



Krawitz awarded for decades of service to community



United Jewish Campaign Chairperson Alison Katzeff presents Philip Krawitz with the Gerald Kleinman Award for outstanding service to the UJC at the Top Donors event held at The Lookout in March. Philip is currently the Chair of the UJC Board of Trustees and sits on many other communal bodies. He has been volunteering in Jewish communal organisations for over 35 years.

See pages 24 and 25 for more on the Top Donors event

Local entrepreneurs make a business of saving lives



Celebrating the official ribbon cutting for their office opening in Austin, Texas in January are RapidDeploy co-founder and CEO Steve Raucher, SA Ambassador to the US Mninwa Johannes Mahlangu, Austin Mayor Steve Adler and RapidDeploy co-founder and CTO Brett Meyerowitz.

In an emergency, every second counts. Born out of the emergency first responder community in Cape Town, local technology company RapidDeploy has captured the world's attention with its vision to reduce response times in an emergency and improve responder safety and situational awareness.

In 2012 Cape Town native Brett Meyerowitz, co-Founder and RapidDeploy CTO, returned from building his career in the UK, where he was the CTO for one of the world's largest online casinos, to build Africa's first cloud-native retail bank. In 2013 Brett became a volunteer paramedic for the Community Security Organisation (CSO) in Cape Town. Brett became increasingly frustrated with the poor emergency response times due to either antiquated or nonexistent dispatch systems. Brett developed the RapidDeploy platform to serve the local emergency service community.

At the same time that Brett was building his career in the UK, fellow Capetonian Steve Raucher followed a similar path by moving to the UK in 1995, spending the next 20 years of his career in the banking sector; he began in technology, then to the trading floors of UBS in New York and Credit Suisse and ICAP in London. Steve suffered a personal tragedy in 2006 when his older brother, Robert 'Bobby' Raucher, drowned off the shores of the Cape Town Peninsula. Upon returning to Cape Town in 2015 for a sabbatical, Steve decided to 'pay it forward' and started volunteering at the National Sea Rescue Institute's (NSRI) Station 2 in Bakoven that had recovered his brother's body almost nine years prior.

Continues on page 5

World WIZO turns 100



See page 44 for more from BZA WIZO

Chabad on Campus brings students together



See pages 48 – 49 for more Chabad on Campus

COVID-19 in our community

COVID-19 is fast-moving and our community needs to be responsive and responsible without being alarmist.

By the time you read this, any information we would have wanted to share with you in print may be outdated. We have therefore created an information hub on our website, which is being updated as information that affects the Cape Town Jewish community comes to us.

Please visit the hub often, to stay abreast of how our community is adjusting to best practice, under both the mandate of the government and suggestion of our communal leadership. Everyone has it in their power to do something to flatten the curve. Do your bit to minimise the effect this has on all South Africans.

Read more at www.cjc.org.za.

Regular contributors

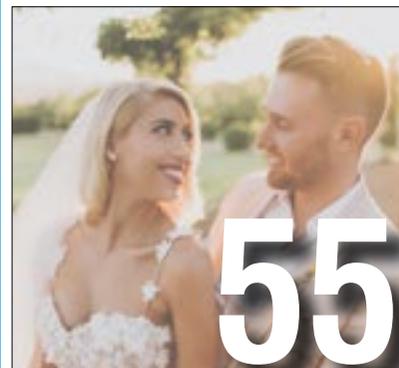
Page 3	Lindy with a why
Page 4	Community Noticeboard – Important COVID-19 info on communal events
	Shabbat Times
Page 4	PJ Library
	United Herzlia Schools
Page 8 – 9	SA Cape Jewish Board of Deputies
Page 10-14	SA Zionist Federation (Cape Council)
Page 14	Telfed
Page 16	Temple Israel
Page 17	Limmud
Page 18-19	Union of Orthodox Synagogues
Page 20	Cape Town Torah High
Page 21	SA Jewish Museum
Page 22	Phyllis Jowell Jewish Day School
Page 23	ORT SA Cape Education
	ORT Jet
Page 24-25	United Jewish Campaign
Page 26	Family Announcements
Page 27	Mensch
Page 28-30	United Herzlia Schools
Page 31-33	Cape Jewish Seniors Association
Page 34	Union of Jewish Women
	Melton
Page 35	The Herzlia Foundation
Page 36	Jacob Gitlin Library
Page 37	Mensch Changemaker of the Month
Page 38	Que(e)rying my Identity
	The Eliot Osrin Leadership Institute
Page 40	Jewish Community Services
Page 42	Anton Katz on the right to health
Page 46	Astra Centre
Page 44	Bnoth Zion WIZO
Page 48-49	Chabad on Campus
Page 54 -55	Simcha Snaps
Page 56	Chronic Ads
Page 57	Sports News

Features

Page 5	RapidDeploy saving lives
Page 6	Team Aaron rides the Cycle Tour
Page 26	From Stress to Success
	Gilad Stern on his aunt and the Spanish Flu
Page 34	Mick Waters ultramarathon success
Page 38	Contextualising the history and zeitgeist of a generation
Page 44	Con Travers' unbelievable life
	Jaime shines in the spotlight
	Dan Meyer on stolpersteine
Page 46	Make a mom smile this Mothers' Day
Page 50	Pesach in a time of COVID-19
	New Olim arrive to quarantine in Israel
Page 52	Startup Israel tackles Coronavirus
Page 54	Herzlia students at Jewish Lens exhibition
Pages 58-59	Young adults



24



55



34

Banking details:

Standard Bank — Branch: Thibault Square;
Branch code: 020 909; Acc no: 070 703 493;
Acc name: The Cape Jewish Chronicle Trust;
Acc type: Current

Zapper



SnapScan



**CSO emergency
number for security and
medical emergencies**

**24 hours
086 18 911 18**

CJC EDITORIAL BOARD

Chairman: Lester Hoffman. Ex-officio: Ben-Zion Surdut. Committee: Julie Berman, Geoff Cohen, Stuart Diamond, Kristy Evans, Barbara Flax, Rael Kaimowitz, Myra Osrin, Jonathan Silke. Editor: Lindy Diamond, Secretary: Tessa Epstein, Layout: Desrae Saacks, Digital coordinator: Lisa Shapiro

DISCLAIMERS

ERRORS, OMISSIONS AND CORRECTIONS The Cape Jewish Chronicle regrets any errors or omissions that may occur in the paper and, where possible, will attempt to rectify these in a subsequent issue, should such a measure be deemed appropriate.

No repeat advertisement or credits will be given for small typographical errors which do not appreciably lessen the value of the advertisement. The appearance of an advertisement or photograph does not necessarily indicate approval or endorsement by the Editorial Board for the product or service advertised or photograph reproduced, and it takes no responsibility for any loss or damage suffered by any person as a result of the reliance upon the information contained therein.

LETTERS AND OPINIONS Opinions expressed in this publication do not necessarily reflect the views of the Editorial Board or its sponsoring bodies. Letters submitted anonymously will not be printed. However, by agreement, the writer's name may be withheld in the publication. Letters are published subject to space being available. The Editor and the Editorial Board have the right to decide on the inclusion of any item submitted for publication. Letters may be edited for clarity, space and/or language.

KASHRUT Unless otherwise stated, food and catering services advertised in this publication are not under the supervision of the Cape Beth Din.

FINANCIAL You should always obtain independent expert advice prior to making any financial investment, commercial or other decisions. Do not enter into any transactions of the above nature, based partly or wholly on the content of any advertisements or articles published in the Cape Jewish Chronicle.

Lindy with a why

Why living in interesting times is a blessing and a curse

By Lindy Diamond, Editor Cape Jewish Chronicle



On Monday 16 March I tried to edit content for the Pesach issue with my staff, all of us working remotely; while simultaneously guiding three children through day-one of their online home schooling. There was a moment where I had to go take deep breaths outside. Radical change is not for sissies.

The night before, my eldest daughter and I sat and listened to the President lay out the protocols for the coming weeks and as her eyes teared up, I realised that I was watching a seminal moment in her life story. The language I use, and the attitude I adopt will become a framework upon which she will hang her entire experience of COVID-19. I have such power over how my children form memories around this time and I want to grasp the sliver of silver lining and run with that.

Never has my privilege, power and responsibility been more apparent. I may have lost my freedom of movement, but I still have so much.

I have a job that can be done remotely, and my team is motivated to make this new normal work. But with my job security and flexibility comes my social responsibility to keep paying those who rely on me financially, even if their work cannot be done remotely.

I also have the power to support those service providers in our community who may be suffering because of social distancing. Please try to support the Jewish businesses that are under real pressure right now, whenever you can.

I'm fortunate that I can shop infrequently (without panic-buying everything on the shelves) to minimise social contact, because I have enough money to do so.

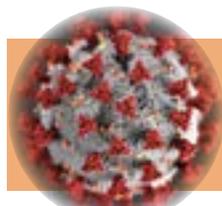
I need to think about those who can't, and how I can help them. Can I set up a weekly online delivery of the basics to help someone else in my community? Can I deliver food myself, or support my local food bank?

I can choose to keep my children enrolled in their extramurals. Even if at the beginning, the Facetime, Zoom or Skype lessons seem glitchy. I am ensuring that the wheels keep turning, and every little bit of grease counts.

I can explain to my children that we are not staying home because we are afraid of a virus. We are staying home so that we don't inadvertently share germs with someone who isn't as healthy as we are, or who may have an underlying condition. We are staying home so as to minimise our need for medical testing or intervention so that someone else will have it available when they really need it. We are staying home to flatten the curve.

I have a choice; I can focus on my family only and show my children that in a crisis we look in, or I can show them through our actions that we always have the option to be kind, to help those who have less than we do, to lead by example, and in these interesting times, set our narrative as the story unfolds.

Zissen Pesach, Chag Sameach! While our seder tables may be smaller this year, let the hearts that sit around them be bigger than ever.



For daily updates on COVID-19 and how it affects us as the Cape Town Jewish Community visit

cjc.org.za/COVID-19-updates-for-the-ct-jewish-community/

DAVID PADOWICH VEHICLE TRADING

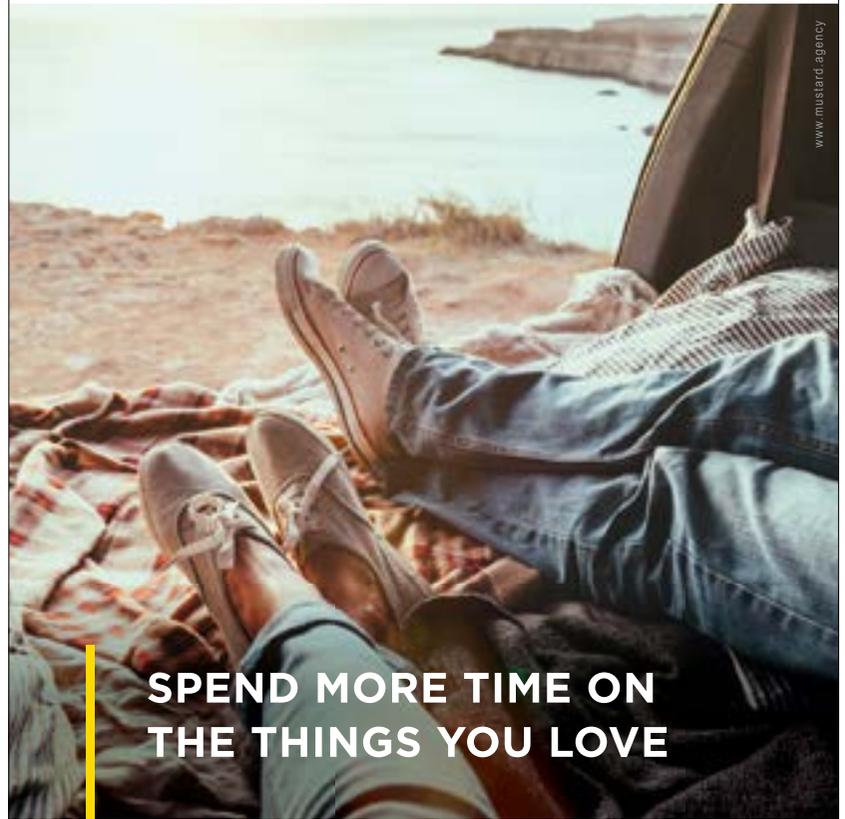
- We pay cash for your vehicle
- Sell used vehicles
- Broker car deals
- Sell on consignment
- Offer Roadworthy & Licensing

CELL: 082 499 0820
TEL: 021 434 3667
EMAIL: david@mobility@telkomsa.net



mgi bass gordon

AUDIT | TAX | ADVISORY



SPEND MORE TIME ON THE THINGS YOU LOVE

YOUR AUDIT, TAX AND ADVISORY IN THE RIGHT HANDS.

021 405 8500 • www.bassgordon.co.za

MGI is a worldwide network of independent auditing, accounting and consulting firms.

WE BRAVED THE DESERT FOR 40 YEARS

NOW GET READY FOR WINTER

Stitch-free construction to reduce down migration

South Africa's first range of 100% recycled down

Packable into an internal pocket

Elasticated cuffs and hem to keep the cold out



Men's Rio Down Jacket
R1799

SHOP IN STORE AND ONLINE | WWW.CAPEUNIONMART.CO.ZA | FANS FIND OUT FIRST

*Free Delivery on all online orders over R500. T's & C's apply. Visit www.capeunionmart.co.za or call 0860 3333 29. Stores nationwide. All our products are covered by our famous 5-Way Guarantee, ensuring that you always get the best price and advice along with the fairest return and exchange policy. Colours may vary in store.



Explore

Voluntary subscription now due for 2020 R350

We need your support to provide you with your monthly dose of all that's been going on in Jewish Cape Town



Banking details: Standard Bank — Branch: Thibault Square;
Branch code: 020 909; Account no: 070 703 493; Account name:
The Cape Jewish Chronicle Trust; Account type: Current

Please email confirmation of payment to advertising@cjcc.co.za and kindly quote your communal number, which you can find on your address label. Please also inform us of any change of address.

Cheques to: Cape Jewish Chronicle, P O Box 4176, Cape Town 8000,
Credit card: We no longer accept credit card payments over the phone. Please visit our office between 9 and 1 on weekdays.

It's easy to pay with your phone



Community Noticeboard

IMPORTANT COVID-19 INFO REGARDING COMMUNAL EVENTS

Our community cannot risk hosting large communal events whilst the COVID-19 virus is still a threat... and we must follow both the South African government's instructions and our community leadership's suggestions to minimise attendance at public gatherings.

The South African Zionist Federation (Cape Council) has cancelled the Yom HaZikaron and Yom Ha'atzmaut events.

The SA Cape Jewish Board of Deputies has postponed Yom HaShoah v'Hagevurah.

All the Cape Jewish Seniors Associations' Centres are closed. No outings, twilights, cards or activities. Social workers are available to take your call should you need them.

The Gardens Community Centre is closed to the public. Café Riteve, SA Jewish Museum, The Cape Town Holocaust and Genocide Centre and the Jacob Gitlin Library will therefore be closed until further notice. Regarding the Gitlin Library, due dates for borrowed materials will automatically be extended and no late fines will be assessed. The Gardens Shul is also now closed for services.

Strict access control to The Highlands House, Glendale, Astra (Rosecourt) and Oranjia has been implemented. For further information on specific organisation contact details, visit www.jewishcare.co.za.

Gifttime is closed until further notice. In lieu of gifts for Pesach, please consider donating to Astra. To do so, email Mandy at jsec@iafrica.com. For any queries, please email Frankye at wollach@iafrica.com.

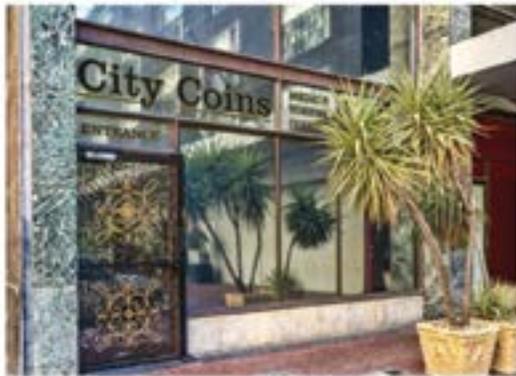
Limiting funeral attendance is recommended, in conjunction with social distancing.

Jewish day schools nationally are closed until further notice. Parents are advised to practice strict social distancing and avoid parties, play dates, sleepovers and events typically associated with school holidays.

For updates on how COVID-19 is affecting our community organisations, please visit our hub at www.cjc.org.za

City Coins

CAPE TOWN, ESTABLISHED 1967



COINS, MEDALS, COLLECTABLES

VALUATIONS, CONSULTATIONS
HOME VISITS AND ASSESSMENTS BY APPOINTMENT

CONTACT: NATALIE JAFFE F.S.A.N.S.

Street Level, Tulbagh Centre, Ryk Tulbagh Square, CT, 8001
TEL: 021 425 2639 FAX: 021 425 3939
nataliejaffe@citycoins.co.za www.citycoins.com

Accredited sole S.A. Representative to Dix, Noonan, Webb (London)



MOVED HOUSE?

REMEMBER TO UPDATE YOUR ADDRESS
email: chron@cjcc.co.za



Shabbat and Yom Tov Times

Date	Portion	Candle lighting		Ends
		earliest	latest	
3 April/9 Nisan	Tzav/ Haggadol	615pm	6.20pm	7.10pm
8 April/14 Nisan	Pesach 1st Day	6.13pm		
9 April/15 Nisan	Pesach 2nd Day	7.05pm		
10 April/16 Nisan	Chol Hamoed Pesach	6.10pm	7.01pm	
14 April/20 Nisan	Pesach 7th Day	6.05pm		
15 April/21 Nisan	Pesach 8th Day	6.59pm	6.58pm	
17 April/23 Nisan	Shemini	6.02pm	6.53pm	
24 April/30 Nisan	Tazria/Metzora	5.54pm	6.45pm	

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

Follow the Chronicle online

- www.facebook.com/capejewishchronicle
- www.twitter.com/CapeChronicle
- <https://www.instagram.com/capejewishchronicle>
- www.linkedin.com/company/cape-jewish-chronicle
- www.cjc.org.za

Local entrepreneurs make a business of saving lives

Brett and Steve were introduced in 2016. Steve immediately identified the significance of what Brett had built and joined RapidDeploy to help commercialise the platform. He invested to fund the initial growth of research and development, joining forces as CEO to complement Brett as CTO.

Six months later, Steve attended a conference in Budapest, Hungary, and met Dr. Brian Fontes, President of the North American Emergency Number Association (NENA). Dr. Fontes was astounded that RapidDeploy had built what he considered to be lacking from the US Public Safety Industry. Dr. Fontes then invited Steve to present the platform at the NENA Conference in San Antonio, Texas, in June 2017. The rest, as they say, is history.

Says Brett, "At RapidDeploy, we take our responsibility of making a difference in public safety seriously. We don't stop when we're tired; we stop when it's done. I want everyone at RapidDeploy to be part of building a legacy, to be speaking to their friends, their family, to look them in the eye, and to say, 'I am making a difference.' For me, the proudest moment was when I received a call

from Steve in San Antonio saying that we were on the right track. The validation that the thousands of hours that we spent building our platform was exactly what the world was after. There have been a lot of times where we felt like we are trailblazing, where we have been on the bleeding edge of technology, where we have had to work things out on our own, but it's so rewarding when, after those hours spent trying to solve a problem, we are actually able to really see the fruits of our labour."

In 2018 RapidDeploy achieved a key milestone when they teamed up with US telecoms giant AT&T to provide 9-1-1 technology services with its platform. The United States was at that stage generating 95% of RapidDeploy's sales, prompting the decision for Steve to move his family and set up headquarters in the United States to service the US Public Safety market.

2019 was a remarkable year for RapidDeploy.

They opened their office in Austin, Texas in January and also raised the highest series-A investment out of any South African tech firm in 2019, making RapidDeploy one of the best-funded start-ups ever to come out of

Africa, having raised over R250m in investment as well as solidified their partnership with Microsoft and AT&T.

The company started gaining respect and recognition within the industry, being named Microsoft US Partner of the Year for Government Industry 2019. They also signed state-wide contracts for California and Kansas 9-1-1 agencies and are about to announce several more.

RapidDeploy's journey does not stop here. In a short space of time, this booming start-up has grown from two staff members to 110 employees globally, seventy of which work from the Cape Town headquarters in Century City. They have deployed the RapidDeploy Platform to over 35 agencies around the world, with the solution deployed as far afield as Fiji, and to date have processed millions of emergency calls, reducing emergency response times and saving lives in the process.

They continue to attract South Africa's brightest talent in software engineering and development, hiring senior developers from Online Gaming and FinTech. Brett and Steve are committed to helping improve the quality of Emergency Services for all the citizens of the world.

RapidDeploy wants to democratise Public Safety, ensuring the imperative that their tech is both affordable and deployable to any dispatch centre anywhere in the world whether they have one dispatcher and one vehicle or one hundred dispatchers and one thousand vehicles.

Says Steve, "RapidDeploy is a company that was started out of necessity by my business partner and friend Brett, who being on the road as a volunteer paramedic in 2013 scratched his head and asked 'how is it possible that in South Africa ambulance services don't know where their vehicles or responders are?'. Brett being a man of extreme technical ability decided to solve that problem by himself over weekends and evenings. When I met Brett in 2016, we were immediately aligned and agreed to join forces and we now have a company spanning three continents. Without sounding like too much of a romantic, life is about pursuing your dreams. I believe the most powerful message in life and in business is that if your dreams don't scare you, you're not dreaming big enough."

For more information, visit www.rapiddeploy.com

EFFORTLESS STYLE AND GLAMOUR

Joseph Ribkoff

SEA WEEDS

- 56 REGENT ROAD,
SEA POINT (OPPOSITE PRIMI PIATTI)
P 021 433 1250
- SHOP 48B,
CONSTANTIA VILLAGE
(OPPOSITE EXCLUSIVE BOOKS)
P 021 794 8233

WWW.SEAWEEDES.CO.ZA



Team Aaron rides Cape Cycle Tour in aid of Aaron Lipschitz



Joseph Meltzer, Rabbi Pini Hecht, Aaron Lipschitz, Nissim Brett and Yehuda Hecht

On 8 March a group of eight riders, calling themselves Team Aaron, completed the Cape Cycle Tour to raise money for Aaron Lipschitz' medical costs.

The group, comprising Rebbetzin Sara Wineberg, Rabbi Pini Hecht, Yehuda Hecht, Elenor Miller, Joseph Meltzer, Nissim Brett, Ronit Netter and Terry Deats, accumulated funds via a Back-a-Buddy page titled 'Riding for Aaron'.

He still struggles to consume food, and a second diagnosis was found — this explains Aaron's severe food allergy. Thus, despite Aaron's beating the odds, he requires a substantial amount of ongoing medical intervention.

