGO set builder, or a LEGO free-style builder, or a bit of both?** My Daddy helps me with the sets, he's very good at it and I can sometimes do it by myself but only the easy ones. Today, I made a beautiful princess tower and carriage that I got from the LEGO store.

**If you were a minifigure what would you look like and what would your accessory be?** She must have curly hair like mine and a beautiful rainbow unicorn dress with all the colours of the rainbow.

*LEGO Certified Stores are designed by The LEGO Group and are found in just 20 other countries.*

# YOUR BUSINESS IS OUR BUSINESS.

We know that having a small to medium business is tough in today's economic climate. And that's why we want to be there for you. So, we have created a community on Facebook, called JAM where the Jewish community supports Jewish business, through recommendations, networking and encouraging you to first consider a Jewish entrepreneur, before defaulting to the big guys. We are doing this because, we know that owning a small business can be tough in today's economic climate. And we think we can help you. We think that if you have a community that wants to get in your business, you should use it to your advantage. We know a lot of things. We also know who your mother is.



JOIN JAM ON FACEBOOK



WE'RE ALL IN IT TOGETHER.



# HERZLIA IN FOCUS

## Matric Valedictory 2019

### Farewell Matrics

by Marc Falconer

In 2013, Google decided to test its hiring hypothesis by crunching every bit and byte of hiring, firing, and promotion data accumulated since the company's incorporation in 1998. Until this point, Google had hired the best and the brightest of IT nerds - as one would expect from the world's leading IT Company.

Project Oxygen, however, was surprising by concluding that, among the eight most important qualities of Google's top employees, STEM expertise comes in dead last. The seven top characteristics of success at Google are all, so called, soft skills: being a good mentor; communicating and listening well; possessing insights into others and valuing diversity; having empathy toward and being supportive of one's colleagues; being a good critical thinker and problem solver; and being able to make connections across complex ideas - seeing the whole in other words. So perhaps there is another way of embracing the future of humanity, much more to do with human relationships, with beauty, with art and with truth.

You are now to leave this Herzlia School Hall for the last time as a group. This is a moment that is significant and ought to be marked. You leave, applauded and supported by your parents and teachers. Outside you are alone. And as we have done before, I wish for you:

Be true, for there are those that trust you.  
 Be strong, for there is much to suffer.  
 Be brave, for there is much to dare.  
 Be a friend to the friendless, for we share our humanity.  
 Be giving and forget the gift.  
 Be humble because you remember your vulnerability.  
 Look up, laugh, love, live.  
 For there is none but you who can.  
 Go now in peace - *Le'hitraot*.

### Excerpt from the Valedictory Speech by Matthew Gruzd

Class of 2019, it is my absolute pleasure to be addressing you here tonight. Herzlia's Board of Governors and I are very proud of all of you and wish you all a huge Mazeltov on reaching this milestone in your lives. It's a huge achievement, and one that deserves massive celebration.

It is fitting that we have just celebrated Rosh Hashanah and Yom Kippur – these Jewish High Holy days represent the start of new beginnings, sweetness, and fulfilment - after a period of cleansing, deep introspection and appropriate atonement.

No doubt for some of you, finishing school is cause for a lot of uncertainty and discomfort, transitioning into a new life phase, and for others, massive excitement at the prospect of more freedom and less structure. In 1996, I was both, I was so excited, but recall sitting in this hall, tears streaming down my face, for reasons I couldn't understand. No matter where you fit and how you feel, you're guaranteed that it is entirely normal.

By this point, tonight, you're prepared for your final examinations - even if you don't feel prepared, you, your various teachers from the time you started school, and certainly your parents, have been building to this point for a long time now. My advice is to actively show gratitude to all the people who have played a part and supported you in getting here, breathe deeply, relax and have confidence in yourselves that you're ready - that's for all of you, teachers and parents included. Somehow things will fall into place, they always do.

Upon matriculating, you do not leave Herzlia behind you. It's a part of you and you a part of Herzlia. It was here that you learned the songs that Jewish people have been singing at seders for thousands of years. It was here you learned to daven, it was here where you heard the shofar being blasted as it has since biblical times.

Remember Herzlia when you sing along at a seder, remember Herzlia when you daven in shul anywhere in the world. Remember Herzlia when you say Kiddush and light the candles on Shabbat. Remember Herzlia when you find success, which you will, and call on your Herzlia family when in need. Be proud of your school, your heritage, your values, your religion and your beliefs.

Luck certainly helps, but you also need to create your own luck. Open yourselves up to be the best you can be, do not give up on your dreams, pursue them relentlessly, especially when things get tough and then create your own luck. An oil lamp, an anchor, a six-pointed star and a banner saying 'Im Tirzu'. Think about what that really means. The world is waiting for you all, now go and get it!

### And Now The Future

#### Excerpt from the Valedictory Speech by Head Boy, Zac Bagraim

We are on the verge of entering a volatile, uncertain, complex, ambiguous and just really scary world. We have much to decide: Should we stay or should we go? Aliyah or America? Study or Serve? Gap year or Gelt?

Our banners proclaim that 'We know who we are' but really we are just beginning to know who we are: Everywhere we go we will face challenges to our Jewish identities and to our love of Israel. BDS and other forms of anti-Semitism have assumed new and frightening incarnations. We need to be prepared because we will be challenged. These challenges will hopefully make us stronger and I am sure that there will be great successes for all of us 'as we travel along the path of life'.

So Matrics - in my final words to you tonight - permit me a final final blast from the Bard: 'Good night, good night. Parting is such sweet sorrow, that I shall say good night till it be morrow.'



Matric Valedictory Awards Ceremony.



Eytan Labe - The Achvah Award.



Binyamin Zieff - The Top Academic Award.

## Premier Awards

THE ACHVAH AWARD presented to the Grade 12 pupil who best exemplifies the menschlichkeit for which Herzlia stands, by showing exceptional generosity of spirit and awareness of human connectedness while at the High School.

**Eytan Labe**

THE HELEN ZILLE AWARD for The Promotion of Democracy.  
**Kerrin Baker**

THE PRINCIPAL'S AWARD for outstanding commitment and service to the school.

**Kerrin Baker**

THE UNION OF ORTHODOX SYNAGOGUES (UOS) CAPE COUNCIL AWARD for significant contribution to the Judaic life of Herzlia High School over the past three years.

**Gavriel Labe and Lexi Sank**

TOP ACADEMIC AWARD for The Top Academic Pupil in Grade 12.  
**Binyamin Zieff**

THE ZALMAN AVIN MEMORIAL AWARD for the Best All-Rounder in Grade 12.

**Michaela Codron**

THE ROSSOUW VAN ZYL MEMORIAL AWARD in recognition of having attained an average of 90% or more, in the Preliminary Examinations 2019.

**Zaccary Beilinson, Erin Deats, Ella Katz, Shai Kohen, Gavriel Labe, Ethan Morris, Jason Peyron, Lauren Peyron, Rachel Rawraway, Liam Talberg and Binyamin Zieff**



Kerrin Baker - The Helen Zille Award and The Principal's Award.



Michaela Codron - The Zalman Avin Memorial Award.



Gavriel Labe and Lexi Sank - The UOS Cape Council Award.



The Rossouw Van Zyl Memorial Award.

## A VIEW FROM THE BAR

## The law on marijuana, cannabis or dagga

By Anton Katz

**In every society there are rules governing the safety and health of each individual, and the society more generally.**

And health and safety issues include what persons may eat, drink and smoke; and where and when they undertake those activities. The reach of the rules concerning these issues will naturally depend on how the activity affects others. So, it may be legitimate for a rule to ban all drinking of whisky within school premises and hospitals. But it may not be fair and just to ban the drinking of whisky throughout South Africa; such an all-out ban may constitute a violation of a person's autonomy.

The important questions to ask and answer are: who decides what substances may be bought, sold and used freely without any restrictions at all? And how do they decide?

For example, if it is the President who is given the power to decide, could he lawfully decide to prohibit the sale and use of all coffee? If the President enacted such a ban what could unhappy coffee loving citizens do about it? Prior to the introduction of the Constitution in 1994 there was

almost nothing that could be done. Parliament reigned supreme, and as long as it followed the required procedures the laws it enacted could not be challenged. If people were unhappy with the laws parliament chose to enact, then they would have to wait for the next election to vote the governing party out. But the introduction of the Constitution as the supreme law has changed that. Now all law and conduct is open to scrutiny by the courts.

In a 1997 Constitutional Court case three employees, Ms Lawrence, Ms Solberg and Mr Negal, of Seven Eleven chain store of cafes were criminally charged with contraventions of the Liquor Act.

The prosecution's case against Ms Lawrence was that she sold wine at a Seven Eleven store during a week day, but after closing hours; the case against Ms Solberg was that she sold wine at a Seven Eleven store on a Sunday, which is a closed day for sales of wine by holders of grocers' wine licences; and the case against Mr Negal was that he sold cider and beer at a Seven Eleven store despite the fact that the liquor licence of the store permitted only the sale of table

wine.

The employees accepted that they committed the conduct complained of. But they said the Liquor Act's prohibitions violated their rights.

Parliament enacted the Drugs Act to deal with the prohibition of the use of, or the dealing in drugs. Parliament allowed the Minister of Health to elect which drugs are completely prohibited, which may be manufactured and sold and on what conditions. The drugs are divided into undesirable, dangerous dependence producing substance, and other categories. Recently, Mr Gareth Prince, a Rastafarian attorney, claimed that the absolute prohibition on the manufacture, sale and use of cannabis violated a number of his constitutional rights, including his freedom of religion. But the Constitutional Court focused on his right to privacy.

The Constitutional Court interrogated the government's reasons for the marijuana ban. Was there medical evidence that suggested all individuals required to be protected from the dependence producing substance? What had other countries done in respect of dagga? Did South Africa have international obligations to other States to counter drug trafficking and its harmful consequences? The Constitutional Court, in assessing whether the violation of the right to privacy was justified, heavily relied on a statement by the South African Central Drug Authority that: "among alcohol, tobacco and cannabis "alcohol causes the most individual and social harm ...". And also the expert medical opinion of a Dr Gous.