Indeed, once Rebbetzin Sara learnt how costly the various immunotherapies and other medical costs required for Aaron were, she was inspired to help by raising enough money to cover medical aid for the year, which comes to R120 000. Even once the Cycle Tour had passed, people have continued to donate and, as of 12 March 2020, the total amount raised by Team Aaron stands at an amazing R128 555.

Three of the riders, Yehuda Hecht, Joseph Meltzer and Nissim Brett, are students at Cape Town Torah High and have been invaluable to the team. Rebbetzin Sara notes, "Three of our boys [from CTTH] were really keen to ride for the cause... they were phenomenal with raising funds and enthusiasm. Not only that, they really connected with Aaron; they made time to be with him, met up with him and really just enjoyed the whole experience of giving emotional support as well as financial support. The boys were incredible."

For more information visit the family's Facebook page, titled 'Save Aaron'.



Rebbetzin Sara Wineberg

Toward the end of 2019, Rebbetzin Sara Wineberg, who first rode the Cycle Tour last year as a fundraiser for a new mikvah, came up with the idea to embark on the race as a way to contribute to Aaron's ongoing medical care. Indeed, she said that her "initial idea was that if we could cover Aaron's medical aid for the year, that would be amazing — and we did."

Five-year-old Aaron Lipschitz is the only child in the country who has been diagnosed with Interleukin-12 Receptor Defect. This means that, as a result of the way in which the cells in his immune system interact, he cannot fight infections; there is no cure for such a condition. Additionally, Aaron cannot digest food without becoming very ill and receives sustenance through a MIC-KEY feeding port in his stomach.

In 2018, Aaron survived a bone marrow transplant — a risky procedure in that chemotherapy was required to destroy his original immune system. Despite the transplant, his immune system has not redeveloped as well as was hoped, and he needs weekly treatment at the hospital to boost it and to overcome potential infections.



Elenor Miller and Terry Deats



PJ Library
CHAG PESACH SAMEACH!

Try this recipe with your kids...

MATZAH TOFFEE TRUFFLES

INGREDIENTS:
16 OUNCES KOSHER FOR PASSOVER SEMI-SWEET CHOCOLATE
1 CUP HEAVY CREAM
½ CUP LEFTOVER MATZAH TOFFEE, CHOPPED
½ CUP COCOA POWDER

PREPARATION:
COARSELY CHOP THE SEMI-SWEET CHOCOLATE, AND PLACE IN A MEDIUM BOWL.

POUR HEAVY CREAM INTO A SAUCEPAN, AND PLACE OVER MEDIUM HEAT ON THE STOVE. JUST AS THE CREAM BEGINS TO BOIL ALONG THE EDGES, REMOVE FROM HEAT, AND POUR OVER CHOCOLATE. LET SIT FOR 1 MINUTE, AND THEN GENTLY STIR THE CHOCOLATE UNTIL ALL THE CREAM HAS BEEN INCORPORATED.

COVER THE CREAM AND CHOCOLATE MIXTURE WITH PLASTIC WRAP, AND REFRIGERATE FOR TWO HOURS OR UNTIL FIRM.

WHILE THE CREAM FIRMS, SET OUT YOUR CHOPPED MATZAH TOFFEE AND COCOA POWDER. EACH SHOULD BE IN ITS OWN SEPARATE BOWL. YOU'LL ALSO WANT TO LINE A COOKIE SHEET WITH PARCHMENT PAPER FOR THE NEXT STEP. ONCE THE CHOCOLATE MIXTURE HAS COOLED AND FIRMED, REMOVE IT FROM THE REFRIGERATOR. USE AN ICE CREAM SCOOP OR SPOON TO SCOOP OUT ONE TABLESPOON OF THE MIXTURE. USE YOUR HANDS TO FORM LITTLE BALLS AND THEN PLACE THESE ON YOUR COOKIE SHEET.

ONCE ALL THE BALLS ARE FORMED, ROLL THEM IN EITHER THE TOFFEE OR THE COCOA (OR BOTH, IF YOU'RE FEELING MIGHTY).

REFRIGERATE THE TRUFFLES UNTIL YOU'RE READY TO SERVE THEM. THE TRUFFLES CAN STORED IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR FOR UP TO ONE WEEK.

LIQUID CRYSTAL / 5697



The HERZLIA Haggadah הגדה של הרצליה

WITH TRANSLATION, QUESTIONS AND ANSWERS



THE PERFECT GIFT FOR ONLY R200



SHOP ONLINE www.herzlia.com

WE KNOW WHO WE ARE — Connect with your heritage in a meaningful way with The Herzlia Haggadah. The Herzlia Haggadah costs R200 with a 10% discount for orders over 10. Orders outside of Cape Town will incur additional courier charges. Contact Tracy Klass on 021 286 3502 or email tracy@herzlia.com



#HERZLIA80



CELEBRATING EIGHTY YEARS OF EXCELLENCE





(for Pesach and all year round)

For a complete print solution, look no further than **Kadimah Print**. Based on values of honesty, integrity and fairness, our family-run business provides customers with an assurance to deliver print perfection, quality service, and competitive pricing, in an exacting, yet cut-throat industry. To find out more visit www.kadimah.com, email sales@kadimah.com or call us on **021 555 0091**



YOUR PLAN. OUR PURPOSE.

IMAGINE WANDERING THROUGH A DESERT FOR 40 YEARS.

Wandering towards the Promised Land. Wondering what reward you'd find there. 40 years of ups and downs, 40 years of constantly pushing forward towards the beautiful destination. It's kind of like a long-term investment. It takes time, effort, and commitment. So, whether you want to invest for 5, 10 or 40 years, we're committed to being there, walking with you and guiding you, every step of the way.

INVESTMENT PLANNING | PRE-RETIREMENT PLANNING | RISK PLANNING | ESTATE PLANNING | GROUP RISK BENEFITS | MEDICAL AID

PORTFOLIO BUREAU

PRIVATE WEALTH MANAGERS

+27 (0)21 419 2277 | admin@portfoliob.co.za | www.portfoliobureau.com | Authorised Financial Services Provider.



KEEPING IT REAL

Stuart Diamond, Executive Director, Cape SAJBD

Who is sitting at the table?

“For to be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.” Nelson Mandela

In February I was gifted a crocheted yamulka that has a rainbow pattern running around the edge.

It now sits on my desk as a reminder of the responsibility I have to ensure that in our Democratic rainbow nation we must “live in a way that respects and enhances the freedoms of others.” The Cape Town Jewish community is not homogenous, it’s diverse and has many valuable voices.

Chief Rabbi Ephraim Mirvis said “At Pesach we are encouraged to grapple with one of the most profound questions to confront human civilisation: What is freedom?” And as we reach the month of April, we as South Africans, and Jews, are reminded of this important question.

This Pesach, in the context of challenges facing our community and the world, nothing is more urgent than the ancient Jewish task of pursuing justice, truth, freedom and dignity for all.

As I sit first night at a communal seder, and second night at a friend’s, how will I celebrate my freedom; an act that is defined as the state of being free, independent and without restrictions? Pesach is more than just a holiday. It is the journey each of us is invited to take from slavery to freedom, tracing out the route of one of the most powerful human events in our history.

Laura Janner-Klausner, Senior Rabbi to Reform

Judaism, says “When we tell our story of freedom from slavery, and the exodus from Egypt, we are reminding ourselves not just of the past, but the present too.”

Jonathan Wittenberg, Senior Rabbi, Masorti Judaism, says “The Haggadah, the Passover story, is the foundation of Judaism. Our people is born, not amidst battles and victories, but in slavery. Through experiencing injustice, cruelty and the loss of freedom, we learn the importance of justice, truth, compassion and liberty. These values form the basis of our faith, our ethics and the society we strive to create.”

I see these two seders as an opportunity to start rectifying some of the most pressing concerns that

I see in our community. This year, when we open the door for Eliyahu I will ask myself “who at the table is not free?” I will look for those who may be battling to have their voice heard in the community, or who can’t talk about their mental illness, sexual identity or financial position.

As Cape Town Jews, we have to accept that we all have a responsibility to bring freedom where there is oppression, hurt, fear and pain. So that we all become ambassadors of #noplaceloforhate.

This year may we all be blessed to use Pesach as the tool to start the conversations that will set us free. *Chag Sameach.*



Reflections on freedom in 2020



GREG FLASH, PREVIOUS BOARD MEMBER: I feel freer than I have probably ever felt in my life and for this, I am very thankful. As a Jew in South Africa, although there is antisemitism, it is very limited compared to history. With all the crime and problems we have in our country, we have far less antisemitism than other places in the world. What concerns me most is that my spouse and my daughters are not free because of the scourge of gender-based violence in our society. In my mind, they are not free — which is terrible. The other slavery that restricts much of our population is educational and economical. For so many, it is near-impossible to improve their lives because of their upbringing and family background. I, therefore, believe that for me to be a truly free South African, it is my obligation to help change this. As Eleanor Roosevelt said: “With freedom comes responsibility.”



VIV ANSTEY, VICE-CHAIRPERSON: Pesach is our family time to share intergenerational conversations about oppression and liberation, discrimination and equality, the relevance of the specific texts in the Haggadah and narratives that resonate today, including those on power, questions and engagement, and retelling our stories, for relevance. The rituals and symbolism of Pesach and the Seder bring the traditions of our past into the now, securing the links in our chain from generation to generation. Freedom cannot be fully understood nor embraced when persecution, hatred and inequality permeates. Our human rights are contingent on our obligations and responsibilities to care deeply about each other and the other, as we remember that we were strangers in Egypt. This verse is repeated weekly, lest we forget. It is the value of Jewish continuity and learning.



SIMONE SULCAS, BOARD MEMBER: Every Pesach, come what may, we sit down to the Seder and this tradition inextricably binds our family to each other and Jews, past and present. Pesach is our code of conduct. We experienced oppression and then freedom, both spiritually and physically. In the Jewish tradition of Tikkun Olam, we are not only obligated to pursue social justice, but it is incumbent upon us to transmit this pursuit to the next generation. This chag is a warning to every generation that complacency and inaction can threaten our freedoms.



RAEL KAIMOWITZ, CHAIRPERSON: Pesach is a time to reflect and remember that even though we, the Jewish people, had reached the lowest of lows while enslaved in Egypt, it was at that lowest point that Hashem redeemed us and made us into a nation. Whatever situation we may find ourselves in, as individuals, as a family or a community, no matter how helpless or desperate, there is never a time to give up. There is always space for growth and connection. The Torah reminds us to treat the ‘other’ with respect and honour. Why? Because you, too, were slaves and strangers in the land of Egypt. Looking the other way while people suffer is not a Jewish value. We do not have to go far back in history to see the calamitous outcome when people lose their freedoms and human rights. We should speak up and act when it happens. The Egypt experience demands it of us.

CHAG KASHER V'SAMEACH



ON THIS FESTIVAL OF FREEDOM AND DIVERSITY





CAPE
SA JEWISH BOARD
OF DEPUTIES

From the office of the President of Lithuania

Around 96% of Jews in Lithuania were killed during the Holocaust, most of whom were killed in the summer of 1941. Most South African Jewish families are descendants of Lithuanian refugees.

Earlier this year, the Cape SAJBD was approached by community members with concern that a member of Lithuanian parliament, Aruna Gumuliauskas, planned to propose that a law be passed denying Lithuanian involvement in the Holocaust and placing responsibility squarely with German and Russian governments. The Cape SAJBD, members of the Congolese community and members of the Rwandan community all wrote letters to the Office of the President of Lithuania, strongly opposing the suggestion and highlighting the deaths of our people.

The Head of Reception, Asta Bogušienė, at the Office of the President of Lithuania wrote back to us, as below.

Dear Mr Stuart Diamond,

Your letter was received by the Office of the President and was taken into consideration.

In response to your letter, we would like to point out that there is no draft legislation registered by any member of the Lithuanian Seimas (parliament) concerning the Holocaust denial.

The Lithuanian Seimas has a long record of adopting legislation commemorating the victims of the Holocaust, condemning Nazism and its collaborators during World War II. In 2011, the Seimas adopted a law on goodwill compensation for the immovable property of Jewish religious communities. Recently (on 28 January this year), Lithuanian parliamentarians made a statement on fighting antisemitism and noted that Lithuania did not support any attempts to interpret the historical memory of the Holocaust.

Lithuania is a vibrant democracy where a mature debate about the very complex and difficult chapters of our history is ongoing. We are confident that throughout the political process in the Seimas, any attempt to impose a one-sided, radical approach, contradicting long-standing principles on the Holocaust issues will be defeated.

President Gitanas Nausėda stated on 23 January this year: "The annihilation of the Lithuanian Jewry in the Shoah is the greatest loss to my country and the whole of Europe. To learn this lesson means a resolute engagement to fight against anti-Semitism, both old and new. It means to educate a tolerant citizen of an open state. It means to restore justice. It means to assure that such human tragedy will never happen again."

Sincerely,

Asta Bogušienė

Head of Reception

Office of the President of the Republic of Lithuania
Reception Division

Yom HaShoah V'hagevurah: a history

Most South African Jews came from Eastern Europe between 1880 and 1930, with some from Germany in the 1930s and others from Rhodes Island in the 1960s. After the Holocaust, only 5% of East European Jews, 10% of Rhodes Island Jews and 65% of the Germany Jews (who hadn't by then emigrated) remained alive. It was an unparalleled tragedy — the communities had lost touch forever with their entire families and places of origin. How to cope with the loss? How to memorialise it?

Remembrance is a vital human activity that shapes our links to the past, and the ways we remember define us in the present. We need the past to anchor our identities and to nurture a vision of the future.

Israel held its first Holocaust Remembrance Day on 28 December 1949, when they buried ashes and bones of thousands of Jews from the Flossenbergl Concentration Camp in a Jerusalem cemetery. Two years later, Israel commemorated its first officially-organised service. However, it took several years for the country to decide on an official, suitable date. It was only in 1959 that Prime Minister David Ben Gurion finally passed the Martyrs' and Heroes' Remembrance Day Law, with the start of the Warsaw Ghetto Uprising chosen as the official commemoration date.

It took time for Cape Town to arrange a community event. At first, commemorative functions or educational programmes were organised by the Sephardi congregation, by Orthodox congregations, by the Cape SAJBD, by Herzlia and by the She'erith Hapletah.

Cape Town's was a society of survivors that started in 1952 when some survivors from Johannesburg on holiday in Muizenberg, bumped into Miriam Lichterman on the beach. She invited them for tea with other survivors, where Xavier Piatka suggested that they start their society to promote social and cultural ties with each other and provide support and assistance. Xavier served as secretary and Nahum Zolin as chairman. In 1967, Nahum was key in having every Cape Town synagogue install and light smaller replicas of the six-branched menorah placed as a Holocaust memorial at Pineland No 1 by She'erith Hapletah. Later, a stone monument replaced the original memorial.

From 1976, the ceremony became an inclusive communal ceremony organised by the Cape SAJBD and the Union of Orthodox Synagogues. It included both the Ashkenazi and

Sephardi communities and attracted between 1,000 and 1,800 people. Today, it still attracts over 1,000 people, including members of Parliament and the Cape Town City Council, representatives of the diplomatic service and interfaith bodies.

Things change. As attendance of the annual Remembrance Day ceremony at Gardens Synagogue dwindled, Yom HaShoah included the laying of wreaths by armed forces at the War Memorial as its closing item, honouring the Jewish soldiers who died fighting. At a stage the Cape SAJBD became the sole sponsoring body of this annual event. Due to controversies over women singing as part of the ceremony, today, the ceremony is observed in two parts. It begins with female voices, and after a short break, after which more orthodox people join in the second part.

The ceremony is always interesting and thought-provoking, always powerful and moving, and we would be honoured to have the community come out in its thousands this year to join us. Together, we remember those Jews who were killed for no reason other than their beliefs.



Miriam Lichterman

YOM HASHOAH V'HAGEVURAH

A commemoration service for the victims
of the Nazi Holocaust will be held at...

CAPE
SA JEWISH BOARD
OF DEPUTIES

PINELANDS JEWISH CEMETERY 2

TUESDAY 21 APRIL 2020 | 12:45 - 14:00



Next year in Jerusalem

VIEW FROM THE CHAIR



By Esta Levitas,
Chairman, SAZF Cape Council

We will shortly be observing Pesach (literally 'protection') where we remember the Exodus, with the story that has been passed on from one generation to another, as if each generation has been present during these miracles and personally experienced slavery.

It is incumbent on each of us to thank, praise, and bless Hashem for delivering us from slavery to freedom, from suffering to joy, from subjugation as a people to redemption as a nation and from mourning to festivities.

During Pesach we remember that pivotal moment when we first became a people with a mission and a code for life. Pesach reminds us of both our freedom and the freedom of others. It offers a beacon of hope to

the oppressed, in whatever form that oppression may take, and provides hope that with the help of Hashem the world can become a better place. It provides context for the struggles

It is incumbent on each of us to thank, praise, and bless Hashem for delivering us from slavery to freedom, from suffering to joy, from subjugation as a people to redemption as a nation and from mourning to festivities.

and sacrifices of all suffering peoples and reminded us that Hashem cares deeply about their plight and their wish for freedom and justice.

This context of restorative justice

resetting the wrongs wrought against us has been repeated in struggles for freedom all over the world, as well as the struggle to overcome the wicked system of Apartheid in our own country. It has provided hope to Jews throughout the millennia that Hashem cares about our precarious existence and that every year we can reaffirm our hope that we will soon be set free from what binds us.

Our generation has truly been blessed to see the fulfilment of the prophecies and our hopes for the rebirth of the land that Hashem has promised to Abraham. We can truly mean it when we say "next year in Jerusalem."

Wishing everyone a meaningful Pesach.

*Esta Levitas,
Chairman SAZF Cape Council*

FILM CLUB

Film to be announced

Each month you are invited to join us as we highlight different genres of Israeli film. All our films come directly from Israel and are subtitled. They generally fall into the 'nouveau' category and are award-winning films that serve to showcase the diverse nature of Israeli society.

Films are shown at the Nelson Mandela Auditorium and refreshments are provided. Entrance is free but donations are welcome.

Should you wish to receive notice of these screenings send an email to sazfevents@ctjc.co.za

Watch out for the April screening to be announced soon!

POSTPONED UNTIL FURTHER NOTICE

MOVIE To be announced

DATE Sunday 26 April 2020

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.

Shalom!

Join us for our 2020 Ulpan!

Beginners, Intermediate and Advanced

x2

semesters

January to June 2020

July to December 2020

Snap here to pay

Must have own Laptop or Tablet

R3 900 per semester Pay for the year and get a substantial discount.

Banking details SA Zionist Federation Cape Council; Standard Bank, Thibault Square; Acc 07 070 4147 Ref "Your name/Ulpan"

For more information call: **SHARON 021 286 2130** or email: israelcentre@ctjc.co.za

Brought to You by



Hof HaCarmel councillor visits Cape Town

Asif Izak, the head of Israel's Hof HaCarmel Regional Council, visited South Africa in February.

The trip was organised in conjunction with Habonim Dror Olami and the SAZF (Cape Council). The Israeli politician sought to prioritise a visit to South Africa saying he understands the pressures of the Boycott, Divestment and Sanctions (BDS) movement and came with a message of encouragement for the local community "You aren't alone — keep going."

Whilst in Cape Town Asif visited Parliament with Steve Swart from the ACDP and attended several meetings including facilitating an online interaction between pupils from his region and in Cape Town, allowing them to study and engage with each other



Asif Izak and Steve Swart MP (ACDP) at Parliament

in real time.

Asif hopes to build bridges and create new mutually beneficial partnerships between South Africa and Israel.

A water-wise future is possible

Dr. Clive Lipchin, director of the Centre for Transboundary Water Management in Israel gave a most enlightening talk at the University of Cape Town on 13 February.

The lecture was hosted by South African Friends of Israel and it was a great opportunity to hear about Israel's experiences with water and to understand what South Africa can learn from his country. He spoke about the shared challenges that Israel and South Africa face when it comes to water; both countries are water scarce and have a high population growth. He highlighted that the turning point for Israel was the acknowledgement that relying on natural water was not sustainable and that alternative water resources needed to be established.

Dr Lipchin elaborated on the non-conventional means of securing water in Israel; desalination and the productive use of treated waste water

in agriculture. He also noted the environmental and political benefits of relying on alternative water resources.

South Africa relies solely on natural water and can learn a great deal from Israel, who used to be in the same position but can now boast a water surplus. Water is an issue of tremendous importance to all South Africans and Dr Lipchin's talk outlining Israel's water progress provided a significant and optimistic framework for our country.



Benji Shulman, Galya Tregenza and Julie Berman (South African Zionist Federation), Dr. Clive Lipchin and Chris Eden (Bridges for Peace) at the University of Cape Town

Internationally acclaimed artist spends time with local students

The International Public Arts Festival, arranged by Baz Art and held in Salt River from 10-14 February, was a great success and saw artists from all over the world congregating in Cape Town.



Nir Peled with Good Hope Art teacher Mrs Ingrid van der Heijden, Galya Tregenza from the SAZF Cape Council and Danielle Conibear from Cape Town Torah High

Amongst these artists was Israeli Nir Peled who has achieved international acclaim for his work. Following on from the Arts Festival, the South African Zionist Federation (Cape Council) arranged for Nir to take part in a community art project with two local Cape Town schools.

Nir, who was brought to South Africa by the Israeli Embassy, is an artist and graphic designer that has gained worldwide recognition from murals around the world and museum showcases and exhibitions.

Around the theme of the upcoming Jewish holiday of Purim, Grade 9 and 10 students from Good Hope Seminary School and Cape Town Torah High came together for an informal afternoon of art, discussion and the opportunity to engage with and learn from Nir. Great fun was had as the art students painted and decorated Purim masks and listened to Nir share about Israel and his art.

Through their common love for art and creativity, this diverse group of people discovered all they had in common and it was an enriching experience for all who took part.

www.pilpeled.com/



Art students showing off their creative Purim masks



Good Hope Seminary and Cape Town Torah High art students having fun with Israeli artist, Nir Peled



From Sadness
to Celebration
 An evening of story and song as we transition from **Yom Hazikaron** to **Yom Ha'atzmaut**

POSTPONED UNTIL FURTHER NOTICE

Tuesday, 28th April 19h00 Herzlia High School Hall
 RSVP to Sharon on 021 286-2130



YOM HA'ATZMAUT
 CELEBRATING 72 YEARS OF ISRAEL
29 APRIL 2020
 FOOD & SHUK STALLS | CHILDREN'S RIDES | CAMEL RIDES | LIVE SHOW DIRECTLY FROM ISRAEL
 FEATURING **KIPPALIVE**
 Venue ZIP ZAP Circus
 Gates open 16h00
 Entrance Rider: R80 | Non Rider: R60 | Children under 3 FREE

POSTPONED UNTIL FURTHER NOTICE

Tickets available at the gate
 or on Howler: <http://bit.ly/2HE290c>

BDS

Burning bridges instead of building them

The BDS (Boycott, Divestment and Sanctions) campaign against Israel is one that seeks to isolate Israel and win a propaganda war instead of working towards achieving a real and lasting peace.

BDS is guilty of the following:

- Shutting down dialogue
- Creating rifts and preventing coexistence
- Weakening constructive forms of engagement
- Harming the Palestinian economy
- Opposing negotiation
- Preventing discussion and activity that contributes to scientific, academic and artistic progress
- Perpetuating an inaccurate historical narrative
- Destroys lucrative Palestinian jobs

More and more countries are choosing to distance themselves from the BDS movement as it shows itself to be an inciteful campaign that does not contribute to any positive co-operation.

Freedom House evaluates countries throughout the world and apportions a percentage score dependent on each country's human rights performance. Israel, (79%) despite facing constant terrorism, ranks above every country in the Middle East and North Africa, with Syria scoring a low of minus-one and Jordan a high of 37%. Israel's record is better than South Africa's (78%) and just behind the USA (86%).



CANADA - Non-binding motion passed in Legislative Assembly of Ontario in 2016

The motion called on the legislature to "stand against any movement that promotes hate, prejudice and racism and to reject the differential treatment of Israel by the BDS movement".

Motion supported by the two largest parties in Ontario.



CZECH REPUBLIC - Non-binding resolution passed by the Chamber of Deputies in 2019.

The resolution "condemns all activities and statements by groups calling for a boycott of the State of Israel, its goods, services or citizens."



FRANCE - The Lellouche Law passed in 2003 extends anti-racism laws to the targeting of specific nations for discriminatory treatment.

The Lellouche Law has been applied against BDS activities.

French courts treat BDS as a hate crime.



GERMANY - Bill passed in Munich in 2017 that banned boycotts of Israel.

Munich was the first German city to deny space and public funds for the BDS campaign.

In 2018, the State Office for the Protection of the Constitution in Baden-Wuerttemberg called BDS a "new variation of antisemitism".

The parliament of North Rhine-Westphalia, Germany's most populous state, banned public institutions from hosting and supporting BDS groups in 2018.

In 2019, the German Bundestag passed a symbolic, non-binding resolution declaring BDS antisemitic.



UNITED STATES - Various resolutions condemning BDS by executive order or legislation have been passed.

Currently, **28** American states have passed laws that either restrict or ban individuals or companies dealing in state contracts from boycotting Israel.

In 2019, the US House of Representatives passed a bipartisan resolution denouncing the BDS movement.



UNITED KINGDOM - British Prime Minister Boris Johnson plans to introduce a new piece of legislation making it illegal for UK public bodies to work with those involved in the BDS campaign.

The pledge to "ban public bodies from imposing their own direct or indirect boycotts, disinvestment or sanctions campaigns against foreign countries," was stated in the Conservative party manifesto.



ARAB COUNCIL FOR REGIONAL INTEGRATION - This newly founded group has 32 members including Arab journalists, artists and politicians.

The group includes a number of prominent figures such as late Egyptian President Anwar Sadat's nephew and namesake Anwar Sadat, Lebanese cleric Saleh Hamed, Palestinian academic Mohammed S. Dajani and the Egyptian managing editor of Majalla (political news journal), Mustafa el-Dessouki.

The group issued a landmark statement in 2019 calling for the development of relations with Israel and the rejection of calls to boycott Israel.



Cape Town Aliyah, Masa and Higher Education Expo 2020

The Radisson Blu hotel in Sea Point was buzzing with Israeli accents during the Aliyah, Masa and Higher Education Expo which took place on 19 and 20 February.

An educational and most helpful time was had by all as representatives from various organisations in Israel opened up a world of possibilities to all the visitors. Representatives from banks, government departments such as Education, Health and Welfare and Employment, as well as property companies were available to answer questions and provide information to anybody interested in making Aliyah.

People who came to learn about Aliyah could start from the basics and get an understanding of the Aliyah process, what their first steps in Israel would be like, learn about what to expect in Israel and what rights they will have. They could speak to different municipalities and choose the best place to live, meet with property companies to start looking for their new home and talk with employment advisors to gain an understanding of what the job market is like.



Lilach Amsalem, Ortal Dary, Michal Bar-Lev, Ilai Wagschal, Sharon Glassman



Hannah Shiver and Livnat Katz representing MASA

High school students and their parents received a lot of information about opportunities to take a gap year in Israel or to study in Israel and details were given about various bursaries that are available.

Over two days, more than 250 people came to listen to talks and meet for one on one appointments with the different agencies represented at the Expo. We at the Israel Centre invite you to continue the conversation with us. Let us help you to make the correct decision for yourself.

*Please reach out to us if you require any more information.
Sharon Greenblatt (Aliyah Department) 021 286 2130
Michal Ilan (Community and Aliyah Shlichah) 021 286 2131*

Find us SA Zionist Federation - Cape Council @SAZF_Cape @sazfcapecouncil

www.sazfcape.co.za



Navigating the job search in Israel with Telfed

One of the biggest concerns prior to Aliyah is finding gainful employment. A new language, an unfamiliar work culture and no network are some of the limitations facing our new Olim.

Telfed's Employment Advisor Yael Strausz, and Career Counsellor Michal Merten, guide our Olim as they begin the job hunt in Israel. In 2019, 570 Olim received free employment counselling from Telfed. This equated to 1676 counselling sessions; 11 percent of these meetings took place prior to Aliyah.

Michal and Yael share their 'Ten Commandments' for an effective job search in Israel:

1. Learn Hebrew
2. Decide on the job you are looking for — don't say "I'll do anything", that is probably not entirely true and doesn't help you focus on your goal. Set your goal, create a strategy.
3. Thinking of making a change? Make a list of your skills and look



Telfed representatives, Yael Strausz and Michal Merten, advising job seekers at the 2019 Job Fair, Renanim Mall, Ra'anana

4. Create a CV (ask us for the Israeli template) that is focused on the position(s) you are looking for. Tweak it each time to fit to the specific position.
5. Looking for a job in engineering, high tech, biotech, finance or marketing? LinkedIn is your

6. Use Glassdoor for job posts and information on companies (including salaries and organisational culture).
7. Be sure to use industry related words as recruiters use those

to source for candidates on LinkedIn and to identify potential candidates from among the CVs sent.

8. Find networking events — go out and introduce yourself.
9. Prepare your "elevator pitch", your 5 sentences that say it all — your name, your skills and expertise and the job you are looking for. The more specific you are when you tell people you are looking for a job (and do let everyone know) the better your chances.
10. Learn Hebrew.

While not a placement agency, Telfed's employment team is available to advise and guide new and veteran Olim who are seeking employment. With a focus on providing jobseekers with the tools to integrate well into the job market in Israel, they assist with CV writing, networking, bridging the cultural gap and finding suitable mentors.

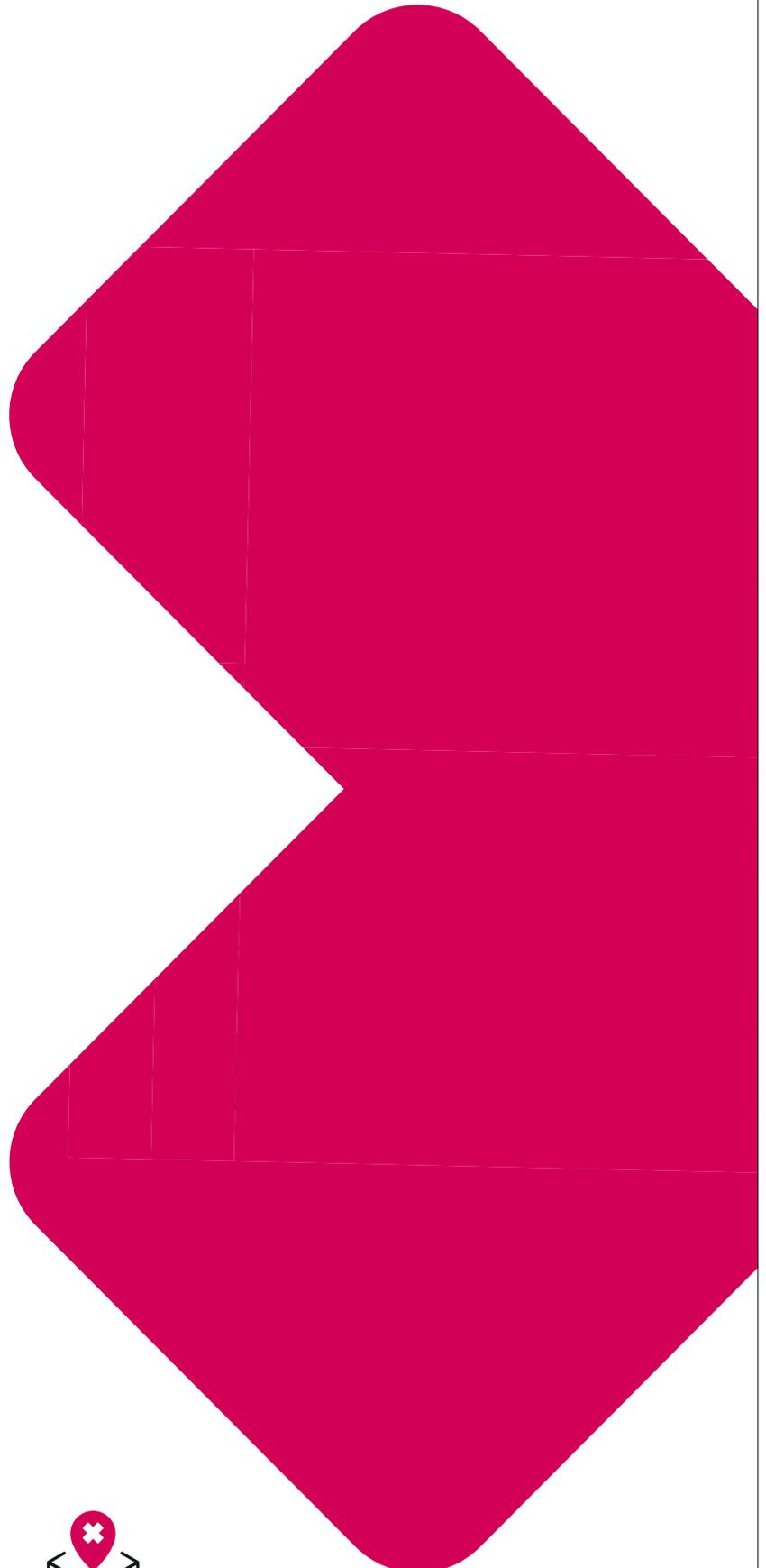
For more information, contact Yael Strausz at yael@telfed.org.il.

Real Repairs. Real Quick.



THE REAL REPAIR CO

formerly Apple Doctor



Highest Quality
Original Parts



Lifetime
Warranty



Real Price
Promise



Collect
& Deliver

We fix them all



SAMSUNG



Now Open next to Willoughby & Co. V&A Waterfront



Consider This

By Rabbi Emma Gottlieb



A few months ago, I was exiting off the M3 and passed two dogs running toward the highway. I considered pulling over and trying to stop them, but I had my own dogs with me and couldn't think quickly enough what to do without risking my own safety or theirs. Not having a phone number for a rescue organisation at hand, I felt I had no choice but to keep driving, hoping someone else would see the dogs and help them. A day later, I saw on Facebook that a beloved dog had been hit by a car at the entrance to the M3. It looked very much like one of the two dogs I had seen. As you can tell, I am still thinking about that dog, carrying guilt about whether I could have done more.

We can all relate: times when we've seen someone harassed and didn't intervene; when we've driven past a car stranded on the road, hoping another driver would pull over; even leaving litter for someone else to pick up. We have all witnessed a problem, considered some kind of positive action, and chosen to do nothing instead. This is called the bystander effect, or bystander apathy, a social-psychological phenomenon where individuals are less likely to offer help when other people are present. In fact, the more bystanders there are, the less likely it is that one of them will help!

Charles Garfield, a professor of psychology explains that, "the bystander is a modern archetype, from the Holocaust to the genocide in Rwanda to the current environmental crisis." Researchers have spent decades trying to understand bystanders. Often, only subtle differences separate bystanders from those who are morally courageous. Most of us have the potential to be either, as only slight, seemingly insignificant details can push us one way or the other.

Research shows that most often, bystanders don't intervene because they're misled by the reactions of the people around them who act as if everything is okay. Lateness and the presence of other people are some of the other factors that can turn us all into bystanders. We are in a hurry. Surely someone else will help? Sadly, the characteristics of the victim can also impact our response. Research has shown that people are more likely to help those they perceive to be similar to them, including others from their own racial or ethnic groups.

Jewish tradition teaches that even Moses was susceptible to bystander apathy. In my *Daf Yomi* studies, I recently read a text from Brachot 32a where Rabbi Elazar teaches that after the sin of the Golden Calf, God sent Moses away from Mt Sinai, claiming to no longer need an emissary to the People. The text tells us that, "immediately, Moses' strength waned and he was powerless to speak (in defense of Israel)." However, once God said to Moses: "Leave Me be, that I may destroy them" (Deut. 9:14), Moses realised: "If God is telling me (this) it must be because it is dependent upon me (to act)." Immediately Moses stood, was strengthened in prayer, and asked God for mercy.

The G'mara then relates the tale of a king who became angry at his son and beat him severely. A friend of the king was present but feared to say anything to the king about the excessive beating. Meanwhile, the king said to his son, "Were it not for this friend here, I would have killed you." When the friend heard this he realised, "It is dependent upon me," and immediately he stood and rescued him.

Altruism does exist. We all know *active* bystanders, people who witness a problem, recognise it as such, and take it upon themselves to do something. Maybe we've even been the ones to step up when needed. It is important to know that just as passive bystanders reinforce a sense that nothing is wrong in a situation, research shows that active bystanders can motivate others to take action with them.

Sociologist Samuel Oliner, a Holocaust survivor inspired by the people who helped him escape the Nazis, claims, "there is a predisposition in some people to help whenever the opportunity arises (while) a bystander is less concerned with the outside world, beyond his own immediate community (and) might be less tolerant of differences, thinking 'Why should I get involved?...They don't see helping as a choice. But (rescuers) feel no choice but to get involved."

Oliner claims that social responsibility is not only doable, it's teachable. Anti-bystander education encourages learners to avoid the traps of becoming a bystander. Even just reading and discussing this article with someone else counts! Exploring the subtle pressures that can cause bystander behaviour with someone else helps us all to be better prepared. I may not always be able to pull over safely to help stray dogs, but I now have a phone number saved that I can call. Doing something feels far better than doing nothing — just ask Moses.

Pride Shabbat

By Jacqui Benson

On Friday 28 February, over 200 people gathered for the 8th annual Pride Shabbat, held at Temple Israel Green Point, for what some regular attendees have described as the most moving and impactful of these Shabbat services.

The erev Shabbat service was infused with meaningful readings by members of the LGBTIQ+ community all the way through both the service and just prior to the delicious brocha afterwards. Significant too, was a very moving acknowledgement of the names of activists and members of the broader queer community who had died, many under very tragic circumstances, in the year since last Pride. The highlight of the service was undoubtedly the dvar Torah, delivered by our honoured guest, Dr Anastacia Tomson, an author, medical doctor, and activist. Her dvar Torah can be read on the Chronicle's website and is an apt reminder as to why Pride is both relevant and necessary, for us in today's world, to create a safe and inclusive space for the LGBTIQ+ community.



Mazaltov to those who celebrated Bnei Mitzvah with us last month

Elijah Fisher 7 March	Carly Enstrom 7 March	Luca Algranti 14 March	Ben Duncan 21 March	Daniel Cohen 28 March

What do Batman, Limmud and Pesach have in common?

The answer to this is Jordan B. Gorfinkel, AKA Gorf. Or frog backwards, as he likes to remind people.

Gorf is a comic book creator, newspaper cartoonist and an animation and multimedia entertainment producer. He was an editor at DC Comics where he managed no less than the Batman franchise.

Now, geek out on this: In 1999, Gorfinkel conceived and directed the critically and commercially acclaimed *Batman: No Man's Land* which was the inspiration for the film *Batman Begins*. And *Birds of Prey*, the most successful comic book series starring women since *Wonder Woman*, was also one of his projects.

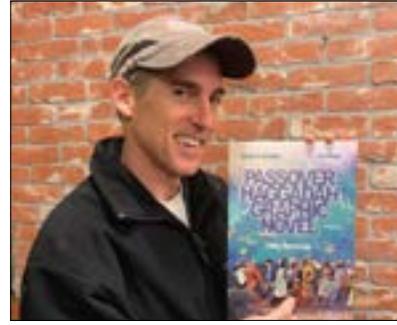
As a cartoonist, he writes and illustrates *Everything's Relative*, the weekly comic-strip published internationally. In 2007, the Munich

Jewish Museum commissioned a series of *Everything's Relative* to be featured in their permanent collection, making Gorfinkel the first cartoonist in the world to be so honoured in a Jewish museum.

But when asked for his CV, he likes to say, "Born, barmitzvah, Batman!"

Ma nishtanah halailah hazeh mikol haleilot? Well, this year your seder can certainly be different, as last year Gorf conceived and wrote the world's first Passover Haggadah graphic novel. It is illustrated in colour by Israeli artist Erez Zadok, a graduate from Bezalel Academy of Arts, Jerusalem. If you are a fan of *Bored Panda* or spend time on Instagram, you will be familiar with Erez's illustrated series about his family and his dog, *Bundle of Joya*, which went viral last year.

The *Passover Haggadah Graphic*



Novel integrates a new modern English translation alongside the unabridged traditional Seder service text in Hebrew, with sophisticated sequential art that brings our epic founding memory to life.

The text is on the right-hand pages, while the left-hand pages contain the action-packed frames of the graphic novel telling the Passover tale, moving between modern and ancient times to show the continued relevance of the story. It is accompanied by 'how to' instructional cartoons depicting all the rituals celebrated every year for the last 4000 years or so in Jewish homes around the world.

A further element that was important to the duo was including something about every tribe of the Jewish people. For example, the inclusion of Operation Solomon, the 1991 exodus of Ethiopian Jews to Israel. This is used as a comparison between

leaving Egypt and leaving Ethiopia.

The *Passover Haggadah Graphic Novel* draws on the universal themes of freedom, memory and faith to immerse every generation in the timeless celebration of Pesach.

Now for the Limmud connections, Firstly, the suggestion of working with Erez Zadok was given to Gorf while he was standing in a Limmud supper queue. And the second Limmud connection... Jordan B. Gorfinkel will be a presenter right here in Cape Town at Limmud 2020. (We promise to have no supper queues!)

He speaks entertainingly and energetically on a range of topics around the intersection of religion and pop culture, e.g. how everything he learned about Passover he learned from Batman, and about Moses and superheroes, and might even offer a Jewish cartoon workshop.

His *Passover Haggadah Graphic Novel* will be on sale at Limmud, but if you can't wait until August, it can be ordered on Amazon.* Bring it along to Limmud to be signed by Gorf himself!

Limmud Cape Town 2020 will take place from 21 to 23 August. For more information visit www.limmud.org.za

**Matzah sold separately!*



The National Winner of the 2019 Lexus Customer Experience Award: Lexus Cape Town City

“Lexus dealers understand that customers who buy a Lexus do not simply purchase a car, but become part of a family of Lexus enthusiasts. Critical to maintaining this customer enthusiasm is the creation of “Amazing Experiences”



This award recognises the Lexus dealer that consistently does this better than any other. Lexus SA measures a dealer's performance in this regard through a personal interview with sales and service customers. This award is therefore a true reflection of how customers experience the dealership and its people.

We would like to thank all our amazing customers for your vote and support.

LEXUS | CAPE TOWN CITY

Corner Christian Barnard & Nelson Mandela Boulevard
Tel: 021 418 5201
www.lexusunitrans.co.za





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

PESACH 5780

Timeless and Contemporary Insights for Your Family from Rabbis Across Cape Town

RABBI YOCHI ZIEGLER

Camps Bay Shul

QUESTIONS AND ANSWERS

Lessons from A Messy Seder Table



My favourite sermons to give are where I pose a question, provide a few insightful answers and draw a practical life lesson in a neatly packaged slightly humorous 10 minutes. The Pesach seder is exactly the opposite: questions without clear answers, answers without questions and an unraveled parcel of life lessons from the Torah and our sages. "Hashem took us out of Egypt with a strong hand. Lets eat!" Isn't that enough? We do say these exact words - to the simple child. The Pesach seder challenges us to rise from simple and comfortable to mature and considered. To really engage means we have to give ideas time to rise in our minds, not rush them - like we did with the matzah.

RABBI KALMAN GREEN

Constantia Shul

FREEDOM

Wholly, Holy, Holely



"This year as slaves; next year - as free people (bnei chorin)" From the stirring opening lines of the Hagaddah comes a very strange expression: *Bnei chorin*, meaning free people. A *chor* in Hebrew means a 'hole'. I understand 'whole'; even 'holy' makes sense, but what does freedom have to do with a hole?! One makes a hole by removing material physicality and revealing underlying spirit (*ruach*) in that 'vacated' space. When one removes one's ego and makes room for the other, one is freed from envy and competition; when one removes one's self and makes room for G-d, one is freed from fear and stress. We may still be slaves, but this coming year let's work on becoming wholly, holy, and 'holely' free.

RABBI HILLEL BERNSTEIN

Milnerton Shul

KADESH

Wine. The Ultimate Freedom



Matzah represents our freedom as we ate it upon our Exodus, but there was no wine in the story. Why drink wine as well? The Maharal of Prague explains that wine represents what is hidden. You can't see wine in grapes, but it can be produced over time. There was a double exodus. We were freed in body, and we were also freed in spirit. We became G-d's nation upon leaving Egypt. The spiritual elevation we attained cannot be seen on the surface, but is hidden in each one of us. We acquired a new and deep connection to G-d. Just like wine produced from grapes, we too must bring out our true spiritual potential from within us and live it. Then we are truly free!

The Pesach seder challenges us to rise from simple and comfortable to mature and considered. To really engage means we have to give ideas time to rise in our minds, not rush them - like we did with the matzah.

RABBI MATHEW LIEBENBERG

Claremont Wynberg Shul

KARPAS

How The Trouble Started



The Seder is dedicated to the story of how we left Egypt - the wonders that Hashem wrought during the Exodus. We do not speak about how we came to Egypt in the first place. But we make a subtle reminder when we dip a vegetable into salt water at the beginning of the Seder. This reminds us of Joseph's coat that was dipped into the blood of a goat. In fact '*karpas*' also means 'fine cotton'. We therefore remember that what caused us to go into exile was the fact that brothers did not get along with one another.

RABBI SHMUEL OZHEKH

Ohr Somayach

YACHATZ

"I don't have any time!"



Pesach is about breaking the hurried state of life, the feeling of never having any time to actually start living. "*The wicked go around in this world like a circle*" - *Proverbs*. Yachatz: the breaking of the traditionally round mazta in half is a profound act of liberation from the shackles of life. There's an oft-heard statement "*once I finish this, then I can start living*," but there is always more to do. Break the cycle of saying where can I find life in the future, that once I make a certain amount of money I can relax, once I achieve enough I can feel like I'm enough, and bring yourself totally into the present. Understand that you are intrinsically enough and have a right to exist and experience life fully now.