In summary she stated: (a) the psychoactive effects of cannabis, known as a 'high', are subjective and can vary, based on the person and the method of use.... (b) the most common unpleasant side-effects of occasional cannabis use are anxiety and panic reactions. (c) chronic heavy cannabis smoking is associated with increased symptoms of chronic bronchitis, such as coughing, production of sputum and wheezing. Lung function is significantly poorer and there are significantly greater abnormalities in the large airways of marijuana smokers than in non-smokers. (d) the short-term effects of cannabis use on the cardiovascular system can include increased heart rate, dilation of blood vessels and fluctuations in blood pressure. The cardiovascular effects of cannabis are not associated with serious health problems for most young, healthy users. Cannabis use by older people, particularly those with some degree or coronary artery or

cerebrovascular disease, may pose greater risks. (e) cannabis use in pregnancy is associated with restrictions in the growth of the foetus, miscarriage and cognitive deficits in offspring. (f) although tobacco, alcohol and prescription drugs also have harmful effects, research has shown beyond reasonable doubt that their effects are far less than those of cannabis on the user. (g) the harmful effects caused by cannabis are incomparable to food, alcohol and tobacco. The harmful effects of cannabis have been well documented. This medical evidence was not sufficient to justify the limitation of rights.

When it came to dealing in dagga the Court stated: "Dealing in cannabis is a serious problem in this country and the prohibition of dealing in cannabis is a justifiable limitation of the right to privacy." The effects of the Prince judgment is that it is no longer a criminal offence for an adult to use or be in possession of cannabis in private for his or her own personal consumption in private. That means that there is no law governing possession of cannabis by an adult in private for his or her own personal consumption in private that makes such possession a criminal offence.

But the Court accepted that it was ultimately for Parliament, and not the courts to finally determine the breadth and width of the laws relating to cannabis. The Court gave Parliament 24 months (to 18 September 2020) to rectify the constitutional defects in the law. In the 24 month period the Court set out the dagga regime to be:

- (a) an adult person may, use or be in possession of cannabis in private for his or her personal consumption in private;
- (b) the use, including smoking, of cannabis in public or in the presence of children or in the presence of non-consenting adult persons is not permitted;
- (c) the use or possession of cannabis in private other than by an adult for his or her personal consumption is not permitted; and
- (d) The cultivation of cannabis by an adult in a private place for his or her personal consumption in private is no longer a criminal offence.

*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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*The greatest mistake we can make is to give nothing because we believe that we have little, or that what we can give can't help to make a real difference.*



## YOUR STORY

BY AMANDA ZAR

**In this issue of the Jewish Chronicle on the Herzlia pages, you would have read about Herzlia High School's recent Matric Valedictory.**

The vision of The Herzlia Foundation Trust is to ensure that no Jewish child is denied a Jewish education for genuine financial reasons. You read of the incredible achievements of so many of Herzlia's pupils, many of whom would not have had the privilege of a world-class education without the generosity of so many who give to the Foundation to secure Jewish education here at Herzlia.

Alumnus Professor Amanda Weltman (1996) articulated this so clearly when she said ***"We should not play dice with the future of Jewish education for our children in South Africa. We need to support Herzlia, as not only is it a school that is inclusive of all Jewish children – exemplifying for us Derech Eretz, but it is a school built on the foundations of Jewish learning building for us a place in the future."***

Through the work of The Herzlia Foundation Trust and because of our vision, we provide the perfect platform to give generously

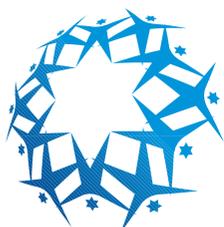
and to make a real difference in the life of hundreds of Jewish children. In reality, more and more families are requiring financial assistance to educate their children than ever before.

I firmly believe that philanthropy and giving also tells who we are, where our hearts lie, what our values are, what kind of vision we have for both the present and the future. It is an opportunity to show gratitude for all that we have; an opportunity to give back, or pay it forward so that others may benefit. It creates an extra level of meaning in our lives. The greatest mistake we can make is to give nothing because we believe that we have little, or that what we can give can't help to make a real difference.

Next year is Herzlia's 80th Anniversary, The Herzlia Foundation Trust, through our 80th campaign, is perfectly placed to provide a platform promoting this fundamental Jewish value ideally. It's an opportunity for you as a family to actively participate in this beautiful *mitzvah* and share in the gift of *Tzedakah* in a meaningful way.

As a community, we are known for our philanthropic awareness and generosity. We are known for making positive differences where they matter most. *Tzedakah* is both a choice and an obligation. Give generously and make Jewish children's dreams at Herzlia come true.

**#Herzlia80 #YourStory #EveryAmountCounts**



**THE HERZLIA  
FOUNDATION TRUST**  
SECURING JEWISH EDUCATION





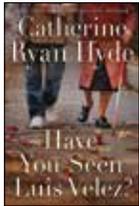
# JACOB GITLIN LIBRARY

Please visit [www.gitlinlibrary.co.za](http://www.gitlinlibrary.co.za) to view all new books and the entire Gitlin collection

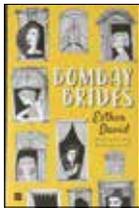
## FICTION



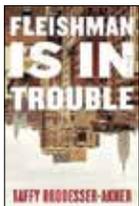
**THE TENTH MUSE** by CATHERINE CHUNG. A novel about a young woman's gift for mathematics. Having believed herself to be the daughter of a Chinese mother, she is stunned to learn the truth of her biological parents. Katherine became a noted mathematician when woman scholars were rare. While acts of antisemitism under the Nazis resulted in genocide based on race, Katherine experiences this in the post-war U.S. while living in a supposedly enlightened era.



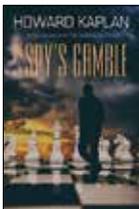
**HAVE YOU SEEN LUIS VELEZ?** by CATHERINE RYAN HYDE. Seventeen-year-old Raymond Jaffe felt like an outcast. However, on meeting his 92-year-old blind Jewish neighbour Mildred Guttermann he no longer felt invisible. She was desperately looking for her friend and caretaker Luis Velez and feared that something terrible had happened to him. As this unlikely friendship develops, Raymond changes Mildred's life and in the same way transforms his own.



**BOMBAY BRIDES** by ESTHER DAVID. The author, known for her writings on India, has depicted the lives of the Bene Israel community there. David strings together the different stories of some of the people who temporarily inhabit the Shalom India Housing Society in Ahmedabad. The title is based on the fact that many of the brides who arrive and depart from this complex are from Bombay. The author captures their struggle for identity and cultural nuances.



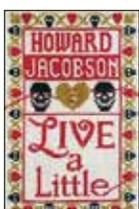
**FLEISHMAN IS IN TROUBLE** by TAFFY BRODESSER-AKNER. The story is told through the narrator Libby, one of Toby Fleishman's oldest friends. Toby is a successful doctor and devoted father who has been through a painful divorce and is now ready for life and dating apps. However, his life turns upside down when his ex-wife Rachel disappears. If he truly wants to find out about his past relationship with Rachel he needs to consider that he has never seen it clearly.



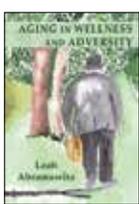
**THE SPY'S GAMBLE** by HOWARD KAPLAN. When the Israeli Prime Minister disappears aboard a new submarine with stealth technology aboard it sets in motion a possible national calamity. Shai Shaham, new deputy director of the Mossad contacts a former PLO intelligence officer to help him locate the missing prime minister. Shai asks Ramzy to help him, through his Palestinian connections, to find clues as to who has kidnapped the prime minister and is after the new technology. The book ends with a greatly unexpected twist.



**THE SONG OF THE JADE LILY** by KIRSTY MANNING. In the shadow of World War 11, a friendship develops in Shanghai between Li and Viennese refugee Romy. However, they are torn apart by the realities of war. In 2016 Alexandra, granddaughter of Romy and Wilhelm returns to Australia when her grandfather is dying. Her grandparents reveal that the family have hidden details about their past life in Shanghai. An evocative tale of love and courage.



**LIVE A LITTLE** by HOWARD JACOBSON. An insightful, witty novel about two nonagenarians who are neighbours in London. Beryl Dusinbery is in a constant state of war with her carers and finds words and names slipping away. Shimi Carmelli of Italian-Jewish descent remembers everything especially the shame of his childhood. They meet at the funeral of Shimi's brother and fall in love. The brilliant stitch craft cover tells it all: hearts and skulls, love and death.

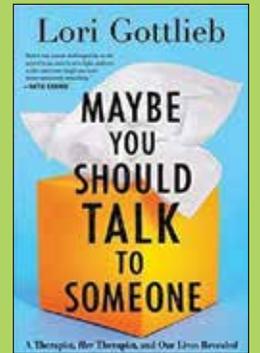


**AGING IN WELLNESS AND ADVERSITY** by LEAH ABRAMOWITZ. The author has compiled a heart-warming collection of fictional stories drawn from real life incidents and individuals. Between the covers, you will find love, compassion and empathy. She describes the care of loving families as well as devoted professionals from her experience as a geriatric social worker. Abramowitz does her best to dispel the fears faced towards the end of life's journey.

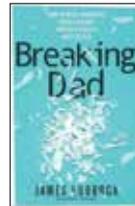
## BOOK OF THE MONTH

### MAYBE YOU SHOULD TALK TO SOMEONE by LORI GOTTLIEB

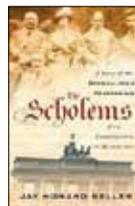
A candid memoir by psychotherapist Gottlieb who runs a practice in Los Angeles. When a personal crisis causes her world to fall apart, she turns to a therapist herself. She finds she now shares similar issues to her patients. Gottlieb walks the tightrope of being both clinician and patient. A revealing, humorous, thought provoking portrait that takes you behind the scenes of a therapist's world.