RABBI ASHER DEREN

Chabad of the West Coast

HA LACHMA ANYA

A Tale of Two



"*Ha Lachma Anya*" - "*This is the poor man's bread*". Really? - Which poor man buys bread at R180 a box? Well, perhaps yes. At the beginning of the Seder we come to remember the first matzahs, from that first Seder in history - of our ancestors still poor slaves in Egypt. Over a broken matzah we reflect those destitute slaves who, yes, probably were *kvetching* about the price. But then, with the Haggadah as our guide, we start a journey to freedom, culminating in our new worldview when we declare "*Matzah zu*" - "*this Matzah*". This second Matzah is what we carried on our backs in the Exodus, baking in the glow of the glorious presence of G-d in the desert, realising that, yes, we are free and strong. Look - we can even pay R180 for a box of this bread fit for a prince.

RABBI NISSEN GOLDMAN

Chabad on Campus

MAH NISHTANAH

Curiosity First



Step 5, '*Maggid*', which means 'tell', is where we educate our children regarding the story of our people. This is the most important story your child will ever hear! It is the story of who they are. No wonder *Maggid* is literally what the seder is all about - the Story! However, please note just how this step begins. We don't just start dishing out history facts. That education would be about as productive as your unsolicited advice. No, thank you!! Rather we start with the four questions (*Ma Nishtanah*). Take this to heart. Education must begin with a question. With CURIOSITY! Whenever you want to educate your child on a particular matter, get them curious first. Make sure they want to hear from you. And once they ask, then you can be sure to 'tell'.

The Chairman, Executive, Director and staff of the UOS Cape Council wishes The Cape Town Jewish Community **A CHAG PESACH KASHER V'SAMEACH.**

RABBI DANI BRETT Torah City Wide **THE WISE SON** Touched and Changed



"Nothing may be eaten after the afikomen." Why do we pick that specific law in our answer to the 'wise son'? One understanding is that we are in fact meant to not just share that law, but all of the laws up until and including that very last one. The lesson has high ambitions for our child's extensive involvement in all aspects of Jewish life. Another answer is that we are telling him that it's not just about activity, but transformation. We don't eat after the *afikomen* so that the taste of the whole night's experience remains in our mouths. The 'taste' of Jewish experiences can and should remain with us, and transform us.

RABBI AVI SHLOMO Cape Town Torah High **THE FOUR SONS** Four in One



The Haggadah lists four children: the wise child, the rebellious ('wicked') child, the simple child, and the one who cannot even ask. Rather than viewing these as four separate characters, perhaps the Haggadah is in fact describing ONE child, going through four natural stages. A baby cannot ask questions and trusts their parents unconditionally, but once they learn to talk, they graduate to the question of the simple child, "what is this?" When the child becomes a teenager, the questions intensify to "who am I?" and "where do I fit into this picture?" If misunderstood, this can be viewed as rejection and rebelliousness. But with patience and education, the child matures to become the wise child, embracing the ethics and values of their ancestors – independently and honestly.

RABBI JUSTIN SWAINE Herzlia Middle School **DAYEINU** Standing at Sinai



One of the highlights of every seder is the singing of the well-known song "Dayeinu". One of the stanzas in the song seems to not make much sense: "If Hashem had taken us to Mount Sinai but had not given us the Torah, it would have been enough." Rabbi Mordechai Feldman asks: "if we were not to receive the Torah, what would have been the point of going to Mount Sinai and standing there?" He answers that at Mount Sinai the Jewish people were as unified as possible – "like one person with one heart." It would have been worth standing at Mount Sinai, even if we weren't going to receive the Torah, for the sake of achieving this unity. May we all have a Pesach of true unity.

RABBI DOVID WINEBERG Marais Road Shul **MATZAH** Complex Carbohydrate



Matzah is a simple food, right? Well, not really. Matzah is about slavery; it recalls the "bread of affliction" that our forefathers ate as slaves in Egypt. Matzah is about freedom; it recalls the dough that had no time to rise as our forefathers left Egypt "in haste". In the Haggadah we read that this hasty exit is why we eat Matzah. But did you know that Jews had to eat Matzah on the eve of liberation, while still in Egypt at the first Pesach Seder in history? So which is Matzah? Slavery or liberation? Depends what you make of it. Now, that's true freedom.

RABBI SAM THURGOOD Beit Midrash Morasha **MATZAH** Freedom Requires Sacrifice



"Whoever does not speak about these three things has not fulfilled his obligation: Pesach, Matzah and Marror." We often forget to take note of the Korban Pesach, the Paschal Lamb – the item that is both the centerpiece of the Seder and what gives the festival itself its name. This is understandable, as we don't have this in the absence of the Temple, but there is one crucial lesson here that we dare not forget. Freedom requires sacrifice. It was difficult to leave, but thank G-d we did. So, too, all freedoms we need in life – are we prepared to pay the price?

RABBI DAVID BENCHLOUCH Sephardi Shul **CHAD GADYA** Do You Know One?



Observing the liturgy presentation of the Hagada guides the reader through a transit from bondage to freedom. The content, meaning and process in formulating a nationhood delivering ethics and moral standards to civilization ends with a simple yet complex: "Echad Mi Yodea. Who knows one?" Concluding the Haggadah with the oneness of Hashem retrenches the possibility of His duality or any external force contributing to our liberation. Who knows 2, 3, 4? The merit of Tablets, patriarchs, matriarchs or any of the 13 items we recite? It is never more than Hashem's principle law of overflowing abundance. Do you know one?

For information relating to the variety of Torah learning opportunities available in Cape Town, please contact Rabbi Dani Brett at the UOS offices on 021 461 6310 or email admin@uoscape.co.za



A glimpse into student life at CTTH



CTTH Girls pose outside the beautiful newly dedicated Ethel Greenberg Girls House



CTTH Boys enjoy an Adar carnival to welcome in the Jewish month of joy



For Tu B'Shvat, to celebrate Hashem's nature and our beautiful city, boys enjoy the nearby Company Gardens



IDF Hero Major Rami Sherman captivates the students recounting his role in the raid on Entebbe in 1976 that rescued 104 hostages



CTTH Girls took the CSO Body and Mind Course with Rebbetzen Aviva Thurgood to learn self-defence and empowerment



The CTTH Boys Futsal team play every week at the African Brothers Football Club



CTTH Girls visit Good Hope High School to join together in a cross-cultural mask painting workshop with Israeli artist, Nir Peled



Mrs Sheila Valentini, founding Board Member of CTTH, speaks at Matric Graduation



SAJM
South African Jewish Museum

GROUND BREAKERS

A HISTORY OF PROGRESSIVE
JUDAISM IN SOUTH AFRICA

EXHIBITION
OPENS 11 MAY

WWW.SAJEWISHMUSEUM.CO.ZA

CHAG SAMEACH

We wish all our
customers a
happy, healthy
and peaceful
Pesach



Paddocks Shopping Centre | TEL: (021) 555 2698
Trading Hours: Daily 08:00 to 20:30 | Tops Mon to Sat 09:00 to 20:00 Sun 11:00 to 18:00



SENCO

At Phyllis Jowell Jewish Day School

BEHIND EVERY CHILD WHO BELIEVES IN THEMSELF IS A SCHOOL THAT BELIEVED IN THEM FIRST.



VERONICA HANDLEY

How does PJJDS do this?

PJJDS provides the services of a dedicated full time Specific Education Needs Coordinator (SENCO).

Which children does the SENCO take an interest in?

The SENCO takes an interest in every child in the school in order to assist each child to perform to their full potential academically.

How does the SENCO get her information about children who need support?

The SENCO chairs the Learning Team and manages the various role players such as occupational therapists, speech and language therapists, physiotherapists, psychologists from various disciplines, various medical professionals, the school counsellor and relevant teachers.

What does the SENCO do with this information?

This information gives the SENCO a comprehensive picture of each child thus enabling her to identify children who need Learning Support, be it due to learning barriers or the need for extension programmes.

What happens then?

Appropriate support is determined and it is then the SENCO's responsibility to make the recommendations, implement the support, maintain it and communicate with the relevant role-players. The SENCO maintains open communication with the parents and the child. The profile of each child is shared with both the School Principal and the Campus Rabbi in order for them to have a clear picture of all the children in our care.

SAME NAME – DIFFERENT FOCUS



Trains and supports teachers in disadvantaged areas in the Western Cape

We offer:

- Early Childhood Development qualifications
- Enriching short courses for teachers
- Teacher internships

ORT SA CAPE's training has **changed** my life completely.

- Rumiolda Scott, Teacher Assistant



www.ortsacape.org.za | +27 21 448 8516



Facilitating Business Growth

3-pronged approach to empowering Jewish entrepreneurs

- Mentorship programme
- Business networking
- Entrepreneurial training

2019 was a **game-changer** for our start-up and it's largely due to the curated ORT Jet mentorship programme.

- Jaryd Raizon, Trusted Interns



www.ortjetcapetown.org.za | +27 21 448 8516

To all our clients, families and friends

happy PASSOVER



Intasure Place
110 Main Road
Diep River 7800
T: +27 21 712 6686
+27 21 4254220
www.intasure.co.za
Marlon@jbrosen.co.za



United Jewish Campaign

UJC Top Donors 2020 | People, poultry and why we shouldn't give up just yet!

Committed philanthropists - both new and longstanding - filled the Lookout on Wednesday the 11th of March for the launch of the United Jewish Campaign's (UJC) 2020 community fundraising campaign. Donors re-energised and committed their support to ensure the well-being of our precious community and its 35 beneficiaries.



Philip Krawitz & Raymond Ackerman



Anthony & Sara-Lee Jackson



Corinne Abel & Johnny Copelyn



Raoul & Eleanor Miller

The atmosphere was electric with an impressive line up: Robbie Brozin as keynote speaker, the "Open Embassy" jazz band comprising of 4 Herzlian students and the Herzlia Vocal Ensemble led by Ivor Joffe. Community pride and generosity was palpable throughout the room.

Creating spaces for celebration and touch points for donors is critical for the UJC. The 2020 campaign launch focused on the importance of community responsibility, celebration and collaboration.

Robbie Brozin, founder of Nandos, inspired the crowd with his journey; the beginnings of Nandos, his philosophy of 'people first', and his community involvement and deep belief in South Africa. His resounding message: South Africa is a truly special place and we as South Africans should be enormously proud. We often take for granted our uniqueness in the world and underestimate our true potential. He referenced his eye-opening time on Constitution Hill and his new-found reverence for the South African Constitution that he reinforces, "is the most unbelievable blue print for our country". His journey and philosophy left the crowd with much to think about and an overall feeling of hope and pride in these tumultuous times.

"His resounding message: South Africa is a truly special place and we as South Africans should be enormously proud."



Robbie Brozin - Keynote Speaker



Philip Krawitz, Rabbi Liebenberg, Howard & Alison Katzeff & Rebbetzin Liebenberg



United Jewish Campaign

The Gerald Kleinman award for outstanding service to the UJC was bestowed upon Philip Krawitz. Philip is currently the Chair of the UJC Board of Trustees and sits on many other communal bodies. He has been volunteering in Jewish communal organisations for over 35 years. We wish Philip a huge Mazeltov! We feel truly honored at the UJC to have Philip’s generosity, sound leadership and wise counsel.

At the UJC, we are grateful to our community of donors who keep our beneficiaries thriving and able to offer incredible services to those in our community who need it most. We would like to thank our generous sponsors: The Eric & Sheila Samson Foundation, Investec, Dischem, ENS Africa, Mazars, Pick n Pay, Berman Bros, Aroma, Cape Union Mart, Newmark Hotels and Nandos. Huge gratitude goes out to the CSO and their dedicated volunteers who keep our community safe. Merle Rubin, once again, outdid herself with the delicious food she provided. Veronica and Flower at Petals - thank you for your unbelievable support and creation of the event!



Jonathan & Dianna Yach



Herzlia 2020 Vocal Ensemble



Paul & Suzanne Berman, Raymond & Wendy Ackerman, Kathy & David Robins

We look forward to a successful and healthy 2020, where we will hopefully get to connect with each and every one of you! Make sure you continue to **#PowerOurCommunity** throughout the year. **#ItsUpToUs**. Keep following @ujc_cpt on Facebook for updates on beneficiaries, events and our touchpoints throughout the year. Join us on the journey!



Marc & Amanda Herson, Philip & Michele Krawitz, Gary & Martine Vogelman



Marcia & Harry Faktor & David Golembo



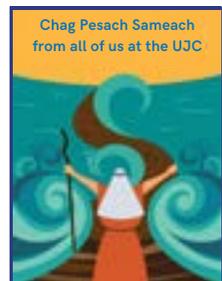
Cumesh Moodliar - Investec



Howard Katzeff, David Hammar, Sharon Levin, Roy Fine & David Resnick



Leora Hessen, Simone Sulcas & Martine Vogelman



Family Announcements

CHAG PESACH SAMEACH

To my loving mom, Hilary Maraney and loving dad, Abe Gordon and two sweet brothers Benjamin and Anthony, Happy Passover. Sorry I could not make it. My permanent email address is: ammaumeera@gmail.com
In love and light, Sheridan.

CONDOLENCES — THANK YOU

HAROLD (HANK) SAACKS

We would like to thank all of our family and friends most sincerely for their kind support shown to us after the passing of our darling husband, brother, father and grandfather.

A special thank you to Rabbi Wineberg and to all the nightingales who flew down from Johannesburg especially at this difficult time.

Tilly, his sister Myra, daughters Tamara and Belinda, sons Eric and Robin, and grandchildren.

DOREEN WINGERIN

We would like to thank all our wonderful family, friends and Rabbi Wineburg for their love and support and kindness shown during our beloved mother and sister's illness and sudden passing.

She will live on forever in our hearts.

Deeply mourned by her children Marion (Stephen), Lorraine (Rodney) Ruth (Stephen) and her seven grandchildren. Also mourned by her beloved sister Shirley, Hymie and family.

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

Brunhilda, who died in 1919

By Gilad Stern

My dad, Kurt Stern, had a sister, Brunhilda, who died from the flu virus in 1918's Spanish Flu pandemic.



Kurt and his mother, Fanny Stern

That virus infected 500 million people, 27% of all people on earth, and killed between 50 and 100 million. Let's say 75 million. The flu pandemic was, as they used to say, an "act of God". What can one do about a bug, a virus?

Brunhilda was, or would have been, my aunt. She was born in Rodheim, Germany. She had a brother Erich who died in 1928, aged nine, of appendicitis. That left my Dad and his two brothers who survived childhood, and all died in Africa. They journeyed to a new land, 13 000 kilometres from where they were born, and far from Adolf Hitler and his eager accomplices. Their parents followed, leaving two children buried in Germany's soil. Hitler's war claimed about 75 million lives. Some of my dad's relatives and classmates were gassed and incinerated in Poland, where they were taken by rail boxcars. This was not really an 'act of God'. It was an act of people infatuated

by the notion that some humans, by their very existence, polluted the planet, and needed to be exterminated. Like a bug, or a virus.

The Spanish Flu of 1918 to 1920 was exacerbated by World War 1, but it reached remote places such as isolated Pacific islands and the Arctic. In Iran about 15% of the entire

population died. Western Samoa had about 25% of the population dying — amongst men it was one man in three. In New Caledonia not even one person died, because quarantine measures worked so well. 12 000 people died in Australia. You can see on an atlas that Western Samoa and New Caledonia and Australia are all (relatively) close to each other. They had different outcomes in terms of the Spanish Flu.

My aunt Brunhilda has been on my mind lately. She was two years old when she died in February 1919. Her name is a particularly strong one in German and Norse tradition. Yet, at two years old, weakened no doubt by the illness, she succumbed to the flu pandemic that swept the world 100 years ago.

From Stress to Success

By Jaime Uranovsky

In February this year, Jason Sandler, Capetonian counsellor, coach and hypnotherapist, published his first book, *From Stress to Success: The A to Z of Stress Management*.



I thought about my other interests... I became a qualified hypnotherapist and then I started to get interested in public speaking, and it all slowly evolved to where it is now."

About ten months ago, he decided to compile his stress management

The book, which is based on Jason's own tried and tested stress management techniques, is about understanding the negative aspects of stress and learning how to control and manage them because, as Jason says, "to eliminate stress from your life entirely is unrealistic. Something that might cause stress for you is irrelevant for someone else and vice versa."

The idea for the book emerged out of the interactions between Jason and his clients during the corporate workshops and one-on-one sessions that he has been conducting over the last decade. Originally a chef, Jason changed career paths in 2001 after a bad car accident. "I couldn't go back to working in kitchens because it was too physically demanding, so

techniques into a user-friendly book. He elaborates, "I've taken the alphabet, and each letter represents a different aspect of stress management. For example, 'a' stands for 'acknowledgement.' You can read it cover to cover but each chapter, representing a different letter, can also be read as a stand-alone stress reduction technique. Jason has also included exercises for readers to complete.

From Stress to Success is currently available directly from Jason for R150. He hopes to introduce it into local book stores and onto Amazon. To acquire a copy, call Jason on 072 239 2760, email him at jason@jasonsandler.co.za or visit www.jasonsanderspeaks.com.

Rice-Tic South Africa celebrating our 49th year of providing quality products wishes all our Jewish Customers Chag Pesach Sameach

ALABAMA FRAGRANT WHITE

PADDY SUPERIOR TASTE

PADDY SUPERIOR TASTE 2kg

PADDY SUPERIOR TASTE

Super Premium BASMATI RICE

Aromatic White Rice 2kg

Enquire at your local supermarket now!
Tel: 021 511 0806 info@ricetic.co.za www.ricetic.co.za



UNLEASH YOUR INNER MOSES, MIRIAM, OR AARON!

Contact Mensch to see how you can use your skills, passions and networks to help lead us toward a better South Africa for all!

JOIN THE MENSCH NETWORK

A platform for Jewish professional social change-makers to network and collaborate.

ALIGN YOUR BUSINESSES CSI WITH YOUR VALUES

Let Mensch connect you with projects and organisations that relate to your industry and interests.

VOLUNTEER YOUR TIME

Your skills or time could make all the difference to a Jewish-led organisation or project.

INFO@MENSCH.ORG.ZA • WWW.MENSCH.ORG.ZA

WISHING ALL OUR JEWISH CUSTOMERS
CHAG SAMEACH



www.checkers.co.za

Checkers
better and better

#HERZLIA80



The 80th Anniversary celebrations kicked off on Sunday 1 March at the Herzlia Constantia fields. It was a perfect day, the sun was shining and there was a slight breeze – in other words perfect weather for what proved to be a wonderful day. What a day it was, over 2500 members of the Herzlia family arrived for a day of fun, laughter and celebrations.

Nik Rabinowitz was our MC for the event and had the crowd in stitches. Rabbi Cannon opened the proceedings with a short *Dvar Torah* on the concept of joy and celebration. When we planned our carnival last year and selected the date, little did we realise how auspicious it is to celebrate at a time when one is commanded “When the month Adar enters, increase in joy” – Talmud Ta’anis.



When we planned our carnival last year and selected the date, little did we realise how auspicious it is to celebrate at a time when one is commanded “When the month Adar enters, increase in joy” – Talmud Ta’anis.

CELEBRATING EIGHTY YEARS OF EXCELLENCE

Matthew Gruz, the UHS Chair and dressed in his Herzlia blazer, thanked everyone involved in organising this wonderful event and paid tribute to David Ginsberg and Geoff Cohen acknowledging that “they have dedicated their careers to the school and helped form it.” Andries van Renssen, our new Executive Director was introduced by Matthew and invited to address the crowd.

Andries, also wearing a Herzlia blazer, introduced himself to the crowd and shared his excitement at being part of this magnificent celebration. “So why am I wearing this blazer today?” he said. “I wear it, because I am now also a Herzlian. And by wearing this blazer you can see that I am a Herzlian, because I wear the badge on my pocket. And when people see me somewhere and they recognise this badge, they know I am from Herzlia.”

“I am wearing my blazer with pride today for a Herzlia that is a beacon of hope in Cape Town. When you, in a short while, sing our school song, I ask you to do so with pride and gratitude because we have so much to be grateful for and we are truly proud of our world class educational institution that produces mensches with chutzpah and seichel. And when you come to school or you are out in public in your uniform boys and girls, I ask you to show the same pride and respect, by being on time and correctly dressed. Kiddush Herzlia.

80 years is a long time and with G-d's blessings we will see many more decades of Jewish education on the Southern tip of Africa. La Dor Vador – from generation to generation. You are so fortunate in Cape Town to be able to send your children to the same schools you attended decades ago. As I stand here it is with pride that I see so many members of the Cape Town Jewish Community who have come to celebrate with us today. May we continue to go from strength to strength, wishing Herzlia a very happy 80th birthday.”

Geoff Cohen thanked everyone for organising the carnival. The birthday cake was brought out, candles were lit, Happy Birthday was sung and the fun started when Kolhakolet, all the voices erupted in song. The event was streamed live over Facebook so that our alumni all over the world could join in our celebrations. The JLL team lead the Israeli dancing, fired up the boerewors and chicken burger braai and the ruach overflowed.

COMMUNITY | קהילה | קרית

★ KOLHAKOLOT ★

CARNIVAL

1 MARCH '20

FOOD STALLS POP-UP MARKET KIDS ACTIVITIES DJ'S
HERZLIA VOCAL ENSEMBLE MUSICAL ENTERTAINMENT
FUN RIDES ART JAMMING TEA GARDEN KIDDIES CORNER

#HERZLIA80



HERZLIA VOCAL ENSEMBLE
FUN RIDES
ART JAMMING
TEA GARDEN
KIDDIES CORNER





KIDS ACTIVITIES
BIRTHDAY CAKE
FOOD STALLS
POP-UP MARKET
MUSICAL ENTERTAINMENT





Retirement reinvention: become a new you?

Maybe you want nothing to change once you retire, or maybe you are anxious for that next new phase, and what it could bring. Retirement isn't one idea, and it's definitely not static. It's just the next stage, and with people living much longer than ever before, it can last more than 20 years.

So, the question is, what to do on retirement? One thing is for certain, you aren't short of options. If you are even slightly interested in reinventing yourself in this stage of life, there are a few tips and some different approaches.

Imagine your future and who you want to be

There is no doubt that you have dreamed of your future and retirement, but, now that it is coming near, it is time to put the dreams for retirement re-invention into action and get going on your new life. The sooner you start, the better!

Start by getting as specific as possible about what you want out of this stage of life and really visualise all the details. Write it down! Draw a picture or write out your goals. Committing your dreams to print can profoundly impact on your success. Decide on a plan, map out your path to your retirement re-invention and make lists. Work on your plan every day. Stick reminders around the house, do a little research, make a phone call... do anything to make progress.

Some ideas for your retirement re-invention

Become a career student: Some people are lifelong students, or at least, they'd like to be. If that describes you, you are not alone. A growing number of retirees and people approaching retirement decide on this option. There are many online courses or short courses which can be followed at colleges or universities.

Start a business of your own: Starting your own business in retirement is another trend that's gaining ground. I guess it is kind of the anti-retirement re-invention. You could capitalise on the skills that you've worked hard to acquire over the years, or branch out and try something entirely new.

The American National Institute on Ageing says that most people, particularly Baby Boomers, want to work into retirement. Many people make a gradual transition from full time to part-time and eventually on to full retirement.

Forget work, just relax!

While a large percentage of people plan to, or want to, work in retirement the realities can be different, at least right now. They call it an expectation gap. Many people expect to retire later. However, in reality a large percentage of retirees actually did work for no pay at all. If you look forward to never needing a schedule again, know that you are not alone. The trick to leaving the workforce permanently in retirement is having the income to support your lifestyle. You will probably live longer than your ancestors, so you might need more money than you think. According to *Yale News*, if you believe the positive stereotypes about retirement, you could suffer fewer illnesses, heal better and add more years to your life.

Volunteer, make family or friends the priority, start a new hobby, travel...

Retirement is your time and the possibilities are endless. What to do after retirement is the question that a great many people face. Retirees do spend more time in leisure and 'leisure' can mean many different things. You can:

Volunteer: If volunteering interests you, you might want to explore these opportunities.

- Spend time with grandkids: Recent research indicates that spending time with grandchildren is good for you.
- Start a new hobby: Having a passion in life can help keep you young and vital.
- Travel: With good planning you can make your retirement travel dreams come true.

Have a retirement plan: No matter how you choose to spend your time in retirement, you need to be sure that you can afford to pay for your life now and well into the future. To get started, you need to take stock of how much money you have and how much you will need. If you want to keep the same lifestyle, your expenditures should drop at least some-what. The advice about needing millions in the bank might not apply to you at all. The only way to know for sure is by examining your lifestyle, your expenses, savings, investments and to assess and tinker with your finances to find retirement security. Your financial plan doesn't have to look like anyone else's, and your life goals don't either. Your retirement has to be your own, based on your own life goals just right for you.

Continually move forward: Be willing to accept that the path to reinvention can zig-zag all over the place as long as it is still moving forward towards your goals. Remember that you do have influence over your own life and for this journey you get to make changes when you see fit. Reinvention isn't an event. It is a process that does not end. It may sound like a huge task but it is all about being able to make the necessary adjustments to change the direction you want your life to go in.

Reinventing yourself through change is a beautiful thing when you get to decide to follow what is truly important to you and to pursue something you are passionate about.

Anyone can succeed once we know what it is that we want to accomplish in our personal reinvention.

Diana Sochen Executive Director

Out and about with members



Anne Whine enjoying a morning at Babelonstoren



Beautiful cards made by our Sea Point members

Social and Personal

We extend a hearty Mazeltov on the following joyous occasions:

Bar/Batmitzvahs

Ella Blumenthal — great grandson
Ann Harris — grandson
Jos and Gwen Kahn — granddaughter
Clive and Ethlyn Sussman — granddaughter

Marriage

Rabbi and Rebbetzin Green — son
Ruth Katzeff — granddaughter
Rabbi and Rebbetzin Popack — son

Birthdays

Irving Freeman
Cecily Kaplan

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

Reina Epstein — brother
Ruth Reitstein — son
Audrey Shantall — husband
Lillian Sheldon — daughter
Ruth Goldman — brother

We extend our sincere condolences to the family of our members who have recently passed away

Family of Selwyn Borkowf
Family of Doreen Wingerin

Warm welcome to new members

Shirley Kaplan, Daphne Leibowitz, Joan Alpert, Leo Turvey

Special events in April

BOOKING ESSENTIAL FOR ALL FUNCTIONS

OUTINGS

S/Suburbs	6 April Dunes Restaurant in Hout Bay 20 April Stark Ayres Garden Centre
Sea Point	8 April Dunes Restaurant in Hout Bay 22 April Rhodes Memorial
Milnerton	21 April Vineyard Hotel 28 April Dunes Restaurant in Hout Bay
West Coast	7 April Babylonstoren

MEN'S SCHMOOZE With Rabbi Richard Newman:

Milnerton	3 April
Southern Suburbs	15 April
Sea Point	22 April

TWILIGHT SUPPERS

Southern Suburbs	22 April Dave Steward
Sea Point	21 April Heidi Lampert
Milnerton	23 April Shawn Levin



Cape Jewish Seniors

AT THE TIME OF GOING TO PRINT, THE CJSA HAD SUSPENDED ALL ACTIVITIES DUE TO COVID-19. EVENTS ADVERTISED IN THIS CA



Monday 4

Sea Point 10.00 An interactive morning with Leo Turvey R10
2.30 Yoga with Leina Sank R10
2.00 Reminiscing with Hazel R10

Milnerton S/Suburbs 10.00 Movie Morning: *The story of Judy Garland* R10
9.30 Outing: Visit The Long Walk to Freedom. 100 life-size bronze statues and the largest exhibition of its kind anywhere in the world R80. Tea for own account
2.00 Yiddish mit Rita R10

Tuesday 5

Sea Point 10.00 Ageless Grace with Joycelyn R25
10.00 Talking point with Colin R10
2.00 Bridge classes with Irwing R10

Milnerton 10.00 A morning with Hedi Lampert, published author and award winning journalist, on her insightful novel *The Trouble with My Aunt* R80
1.30 Craft and Mosaic Classes with Sonia Norrie R20
10.00 Kalooki R10
2.00 Knitting Group. All welcome R10
West Coast 9.30 Visit the magnificent bronze sculptures at the home of artist Jean Doyle R30



Monday 11

Sea Point 10.00 Birthday Pop In with Rebbetzin Ann Harris R10
2.00 Yoga Classes with Leina R10
2.30 Reminiscing with Hazel R10

Milnerton 10.00 A morning with David Sher on the Jews of Oudtshoorn R10
12.15 Milnerton Committee Meeting
S/Suburbs 9.30 Movie: The Good Liar R10

Tuesday 12

Sea Point 10.00 Talking Point with Colin R10
10.00 Ageless Grace with Joycelyn R25
2.00 Bridge classes with Irving R10

Milnerton 9.30 Outing: Visit The Long Walk to Freedom. 100 life-size bronze statues and the largest exhibition of its kind anywhere in the world R80. Tea for own account
13.30 Craft and Mosaics with Sonia Norrie R20
S/Suburbs 9.30 Kalooki R10
2.00 Knitting Group. All welcome R10
Muizenberg 10.30 Pop In with Tiny Jones speaking on updates in Israel R10



Monday 18

Sea Point 10.00 Pop In with Tiny Jones speaking on updates in Israel R10
2.00 Reminiscing with Hazel R10
2.30 Yoga Classes with Leina R10

Milnerton 10.00 Hanger 18: a presentation by Amanda who empowers women living in Jo Slovo to become entrepreneurs by making beautiful crafts. R10
3.00 Shiur with Rabbi Bernstein R10
S/Suburbs 10.00 Outing to Toeke specialist shop and restaurant R30. Tea for own account
2.00 Yiddish mit Rita R10

Tuesday 19

Sea Point 10.00 Talking Point with Colin R10
10.00 Ageless Grace with Joycelyn R25
2.00 Bridge classes with Irving R10
17.30 Twilight Supper: Jonathan Bloch of Investec will be our guest for the evening R80

Milnerton 10.00 Movie Morning
13.30 Craft and Mosaics with Sonia Norrie R20
S/Suburbs 9.30 Kalooki R10
2.00 Knitting Group. All welcome R10
West Coast 9.30 Outing: Visit The Long Walk to Freedom. 100 life-size bronze statues and the largest exhibition of its kind anywhere in the world R80. Tea for own account



Monday 25

Sea Point 10.00 Pop In Bingo Morning with prizes R10
2.00 Reminiscing with Hazel R10
2.30 Yoga Classes with Leina R10

Milnerton S/Suburbs 10.00 Jazz Club with Irving R10
9.30 Movie Morning: Enjoy *The life story of Pavarotti* R10

Tuesday 26

Sea Point 10.00 Talking Point with Marcia
10.00 Ageless Grace with Joycelyn R25
2.00 Bridge classes with Irving R10
2.00 Mosaic with Yvette R10

Milnerton 10.00 Movie Morning
Outing to Montebello. Tea for own account R30
13.30. Craft and mosaics with Sonia Norrie R20
2.00 Line dancing with Cathy Hudson
S/Suburbs 9.30 Kalooki. New members welcome R10
2.00 Knitting Group. All welcome R10

DIRECTOR: Diana Sochen 021 434 9691 director@cjsa.org.za ADMIN: Amanda 021 434 9691 admin@cjsa.org.za search CJSA on Facebook

THE CAPE JEWISH CHRONICLE RECORDS ITS APPRECIATION OF T

**RUBI AND ANNE
CHAITMAN
FOUNDATION**

With compliments
from Aggie Hirsch
in memory of
Freddy



With compliments
from Ben Rabinow
memory of Shir

**MEYER HIRSCH
GOLDSCHMIDT
FOUNDATION**

**THE HAROLD AND
BEATRICE KRAMER
FOUNDATION**

*Goldschmidt
Family Foundation*



Events Calendar MAY 2020



CALENDAR ARE SUBJECT TO CHANGE OR CANCELLATION. FOR MORE INFORMATION VISIT WWW.CJSA.CO.ZA OR WWW.CJC.ORG.ZA

				<p>Friday 1</p> <p>Workers' Day Office Closed</p>
<p>Wednesday 6</p> <p>Sea Point 10.00 Craft with Yvette and Jeannette R20 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Art Classes with Karen Cohen R25 9.30 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.00 Ageless Grace with Yvonne R20 11.00 DVD Series R10</p>		<p>Thursday 7</p> <p>Sea Point 9.15 JOY programme at Alon Ashel 10.15 Yiddish mit Veronica R10 2.00 Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 A morning with Marcella Beyers of Bridges for Peace R10 1.00 Kalooki R10</p> <p>West Coast 10.30 Pop In with Leo Turvey R10</p>		<p>Friday 8</p> <p>Sea Point 9.30 Shopping with Malcolm R20 10.00 Men's Schmooze Group with Stuart Diamond R10</p>
<p>Wednesday 13</p> <p>Sea Point 10.00 Movie Morning Watch <i>The life story of Judy Garland</i> R10 10.00 Men's Schmooze Group with Stuart Diamond. 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Art Classes with Karen Cohen R25 9.30 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.00 Ageless Grace with Yvonne R20 17.30 Twilight Supper with Judge Dennis Davis R80</p>		<p>Thursday 14</p> <p>Sea Point 9.15 JOY programme at Alon Ashel 10.15 Yiddish mit Veronica R10 2.00 Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 A morning with Hedi Lampert, published author and award winning journalist, on her insightful novel <i>The Trouble with My Aunt</i> R80 1.00 Kalooki R10</p> <p>West Coast 10.30 Pop in with the Companions R10</p>		<p>Friday 15</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p> <p>S/Suburbs Shabbat Claremont Shul 6pm R60 for Members, R180 for non-members. Booking Essential</p>
<p>Wednesday 20</p> <p>Sea Point 9.15 Craft with Judi R10 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Art Classes with Karen Cohen R25 9.30 Ageless Grace with Cathy Hudson R20 9.30 Kalooki R10</p> <p>S/Suburbs 10.00 Ageless Grace with Yvonne R20 10.00 Men's Schmooze Group with Stuart Diamond R10 11.00 DVD Series R10</p>		<p>Thursday 21</p> <p>Sea Point 9.15 JOY programme at Alon Ashel 10.15 Yiddish mit Veronica R10 2.00 Kalooki R10</p> <p>Milnerton 18.30 Twilight Supper with Dave Steward of the FW de Klerk Foundation R80</p> <p>S/Suburbs 10.30 Pop In with Leo Turvey R10 1.00 Kalooki R10</p> <p>West Coast 10.30 Bingo morning with prizes R10</p>		<p>Friday 22</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p>Wednesday 27</p> <p>Sea Point 9.30 Outing: Visit The Long Walk to Freedom. 100 life-size bronze statues and the largest exhibition of its kind anywhere in the world R80. Tea for own account 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Art Classes with Karen Cohen R25 9.30 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.00 Ageless Grace with Yvonne R20 11.00 DVD Series. R10</p>		<p>Thursday 28</p> <p>Sea Point 9.15 JOY programme at Alon Ashel 10.15 Yiddish mit Veronica R10 2.00 Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 Bingo morning with prizes R10 1.00 Kalooki R10</p> <p>West Coast 10.00 Art with Sharon Lopis</p>		<p>Friday 29</p> <p>Shavout Offices Closed</p>

PROFESSIONAL STAFF: **Sea Point:** 021 434 9691; **Milnerton:** Hajjera 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

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



Zip Zap fun for Cape Town kids

Each year for the past four years the Keshet Group UJW Cape Town have arranged to take three township school projects to the Zip Zap Circus.

The Zip Zap Circus is a social circus that was founded in Cape Town in 1992, to inspire young people and help build a new culture of peaceful coexistence in South Africa. Zip Zap helps kids to 'dare to dream' and learn to make those dreams a reality.

Each time, the Keshet Group ensures that 50 children are transported from their schools by Golden Arrow buses. The Zip Zap trainers take them through various activities for two and half hours of trapeze, rolling, jumping, tight rope walking, aerial acrobats with scarves and ball work. Most of these children have never been out of their township, and they learn many new skills. After their activity the trainers give the children a little professional show which they really enjoy with their mouths wide open.

They also organise with Spur Group to give the children a burger, chips and a juice each after their fun activity time.



Babes Creche in Dunoon during their visit on 12 February.

Mick Waters completes 76km Addo Elephant Trail Run

On 7 March, Mick Waters completed the arduous 76km Addo Elephant Trail Run. This was Mick's first ultramarathon for which he started training in October last year.

He began running at 5:30 and finished at 19:40, completing the trail in 14 hours and ten minutes. Mick says, "I was quite nervous going into it, not from a training perspective but because I kept checking the temperature and, every time I did, it was higher and higher. Heat can play a big role in exhaustion and your ability to complete long distances."

Temperatures indeed soared, reaching 46°C, and were the highest ever recorded in the 16 years of the event; about 40-50% of participants withdrew as a result. Mick tried to get as much distance behind him in the early hours of the morning as he could, before the heat made it more difficult. "At the first river crossing, I just sat down in the river, took my hat and poured water over my head and face and neck... It was starting to get so hot and my whole body temperature started to rise like crazy." At another point, Mick and some fellow runners swam in a natural pool until they were shivering before continuing to run.

The race covered varied terrain including cool, forest-type areas, steep climbs with no respite from the sun, winding escarpments and rejuvenating rivers. One of the most challenging parts for Mick was heading up the big escarpment at around 13:00, which some call 'Mordor' or the 5km 'Hill from Hell.'

Another tough period was the 20km section on top of the escarpment. "It was insanely hot up there with no wind. The escarpment is quite



Mick Waters with Lance Wynne and Sheena Wilson-O'Keeffe Photo: Rebel Media Guys

deceiving because every time you come round a corner and think it's going to start going downhill, it winds further round another corner, so that was quite taxing. A lot of that ended up being walked and not run."

Throughout the race, Mick sweated 13.7 litres (which is comparable to sweating out 13.7 kg!), drank in excess of 12.5 litres of water and burnt 8000 calories. He ran the last hour and a half in the dark with a head torch and was met at the finish line by a friend who immediately handed him a beer. He said, "I felt great but it's a very emotional thing, finishing something like that ... there's a lot of joy and happiness and you almost want to cry because it's such an emotional achievement to know that you were able to do something like that."

In the future, Mick would like to run 100-mile (160km) challenges but wants to get more experience of 50 miles (76km) first. He aims to undertake the 40km Jonkershoek Challenge in May. Mick's completion of the race came a week before his son, Daniel Waters' barmitzvah.

PESACH

A PESACH MESSAGE FROM MELTON

"Educate a child according to his way" – means to teach a child to love education, cultivate a true sense of intellectual inquiry and experiential curiosity. True education reaches everyone, not by emphasizing a specific path, but by cultivating a continued love and relationship with education itself. " –

Understanding the 4 Children through the Lens of Jewish Education

This is the Melton Way Join us to continue your Jewish Journey. Wishing you and your loved ones aChag Pesach Kasher V' Sameach.

UPCOMING COURSES:

- Rhodes to Mandela: Debating South African Jewish History
- Jewish Medical Ethics: A 21st Century Discussion
- The Cairo Genizah – Exploring a Forgotten World

Viv Anstey, Director: vivanst@diafrica.com 0828095414

Lauren Snitcher, Marketing: lsnitcher@diafrica.com 0828802257

www.meltoncapetown.org



The Chairman and Committee of Nechama
Wish our Community
Chag Kasher Ve Sameach

Nechama exists to be there for you – with you – in your sorrow. If you find yourself grappling with grief issues or are just reminded of your losses and scars, please feel free to contact us for counselling on: 021-465 9390 or e-mail admin@nechama.org.za

1 WEEK 4 EVENTS 7 DAYS 80 YEARS

AND A LIFETIME OF MEMORIES

Inviting all of our 7205 Alumni around the world to join us in Cape Town for a week of celebrations, as Herzlia celebrates 80 Years of Excellence. Join us from 3 - 10 August 2020 for **School Campus Parties, Shabbat Celebrations, Celebrate 80: The Musical** and a massive **Alumni Reunion**.

Save the date. For more information contact **Amanda Zar** on **+27 21 286 3472** or email **azar@herzlia.com**

   **#HERZLIA80**



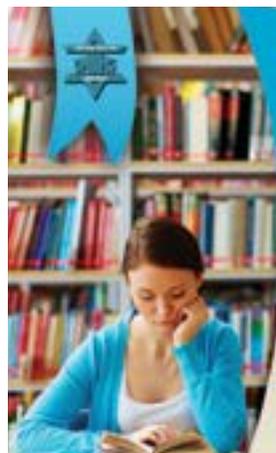
**THE HERZLIA
FOUNDATION TRUST**
SECURING JEWISH EDUCATION





JACOB GITLIN LIBRARY

Please visit www.gitlinlibrary.co.za to view all new books and the entire Gitlin collection



BECOME A FRIEND OF THE JACOB GITLIN LIBRARY

BECOME A FRIEND

- NOTIFICATIONS OF NEW BOOKS
- FIRST OPTION TO RESERVE NEW BOOKS
- NO CHARGE FOR RESERVING BOOKS
- NO CHARGE FOR TAKING OUT DVD'S
- ONLY R180.00 PER ANNUM

Enable Us To Enhance Our Book Collection!

BOOKS • MAGAZINES • NEWSPAPERS • DVDS • CDS • AND MORE!

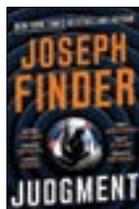
FICTION



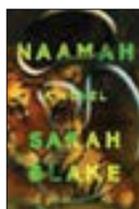
AND THE BRIDE CLOSED THE DOOR by RONIT MATALON. This entertaining novel by award winning Matalon unfolds over a single day when the bride locks herself in her bedroom. Margalit ignores her family's tactics to ensure the wedding will take place and despite their pleas and threats remains silent. She uses scribbled notes and a cryptic poem to communicate from behind the door. A sophisticated look at contemporary Israel and the difficulties of love.



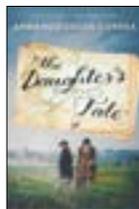
THE FACE TELLS THE SECRET by JANE BERNSTEIN. In this piercing novel, a woman who had an unhappy childhood discovers that she has a severely disabled twin sister. Roxanne finds her twin sister Aviva who cannot verbally communicate. On visiting the home, she meets Baruch a scientist studying micro-expressions. Through his guidance she finds the courage to open up to her sister and surrender to the mystery of what it means to love another.



JUDGMENT by JOSEPH FINDER. Juliana Brody, a Superior Court Judge meets a man at a conference in Chicago and has an unforgettable night with the explicit understanding that this would never happen again. On her return to Boston, she finds that this man has an integral role in a sex-discrimination case she is presiding over. As her professional career and family are threatened, Juliana needs to be as ruthless as her adversaries are in order to turn the tables.



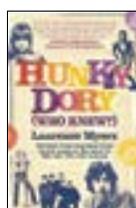
NAAMAH by SARAH BLAKE. The story of Noah and the Ark from the perspective of Noah's wife, Naamah. Blake describes the construction of the Ark and preparation for the journey and their day-to-day living with a boatload of creatures. The author examines the complex inner life of Naamah who had to leave her lover behind and the psychological implications of being the last eight people left on Earth. An insight into an ancient tale relevant to today.



THE DAUGHTER'S TALE by ARMANDO LUCAS CORREA. In New York, elderly Elise Duval receives a call from a woman who had recently arrived from Cuba. She has letters written by Elise's mother to her during the war. The story shifts to Berlin when Jewish widow Amanda flees Nazi Germany to unoccupied France. She arrives with only one of her daughters after having secured a safe place for the other in Cuba. A beautiful family saga of love, survival and redemption.



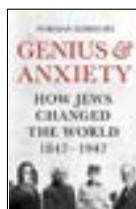
STRANGERS AND COUSINS by LEAH HAGER COHEN. The Blumenthal's eldest daughter is marrying her college girlfriend. As the story unfolds, it flashes back to a devastating fire in 1927, which affected many of the wedding guests and family members. Many of them are not only concerned about the wedding but the potential influx of Orthodox Jews settling in their small town. By the books end these unforgettable characters have rethought their notions of family and community. An enticing novel exploring the psychic depths of ordinary lives.



HUNKY DORY by LAURENCE MYERS. An engaging story of a Jewish kid from Finsbury Park who trained as an accountant and found his niche as a manager and music entrepreneur during the 1960s and 70s. He worked with artists who became icons of pop such as The Rolling Stones, David Bowie, Andy Warhol, Steve Wonder, Rod Stewart, Donna Summers and others. Filled with Myer's hilarious self-deprecating stories and his by-line "who knew?"



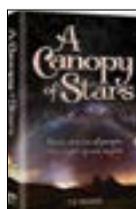
SUMMERTIME by RICHARD CRAWFORD. A biography of composer, pianist and songwriter George Gershwin who made jazz accessible to all Americans. Drawing on letters and personal accounts music historian Crawford traces Gershwin's remarkable life weaving anecdotes with a discussion of his works. George wrote the music while his brother Ira wrote the remarkable lyrics. He died at the age of 38 but left behind the inventive vitality of his music.



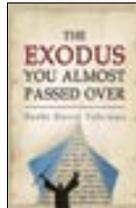
GENIUS & ANXIETY by NORMAN LEBRECHT. The author has selected individuals with varied relationships to Jewish identity, religion and culture. He restricts his book to the century before the creation of the State of Israel. His biographical sketches include Samson Raphael Hirsch, Eliezer Ben-Yehuda, Marx, Disraeli, Freud, Proust and Einstein. While exploring "the Jewish genius" Lebrecht shows how these great minds changed the way we see the world.