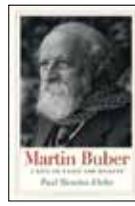
## BIOGRAPHY



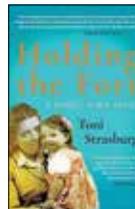
**BREAKING DAD** by JAMES LUBBOCK. The book begins in 1997 when his conventional father informed James that he was gay. Richard had run a successful business as a coin dealer until he became involved with other activities and addicted to crystal meth. In 2009, he was sentenced to eight years in prison and lost all his possessions. By sharing Richard's highs and lows, James has written a candid testament to the strength of their family ties.



**THE SCHOLEMS** by JAY HOWARD GELLER. A biography of the eminent middle-class Scholem family and a social history of the Jews in Germany in the decades before their dispersion by the Nazis. Geller unveils a fascinating portal to view the Jewish experience there through the four Scholem brothers. Gershom the Zionist, Werner the Communist, Reinhold the nationalist and Erich the liberal. The rise and fall of early 20th Century bourgeois life in Jewish Berlin.



**MARTIN BUBER** by PAUL MENDES-FLOHR. The first biography of this seminal modern Jewish thinker organised around key moments in his life. Buber's philosophical and theoretical writing, most famously *I and Thou*, made significant contributions to religious and Jewish thought, anthropological philosophy, political theory and Zionism. He situates Buber's life in the intellectual and cultural life of German Jewry.



**HOLDING THE FORT** by TONI STRASBURG. The heart-breaking story of the Bernstein family up to and during the 1960's State of Emergency. While Hilda and Rusty were in detention their 16-year-old daughter, Toni had to look after her three siblings. Hilda kept a diary filled with letters and drawings for them as well as plays created for her fellow detainees. Toni has pieced together this diary, her father's writings and her own recollection of this tumultuous time.

## JEWISH INTEREST



**LINCOLN AND THE JEWS** by JONATHAN D. SARNA. Historian Sarna reveals how Lincoln's remarkable relationship with American Jews influenced his path to the presidency as well as his policy decisions as President. Through his actions he embraced Jews as insiders, befriending them, appointing them to public office and using Jewish advisors. A captivating narrative written more than a century after his death with rare manuscripts, archival sources and images.



**THE LIONS' DEN** by SUSIE LINFIELD. In this history of the political Left, Linfield analyses eight intellectuals' thoughts towards Zionism. She includes Hannah Arendt, Arthur Koestler, I. F. Stone and Noam Chomsky. She examines why it has been so difficult for them to come to terms with Jewish nationalism. Her finding is that they ignore the complexities of the Middle East and project their own theories. For anyone seeking to understand the region.

# A Jewish wedding video on YouTube leads to Jewish education in Stellenbosch

**When ex-South African educator Eli Rabinowitz uploaded a video of a Jewish wedding onto his YouTube website in 2014, he had no idea that it would impact so many people around the world.**

Rabinowitz explains “In March 2018, an Afrikaans education student at Stellenbosch University named Daniella van Niekerk found my YouTube post with a Jewish wedding ceremony on it. She had to present to her class something of a religious studies interest, and thought she would use a Jewish wedding ceremony.”

Van Niekerk contacted Rabinowitz for more resources, and he provided her with extra videos and an explanation of the different parts and customs that make up a Jewish wedding ceremony. “Her presentation was so successful that her lecturer asked her to repeat it to other classes!” recalls Rabinowitz, who lives in Perth.

“[The students] enjoyed the ceremonies — they found them beautiful, interesting and informative. Combined with the handout, students were able to experience and learn about the orthodox Jewish wedding ceremony, and see how the ceremony works and develops. The subtitles that were provided on the videos helped them understand its flow and significance,” he adds.

Earlier this year, Rabinowitz and van Niekerk met up in Stellenbosch, and she showed him

around the campus. As a genealogist, Rabinowitz says that “there were strong Jewish roots in Stellenbosch, and in other Afrikaner towns. The shul and adjoining building give an indication of the significance and presence that the Jewish community once had.”

He says that “Daniella is not Jewish, and comes from a traditional and religious Afrikaner family. As many Afrikaners identify with Jews, the Old Testament, our history, and the Holy Land, there is considerable empathy towards us Jews, and the issues that we face today.”

He said that as an educator, van Niekerk’s approach resonates with his WE ARE HERE! project. “Using the stories of the Jewish Partisans, WE ARE HERE! seeks to inspire in young people the confidence and ability to stand up in the face of prejudice and oppression,” he says. The project has received funding from the US government, and was run in Australia in August this year.

Rabinowitz’s work in education certainly reaches a global audience, as he has taught classes on his WE ARE HERE! For Upstanders Project across the Former Soviet Union, South Africa, the US, UK, Australia and Europe. In fact, it is “interesting to note that a similar thing happened with a high school teacher in Kedainiai, Lithuania in 2014, who came across the same wedding on YouTube. I have visited the Lithuanian school each year since, and we have run Skype and Hangouts classes with her



*Eli Rabinowitz with Daniella van Niekerk in Stellenbosch*

students, and as a result, have had simultaneous online collaborative classes with Herzlia School and with other schools in the FSU”, he says.

To view the wedding video and Daniella’s project, visit <https://elirab.me/stellenbosch-2019/>

After the success of the US government funded project this year, WE ARE HERE! Is being expanded globally. To learn more about the global initiative, visit <https://wah.foundation>

## Most Jews of Polish, Lithuanian & Latvian origin are entitled to EUROPEAN CITIZENSHIP AND ACCORDINGLY, AN EU PASSPORT

A common misconception is that South African Jews of Ashkenazi heritage are of Polish, Lithuanian & Latvian descent, and that only those who are able to prove their eligibility for Polish, Lithuanian & Latvian citizenship are able to obtain a European passport. The fact is that most South African Jews do qualify for European

European citizenship which will result in them obtaining a EU passport. **Ashkenazi:** It is important to understand that until 1918, all of Eastern Europe was divided between three empires: Russia, Prussia, the Austro-Hungarian empire. Neither Poland nor Lithuania and Latvia existed until 1918.

changed, resulting in cities changing nationality. The resultant effect for descendants of Jews who were born in Vilnius, for example, is that their application for Lithuanian citizenship will be declined, but an application for a Polish passport may very well be successful.

**Sephardi:** the descendants of Sephardi Jews (who were exiled 500 years ago) are most likely eligible for a Portuguese passport. Horesh is able to provide confirming basis of which an application for citizenship can likely be successful. This enables one to enter the need to apply

While many descendants of Sephardi Jews in South Africa from North Africa, or countries in the Middle East – are also potentially eligible.

Horesh resides in Israel, but has spent seven



years in Poland, and is recognised as a leading lawyer in the field of European citizenship, with a full understanding of local immigration laws.

Living in Israel – a four-hour flight from Warsaw and Vilnius – offers him quick and easy access to Poland, Latvian and Lithuania. Accordingly, he is able to work closely with local professionals who assist him in tracing the documentation required for successful applications for European citizenship.

In addition, and as a result of his close ties with Portuguese authorities, to date he has had a 100% success rate with applications for Portuguese citizenship.

**Horesh is available to discuss your specific details. He is often in South Africa, and can meet you in person to discuss your specific needs.**



Avi Horesh

Destroyed Warsaw, January 1945

At the end of the WWI, the territory was divided, and cities like Lithuania and other regions were rebordered. As a result of this, for example, Riga (which could be Lithuanian or Polish)

Horesh is eligible

for citizenship, whether they can prove their Polish, Lithuanian & Latvian lineage or not, and most South African Jews of Sephardic heritage are also eligible for European passports.

Adv. Avi Horesh has in-depth knowledge of the applicable legislation and in his experience, the majority of South African Jews have ancestors who were illegally deprived of citizenship. As their descendants, these Jews are eligible for

Latvian or Polish passport. The city from which your grandparents (or their parents) hailed.

Horesh says many South African Ashkenazi Jews of Lithuanian origin have been refused Lithuanian citizenship because their heritage is actually Polish. They would, accordingly, be entitled to Polish citizenship and a EU passport.

After World War II, the borders in Europe



**I will be in Johannesburg from November 14th till 20th, and then in Cape Town till November 28th  
My South African phone number is +27 64 745 5273 • Email me on [adv.avi.n.horesh@gmail.com](mailto:adv.avi.n.horesh@gmail.com)**

## MENSCH CHANGE-MAKER OF THE MONTH

By Shani Kay

### Spreading South Africa's good news

We are living in a rather challenging time in our beautiful country. The hope we had for expansive progress and wide-spread transformation is being tested every day. The more anxious among us wring our hands and worry whether we should be elsewhere in the world. The compassionate struggle with the growing evidence of poverty and desperation that we see around us all the time.



It is hard in South Africa right now. Of this there is no doubt.

The stories we hear reinforce this message — and stories are very powerful things. They engage us, stir up emotions, land messages and give sense and meaning to our experiences.

So without being an ostrich or a naive Pollyanna, if we consider this notion that 'words make worlds', then we might consider the idea that we can step towards a brighter future by adding more focus on the brighter things happening around us — and I promise you there are plenty.

From the simple and inspiring stories that are avalanching out of the #imstaying campaign; to the visibly growing black middle class; and the business leaders who are truly embracing a purpose-led strategy to build wholesome company cultures that embrace diversity and prioritise value creation for all society.

I'm not making this up. It all exists. And I believe it's these very stories that will help us transition into the South Africa we want to be. At the beginning of 2018, as we emerged from the dark years and an era of extreme distrust between government, business and society — I felt it was time to put my global experience to work on local shores. We wanted to use our capabilities in authentic storytelling and purpose-led brand positioning to help change the conversation in South Africa. So, we tasked ourselves with some challenges:

- Could we help shift the current South African narrative?
- Could we help South Africans to understand that we need profitable, responsible business to have a flourishing and sustainable society?
- Could we bring this to life through the human stories and experiences of real South Africans in a way that would be meaningful, to a wide spectrum of stakeholder audiences?
- And could we help South African business to realise the broader value of the vast range of impact they deliver — by integrating it into how they communicate their brands?