EINSTEIN ON THE RUN by ANDREW ROBINSON. The author brings to life Einstein's initial celebrity throughout Europe. With the rise of Nazi power in Germany, fears grew for his safety in Berlin. In 1933, British MP Locker-Lampson brought him to live in an isolated hut in rural England where he found a safe haven. Even though he left for America shortly after this time, Einstein's stay in Britain affected his life and thinking and made him a lifelong Anglophile.



A CANOPY OF STARS by C. B. WEINFELD. In these engaging true stories, Weinfeld discovers heroes in the most unlikely places such as the shuls 'Kiddush club', an oncology ward, and a child's birthday party where a pizza almost leads to tragedy. Some of these stories were originally published in Yated Ne'em and Ami magazines. These touching stories should certainly leave the reader amazed at the greatness that exists in our people.



THE EXODUS YOU ALMOST PASSED OVER by DAVID FOHRMAN. The author offers new insight into the timeless story of Passover. As an Orthodox scholar, he takes the reader on a journey filled with twists including interpretations of biblical texts and commentaries. He explores the passages from the Torah on which the Haggadah is based. Fohrman provides an understanding of the Exodus narrative including intriguing questions over which to ponder.

MUSIC-BIOGRAPHY

SCIENCE

RELIGIOUS INTEREST

MENSCH CHANGE-MAKER OF THE MONTH

By Romi Kaplan

There is a cost to caring

When I give seminars on burnout and vicarious trauma to therapy professionals, I almost always see a group of earnest and caring individuals who also look completely exhausted.

We now have a label for this emotional exhaustion, 'compassion fatigue'. And in South Africa you don't have to be a care worker to experience it.

If you are sensitive to the inequalities of our society and its concomitant suffering, it's likely you may feel a little overwhelmed and burnt out. Sometimes we can yo-yo from annoyance to anger and then to our lovely Jewish guilt, and yet still struggle with wanting to help others and do the right thing. I know this space well. I've been in it most of my life, including periods of burnout when I questioned the relationship between doing seemingly meaningful activities (translate that to 'helping others') and pleasurable ones as banal as going for a walk. Fortunately, there is much more awareness today of how we all need to include self-care activities into our daily lives such as eating healthily, seeing friends and doing some exercise. I work with humanitarian workers and even these self-sacrificing frontliners are accepting these as truths. And yet, there is still a high burnout rate amongst this population.

While Victor Frankl teaches that happiness is a by-product of doing meaningful activities; I've found that it's not enough to sustain us over a lifetime of service. I know I'm not alone in receiving these types of values from my parents and my Jewish schooling. What I feel I was not taught there is that meaningful work done with guilt and a sense obligation, is not ideal. We give insufficient attention to the values of contentment and joy as our own personal guide in relation to others. This is the opposite of selfish behaviour as this joy comes from wholehearted authentic connection, instead of because we know we 'should'. A release of oxytocin following a positive connection is similar to the feeling we get when holding a baby. Fortunately, my work at the Counselling Hub in Woodstock allows for many such connections.

The Counselling Hub is a project I co-created with the SACAP Foundation, and every day I leave with a sense of contentment. There are various reasons why it works both as a project and as a source of joy for me. In less



than a year we have managed to see a thousand clients and attract highly capable and dedicated professional volunteers and students. Most importantly we've had a shared vision and set of values as partners in this endeavour. If not for this, something that is supposed to be 'good' would be draining. The partnership with Lance Katz of the SACAP Foundation is of the best type possible. His clarity of purpose and growth mindset encourages us all. We were also fortunate to find Shifra Jacobson to co-ordinate the entire C-Hub. With her years of experience within the mental health space in South Africa, and her genuine dedication to the wellbeing of clients and volunteers, she has created a place where we can all thrive. This works as a source of joy because true work of this nature lies in recognising how we are all benefiting from our interaction with others. We can be humble about our role in the relationship, and not put unrealistic expectations on ourselves to solve other people's problems. Rather, what we can do is facilitate the work of our clients in helping them recognise their own incredible strengths.

The entry point for counselling is providing a safe and non-judgemental relationship. This can also happen when we truly listen to a friend. Yet many of us are critical with ourselves. There is no individual who does not bear his own burdens. Yet instead of taking a moment to connect and realise we are all part of a shared humanity; a counsellor may instead conclude that she does not have any grounds to feel her own pain. How can we be compassionate to others but not to ourselves? When we release self-judgement, we make space for our own creative problem solving to emerge.

Self-compassion (not self-pity), is essential to caring for others. We are truly blessed in our community to have people who are not just generous but are connected with the joy of giving in many different ways. My hope is that we grow not just in good intention, but in true connection to others and ourselves.

Romi Kaplan is a Board Member of Mensch, an NGO that supports Jewish change-makers; bringing their knowledge, skills and commitment to all in South Africa. Contact gina@mensch.org.za for more information.

LIFE STORIES

PRESERVING MEMORIES FOREVER

Record a **LIFE STORY** with **LISA CHAIT** and her expert team. Over 100 unique films, books and audio recordings produced in South Africa and internationally.



LIFE STORIES are produced online, telephonically or in person



Lisa Chait with Harold Heneck's Life Story

I think my father enjoyed reflecting back on his long and interesting life, nudged along by an attentive and expert narrative shaper. The finished book is a great family read and a wonderful memoir.
— Glen Heneck

Oh wow, goodness gracious me this is wonderful. I'm looking at my Life Story book hot off the press. Good heavens it's amazing! Do other people know what you do Lisa?
— Anne Jacobs (95)



Anne Jacobs



Cecil & Jo Jowell filming in Springbok

Our beautiful film captures my father's story and our family history in the most moving and riveting of ways. A Life Story is so much more than a 'nice to have'... it's a 'have to have'! An incomparable gift. Thank you Lisa.
— Jo Jowell Goldstein & Jowell family members now and always.



Cyril Ferber

What an amazing journey Lisa took me on – an experience of a lifetime. Her endless patience, endurance, kindness and ability to squeeze every bit of information from someone who doesn't always communicate readily was just incredible. Lisa connects and engages with her clients in a very special way.
— Cyril Ferber



Ben & Cecilia Jaffe z"l

Lisa and her team crafted an extraordinary movie about the Lifestories of our grandparents, Ben and Cecilia Jaffe. It perfectly portrayed our vision.
— Stephen Jaffe, grandson

www.lifestories.co.za

+27 723776211

info@lifestories.co.za

QUE(ER)YING MY IDENTITY

By Jacqui Benson

If you asked queer people if words matter, or if the labels have ever mattered, most will give you a resounding YES. When it comes down to it, words matter when we are grappling with who we are, from the viewpoint of heart, mind and body, as we define our sexual orientation, our gender identity and our gender expression.

Defining ourselves is loaded with nuances, mostly foisted on us by family, culture, society and even country. Often we are forced to grapple with words that hold highly negative connotations, loaded with stereotypes, and misconceptions, which can leave long lasting trauma. As Jews we know this all too well. Just think of 'Blood Libel' and what might immediately come to mind are pictures that were used to portray Jews being vampirish, trying to take the blood of Christians, particularly children. It took centuries to eradicate the impact of that story from our collective conscience.

Today in advocacy work by the LGBTIQ+ community, time is spent on having to unlearn, as we question who we really are and what words,

and our associations with them, have come to mean. We do this to be able to embrace ourselves and find the words we are most comfortable to describe ourselves with. This is a good entry point for discussing why 'Querying my Identity' is so critical.

I was recently approached by the parent of a friend, and asked to please explain why I, and others use the word 'Queer', as opposed to gay, lesbian, LGBTIQ+, etc. 'Queer' makes them distinctly uncomfortable. Appreciating the candour and sensitivity with which they raised their concerns, I was happy to oblige.

The word 'Queer' has had different meanings at times throughout history and in different places. Originally, from the 16th century, it referred to strangeness or difference in English-speaking countries. References are found in Arthur Conan Doyle's Sherlock Holmes stories, and there was an American phrase 'queer as a three dollar bill' — referring to something that was odd or even suspicious.

It appears the first recorded use as a derogatory word, specifically abusing homosexuals, was found in an 1894 letter by the Marquess of Queensberry, accusing Oscar Wilde of having an affair with his son,

Alfred Douglas. It quickly became the term used to refer to same-sex sexual relations, and anyone with same-sex attractions. Hurling as an insult, in much the same way the phrase "that's so gay" is now used, intending to put down something that is seen to be effeminate or camp — feeding off stereotypes about a person's (usually male) sexuality and mannerisms.

Reclaiming the word began with the Stonewall Riots of 1969, the start of the current Pride movement... Activists coined the slogan "We're here. We're queer. Get used to it." as a deliberate strategy, to nullify the very word used against them. In the late 1980s Queer Nation used it in a way that allowed people the use of a neutral word to describe themselves, and as a positive form of self-identity. As a non-binary word, many have found it as a way to define themselves without having to be more explicit about their gender.

Today, given the alphabet soup of the LGBTIQ+ spectrum, something that is also rather fluid, many of us, use it as an umbrella term to refer to anyone who does not identify themselves as heterosexual or cis-gender. We do however recognise that for some,



'queer', still holds a lot of pain, as they experienced it as a form of abuse, and, we need to be aware of what effect our words have on others.

In the words of Rabbi Shimon ben Elazar: A person should always be careful in the way he formulates his responses. (Talmud Megillah 25b) A truly wise person considers the effects words might have on others.

From that view, consider this: it's not our own feelings about words we need to consider, but rather the feelings of the other person, and the words they choose to identify themselves with that is more important.

Info sourced from Queer: a graphic history by MJ Barker, J. Scheele, Aish.com & www.tolerance.org

Want to hear more? Please like the Facebook page Jewish LGBTIQ+ and their Allies and connect with me. Jacqui Benson is an activist, speaker, social entrepreneur, who thinks we can all play a role in making the world a place for all people to live in peace — we just need to work together on this one.

Contextualising the history and zeitgeist of a generation

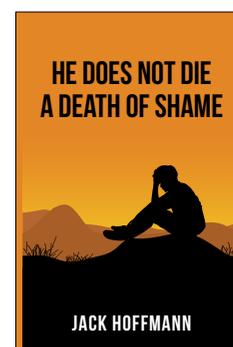
By Jeremy Gordin

South African born Jack Hoffmann has written what's generally referred to as a 'coming-of-age' story.

It's a meticulously written novel, respectful of its characters, readers and history, its tone serious, and its pace unhurried.

The protagonist is Zak Ginsberg, whom we first encounter as a young boy, growing up in the South Africa of the 50s and 60s. When he tries to help the son of the domestic servant who cared for him and whom he loved as a little boy, Zak is arrested and brutally tortured by the security branch. So, the person on whose 'psychological and moral growth' we are focusing is Zak. But Hoffmann has cast a large net.

First, we come to understand Zak through his family; a Lithuanian (Litvak) father who has come to South Africa to look for employment, and his larger Litvak family who do not escape the Holocaust that sweeps across the Old Country. Second, Zak's journey through life is mirrored by the journey of the son of Zak's childhood



nanny, Mpande Gumedi. He has joined the ANC underground, trained in the USSR, and returned to SA to plant bombs.

The book contextualises, traces and lays out the history and zeitgeist of a generation — the children of immigrant Lithuanian Jews, born in SA in the 1940s, 50s and even 60s.

It does the same for a black generation also born in those years. And this contextualisation, at least in the case of Zak, also encompasses the Holocaust in Lithuania, while SA's political history is interwoven throughout the narrative.

Besides the book's meticulous texture — the reader feels its characters' experiences and the grain of their lives, *He Does Not Die a Death of Shame* is extraordinarily compassionate, because it succeeds at entering and showing everyone's lives without being judgmental.

The book is available online at Amazon as well as at local book sellers and the SA Jewish Museum Shop.



Who shows up at the Seder?

Everyone is present. The wise, the wicked, the simple, and even the one who does not know how to ask the questions. Everyone is involved in the Seder's proceedings.

What we learn is that everybody counts!

When the five rabbis are sitting in Bnei Brak telling and interpreting the story of the Exodus, each has something different to add. It is the whole of their interpretations taken together that heightens our understanding of the text, and what binds a Seder together.

Wishing the Cape Town Jewish Community Chag Pesach Sameach



The
ELIOT OSRIN
LEADERSHIP
INSTITUTE

info@osrinleadership.org
(021) 461-0776



LEVERAGING YOUR FAMILY HISTORY FOR EUROPEAN CITIZENSHIP

ROSE LERER COHEN PhD
rlerercohen@gmail.com



THE GATEWAY TO YOUR FUTURE
OBTAINING AN EU PASSPORT

YOUR ANCESTRAL LINK TO LITHUANIA

Your ancestors who were born in Lithuania and immigrated to South Africa, Israel or elsewhere to start a new life and thus broaden their horizons, have GIFTED you the chance of receiving citizenship of the country of their birth.

The Lithuanian Government is restoring citizenship, they are giving you the opportunity to broaden your horizons. With over a decade of success, with clients in South Africa, the UK, Australia, the US and Israel, we look forward to sharing our knowledge and expertise with you and obtaining your EU passport.

ARE YOU ELIGIBLE FOR LITHUANIAN CITIZENSHIP?

According to family lore, and occasionally with documents in your possession, you discover that your ancestors immigrated from Lithuania to South Africa. You have heard that Lithuania is reinstating citizenship to persons who can prove their eligibility.

You ask yourself, am I eligible? Would I be entitled to Lithuanian citizenship reinstatement, and thus be granted a passport that would enable visa-free access to over one hundred and fifty countries, enabling travel-freedom?

If you are indeed eligible, you can go back three generations. Therefore, if you have a great-grandparent who held Lithuanian citizenship, you should be able to qualify to become a Lithuanian citizen yourself. You will have to prove the family connection through an unbroken chain of documentation all the way up the family tree until you reach your ancestor with Lithuanian ties.

Following my first conversation with a potential client, they complete an eligibility questionnaire. This enables me to gain an understanding of the ancestry and provides the framework for assessing eligibility.

The first and most important step in the process to attain Lithuanian citizenship reinstatement is to prove your eligibility.

What is eligibility? According to the Oxford English Dictionary eligibility is the fact of having the necessary qualities or satisfying necessary conditions.

The conditions for assessing eligibility are as follows:

1. Lithuanian Citizenship Law:

Under the Law of Citizenship of Lithuania, for descendants to be eligible for citizenship reinstatement, it is mandatory that the ancestor held citizenship of Lithuania between February 16, 1918 and June 15, 1940.

On February 16, 1918 Lithuania became an independent country, Kaunas/Kovno serving as the capital. Lithuania remained independent until it was occupied by the Soviet Union on June, 15 1940 following the Molotov–Ribbentrop Pact.

Independent Lithuania was divided into twenty-three districts and further subdivided into sub-districts.

Our ancestors immigrated to South Africa from many of these districts and sub-districts. A number of districts are for example: Alytus, Biržai, Kaunas Kėdainiai Klaipėda Kretinga Marijampolė Mažeikiai Rokiskis Sialuliai Taurage, Telsiai and Ukmerge, Utena, Vilkaviškis, Zarasai. As an example, one of the sub-districts of Sialuliai is Kelme. Uzventis, my ancestral town is in the sub-district of Kelme.

The former Prussian territory of Memel became an autonomous part of Lithuania under the Memel Statute in January 1923, until it was re-annexed by Germany in March 1939. It comprised the three districts of Klaipėda, Pagėgiai and Šilutė.

2. Archival research:

Rigorous archival research in all Lithuanian archives must be carried out to locate documents of eligibility. The archival document must show/state clearly that your ancestor was a citizen of Independent Lithuania. This clause is part of Citizenship law based on a court decision of October 2017 and cannot be overlooked.

If a document is located in the archives showing that your ancestor lost or rejected Lithuanian citizenship, eligibility will be denied. If conditions of eligibility are met, the process is set into motion.

Once these two conditions are fulfilled, supporting documents are located to create the application package. These documents must demonstrate a continuous thread between you and your ancestor.

I have facilitated successful applications for Lithuanian citizenship in South Africa, Australia, the UK, the US and Israel; and will be pleased to assist and guide you with your application.

Please contact me at rlerercohen@gmail.com. Your free consultation will include assessing your eligibility, reviewing your documents, discussing supporting documents and answering questions.

Please view my website, www.kin-search.com to learn more about me and about the professional services I offer.



**JEWISH
COMMUNITY
SERVICES
CAPE TOWN**

www.jcs.org.za



JCS@WORK The Importance of Routines

BY JETARA ROSS

With the increasing levels of anxiety occurring in children, one of the most important things a parent can do is to make them feel safe by establishing routines and boundaries.

Children feel the most secure when their lives are predictable. Predictable environments make children feel safe by teaching them that they can trust others to take care of them and meet their needs, making them less anxious and free to relax and enjoy their world. When events happen in the same order every day, children have a much better understanding of their world, know what to expect, and become much more confident in both themselves and the world around them. They know that they will not be confronted with unfamiliar tasks for which they are unprepared, thus reducing their anxiety levels.

Routines also allow children to make predictions about the future and helps them establish self-control because they know that they have to wait until a certain time every day to do a particular activity. This fosters responsibility and independence, because children will feel confident in the tasks that they have mastered many times before in the same environment.

Routines have many benefits:

1. They help eliminate power struggles, between the parent and the child – the activity becomes a normal part of what they do at a particular time of the day.
2. Routines help children learn to take responsibility for their own activities, for example, packing their school bag, without constant reminders. Children love feeling in charge of themselves and this feeling increases their sense of competence. Children who feel in control of themselves, have less need to be defiant.
3. They help parents connect with their children by building moments to connect into their schedule.

Starting a routine in your home can be very simple:

1. Plan at least one meal per day with your family. This way, you can start a routine that allows children to take responsibility, such as setting the table.
2. Have a bedtime ritual and associate certain activities with going to sleep. Make sure that bedtime preparation always occurs in the same order, and along the way, ask your child questions as to what is next, such as, "What do we do after we take a bath? Put our pajamas on? Read a book?" Prepare your child along the way by introducing time segments to the transitions, for example, "When the big hand gets to the 12, it will be time to run the bath."
3. Make use of colourful pictures to indicate the routine and place them in your child's room. This will allow your child to look at the pictures every day and identify what step comes next.

While you should stick to your routine as far as possible, do not be too rigid. Children need to learn how to be flexible and deal with the changes that life brings. If there happens to be an interruption to the routine, inform your child and prepare them for the change. You can say something like "I know that we usually bath at 6 o'clock, but today we are going to bath at 5 o'clock because you have to go to Granny at 6 o'clock today. Tomorrow we will go back to our usual schedule."

Be aware that setting new routines require adjustments, however, you need to be firm. At first, your child will try and have you break the routine, but remember that you are the parent and that children need consistency and boundaries at all times.

Should you be struggling with this and want further information regarding the setting up of routines in your daily life, please contact Jewish Community Services on **021 462 5520** or email info@jcs.org.za.

"Children feel the most secure when their lives are predictable. Predictable environments make children feel safe by teaching them that they can trust others to take care of them and meet their needs, making them less anxious and free to relax and enjoy their world. When events happen in the same order every day, children have a much better understanding of their world, know what to expect, and become more confident in both themselves and the world around them."



Photo by Steven Libration on Unsplash.

bargains
CLOTHING & FURNITURE **galore**



Chag Sameach

to all our Jewish customers.



A VIEW FROM THE BAR

The right to health

By Anton Katz



A key aspect of being a happy and successful human is health.

Physical, mental, social, emotional and spiritual health all impact on the value and quality of our existence as a person. The Constitutional Court has acknowledged that health care rights must be considered not only individual human autonomy but also human interdependence. In other words in the context of health “no man or woman is an island.” If my neighbour is sick that affects my neighbourhood and me. (Covid-19) A healthy life depends upon social interaction and interdependence: the quality of air, water, and sanitation which the state maintains for the public good; the quality of a person’s caring relationships, which are highly correlated to health. Health is affected by the quality of health care given officially by medical institutions and provided informally by family, friends, and the community.

The Constitution states everyone has the right to access to health care services. And also in section 27(3) that “no one may be refused emergency medical treatment.” Bearing in mind the debates around

the introduction of a national health service, the unfortunate events in the public health care system (consider the Life Esidimeni scandal, which involved the deaths of 143 psychiatric patients in Gauteng), and possible epidemics or even pandemics (HIV-AIDS, SARS, Ebola, the Coronavirus, COVID-19 all come to mind), it is worth considering relevant health related court decisions.

Mr Soobramoney, was a 41-year-old diabetic with ischaemic heart disease who had suffered a stroke. His kidneys failed and he was in the final stages of chronic renal failure. His life could have been prolonged by means of regular renal dialysis. The state hospital in Addington, Kwazulu Natal rejected his claim to dialysis. It did not have sufficient resources to treat all such patients. Mr Soobramoney approached the courts alleging that his constitutional rights had been violated by the state. His claim was that patients who suffer from terminal illnesses and require treatment such as renal dialysis to prolong their lives enjoy the right set out in section 27(3) to be provided with such treatment by the state. He argued that the state

is obliged to provide funding and resources necessary to comply with its constitutional obligation.

The Constitutional Court emphasized that we live in a society in which there are great disparities in access to resources. Millions of people live in deplorable conditions in great poverty. There is a huge levels of unemployment, inadequate social security; and many do not have access to clean water or to adequate health services. These conditions existed in 1996 when the Constitution was adopted. A commitment to address them, and to transform South African society where human dignity, freedom and equality are an aspiration is necessary. For as long as these conditions continue to exist that aspiration will have a hollow ring.

The Court held that if section 27(3) were to be interpreted as Mr Soobramoney would have it, it would make it substantially more difficult, if not impossible, for the state to fulfil its primary obligation to provide health care services to “everyone.” It would mean prioritising the treatment of terminal illnesses over other forms of medical care and would reduce the resources available to the state for preventative health care and medical treatment for those with sicknesses which are not life threatening. And so, Mr Soobramoney lost his case and died shortly after judgment by the Court.

In another ground breaking matter in 2002 the transmission of HIV from mother- to- child at birth was in issue.

The HIV/AIDS pandemic in South Africa was described as “an incomprehensible calamity” and “the most important challenge facing South Africa since the birth of our new democracy” and government’s fight against “this scourge” as “a top priority”. It “has claimed millions of lives, inflicting pain and grief, causing fear and uncertainty, and threatening the economy. The government, as part of array of responses to the pandemic, devised a programme to deal with mother-to-child transmission of HIV at birth and identified nevirapine as the drug for this purpose. But the government programme imposed serious restrictions on the availability of nevirapine in the public health sector. An NGO, the Treatment Action Campaign, brought a challenge to the validity of those impediments to obtaining nevirapine.

The courts had to determine whether the measures taken to prevent mother-to-child transmission of HIV were reasonable. The Court accepted that throughout South Africa health services were overextended, and

that HIV/AIDS was one of many illnesses that required attention.

The courts referred to the huge problems confronting government as a result of the pandemic. And besides the pandemic, the state faced huge demands in relation to access to education, land, housing, health care, food, water and social security. The Court reiterated that the government is obliged to take reasonable measures within its available resources to achieve the ongoing realisation of those rights. In the light of SA’s history this was and is extraordinarily difficult. But it is an obligation imposed on the government by the Constitution.

The Courts effectively found that the national government had not reasonably addressed the need to reduce the risk of HIV-positive mothers transmitting the disease to their babies at birth. In evaluating the government’s policy, the Court emphasized that the lives of many new-born babies might be saved by the administration of nevirapine to mother and child at the time of birth. The government was ordered without delay to, amongst other things, remove all restrictions that prevented nevirapine from being made available at public hospitals and clinics. The government complied with the court order and many lives were saved.

It seems all humans around the world are going to increasingly rely on government’s support and protection. During the Spanish Flu of 1918 there were no air flights and mobility of humans was restricted to land and sea routes. In the Coronavirus world of 2020 modern air travel and ease of movement means radically more interaction between different groups of people within countries and across national borders. Governments all of the world have no option but to work together to find solutions to all developing health challenges. In the Coronavirus setting, restrictions of rights, such as quarantines and a ban on movements in and out of South Africa and within its borders clearly constitutes a limitation of rights. In South Africa the law and the Constitution guides, demands and constrains the width and depth of the government’s conduct in the health sector. The balancing of all human rights implicated by health crises for all people in the world is tough and requires wise and informed counsel.

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.

THE ALL NEW TOYOTA COROLLA
QUEST
NOW AVAILABLE

SELWYN BLOCH
Market Toyota Culemborg
Cell: 082 453 5093 | Tel: 021 410 9300
www.markettoyotaculemborg.co.za

**It took our people 40 years to find their new home.
We promise to get you there quicker.**



SEA POINT 021 434 9175

Visit atlanticseaboard.seeff.com to view more online.

Stumbling stones help personalise history

By Dan Meyer

In July last year, I stood outside my grandfather's old home and watched an artist make him part of one of the world's largest memorials.

I'm about the same age Erwin Meyer was when he walked out of that door for the last time having been robbed of everything he owned and forced into exile. In 1935, my grandfather was forced to leave Germany as the Nazi government began to pass increasingly restrictive laws against Jewish people, ultimately leaving the 26-year-old and his family to forfeit their stake in the successful Thalheimer timber business for a pittance of its real value in exchange for an exit visa that would see him board a ship from Southampton to Cape Town.

In his book, *Legalisiertes Undrecht*, Cristoph Franke writes of the "legalised theft" of the Thalheimer timber business that my great grandfather started. "An economic adviser to the German administration bought the Thalheimer company at a price of 1.6 Million Reichsmark. The estimated value of the company was four Million Reichsmark." He explains that the reduced figure paid for the company was seized at a customs branch in Hanover a year after my grandfather left Germany, and all the Jewish representatives were arrested.

Eighty-four years later I find myself standing on a grey street in the suburbs of the industrial city of Hanover, outside a block of flats that stands out from the rest because it doesn't share their characteristic facade of post-war architecture. Erwin Meyer lived here with his mother, father, and sister, and it was his last German address before he was effectively exiled.

German artist Gunter Demnig realised the poignance of sites like this in the 90s, and began placing



Dan, Michael and David Meyer

Stolperstein, or 'stumbling stones' outside the former homes of Jewish people who were forced to escape the persecution of the Third Reich. The stones have been laid in collaboration with the German Department of Culture, who see the initiative as a means towards reconciliation. There are over 70 000 gold Stolperstein plates across the streets of Europe, making Demnig's tribute the world's largest de-centralised monument in the world.

"The stones should also serve the purpose of remembering your family. It works best with young people. They can picture a real family union, in a city, right on this spot or maybe around the corner. All those people went to school, maybe even the school I went to. They can think to themselves, 'maybe this person was my age when they were murdered.'" said Demnig.

I joined my uncle, Michael Meyer and my cousin David for a ceremony outside the house, attended by the District Mayor of Hanover and members of the press and community. Within minutes, Demnig had cut a slice of pavement away and forever immortalised the home in history with the words "Erwin Meyer lived here".

World WIZO turns 100 and WIZO SA was there to celebrate!

Twenty-four delegates from all over South Africa, including eight members from Cape Town, had the privilege of attending World WIZO's 100th anniversary EGM (Enlarged General Meeting) in Tel Aviv, in January.

As well as visiting the three daycare centres, five Neve WIZO houses of safety, Beit Halochem and other projects supported by WIZO SA, the delegation joined 1000 chaverot from around the world to celebrate WIZO's centenary at a spectacular gala opening featuring some of the best speakers and entertainers from around the globe. As World WIZO Honorary President Tova Ben Dov put it, "Before me I see an ocean of love, faces of tikkun olam. WIZO looks forward to many more years to come doing what matters most for the benefit of Israeli society."



WIZO chair Tamar Lazarus presents Moonyeen Castle with her brooch and certificate signifying that, as outgoing President of WIZO, she is now an Honorary Member of World WIZO.

CJC's Jaime shines in the spotlight

Jaime Uranovsky was awarded Best Actress for her portrayal of Rita in *Educating Rita* at the Annual CATA Awards in Cape Town in March.

Jaime lived, ate and slept Rita in her five-month preparation for this role where she perfected the Liverpudlian accent and magically transformed Rita on stage from a nervous, unconfident and unhappy person into a radiant, dynamic and confident woman. The magical chemistry between Rita and her professor played by Nic Plummer of FMR was apparent and these two performers gave their very best, so much so that Nic won Best Actor and the play won the prestigious award of Best Production.

During Middle and High School, Jaime took on musical roles in *Oliver!* and *Annie*, where she played Miss Hannigan (the often inebriated employee of the orphanage) with aplomb. She took Drama as an elective in high school and wrote, acted in and directed many of her own plays, winning the Drama award every year at prizegiving and receiving a distinction in matric for both practical and theory. A keen singer, she joined the Herzlia Vocal Ensemble and also sang at many Eisteddfods where she received Honours and Diploma. Her highest achievement was winning the top Eisteddfod award in the Folk category for *Yerushalayim Shel Zahav*.

After matric Jaime went to UCT completing a Bachelor of Arts,



majoring in English and Psychology and then went on to do her Honours in English Literature passing cum laude. She was also a recipient of The Golden Key Award. Whilst at UCT, she went into community theatre where she had side roles in plays, one being *Cat on a Hot Tin Roof*.

Jaime did two seasons of *Valentine Love Songs Soirees* with a group of singers performing at the Masque Theatre. She then auditioned for Jane in *Jane Eyre* and landed the role, as well as the main female role in *The Full Monty*, a fun musical. Jaime received Best Actress nominations for both. When Jaime was contacted by a director to read and audition for *Educating Rita*. She couldn't resist the challenge.

Jaime writes for the Cape Jewish Chronicle. She is also the sub-editor of the UCT Student Law magazine. She is currently studying Law at UCT.

gifttime

Kosher Le Pesach gifts
On display in our shop.
Place your order early!!!!

*Baby gifts
*Engagement
wedding

*Birthday/
anniversary
*All the festivals

Wishing our
community Pesach
Kasher v'Sameach

WE DELIVER

Email: gifttime@iafrica.com www.gifttime.org.za
Phone: 021 465-6500 / 021 462 1967

CLOSED UNTIL FURTHER NOTICE



THE
RE/MAX
COLLECTION[®]

Fine Homes & Luxury Properties



Wishing all our Jewish Clients
A Happy Passover

RE/MAX LIVING

City Bowl 021 423 4488 | Sea Point 021 433 1555 | Camps Bay 021 437 1790
Milnerton 021 551 1312 | Paddocks 021 555 0044

Help us make 10 000 Moms smile this Mothers' Day

Ten years ago, Lynne Cumings was listening to Kfm and heard a suggestion that those members of the community who had lost their own mothers should take a cake to an old-age home on Mothers' Day as a way to celebrate other mothers still living.

This inspired Lynne to do just that: in memory of her mother, Barbara Rodkin, she delivered a milk tart to Sea Point Place on Mothers' Day. She felt good after performing this mitzvah, but, for her, it was not enough. Lynne explains "I thought about it, and I vowed from then onwards it was going to become something that would grow." And grow it did: this year, Lynne's venture, now called 'Make a Mom Smile', is aiming to deliver 10 000 cupcakes to moms all over Cape Town for its tenth Mothers' Day on 10 May. How did the project get here?

In 2012, a year after Lynne delivered a cake to Sea Point Place, she was not only donating in memory of her own mother but in memory of Felicity Mtongana, her domestic worker of 20 years, who was a second mother to her son and who died suddenly that year. With support from family and friends, and after receiving donations from Checkers, Pick 'n Pay and Spar in Sea Point, Lynne donated 100 cakes to local old aged homes on Mothers' Day. But she wanted to make an even bigger difference.

The following year, Ryan O'Connor interviewed Lynne on Kfm. The message was to remember your mom if yours had passed on, or to honour her if she was still alive by delivering a cake to an old age home. "That radio insert changed my life," says Lynne. The next day, she received a phone call to say that Tsogo Sun, as represented by Jeff Rosenberg, would be baking and donating the total number of cakes required by the Cape Peninsula Organisation for the Aged (CPOA) — the umbrella organisation under which many Cape Town-based retirement homes fall. Just like that, Lynne's reach had increased from one cake in 2011 to 100 cakes in 2012 to 1500 in 2013.



"It became a really big thing from that day onwards," she reminisces.

A couple of years later, as the initiative grew, Lynne was approached by Nicki Wingerin, who had heard about the project and wanted to get involved. Since then, Nicki and Lynne have run Make a Mom Smile together and the venture has reached new heights — even after Tsogo Sun's annual contribution ceased once Jeff left the company. In fact, the annual project has grown so much, that the pair ran out of CPOA homes and have started providing cupcakes to private and government related old age homes. They are always on the lookout for more homes to be included.

One way to get involved is to bake and donate as many cupcakes as you can. Lynne notes, "The cupcakes that come in range from your every-day bakers, with cupcakes just spread with icing, to the home industries that go all out." Those who wish to bake should contact the organisers as soon as possible stating the number of cupcakes they will be contributing. They can then take their cupcakes to designated central drop-offs in Claremont or the Northern Suburbs on Thursday 7 May, after which a driver collects and delivers them to Nicki and Lynne, who painstakingly count cupcakes and distribute them among old age homes. In 2019, 8000+ cupcakes were delivered to 48 homes as far out as Somerset West and Bredasdorp.

For Lynne and Nicki, this is all about the mitzvah of tzedakah. "We're pushing to get children involved because it becomes reciprocal... It's a circle: the children honouring and remembering grandparents, us remembering our mothers — we're all paying it forward."



astra
JEWISH SHELTERED EMPLOYMENT

A sad farewell

Fiona van der Walt passed away very sadly and unexpectedly in February.

She was a dedicated and devoted supervisor at Astra for 17 years. The products of her talents (most notably the baby patchwork floor mats, cot duvets and 'Bag of Plagues') are enjoyed in homes across the globe. She was also responsible for the beautiful designs of certain items in some of Cape Town's Jewish institutions. Staff and workers at the Centre are deeply saddened by this enormous loss and the role she played in their daily lives. Her creativity and the skills she taught the workers at Astra will live on forever.



Please note that

Coffee Time & astra

will be closed for Pesach
from Wednesday 8th April to Sunday 19th April
and will re-open Monday 20th April

.....
We wish the community a
pesach kasher v'sameach
Thank you for your wonderful
support and encouragement!



"MAKE A MOM SMILE"

Mothers Day

CUPCAKE APPEAL

- EST. 2011 -

Our "Make a mom smile" Mothers Day appeal is in its 10th year
Please generously support us again in honouring
your mom's memory, celebrating her life now or simply by
helping to make a mom smile on May the 10th 2020

*Want to know how you
can get involved.*

Contact:

Nicki Wingerin
nicki@pearlculture.co.za
082 901 9030

or

Lynne Cumings
lbj@mweb.co.za
082 686 8324

Cupcakes will be donated
to **Highlands House**,
CPOA homes and other
state and privately
managed old aged facilities.





**Wishing you joy and many blessings at Pesach
and throughout the year.
Chag Sameach!**



Willoughby & Co.

PURVEYORS OF FINE SEAFOOD

Shop Number 6132 V & A WATERFRONT TELEPHONE +27 (0)21 418 6115/6 www.willoughbyandco.co.za

JEWISH LIFE ON ^{& off} CAMPUS!



The things that matter

By Nissen Goldman

We are so blessed as Jews to have a calendar that is structured in a way that draws our attention to the things that really matter. We have a festival coming up this month, Pesach — The Season of our Liberation — which asks of us to look inside and question if we are truly free!

How many people would typically get round to having this conversation with themselves. With my attention being pulled in a million and one different directions I don't know that I would just stop and think about freedom. I'm taking a moment to be grateful for that.

For the liberation our laws bring by elevating us above the mundane. For our tradition of introspection. For my parents and theirs, going all the way back to Egypt — who passed our people's story down to me. And to G-d for taking us out of that 'Land of Limitations' (Mitzrayim) and for giving us true freedom — the freedom to be a servant to nothing and no one but the Master of all. Let us employ this gift of freedom and leave everything else behind. Let us use these days of Pesach to listen to the call of our souls that just want to break-free from the shackles of any foreign masters that aren't serving us.

Entebbe eye-witness

We had the unique honour of hearing from IDF major Rami Sherman who was one of the soldiers who lead the Raid on Entebbe otherwise known as Operation Yonatan (after Yoni Netanyahu who was killed that night).

His team saved over 100 Jewish hostages who were taken captive by terrorists who hijacked an AirFrance plan and redirected it to Entebbe, Uganda. The story is a message of "Kol Yisrael Arevim Zeh lazeh". All of Israel is responsible for one another. It was not Israel's legal responsibility but France's.

Zac Rubín, a second year Engineering Student, said he was particularly moved by the story of the non-Jewish pilot and his crew who decided to stay with their Jewish passengers after being given the option to leave with the other non-Jewish passengers who were released.



Lance Myerson, Liam Talberg, Jordyn Fitzpatrick, Hannah Paris, Zoe Chadowitz, Julia Ganbarg, Rami Sherman, Gary Isaacs, Zoey Lieberman, Daniel Levenstein, Aaron Sherman, Joe Rosenberg, Grant Norrie, Rabbi Nissen, Zac Rubín and Hayden Norrie

All in all, the talk gave us renewed strength and pride in belonging to the Jewish people. It was certainly the greatest hostage rescue in history. Or as Rami said, some people said it was luck, but we knew it was the Hand of God.

Thank you to SAUJS for partnering with us to make the event possible.

Stellies Yids Welcome Braai

2020 is by far the biggest year we've ever seen for Stellenbosch Jewish students, we estimate the number of yids are up to 50!

So we brought everyone together for a Welcome Braai, generously sponsored by the Shul. 34 students attended and we meet weekly on a Tuesday in the Shul Hall for a lunchtime shiur.



Left: Yankel Goldman enjoying his potato salad



Erin Deats, Rachel Rawraway, Josh Gordon, Greg Merkel and Samuel Finder



Adam Sedzul, Megan Brink and Franki Rohloff



Josh Jermyn (the braai-er), Ruby Wilder and Nadav Mazor



Sam Stein, Adam Taitz, Philipa Taitz, Daniel Taitz, Dani Moore and Tor Kaplan

JEWISH LIFE ON ^{& off} CAMPUS!

Powered by 

2020 Community Launch

This year, over 200 students from universities all over the city joined the Chabad on Campus Student Family.

We continued our annual tradition of having the Community Launch on a boat. It's a great way for people to meet each other and build new friendships in this new phase of life. A big thank you to *The Mirage* management

for assisting us, as well as to our sponsors. What a beautiful evening it was with 120 mostly first and second year students who got to connect.

We had a blast with our very own DJ Sam Codron. Have you ever danced to horas in the middle of the ocean? If you time travel back to first year varsity, you can join us in 2021 ;)



Josh Gordon, Darren Mandelstam, David Katz and Jake Rosen



Sara Orkin and Josh Gordon



Gabi Lipshitz and Jessica Berkman



Kevin Pogrud, Franki Silverman, Daniel Levenstein and Dani Wilck



Jade Spiro and Alexa Jackson



Adam Gorin and Kevin Pogrud



Aaron Marks and Zac Cohen



Adam Raraway, Rabbi Nissen, Ben Edelberg and Ethan Mekkassi



Sam Codron and Bella Miller



Dalya Blecher, Brandon Schneider and Avital Devir



Leah Gluckman, Zac Rubin and Ethan Mekkassi

Photos by Josh Rubin @joshwideawake



in partnership with
Samson Student House
4 Bollhope Crescent, Upper Mowbray 7700
rabbi@jewct.com | 072 363 0351 | Chabad.edu



New immigrants to Israel jump right in... to a Coronavirus quarantine

By Deborah Fineblum for JNS



The empty arrival hall at Ben-Gurion International Airport on 11 March 2020. Photo by Flash90.

The first few weeks after making aliyah are typically a flurry of activity, with the newly minted Israeli dashing from government offices to banks to setting up utilities to schools to register the kids, not to mention finding a terrific falafel stand.

But what if instead of all that, upon arrival you were transported to your new home and instructed to stay there for two weeks? Everyone moving to Israel after 4 March (the Jewish Agency puts the number at 163) needs to stay in quarantine; in Hebrew, *bedood* — for two weeks before they can venture out and explore their new home.

“On the list of stressors, moving is right up there,” says Jerusalem-based social worker Aliza Shapiro, who often works with immigrant teens and who made aliyah herself from Cleveland in 2010. “And when you’re moving to a place where everything is new to you: the language, the culture, the grocery stores, quarantine adds another layer of stress on top of the rest.”

“I didn’t realise how hard quarantine would be,” says David Bassous who made aliyah last week from Highland Park, New Jersey. The hardest part? Not being able to go outside or see the kids or grandchildren who live in Israel. (His wife Clara came two weeks earlier before quarantine was mandated, so is able to run errands and bring in food etc.). “I figured that Israel is one of the safest places to be right now because of its proactive policy — one of the strictest in the world,” he says. “but I was still shocked when I landed and witnessed Ben-Gurion Airport deserted.” Still, says Bassous, he’s “so happy to be home after a 2 500-year exile.” His own journey has spanned his Calcutta birthplace, England and Jerusalem as a student before moving to Canada, and from there to the United States and now, at age 61, to Israel.

And like Bassous, most of the folks on the Nefesh B’Nefesh aliyah list have soldiered on with their plans to make Israel their new home, Coronavirus or no Coronavirus, quarantine or no quarantine. “It makes sense,” says Rabbi David Aaron, author of *The Secret Life of God*, among others and dean of Isralight who moved to Israel from Toronto at 18. “Once you’ve made the decision to come and live your life’s dream in Eretz Yisrael, this isn’t going to stop you. It’s the greatness of these people and this land that shows itself at a time like this.”

The silver lining: Crises tend to bring to the fore the time-honoured Israeli tradition of welcoming the newcomer, whether it’s dropping off dinner, a tip on the best dentist in town or helping out with the kids. (In addition, the Jewish Agency and other groups are making sure that quarantined new olim don’t go without necessities). “It’s one of the qualities that makes Israel so special,” says Shapiro.

At 44, Yehoshua Zepeda is a media producer, photographer, sculptor and writer. And, as of last week, he’s also an Israeli. During his 12 years in New York City, “on the busy Manhattan treadmill running my own video-production business, I realised I’d lost touch with my spiritual centre,” he says. He had just returned from a two-month stay in Israel. “And I got back to New York and felt like it was no longer my home, like I’d left the core of me back in Jerusalem.” Last winter, after completing graduate studies in documentary filmmaking in California, Zepeda began making arrangements for his move. He never expected, however, to arrive at the same time that the Coronavirus was sweeping across the globe. “But even when I heard about it, I figured I’d much rather be quarantined in Jerusalem than in Los Angeles. It’s a small price to pay.”

Nefesh B’Nefesh, which facilitates the aliyah process for those from North America and the United Kingdom, is opening a hotline (1-866-4-ALIYAH in the United States) for arriving olim to help them navigate their somewhat restricted early aliyah process. “These new olim, more than ever, represent the strong future of the State of Israel,” says co-founder and executive director Rabbi Yehoshua Fass. “They are determined to fulfill their dreams of helping to build the Jewish nation.”

Preparing for Pesach in a time of COVID-19

By Rabbi Rachel Barenblat

I’ve been reading a lot of posts and articles about why we should be stocking our pantries and medicine cabinets against the possibility of illness, quarantine, and/or disrupted supply chains. The most compelling piece I’ve read thus far is one in *Scientific American* by Zeynep Tufekci.

She argues that being prepared is our civic duty and is something we can do as a favour to those who cannot prepare. “We should prepare,” she writes, “so that we can help lessen the risk for everyone.”



One suggestion that a lot of people are making is: stock up on dried foods, and on the things that members of your household like to eat. This way if you become ill (or if there is a quarantine, or if you are staying home to avoid infection or to reduce strain on grocery workers who may be ill, or if supply chains are disrupted because of widespread illness) you’ll have what you need. My kid’s favourite foods include bagels, pasta, and toaster waffles. Oh, and granola bars. And buttered English muffins.

And on the Jewish calendar we’re five weeks away from Pesach, when it’s customary to remove all of the leaven from one’s home. So should I be trying to “eat down” all the hametz in my home in the coming month to make it easier to clean for Pesach in the ways that I want to do? Or should I be picking up an extra box of pasta, an extra box of blueberry Eggos, and an extra box of shells and cheese every time I go to the grocery store, so that we’re well-prepared in the event that we need to stay home?

I can argue that Jewishly I have a civic obligation to do what is best for the most vulnerable in the general population (that’s the thrust of Torah’s repeated injunction to care for the widow, the orphan, and the stranger). That may mean making sure I have two weeks’ worth of shelf-stable food on hand, and stocking up on the things my kid will actually eat — because as Tufekci argues, preparing is “one of the most pro-social, altruistic things you can do in response to potential disruptions of this kind.”

I can also argue that Jewishly I have a religious obligation to remove hametz for Pesach: that’s a practice I’ve taken on in recent years and it matters to me both practically and spiritually. So I’m laying in a store of the wheat-filled foods my kid likes to eat... and during Pesach, I will move them to the extra freezer in the garage so that they are not in my home proper, and I will “sell” them to a non-Jewish friend, and will declare them temporarily not mine. It’s a legal fiction, but this year a very useful one.

Intellectually I know that selling my hametz means there’s no problem here. But emotionally I’m finding this jarring. It feels truly strange to be stocking up now on foods that in any other year I would be trying to consume and not replace. One way to understand Pesach is as a spiritual call to leave familiar constriction and go, even if we don’t feel ready. Buying extra stuff to have on hand is the opposite of “drop everything and go” — though the “not feeling ready” part still holds.