I am pleased to say that the answer was yes.

Over the last 18 months we've had the privilege of working with some of South Africa's most innovative and inspiring private sector corporations to explore the transformative initiatives they are delivering in communities across the country. We've met farmers and miners, graduates and entrepreneurs, CEOs and factory workers, all of whom share a passion for the South Africa they are committed to creating.

And together with my tremendous team, we have crafted and compiled their stories into a unique campaign called #SAINC. With broadcast features and short form digital content — Season 1's 20 stories have aired to audiences of millions across 15 TV networks. We have also engaged over 12 million South Africans online leveraging influencers and social media platforms to deliver authentically positive South African stories and create a new South African conversation.

People are hungry for sincere positive stories; and when we meet people who have overcome challenges, who have succeeded and whose lives have progressed — we connect with and care about these people. And in doing so, we start to care about the brands who have walked alongside them to get there.

I am not a Pollyanna... but I am a practical optimist / glass half full kinda girl who believes in the power of energy to create sentiment. This in turn can help to create the momentum we need for a virtuous circle of inclusive growth.

We are a rainbow nation of incredibly resilient people and win-wins are all around us — you just need to try looking through a different lens.

To see our stories go to <https://sainc.regency.global/>; tune into Season 2 starting November 2019; or follow us on social media @Regency Global and #SAINC. You can also contact me on [shani@regency.org](mailto:shani@regency.org).

Shani Kay is a member of The Mensch Network ([www.mensch.org.za](http://www.mensch.org.za)). She is the Executive and Creative Director of Regency Global and holds a MBA in Executive Management from the UCT GSB and a Bachelor of Business Science (Hon), UCT.

## TABOOM Media training for African journalists (and activists)

By Jacqui Benson

5-8 October saw the 3rd cohort of the Taboom Media training workshop covering sexual and gender minorities and religion, gather here in Cape Town. Twenty participants from Botswana, Burkina Faso, Congo-Brazzaville, Côte d'Ivoire, Ghana, Kenya, Malawi, South Africa, Uganda, Zambia, Zimbabwe, Namibia representing media houses in a variety of media that cover the African continent.

Walking in, I immediately felt out of place in this group, many of whom are seasoned journalists having written on all manner of issues all over Africa. Unlike them, I am not a journalist, but an activist who writes, one of many hats I wear. Yet it was the perfect training opportunity.

Whilst this is not entirely unfamiliar territory for me, a minority in so many respects — the only Jew, white, queer woman, showing up in this particular environment, it is a little intimidating when you are surrounded by people with the wealth of experience, some having spent decades in this industry. These are the however defining moments that I have come to relish and purposefully seek out.

The challenge before me was clear: how do I navigate my journey in this space, offering my own contribution and sharing, whilst always being open to learning and receiving the vast amount of knowledge and lived experiences that were being shared with me? Listening and interacting, being unafraid to ask questions, both in the formal and informal parts of the schedule, as we engaged with one another, all the while keeping to the agreements we charted together at the start, outlining our commitment to our interactions with one another. There was plenty of debate, but whilst they were often lively, it was also respectful and very healthy in fulfilling on our collective training.

Four days packed with presentations by various guest speakers, including Gender Dynamix, the Centre for Compassionate Islam, Dr Azila Reisenberger, Head of Hebrew Studies at UCT who brought the Old Testament to life for us all, Inclusive and Affirming Ministries, GALZ (Gays and Lesbians of Zimbabwe), the European Centre for Journalism and the five phenomenal trainers who facilitated with all their expertise and guidance they had to offer.

We were enriched in understanding Sex, Sexual Orientation, Gender Identity and Expressions (SSOGIE) terminology, insights into the work being done by various faith groups in

education and creating safe spaces and how to engage with differing ideas. A clear message was not to try shift the goalposts in one foul swoop, but each time we take ground in educating, for example in challenging the use of derogatory terms when referring to LGBTIQ+ people, we can shift the narrative and start to sensitise people on the harm done to others through language.

Putting this all into practice was key and we were afforded an opportunity to pitch articles that we wanted to work on and have published by the respective media houses.

We were kept well nourished by Robert Mulders and his team at 6 Spin Street, which was an absolute treat and part of a bigger learning lesson — that self-care for journalists is very necessary and often support is needed in doing that.

This opportunity has humbled me, and I have newfound respect for the work of the media. It's brought home how valuable journalists are, as the people who are on the front line of many 'battlefields' in our world today. They bring to us the stories that need to be told and would not otherwise be heard. Investigating and writing, often at great cost to their own personal safety and security, about things that are not popular amongst the majority and often counter to government policy, even when it contravenes human rights.

It's a stark reminder how although we live in a constitutional democracy, where our freedoms and human rights are guaranteed, you and I cannot, and should not take these for granted. Whilst these are not always upheld in reality, we have recourse to address them. In contrast many of my colleagues' lives are in danger simply by reporting on a story of a queer person, because homosexuality is criminalised in their country. It behooves me to use my voice to influence and hold leaders, communities and people responsible for their actions.

As I left the workshop, I headed into Kol Nidre, sitting with my machzor and reflecting anew on my part in the world. As a Jew, an activist and a human being. Recognising that I can never leave any of my hats behind, and that making any real difference can only happen when I reach out and show up in spaces I am uncomfortable in. It's only then that I can really grow and develop, as I engage with how the world sees me, as I grapple with ideas and concepts, lived experiences that are foreign to my own, and see human beings for who they are, as part of my community, living on this continent we call Africa.

# Have you heard of Moishe House?

In case this is the first time you have heard of Moishe House, we're a group of young Jewish residents that host 5-6 events every month both in and out of our home, for young Jewish adults, aged 22-32.

Our events fall under Social, Tikkun Olam, Jewish learning or Jewish culture. Last month we had a paintball event, hosted a shiur in our sukkah in our courtyard, finally put up our Mezuzah followed by snacks and drinks, helped make Jedi Tedi's and had one of our famous themed Shabbat dinners, this time around a Halloween-themed Shabbat dinner!

The start of September, saw the Moishe House Cape Town team preparing and packing for Moishe House's International Conference of 2019 in Stockholm, Sweden. We met up with many other International Moishe House residents from some of the 128 Moishe House's around the world — Vienna, Australia, Russia, Beijing to name a few, for a jam-packed weekend!

We started with *Tikkun Olam Thursday* where we helped clean up a small local Jewish cemetery in Stockholm that had been neglected. Many



The Internatty Con 2019 group (Moishe House staff and Moishe House residents (Cape Town included) from the International Moishe Houses based outside of the USA)

locals stopped to thank the team and we even made the local Jewish newspaper in Stockholm! Some of the weekend sessions revolved around how to ensure we always host inclusive events, how to make Tikkun Olam as interactive as possible and how to handle hosting so many events in short spaces of time.

We love welcoming old and new faces to our home and events. If you're keen to get involved in our community, feel free to contact us on Facebook (Moishe House Cape Town) Instagram (@moishehousect) or email. (moishehousect@gmail.com)



## Pippa Shaper speaks on surviving tragedy and authentic resilience

By Avigail Popack Executive Director, Nechama

It took courage to accept the 'new normal' of life after devastation and death befell Pippa Shaper and her family.

Having a child born with a rare disease, and losing two of her children, could have left Pippa a very bitter person, but the women I encountered at the Nechama breakfast seemed anything but.

She explained to the audience in her talk titled, *Authentic Resilience — Surviving Tragedy*, that although she went through various stages of grief over a long period of time and faced anger, depression and dismay, she realised she had within her the ability to regain her life, albeit changed. In the final analysis, she pointed to faith, family and friends, which got her through dark times. It was an honour to meet her.

Thank you to our co-ordinators, Shana Isserow, Hayley Pogrund and Terry Locketz. To Newmark Hotels for an incredible raffle prize and to Coffeetime for the scrumptious breakfast.



Dorothy Sank and Myrtle Kangisher



Psychological Services Coordinator for Nechama Sarit Swisa, Executive Director Avigail Popack, PR Committee member Hayley Pogrund and Chairman Barry Pogrund with guest speaker Pippa Shaper



Psychological Services Co-ordinator Sarit Swisa, Supervisor Debby Jowell and Anna Meyer



JCS Administrator Nicole Appolles, JCS Social Worker Rhita Russon, Oranjia Director Belinda Slavin, JCS Social Work Manager Anne Marx, JCS Social Worker Zia Adler and JCS Social Worker Jetara Ross



Rebbetzin Aviva Thurgood, Pauline Sevitz and Nechama Counsellor Terence Matzdorff

## Eden inspires members who have dedicated a lifetime of work to WIZO

In a wonderful ceremony held at Sephardi Shul Hall in September, BZA WIZO honoured its special members who have dedicated 40, 50, 60 and 65 years of active service to the organisation.

It was a lovely, heart-warming morning, with inspiring young guest speaker and graduate of the Neve WIZO project, Eden Ben Shitrit. Eden gave a deeply moving, at times heart-wrenching account of how Neve WIZO changed her and her brother's lives for the better.

With grateful thanks to those who generously sponsored the awards: Shelley Friedman of the George Elkin Trust; the Kesler and Moritz families; the Movsowitz and Golan families; and the Neimann, Farber and Myers families.



Sponsor Shelley Friedman, with guest speaker, Eden Ben Shitrit

Honoured for a remarkable 60 years of active service to WIZO: Barbara Sandler (seated) with her daughter Lorraine Rabinowitz, and Moonyeen Castle and Janene Currie.

For 60 years' service to WIZO: Eunice Movsowitz (right) with her daughter Tanya Golan



For 40 years' service to WIZO: Beverley Zetler, Rhona Neimann, Sue Lipschitz, Ruth Goldman, Eda Gawronsky and Alma Buchinsky. Back: Eden Ben Shitrit, Shelley Friedman and BZA WIZO Chairman Janene Currie.



Janene Currie congratulates members of Strand/Somerset West/Stellenbosch branch on celebrating the 70th anniversary of its founding. Ray Perel, Isa Herring, Beverly Zetler, Ingrid Edelstein, Ettie Buch and Michelle Miller with Moonyeen Castle.



For 50 years' service to WIZO: Muriel Levin, Ida Surovsky, Doreen Seidle, Irma Kesler, Deborah Herman and Sybil Castle with Cindy Moritz and Janene Currie.

## A neuroscientist, theatre director and mediator walk into Limmud...

By Jaime Uranovsky

...And they are all the same woman.



After pursuing a career as a theatre director and educator for 15 years (holding a Master's in Theatre and Performance), Ruth Levin-Vorster took adapted theatre processes into the corporate and public sectors in order to develop self-awareness, empathy and connection in both individuals and teams. She then became an accredited mediator through UCT. After more upskilling, this time in social psychology and neuroscience, Ruth is now a PhD Candidate in Neuropsychology at UCT where she is combining her unique and varied background to test for neurobiological markers of a theatre-based relational health intervention.

This intervention, which Ruth developed in 2016, formed part of her fascinating talk at Limmud, titled *Understanding What Relationship Difficulties Are about and What One Can Do about Them*. The session delved into how our autonomic nervous systems can have an impact on why we react and respond to unconscious triggers in our relationships — whether between partners, family members, colleagues or friends.

Ruth explains that how people see the world and relate to others is moulded out of “the story we are born into, formed through our lived experience, wired into our autonomic nervous system. This all becomes our perspective lens that we engage with and understand our relationships through. These stories are embedded in our social and cultural norms, our familial, political environmental, religious environments. These frames, for the most part, are unconscious. When we hit up against a relational issue, it is often a matter of different stories wired into our neurobiology.”

Interventions such as Ruth's can be harnessed so that, when the visceral or bodily response (through the autonomic nervous system) is triggered, one is trained to respond and not to react. Responding involves acknowledging the perceived threat and naming the feeling that comes with it. After this, one can respond out of a place of consciousness by differentiating between the other party's words or actions and between one's own perceptions of them. Reactions, on the other hand, are impulsive and immediate, can lead to conflict and do not involve an understanding of what is occurring on a deeper level. To develop the ability to respond instead of to react takes time, says Ruth. “It's not a quick fix. It takes practice over a long time. Self-awareness promotes empathy. It is wired into us to be empathic.”

In fostering this self-awareness, Ruth's fusing of neuroscience, neurophysiology and theatre is unique. She explains how they come together: “Theatre is all relational so, when you are directing a play, you're bringing a story to life, you've got to understand what motivates the character and how their dynamic plays out in different relationships. And what you're doing is you're mapping relational dynamics and how they shift and change. And of course, in theatre, we work with conflict because that's what's exciting. So, it really equips you with tools for self-awareness and empathy. What the social psychology and social neuroscience has done is it's given me theory behind what we do in theatre practice, particularly interpersonal neurobiology. It's extraordinary. And then mediation is just the most wonderful structure to do all that work in.”

Some aspects of interventions targeted at these areas include specific breathing exercises as a form of mindfulness. One can become so attuned to what one's relational triggers are that one can intercept them with an emotional regulation exercise and improve relational health and keeping the relationship going.

On what it will take to address the conflict on a broader level, Ruth says, “Empathy is essential. but to be empathic you need to be self-aware. I think we need processes of self-awareness before we bridge into empathy and that takes work, and it takes commitment, and it takes vulnerability. It's absolutely imperative if we're going to have a kinder world; it's the basis.”

Consider This

# The power of words



By Rabbi Malcolm Matitiani

**Every morning we Jews recite the following blessing: "Blessed is the One who spoke and the world came to be, blessed is the One, blessed be the One who maintains creation, blessed is the One who speaks and does..."**

This blessing acknowledges the power of the spoken word and praises the Almighty whose words and decrees become reality when creating the world. This ability of creating realities through verbal communication was bestowed on human beings who, like God, can articulate the abstract and thereby transform ideas and thoughts into concrete reality. Thus Targum Onkelos, understands Genesis 2:7 to mean that on blowing the breath of life into Ad-am's nostrils, God gave Adam "the spirit of speech". Onkelos recognised that the gift of language distinguishes humanity from the other animals of the earth.

The destruction of the Second Temple in 70CE led to the transformation of Judaism from a religion dependant on a fixed sacred space to one based on the portable 'sanctuary' of books. This enabled the Jews to

survive persecution and expulsion and allowed them live meaningful, God-fearing lives wherever they relocated. Unlike material wealth and possessions, knowledge and the ability to express ideas and debate opinions can never be taken away by the persecutor as is illustrated by the examples of Rabbis Akiva (Berachot 61b) and Yehudah ben Bava (Sanhedrin 14a).

While language has the potential to create and promote life, it also has the potential to create negativity, hatred and destruction. Torah and rabbinic teaching counsel care in the use of language and especially the spoken word which is often used in anger and impetuously. Lashon ha-ra, "vil speech" or slander is considered by the sages as a transgression akin to murder (Bava Metzia 58b) and punishable by the loss of a share in the world to come (Avot 3:12).

Jewish history teaches the danger of hate speech and slander. Thousands of Jews were murdered as a direct result of false accusations about Jewish practice and behaviour. The blood libels of medieval and even twentieth century Europe testify to the destructive capabilities of language. The most tragic and evil result of the misuse of language was the Shoah which led to the physical murder of six million Jews and the destruction of Jewish European culture. This mass genocide was the direct result of the anti-Semitism of ruthless madmen who used the power of language to express their noxious ideas. Joseph Goebbels,

Minister of 'Public Enlightenment and Propaganda' used the spoken and written word to convince the people of Europe that the Jews and other 'undesirables' needed to be exterminated.

Today the State of Israel faces a similar propaganda campaign launched by extremists in the Muslim world that wish to see the eradication of the Jewish State and a second genocide of the Jews. The most despicable slur is the statement that the Shoah is a figment of the Jews' imagination designed to gain sympathy for the Israeli cause. It is a sad indictment on humanity that thousands of people believe these and other examples of hate speech and are motivated by these untruths to murder innocent men, women and children. These examples from history point to the profundity of the Talmudic statement that there is not much of a leap from hate speech and slander to physical murder.

The dangers of misusing language are not always as dramatic. Speaking about another in their absence can lead to dire social consequences by destroying that person's standing in the community as well as diminishing his or her spiritual and emotional self-worth. While a physical wound eventually heals, an emotional scarring caused by the written or spoken word can often fester through generations. The Talmud (Ta'anit 20a-b) relates a teaching of Rabbi Eleazar ben Rabbi Shimeon: "A man should always be gentle as the reed and let him never be unyielding as the cedar. And for this reason the reed merited that of it should be made a pen for the writing of the Torah, Tefillin and Mezuzoth." May all that we say and write be gentle and yielding as the reed. Then we shall create positive realities that promote the sanctity of life, thus using the power of language as God intended.

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



Daniel Nasson  
9 October



Mila Domingo  
12 October

## Mitzvah Day 2019

with Temple Israel and Gracie Love in a Bowl



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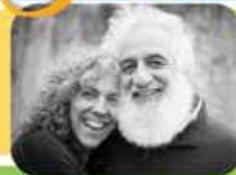


**About Gracie Love in a Bowl**  
Gracie Garden exists to address extreme poverty in the shack community of Hout Bay where up to 15,000 people from 12 different nations live in one room tin structures. We grow organic vegetables to donate 180,000 nutritious meals every year to the very young, vulnerable and elderly.  
Temple Israel, proud original supporters of Mitzvah Day in South Africa, will be continuing this tradition by helping in the garden.



Mitzvah Day

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Temple Israel Wynberg

### Havdalah & Bring 'n Braai

Saturday 16 November 6pm  
Temple Israel Green Point



Mitzvah Day with Gracie Love in a Bowl  
Sunday 17 November 9am  
Erf 2533 Hout Bay Road, Tierboskloof

# An illuminating interfaith retreat

By Bryan Opert

## An Imam, a Reverend, a Religious Muslim feminist and a Rabbi... sounds like the beginning of a good joke.

However, jokes aside, 20-22 September saw such a real-life retreat take place. Rabbi Sacks in his book *The Dignity of Difference* convincingly argues that the three Abrahamic religions have much in common making dialogue not only possible but an imperative.

I had reservations concerning my attendance and met with the head of the Open Mosque, who had organised the retreat, Imam Dr Taj Hargey. It was a pleasure to speak with him, his investment in seeing real interaction take place between these three faiths is a passion and perhaps even an obsession of his.

Sometimes one needs to call a spade a shovel, I did feel a need to engage with him around Israel. Acknowledging Natan Sharansky's three 'D', distinguishing criticism of Israel from Anti-Semitism was for me a prerequisite to attendance. In discussions with Dr Hargey it was clear that his ideas had evolved and become aligned with the following approach; in his own words: I believe that the Jewish people have a legitimate right to a nation state in

Israel alongside the legitimate rights of the Palestinians.

Together with my eldest son, Netanel we trekked to Greyton. What we found there, was a unique group of approximately 40 people who — and I realise how clichéd this sounds — were bound together in love and hope. The openness was awe-inspiring. It was clear there was no desire to convert, convince or coerce. It was a sharing of ideas by religious leaders of their own faiths view on a number of topics, all focussing on the concept of Justice.

Justice and Gender, Parenting, Minority groups and Justice and Socio-economic issues were some of the topics chewed over at the sessions. I ensured that every session I gave started with the messages, ideas and wisdom from our Holy Torah. I suggested that I was a fundamentalist (which received some titters from the audience) as I used the fundamental texts to inform my thinking. There is, I argued, a substantial difference between a fundamentalist, who uses the foundational Revelation Texts, to extremists who cherry-pick only extreme text to carry out their shameful deeds.

I shared with the group some of the

complex ideas, exhorting Jews to love humanity, treating 'the other' with dignity and how justice is the perfect balance between consequences and mercy. These ideas are expressed historically from the Talmud to Rabbi Jonathan Saks

At the commencement of the conference Dr Woodman shared with the group what the research revealed about the challenges to interfaith dialogue. One of the points was that often the areas of greatest agreement were focussed on, leaving the 'real' issues on the side-lines. I raised issues that had partially moulded the Jewish community's sense of self for example how the last 2000 years of second-class status in Christian and Muslim countries affected our world view, also concepts that might be difficult for other Faiths like the belief of Chosenness. In an informal, although group setting, Israel as an Apartheid state was mentioned and hotly debated, albeit for only a short time. I then sat with the most vocal critic and we learnt some Quran together!

One of the greatest challenges was what I called the 'icky' texts. Everyone is able to quote single statements that deal with justice for women, gentiles or the enemy, that sound 'icky'. I did not shy away from them and demonstrated how the sages cogently explain that the body of Torah law is a complex and sophisticated structure, no less so, than that of any other. Single quotes out of context are neither helpful nor an intelligent manner of interrogating a system. Additionally, the foundational philosophical structure of the Torah comprises the concept of Divine Imperative and not liberal humanism.

Besides for the specific talks there were a multitude of questions that were asked and answered, additionally the informal discussions were numerous. By the end I was exhausted, but exhilarated and look forward, if Dr Hargey will have me, to join next year.

I believe that within Cape Town, and maybe South Africa this retreat is one of a kind, where authentic learning takes place specifically from speakers who are deeply entrenched



and knowledgeable in their Sacred books and tradition.

One of the unique features of the retreat was learning from Dr Elham Manea a most unusual academic. 'Google' her and you will be astounded! She is deeply rooted in spirituality, commitment to her Islamic identity with a thorough knowledge of the Islamic teaching. Besides for which...she has a fine sense of humour. The Christian couple the McVeys were embracing, warm, fantastic pedagogues and a pleasure to be with. Professor Dan McVey although a practicing Pastor has degrees in Islamic Studies- an extra-ordinarily interesting individual.

The ethos of respect and inclusiveness allowed for our strict observance of Shabbat, and Kashrut. Not only that, but there was a desire by the participants to share in Jewish experiences. Havdala, specifically, was exceptional — the singing, the spices and the candles spreading the light, was exquisite.

It would have been super to have more of our community attending over and above the eight of us who were there. Besides for the engagement and breaking of barriers and stereotypes, the learning of foundational and cultural concepts of other religions and how they struggle, as we do intra-communally gave a depth that, I believe, is not attainable a in a one-off meeting or day conference.

The retreat was illuminating, light-at some moments, challenging at others, but it was no joke.

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Project Bayit is a partnership between Mensch and iKhayalami, made possible with the support of the Charles and Lynn Schusterman Family Foundation.

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## How I received Spanish Citizenship through my Sephardic heritage

By Mischa Franco

**Over five centuries have passed since the harrowing acts of the Spanish Inquisition, when thousands of Jews were forced to convert to Catholicism or face torture and execution, had they not fled.**

In 2015 the Spanish government implemented a law that sought to make reparations for this dark time in their history. If you could prove your lineage from the affected Jewish population of the time, you could be granted Spanish citizenship while maintaining your current citizenship — a notion that sounded great on paper, but was extremely difficult to accomplish.

I come from a deeply traditional Sephardic family on my father's side and the cultural importance of the traditions we practice has been ingrained in me. It was this that drove me to apply for Spanish citizenship through this new

law. I had four years in which to apply (and complete the application), so I began immediately. The process was intense and confusing. I had unknowingly leapt headfirst into a bureaucratic spiral, quintessentially Kafkaesque at every turn with no foreseeable end in sight. Aside from the mountains of paperwork I needed to submit to prove my Sephardic lineage, I was also required to take a Spanish language test (a minimum of level A2 proficiency) and a Spanish socio-cultural history exam.

In early 2017 I figured I would stand a better chance at learning the language as well as completing the other parts of my application by living in Spain itself, so I packed up and moved to Madrid for six months. Aside from the annual use of Ladino at my family's Pesach seder, I knew almost no Spanish. I was starting at square one. I had five months in which to reach the required level before the language test. I enrolled in a language school and attended classes every day, immersing myself in the sights and sounds of Spanish life in the process. Two months after taking the required exams and moving back home, I received my results. I had passed, to my relief, and could finally move on to the final phase of my application.

It was at this point that I sought the help of a law firm in Barcelona as the submission instructions frankly proved too confusing to do alone. The penultimate step in proceedings

was an in-person meeting with a Spanish notary, which took place in Barcelona last year. The notary is assigned to meticulously inspect your documents and provide his stamp of approval. After the notary meeting, I waited six months to hear my status — approved! Lastly, I had to submit one final criminal record clearance and unabridged birth certificate (both translated, of course, I had had to do this more times than I care to say).



The process was testing, from both the Spanish and South African bureaucracies, but after a tumultuous four-year journey, my application was finalised. In

September of this year, I pledged an oath to the king and queen of Spain and received my passport shortly after.

I am just one of an estimated 4000 applicants that have actually received their Spanish citizenship by these means, though it has been reported that over 127 000 applications have been submitted since the inception of the law. Unfortunately, the opportunity to apply expired on the 1st October of this year but we can only hope that the law comes into play again. I do hope, however, that if the Spanish lawmakers were to reinstate the law, that they would revise the application process and make it more accessible for people to apply. The countless hurdles and red tape definitely deterred and proved too cumbersome to many would-be applicants, not to mention the financial strain it would cause.

As a Sephardic Jew, this citizenship represents something significant to me. It is a solidified connection to my ancestry and a nod to those who came before me as well as a small triumph in itself at overcoming this long-winded and grueling process. This law, though short and convoluted, marked a massive step forward in Spain's acknowledging its historic atrocities and a start in the way of reparations. It by no means rights the wrongs of the past, but it is progress nonetheless.

*Mischa is a freelance social media manager based in Cape Town.*



## Flower Group wows with gorgeous gifts

**The Flower Group (UJW Cape Town) has done it again!**

This hard working Group had another fantastic year selling 2000 beautifully presented Rosh Hashanah gifts between The Point Mall and Bonjour Café in Sea Point, Cape Town.

The wonderful bow makers exceeded all expectations. There was lots of input and discussion about the gifts, which were carefully chosen, each with their special wrapping and bow — spectacularly displayed for the community to buy to celebrate Rosh Hashanah.



Jewish Community Services.

The Flower Group donates gifts to Oranjia Jewish Child and Youth Centre, Highlands House for Jewish Aged, Glendale Home for Jewish Handicapped, Tikvah and

Thanks to all the volunteers and drivers for all their help and to the UJW Cape staff for assisting in this busy annual event.



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## The value of art, love and vision

By Maiyan Karidi

The age old question of 'what is art?' is something that seems obscure and very unclear. It is debatable. There are hundreds of different definitions. Many words come to mind — expression, skill, visionary, technical, abstract, story telling, imagination, knowledge, seeing, the list goes on.

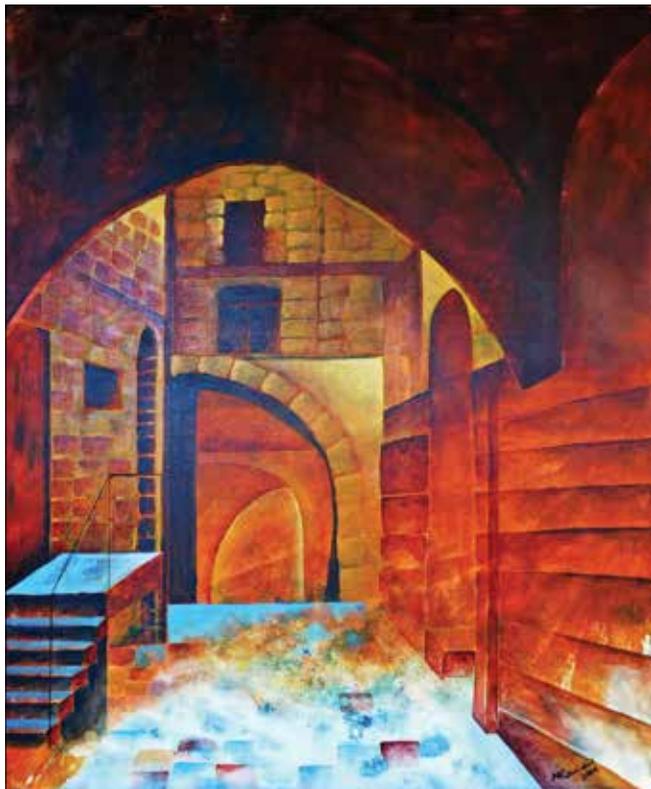
According to Google, art is 'the expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.' I would include performance art — music, dance, theater and literature.

There is good art and bad art — and that is also arguable. What makes art art is also questionable. We all have our opinions. Art has changed drastically through time and each age tells its own story. Impressionism, Expressionism, Abstraction, Dadaism, Cubism, the Renaissance, Modern Art, Contemporary Art, constantly evolving as reflections of our times.

Being an artist is a way of being. We are blessed and cursed. We see in colors, visions or notes, or movement, or poetry. It's a way of experiencing the world. It's our reality. It's also extremely emotional. The action of creating is emotional. The artist experience is so well expressed in the following quote by David Ackert:

"Artists are some of the most driven, courageous people on the face of the earth. They deal with more day-to-day rejection in one year than most people do in a lifetime. Every day, they face the financial challenge of living a freelance lifestyle, the disrespect of people who think they should get real jobs, and their own fear that they'll never work again. Every day, they have to ignore the possibility that the vision they have dedicated their lives to is a pipe dream. With every note, stroke or movement, they stretch themselves, emotionally and physically, risking criticism and judgement. With every passing year, many of them watch as the other people their age achieve the predictable milestones of normal life — the car, the family, the house, the nest egg. Why? Because these artists are willing to give their entire lives to a moment — to that melody, that lyric, that chord, or that interpretation that will stir the audience's soul. Artists are beings who have tasted life's nectar in that crystal moment when they poured out their creative spirit and touched another's heart. In that instant, they were as close to magic, God, and perfection as anyone could ever be. And in their own hearts, they know that to dedicate oneself to that moment is worth a thousand lifetimes."

One of the most distressing moments in my



*Mystical Jerusalem by Maiyan Karidi*

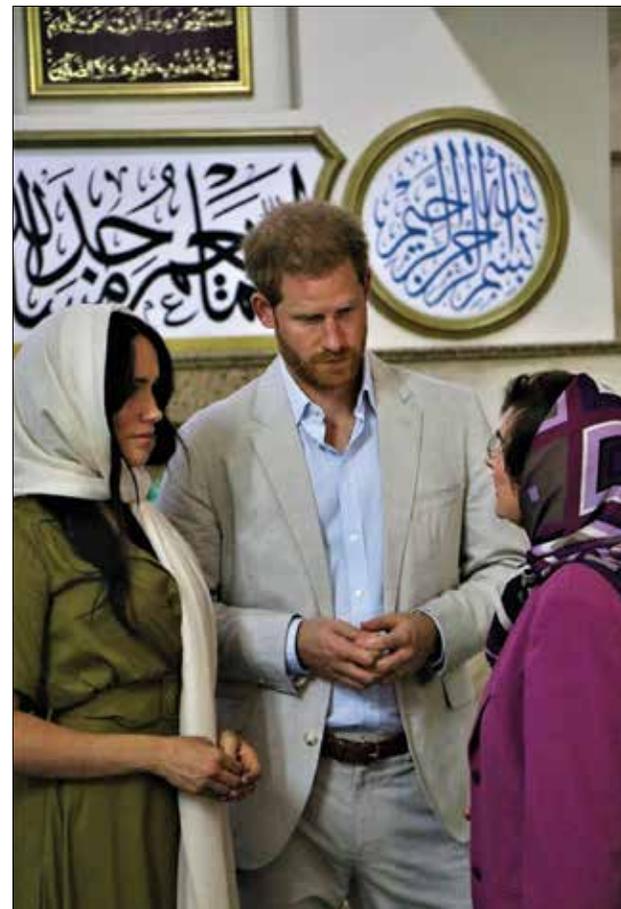
life as an artist was something I was told during another financial pitfall. "Everyone has to sell something". This may seem obvious to most people. It came as a heart wrenching blow to me. I am the worst salesman in the world, without exaggeration. I couldn't sell ice in the desert. It's just not in my constitution. I am not persuasive. I live and let live. What was I thinking?

To me, art has value, high value. The effort and dedication it takes to create something new that has never been seen, heard or felt by anyone ever takes huge effort. Inspiration comes and goes. The vision appears and disappears. It is not something one can acquire easily.

Then, putting the vision to paper, canvas, to stage, to sound, is the biggest challenge. It is always an attempt. We know we will never quite get there, but the journey toward the ultimate expression of the vision is what we live for. We need to create harmony, arrangement, melody, composition, depth, intensity, a story, an interpretation, we need insight. If we manage to evoke feeling, we have achieved something. It's about sharing. We want to share the vision. It is very human. We want to shake people out of apathy and indifference. We want the world to care. We want the world to feel. We want reassurance that we are not alone. 'Do you feel what I feel'? 'Do you see what I see'? We want to connect on a subconscious level. We are all human after all.

I write this while trying to connect to someone out there. Someone who sees the value. I am surrounded by our works, our studio overcrowded with artworks, attempts to connect with other humans. Will anyone see the value? Will anyone feel. I am reaching out, without agent, without marketing, without a gallerist. Artists have a place in this world. Imagine no music, no visual stimulation, no dance. We too need to exist, and we don't ask for a lot, only a way to continue to share our human experience. An exchange of a door of opportunity for a door of perception.

## Royals engage with interfaith group on Heritage Day



*Marlene Silbert with the Duke and Duchess of Sussex*

**On Heritage Day, the Duke and Duchess of Sussex visited the Auwal Mosque in the Bo-Kaap.**

Prior to the visit, the British Embassy contacted Marlene Silbert and asked her if she could bring along some of the learners who have participated in the Cape Town Interfaith Initiative's *Marlene Silbert Interfaith Intercultural Youth Programme* which she had initiated and run.

The two-year programme involves 38 Grade 10 learners from nine schools, including Herzlia. Few have had any previous meaningful interaction with peers from other racial, religious, cultural, or socio-economic backgrounds.

The programme focusses on identity. Who am I? Who are you? Who are we? How do I get from me to you? It also addresses issues of xenophobia, gender identity, physical and verbal bullying. In the second year they commit to tutoring disadvantaged primary school learners in language and literacy. So far, almost 300 learners and 30 teachers from 17 schools have been involved in programme.

It was a very excited group of learners who arrived at the mosque to be introduced to the royal couple, and after Marlene had given a brief overview of the programme, they were given the opportunity to share their experiences and the impact the programme had on their attitudes and their lives.

The Duchess told the group that listening to their stories moved her greatly. Prince Harry said, 'There is so much hardship and so many problems across the world, and it is truly heartening to listen to the voices of the youth, as they will be the leaders of tomorrow; and judging from their comments they will indeed make this world a better place. I hope you will continue with your wonderful programme.'

Marlene also presented them with a gift from the Cape SA Jewish Board of Deputies for young Archie — a 70-year old book of photos of his Grandpa Charles and Great Aunt Anne aged about four and two, playing with their grandmother.

## 10 things you should know about Mensch Mitzvah Day

The CJC got together with Gina and Jodi from Mensch, to find out all about Mensch Mitzvah Day coming up on Sunday 17 November.

### So, what is Mitzvah Day?

Mitzvah Day is a Jewish-led day of social action bringing together thousands of people from all over the world, on one day, to volunteer, making a difference in the local community. The day builds stronger, more integrated communities where people of all backgrounds and beliefs have a stake and pride in the place in which they live. Established in the UK in 2008, the event has reached over 40 000 volunteers across more than 30 countries, helping hundreds of beneficiaries in meaningful ways. Mensch works closely with Mitzvah Day UK to curate our very own Southern African day of giving!

### How does it work?

Groups of volunteers such as schools, shuls, businesses, community organisations, friendship circles, sports teams, book clubs, dog lovers, eco-warriors, moms' groups — you name it — identify a beneficiary they'd like to support and decide on an activity to do. They then sign up via our website [www.mensch.org.za/mitzvahday2019](http://www.mensch.org.za/mitzvahday2019) or email us [jodi@mensch.org.za](mailto:jodi@mensch.org.za) to start the process.

Volunteers then plan and run their own day. Mensch supports all projects with logistical and creative help, social media campaigns,

international link-ups, and branded merchandise, to ensure a fun, impactful and well organised event.

### What was the impact from Mensch Mitzvah Day in 2018?

Twenty-nine individual Mitzvah Day projects were run at various locations across Southern Africa, involving 840 volunteers and positively impacting 2500+ people.

### What were some of the projects that happened last year?

The projects were so creative. We were beyond amazed at the effort and focus by both the Volunteer and Beneficiary Partners. Some examples include:

- A Moms' Pamper and Kids' Party hosted by Chabad West Coast for refugee woman and their children from the H18 Foundation.
- An Interfaith Soup Challenge run by Moishe House, The Hindu Society, and The Cape Town Interfaith initiative for The Christian Homeless shelter in Elsies River
- A Refurbishment Painting Party where NGO Jedi Tedi paid it forward by painting The Homestead in Chapel Street

### This year's theme is 'volunteering for people and planet', what kind of projects could people do?

We are promoting 'green projects', more education initiatives, and ensuring that we reduce, re-use or recycle the resources used on Mitzvah Day itself. Think beach or park clean ups, food garden projects,

ongoing recycling programmes etc.

### What happens after Mitzvah Day?

Our aim is to build connections between people and organisations that might not otherwise meet, never mind work together. Ideally, meeting via Mensch Mitzvah Day will ignite sustainable relationships that extend throughout the year creating year round impact. Two great examples from 2018 are initiatives from two of our Jewish Day Schools:

Cape Town Torah High (CTTH) were introduced to Mavis's Educare Centre in Mfuleni and continue to work with them on educational initiatives.

Herzlia Constantia together with UJW arranged a fun sports day for sixty kids from the Noluntu Food Kitchen in Khayelitsha. Herzlia continues to work with this beneficiary as part of their social outreach programme.

### Where do projects take place?

Projects are run at various locations across South Africa. The location is the choice of the Volunteer Partner and Beneficiary Partner, and



Moishe House residents with Cape SAJBD Chairman Rael Kaimowitz, Treasurer Lester Hoffman and invited guest Alderman Deputy Mayor Ian Nielsen, at last year's Interfaith Soup Challenge run by Moishe House, The Hindu Society, and The Cape Town Interfaith initiative.

dependent on the type of activity.

### Can businesses do a Mitzvah Day project as a team build?

Absolutely! Great idea! And better still, the Mitzvah Day project can align with the business's CSI strategy and interests.

### If I'm not available on Sunday 17 November, can I do another day?

Yes! We know it's a busy time, and that Sundays don't work for everyone. While we encourage projects to be run on this day, you can also do one on other days in November.

### Brilliant! I want to volunteer — how do I get involved?

Ah, that's easy, Just get in touch! Email [jodi@mensch.org.za](mailto:jodi@mensch.org.za) to find out more, or visit our website [www.mensch.org.za/mitzvahday2019](http://www.mensch.org.za/mitzvahday2019).

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Aaron, son of Richard and Tarryn Epstein, and brother of Connor, celebrated his barmitzvah at Camps Bay Shul on 14 September

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# Rooting for the Underdog

By Craig Nudelman



**By the time this article is published, the Rugby World Cup will have finished. I unfortunately don't know who the winner is while I'm writing this. Please G-d may it be the Springboks, but anything can happen.**

Look at how Japan just beat Ireland — the second time at a World Cup in which they've caused a massive upset (in 2015 it was us). Another upset that we saw was when Uruguay, who was definitely not a contender for the Webb Ellis Trophy, defeated Fiji. I was so happy for them. While England played Tonga, I wanted the small island nation to win. Why is this? Why do we have the desire for the underdog to beat the more powerful and reliable winner? And, as Manchester United fan, do I now support an underdog myself? I'm hoping this column will address some of these questions.

Rooting for the underdog is not only the classic case of David versus Goliath. Science has backed up the idea that we do indeed often support the underdog, with multiple studies confirming the psychological reasons behind it. Vox.com gives evidence in the form of a theory by Nadav Goldschmied, a researcher from UC San Diego. He states we are not exactly resenting the other team winning, but are rather excited by the idea of a different result — essentially, everyone likes a 'spoiler'. We root for the other team to lose, not only because they have more money to buy better players or the resources to train more effectively, but for the notion of the 'upset'.

However, the major reason is apparently schadenfreude — the pleasure we experience as a result of the misfortune of others. Dr Asim Shah, from the Baylor College of Medicine, stated that we

are unconsciously envious of the 'winning team' doing well. Therefore, the team which is less likely to win is more appealing to those who don't have any stakes in the game. This could be why people I speak to often want (or wanted) Manchester United to lose: they had the potential to have the better players, train them well, and beat other teams who did not. But after some of the results this season, perhaps people will be rooting for them as the underdog against teams like Crystal Palace and Wolves!

This goes hand in hand with people wanting the world to be just. Money is power. When we look at the American Democrat Primaries which occurred in 2016 and are coming up again soon, in the race for the 2020 US elections, underdogs are, ironically, in a position of strength. Joe Biden, Elizabeth Warren, and Bernie Sanders are the most likely candidates to make it through to the Democratic Convention in July next year. But at the end of the day, when we look at the 2016 results for the US elections, could we say that Donald Trump was the underdog? Did people want to get rid of the established Clinton dynasty and vote for the Orange Menace? It's a psychological conundrum for me, but who knows how peoples' minds work...

But there's still the question of why would we want to see a team losing. Is it a case of masochism, where we want to inflict pain upon ourselves? I've spoken at length in the past about supporting Bafana Bafana and how I keep on being disappointed (and how this relates to South Africans; is being a South African citizen who is dedicated to democracy considered an underdog?). Or do we just want the world to be fair? Now I hate using that word because pupils at school use it all the time to justify why they should not write a test or do homework or get any kind of punishment. But it seems

it could be an evolutionary trait.

In another paper, Joseph Vandello, a colleague of Goldschmied didn't just use sport. In Slate Magazine, it gives the example where Vandello cites a study from Nature, which seems as though the idea of fairness is not specific to humans. It shows that "brown capuchin monkeys reject unequal rewards for the same trained behavior: When one monkey was given a piece of cucumber and another received a delicious grape, the first became uncooperative".

So where does that leave us? In a political world where we are constantly shown that the more powerful individuals (including companies) we seem to always root for the underdog. But often we state, "Better the devil you know". Is our affinity for the underdog just something that is a façade, a way in which we make ourselves feel better about why we want a different person to win? For example, why have 'mom and pop' stores gone out of business? Surely, if most of us see that there are injustices in world and we want the underdog to succeed, we wouldn't buy from Pick n Pay or Woolworths. We would go

to our local grocer and florist, bakers and butchers. But we don't (or at least I don't, if I'm being honest). We also mostly vote for the bigger political parties who can make a more 'significant' impact on the political front, where minority parties are almost always side-lined. Maybe when we consider supporting the underdog, the proverbial David, we should be consistent. Or perhaps this phenomenon is just limited to our loyalties on the sports field.

We've just come out from our month of chaggim, from Rosh Hashanah to Simchat Torah. We've celebrated the birth of the world and the beauty of the Torah. But as Jews, we are societal minnows. We have most often been on the fringes, the side-lined people. But we still celebrate our Jewishness and we still keep on rooting for our team through thick and thin. However, we also need to root for those others who are on the outskirts of society, those who have not had the chance to reach the level that the 'bigger teams' have. Let's support all the underdogs of society and create a more equal, fair and just world, for now and for the future.

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**Antisemitic graffiti spray-painted on project depicting Jewish life in Lithuania**

By JNS.org



Antisemitic graffiti found on a mural commemorating Jewish life in Vilnius, Lithuania. Source: Facebook

**The Lithuanian Jewish Community said on its website that the graffiti "is the latest in a series of acts of antisemitic vandalism of Jewish sites and statues in Vilnius and Lithuania."**

Antisemitic graffiti was discovered in Vilnius, Lithuania, last week on a project depicting Jewish life before World War II.

The project 'Walls That Remember' is a series of murals on the walls of the former Jewish quarter in Vilnius, based on photographs of ordinary people who lived in the Jewish community prior to World War II.

The project posted on its Facebook page a photo of the graffiti — a Jewish Star of David crossed out,

along with the message: "The people who did this must be found and held accountable for this hate crime. We believe Lithuania is a country that does not tolerate hatred. We will seek this case to be investigated by the Lithuanian police."

The Lithuanian Jewish Community said on its website that the graffiti "is the latest in a series of acts of antisemitic vandalism of Jewish sites and statues in Vilnius and Lithuania."

The watchdog group StopAntisemitism.org tweeted in response to the graffiti, "Before the #Holocaust even started, the Lithuanian killing machine took preemptive steps to eliminate nearly 95% of Vilnius' #Jewish population. This week we see the hatred towards Jews still is alive and well in #Vilnius!"

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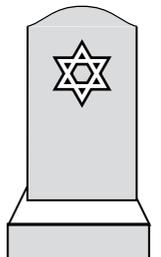
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## Q&A with Saul Jackson Maccabi WP Sports Director

Saul Jackson (22) is the new Sports Director for Maccabi WP in Cape Town. Saul's role will be to look after the running of the organisation in Cape Town, as well as to engage and grow the Cape Town sports community through regular activities and events.

We ask him a few questions to get acquainted with the new face of Maccabi:

### What school did you attend?

I attended Herzlia my entire school career, starting at Weizmann Primary

### What sports do you play?

Currently I play social five a side football as well as golf. During my school years I played table tennis, tennis, golf, football and cricket



### What Soccer team do you support?

I am a Manchester United fanatic and together with some friends we recently launched our own Youtube fan channel called 'Stretford Saffas'

### What are your interests?

Sport has always been my biggest interest but I am also highly intrigued by national and international politics as well as economic current affairs

### Which sportsmen would you most like to have dinner with?

Roger Federer. Growing up he has always been my sporting idol and someone I've always looked up to and respected. I admire his skills on the court as well as his humility and class off the court

### Why Maccabi, What attracted you to the Maccabi family?

I attended Maccabi trials at a young age but unfortunately never had the privilege of attending a European or Israel Maccabi Games. I have always planned on being involved in the community in some way so Maccabi being a well-run sports organisation, fitted right into my plans.

From afar I have always been impressed with the quality of athletes, coaches and ultimately the results the SA team achieves year on year and this motivated me to becoming involved in the organisation.

### Maccabi worldwide is largely driven by volunteers. From your own experiences, what are the main rewards of volunteering?

Like I've mentioned, contributing to the community has always been a goal of mine. Volunteer work is one way to build important personal characteristics as well as build a positive reputation.

It is vital for young adults such as myself to give back to the community and through sport I believe I can make a valuable contribution. Those who give of their time, energy and expertise in a voluntary capacity are respected and appreciated. One feels a sense of pride from volunteer work and especially when it's a field I am so passionate about, I'm able to learn a lot about myself and sport in general.

### What are your future goals for WP Maccabi?

My main goal for Maccabi is to steadily increase the delegation size we take to each Games. My aim is to grow all sports and promote opportunities for all those who seek to be involved.

Ultimately, I am a naturally competitive person so winning medals at the Maccabi Games is the dream. In addition, I would like to create an environment where our sportsman and sportswoman enjoy the process culminating in the Maccabi Games, thereby, building a culture of togetherness.

I would like to assure everyone that I will do my very best to continue the excellent work done by the legend Ronen Cohen as well as the rest of the Maccabi committee, ensuring WP Maccabi enjoys its rightful place in our community.

To contact Saul Jackson call 071 671 9916 or email: [wp@maccabi.co.za](mailto:wp@maccabi.co.za)

## Super Seniors make their mark in Croatian tennis championships

Shirley Engers and Maeve Samuels just returned from Umag, Croatia where they represented South Africa in the Super Seniors World Tennis Championships in the 65 to 75 age divisions. Shirley's 65-70-year-old age group came 8th out of 15 countries and Maeve's 75-80-year-old age group came 4th out of 10 countries.

Both have represented South Africa before, travelling to many different parts of the world. Two years ago Shirley played in Orlando, Florida in the brand new tennis academy where they had 100 tennis courts. Maeve's favorite tennis venue was in Turkey where they had 60 tennis courts on the beach with restaurants nearby.

Shirley and Maeve played together at Keurboom tennis club 40 years ago but Maeve now plays at the Glen Tennis Club, and Shirley has been at



*Shirley and Maeve*

at Camps Bay Tennis Club for over 30 years. They were both in the team that represented South Africa at the Maccabi Games in 1993.



*The South African Masters tennis team*



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