It feels weird to be buying extra hametz when Pesach is little more than a month away. But I accept Tufekci’s argument that preparing for the possibility of staying home (if I can afford a few extra groceries every time I shop, which I can) is my civic obligation, and I think it’s a Jewish obligation as well. I’m willing to live with some cognitive dissonance in order to fulfill that obligation, even as I also prepare to fulfill a different obligation that will temporarily make some of these foods not-mine.

Tradition says we left Egypt as a mixed multitude; it wasn’t just we who fled Pharaoh. An illness that spreads like this one is a powerful reminder that we are always a “mixed multitude.” As a society, we are only as healthy as those who are most at-risk. Preparing now is what I can do to lessen the strain on the system later, and thereby to help those who may be harder-hit than I expect to be... even if that means I’ll be schlepping an extra few boxes of pasta into and out of storage this year.

Rabbi Rachel Barenblat, named in 2016 by The Forward as one of America’s Most Inspiring Rabbis, was ordained by ALEPH: Alliance for Jewish Renewal as a rabbi in 2011 and as a mashpi’ah ruchanit (spiritual director) in 2012.

This article first appeared on her blog, The Velveteen Rabbi

For all your
storage solutions
& more...



WISHING
YOU A CHAG
KASHER
V'SAMEACH

HAPPY PESACH

פסח כשר ושמח



Mambo's
STORAGE & HOME

HEAD OFFICE: 021 911 5555 WESTERN CAPE: RETREAT: 021 701 0566, GREEN POINT: 021 418 7805, SANDOWN: 021 554 0626, SOMERSET WEST: 021 852 1605,
KENILWORTH: 021 671 3114, BELLVILLE: 021 948 3767, CAPE GATE: 021 981 2029, GEORGE: 044 887 0476 EASTERN CAPE: BAYWEST: 041 492 0372, EAST LONDON: 043 726 3679,
MTHATHA: 047 531 1969, FREE STATE: LANGENHOVEN PARK: 051 446 0023

Startup Israel tackles Coronavirus with ingenuity and chutzpah

By Abigail Klein Leichman for Israel21C

A handwashing machine and facemasks that claim to kill Coronavirus. Contact-free monitoring of hospitalised COVID-19 patients. Proactive policies to prevent the spread of the virus. A possible vaccine on the horizon. These are among the many ways Israel is responding with characteristic swift ingenuity to the raging Coronavirus pandemic.

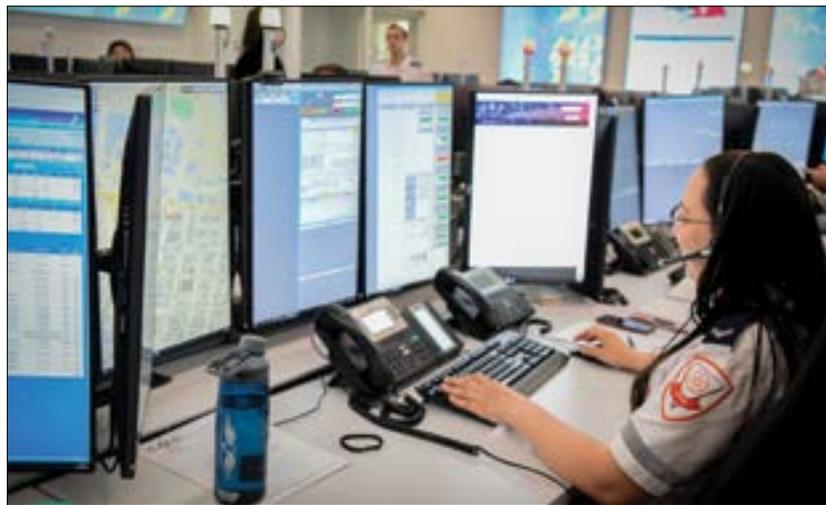
Even before anyone knew Coronavirus would reach the Middle East, Israeli humanitarians sprang into action. Several organisations shipped protective gear to China and IsraAID offered remote stress-management courses for Chinese healthcare workers.

About 100 Israeli physicians volunteered to lead video Q&A sessions with quarantined COVID-19 patients in China through Israeli nonprofit Innonation. On the technology front, Israelis startups immediately began brainstorming how their inventions, some intended for different purposes entirely, could help in the current crisis.

Soapy introduced an antiviral soap for its automatic handwashing microstations already used in many countries. Testing done before the Coronavirus outbreak proved that a special plant-based ingredient, also made in Israel, combined with the machine's capabilities, kills a virus more resistant than corona.

CoughSync, developed at Jerusalem's Alyn paediatric and adolescent rehabilitation hospital to help children unable to cough for themselves, is awaiting approval from China as a tool for treating COVID-19 patients with pneumonia and for reducing risks to healthcare providers.

Antimicrobial fabrics developed at Sonovia and Argaman — potentially for hospital linens or chemotherapy patients — may be made into facemasks that potentially kill, not only block, Coronavirus. One country has already bought treated fabric from Argaman to make



Magen David Adom workers at a special emergency Call Center in Kiryat Ono, 26 February. Photo by Flash90

1 million Bio-Block masks. Labs in China and Singapore are testing Sonovia's fabric.

And the MIGAL Galilee Research Institute quickly began reformulating a vaccine it's been developing against poultry Coronavirus over the past four years. Though it was widely reported that MIGAL's human vaccine could be ready within 90 days, an institute spokesperson tells ISRAEL21c that it's the prototype of such a vaccine that may be ready quickly. The prototype would have to be licensed to another company for human trials. If such trials satisfy regulatory requirements, then manufacturing would begin in a regulation-compliant facility. The whole process could take at least a year or two.

Whether MIGAL's vaccine candidate ultimately succeeds or fails, the effort is emblematic of Israel's can-do attitude to crisis management. It's just one of many solutions for Coronavirus care being piloted here.

Israeli COVID-19 patients are hospitalised in isolation at Chaim Sheba Medical Center at Tel Hashomer, Ramat Gan. Sheba, the largest medical centre in the Middle East, houses the ARC Innovation Center directed by Dr. Eyal Zimlichman, chief medical and innovation officer at the medical center.

"When we knew we were getting

exposed people from the Diamond Princess cruise ship in Japan (in February), we reached out to the telemedicine startups we work with in ARC to see if they wanted to test their technologies," Zimlichman tells ISRAEL21c.

The first ones were TytoCare, Datas, Uniper Care and EarlySense.

TytoCare's remote examination device enabled Sheba doctors to assess Israelis on the cruise ship suspected of having the virus before they even disembarked. The Datas automated remote care platform enabled Sheba's first-of-its-kind Coronavirus telemedicine program. Medical staff can monitor and supervise quarantined or mildly ill patients, avoiding unnecessary hospital trips and exposure. Uniper lets quarantined patients participate in classes and social activities via an interactive video-communication platform designed for homebound elderly people. EarlySense is an under-the-mattress, no-contact sensor system that monitors and analyzes patients' breathing patterns for subtle changes and potential signs of respiratory infection.

Sheba is also using BioBeat's wireless, noninvasive stickers, FDA approved for monitoring blood pressure, blood oxygen saturation and pulse rate. Rambam Health Care Campus in Haifa has integrated BioBeat in its new Coronavirus ward as well, to limit physical contact with patients.

"This is critically important," says Zimlichman. "We know that about 30 percent of healthcare workers in Wuhan, China, contracted the disease from patient contact."

Hospitals in Southeast Asian countries including China, Japan, South Korea and Hong Kong are using another Israeli invention, the Temi personal robot, to minimise patient contact. The parent company is headquartered in New York and China with R&D in Tel Aviv.

Originally built to help busy people maintain contact with elders and children at home, Temi was named one of TIME Magazine's 100 Best Inventions of 2019 and won a Best of CES Asia award. Recently added features empower Temi to do tasks such as taking temperatures and carrying food to patients under quarantine.

Sheba held a webinar to share its Coronavirus care experience with hospitals in the United States. Zimlichman says he hopes that the huge amount of patient data being generated on Sheba's isolation unit eventually will allow for predicting which Coronavirus-exposed patients will develop the COVID-19 disease and which will be more severe.

In contrast to the unexpected application of Israeli technologies to the Coronavirus crisis, the Israeli government had long ago laid the foundation of its uniquely aggressive policy to prevent widespread infection.

"Israel has been preparing for this kind of event for at least two decades with the establishment of an epidemiological response and intervention team," says Prof. Nadav Davidovitch, director of the School of Public Health at Ben-Gurion University of the Negev.

"We have a very strong system for lab testing, a strong surveillance system for influenza outbreaks and a strong public health system well trained to do epidemiological investigations. Since we have national health insurance, we have excellent electronic records and integration between clinic and community," Davidovitch tells ISRAEL21c.

Israel's Magen David Adom national emergency response network has partnered with the Health Ministry in setting up a hotline that allows callers to have video conversations with doctors, nurses and medics. MDA sends healthcare personnel to test people for the virus at home. Israel has initiated international cooperation on Coronavirus policy with the US government and leaders of countries in Europe and the Middle East.

Israel's Ministry of Education has set up remote learning platforms as well as an emotional health hotline for the thousands of students and hundreds of teachers currently quarantined at home. The Israeli Finance Ministry is establishing an emergency fund for affected businesses and the air force has been recruited to help ensure the continuity of the essential supply chain for the Israeli economy. With Prime Minister Benjamin Netanyahu pledging to "enlist the best minds in Israel in order to efficiently separate the healthy and the sick."

Chag Sameach, wishing you a happy, peaceful and meaningful Pesach

ORT Jet
Facilitating Business Growth

Con Travis – a man of the world

By Jaime Uranovsky

Ninety-three-year old Con Travis has seen it all.

Born in 1926 in Cardiff, Wales, Con and much of his extended family emigrated to New Zealand in the late 1930s, once war was imminent.

A few years into World War II, American troops became a common sight in New Zealand, where they often went while on leave in between fighting in the Pacific islands. Con often invited Jewish troops to his family for Shabbat. After one such dinner in 1943, Con's friend, Nat Berman sneaked Con, then 16, back into his army cap. "They dressed me up in khaki in a marine uniform. Unbeknownst to them they were being shipped out in the morning to go back into action in the Pacific. So, I went along with the 2nd Marine Raiders Battalion. After six days at sea, they discovered me. They put me ashore at Espiritu Santo, New Hebrides islands in the Pacific."

Con was then sent back to New Zealand. It did not take him very long however, to run away again. He desperately wanted to join the air force but was unsuccessful. After a short stint in the army, Con finally got into the air force by pretending he was older. Ironically, once he completed flight training school, he was posted to Number 14 Fighter Squadron of the Royal New Zealand Air Force at Espiritu Santo New Hebrides islands — a location that was not unfamiliar.

After the War, Con was stationed in Japan for two years in Iwakuni a few miles south of Hiroshima and, once he was discharged in 1947, returned to Cardiff where his parents had

also resettled. He then obtained a further educational grant and, still passionate about planes, studied aeronautical engineering. After qualifying, he worked on the first passenger jet aircraft, called *The Comet*.

During Con's school days, his time in the air force and in between, he was always playing football and cricket. His football position was goalkeeper. Indeed, during the War, he played football for the Royal New Zealand Air Force and captained the New Zealand Combined Forces. From the 1948 football season, he played for the professional side of Cardiff City but as an amateur.

In 1953 he was chosen to play for Great Britain in the Maccabi Games. Prior to going to Israel, Con's team played against Manchester United, after which he became friendly with a few players, including Billy

Whelan, who was among various Manchester United players killed the same year in the Munich Air Disaster. In the wake of this tragedy, Con was asked to play in a charity match to raise funds for the survivors. It was after this match that he was offered to play professionally for Manchester United; however, he refused.

Last year, when Con visited his brother, children, grandchildren and great grandchildren in England, he visited Old Trafford and its museum. Since showing the curator his team photographs, they have been displayed in the museum.

In 1958, Con was made an offer to go to Canada to work on a new military aircraft, called the Avro Arrow. Con recounts, "This was a new all-weather fighter and there was nothing in the world to touch it at that stage." However, in 1959, the Canadian Prime Minister canned the whole project and put nearly 20 000 people out of work virtually overnight. Con was one of them.

This sparked a change in career for Con: "I'd always been a bit of an amateur comedian-cum-actor and, with a little bit of luck, met a producer at CBC (Canadian Broadcasting Corporation) in Toronto. He helped me develop myself and I became a professional comedian."

Con went on to work on various television shows and concerts with stars like Sammy Davis Jr. and the Ink Spots, and in 1960 presented at the Lions Club International Convention in Chicago, among people like Rosemary Clooney and Edie Gormé. In 1960, he went back to Britain where he did a lot of radio and television; highlights included working with Benny Hill.

Then, in 1963, Con came to South Africa under contract with Connie Francis; they toured Johannesburg, Durban, Port Elizabeth and Cape Town. While in the country, he went on a blind date and ended up staying in South Africa where he got married to Ida Shur. They had two sons: Lynton and Steven. Con regularly did cabaret at Ciro's in Johannesburg and went up to Salisbury (now Harare) to perform there as well.



Later, Con became a public relations officer and worked in sales and, prior to the implementation of television in South Africa, was called in to train people, to assist with sound and lighting and to advise on mock television shows. He went on to appear on *Biltong & Potroast*, a panel programme.

In 1965, his family relocated to Durban and Con began playing football again — he was nearly 40. His team went on to play at the Maccabi Games, and one of his teammates at the time, Bernard Shapiro, now lives down the road from him in Sea Point!

While in Durban, Con got involved

with the Hebrew Order of David (HOD), which has become his biggest passion. "This is my life. Really and truly," he says. Con has contributed greatly to the organisation over the years in various capacities and at different lodges. For example, he was made Consecration President of the lodge in Sandton, which he helped to establish; he became a member of the executive in 1975 and became the Grand President International in 1981. In the 116 years since the HOD was established, Con is one of only two people in the world to be awarded honorary membership. Today, Con is the President of Lodge Golan, the last lodge in Cape Town, and remains dedicated to giving charity through the organisation. After being widowed 13 years ago, he now lives in Cape Town with his partner Jean Levy.

"So many things have happened in my life; it's been unbelievable."

In true Capetonian nonagenarian style, Con went paragliding when he was 91 years old!

While in Durban, Con got involved with the Hebrew Order of David (HOD), which has become his biggest passion. "This is my life. Really and truly,"



MESKIN OPTOMETRISTS




194A MAIN ROAD
SEA POINT, CAPE TOWN
021 439 4431 / 021 439 4915
ENQUIRIES@MESKINOPTOMETRISTS.CO.ZA
WWW.MESKINOPTOMETRISTS.CO.ZA

Introducing the new Ortho K Process

Are you tired of spectacles or contact lenses?

Do you have active children with glasses who swim and do a lot of active sports?

Are you frequently replacing your contact lenses or breaking or losing glasses?

We can offer you or your children a safe and reversible alternative to Laser eye surgery that will be contributed to by selected Medical Aids

How easy is the Ortho K Process?



1. Measurement of your eyes



2. Custom design of your Ortho-K lenses



3. Works while you sleep



4. See without glasses or day-time lenses



CHAG SAMEACH



WWW.DALEGLEN.CO.ZA



021 424 1210
daleglenpropertygroup

SIMCHA PAGE



Taryn Rosen to Jaryd Scher Photo: Aye & Mischa from Something Forever

full decorating service

daniels interiors
since 1950

curtains®

ground flr. tollgate industrial centre
12 rowensraig road
woodstock, cape town
p.o. box 215, woodstock 7915
tel 021 447-5011
fax 021 447-8314
email sales@daniels.co.za

TRANSFER YOUR VIDEOS ON TO DVD!

From **R69** Per Tape
VHS, BETAMAX, Hi-8, DIGITAL 8, MINI DV, VHS-C & MANY MORE!!!!

Wide Range Of Formats Including

- Cine 8mm, Super 8mm, 16mm Silent / Sound to Digital
- Lp Records/ Audio Tape/ Audio Reels transfer to Digital
- Video Editing / DVD Mastering & Duplications
- Slides/Negs/Photos to Digital

for all pricing and contact information visit

www.avtransfers.co.za

or call Monday to Thursday 9am - 2:30pm / Friday 9am-2pm
021-5527635 or 0795230009

WOODHEADS CAPE TOWN'S ORIGINAL LEATHER MERCHANT SINCE 1867

LARGE FORMAT DIGITAL PRINTING ON A WIDE RANGE OF MATERIALS INCL. WOOD, LEATHER AND FABRIC
MAKESHOP BESPOKE MANUFACTURING OF LEATHER PRODUCTS IN SMALL QUANTITIES
LASER CUTTING AND ENGRAVING
LEATHERWORK CLASSES

29 CALEDON ST. CAPE TOWN. INFO@WOODHEADS.CO.ZA. 021 461 7185. WOODHEADS.CO.ZA

Herzlia matric students' photographs exhibited in Jewish Lens competition in Israel

Jessica Leveton and Ruby Blachowitz, matric students at Herzlia, are some of several high school students from around the world whose photographs have been chosen to be exhibited at the Museum of the Jewish People at Beit Hatfutsot in Tel Aviv.

Each year, the Jewish Lens, an international organisation that aims to guide the exploration of Jewish values and identity through the medium of photography, runs a competition with participants from over 20 countries. The competition is aimed at Jewish students and requires entrants to submit photographs that relate to Judaism and Jewish identity in their own communities. In Cape Town, the Jewish Lens competition is run by the South African Jewish Museum in conjunction with Cameraland, with the images also being exhibited at the latter destination on Long Street until the end of March.

Both Ruby and Jessica's pieces have been displayed in the Jewish Lens Gallery at the Museum of the Jewish People since 22 March as part of the 2019-2020 competition exhibition. The students, who

both take visual art as one of their electives, entered the competition at the end of their grade 11 year in 2019 and were informed of the results in early February.

Jessica's piece, titled Reflections, captures Jessica's sister holding a siddur. She says, "What I was trying to incorporate into the photo was an idea of confusion, uncertainty, because I took a picture of a reflection of my sister and you couldn't tell at first glance looking at the picture that it was a reflection. So, I wanted to get across how I feel in Judaic society. Like I'm not sure where I stand as



Jessica Leveton's piece titled Reflections

a Jewish person." Jessica played with the idea of reflection physically and figuratively to explore her own conflict regarding her positionality in Judaism.

Ruby's photograph was taken during the March of the Living trip, on which she embarked last year. She says of her piece, "At this moment we were on the march in Israel to the Kotel to show that we survived. Thousands of youth from all around the world, coming together to show our strength, power and that no matter how you try, no one can get rid of us. I took this photograph to try to make everyone who sees it feel the same sense of empowerment that I felt that day."



Ruby Blachowitz' piece taken during the March of the Living in 2019



Jessica showing her piece to Belinda Selikowitz during an interview at Cameraland

SIMCHA PAGE

SEND US YOUR SIMCHA SNAPS!

Have you recently celebrated the birth of a baby, a birthday, barmitzvah, batmitzvah, anniversary, an engagement, wedding or any simcha or achievement?

Send us a photo and share your simcha with the community!

Wedding pictures can be submitted at no charge.

For other simchas we charge R285 per picture.

Email chron@ctjc.co.za or call office: 021 464 6736.
9am — 1pm

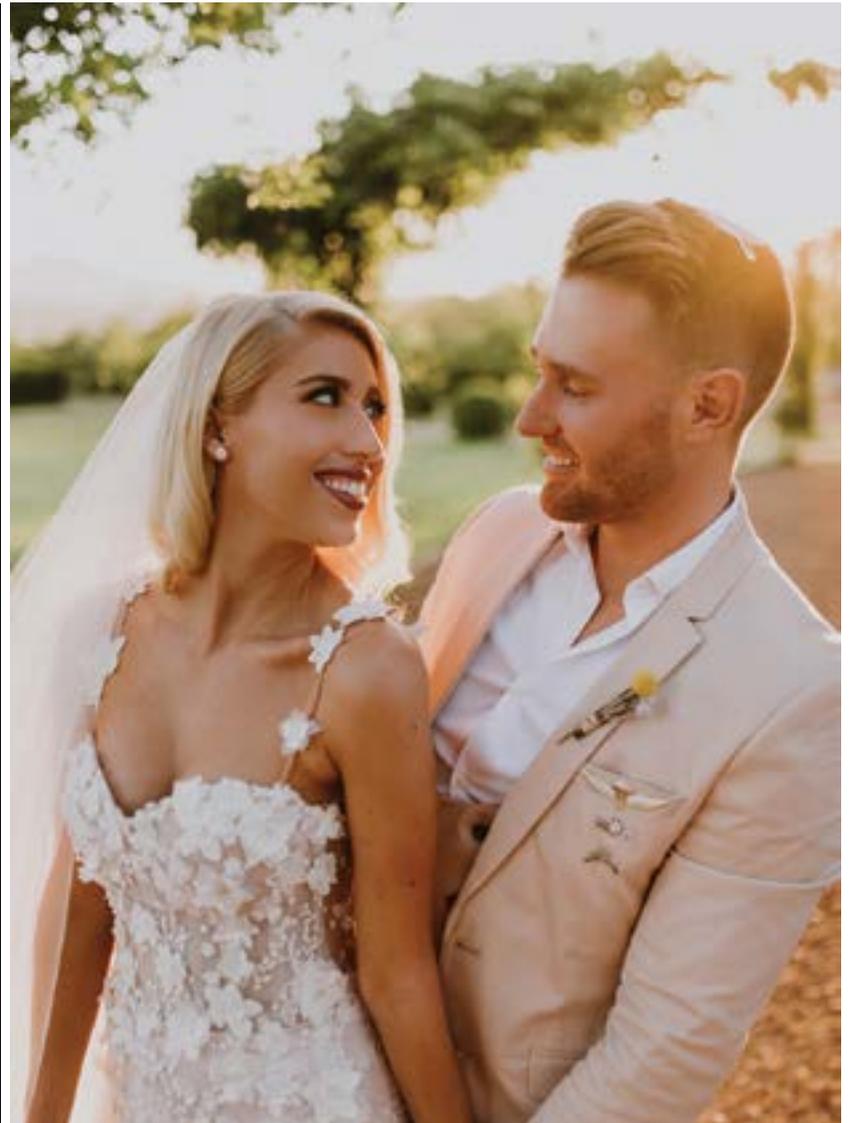
BANKS R&L
HIRING
WEED YOU WILL BE

FOR ALL YOUR HIRING REQUIREMENTS
LOOKING FORWARD TO BEING OF ASSISTANCE TO YOU.

TEL (021) 510-7011
FAX: (021) 510-7061
e-mail: info@banksrl.com

31 SECTION STREET
PAARDEN EILAND

thanking you for your continuing support



Romi Stoch to Ilan Godin

Photo: Edó Mostert

Follow the Chronicle online

- www.facebook.com/capejewishchronicle
- www.twitter.com/CapeChronicle
- <https://www.instagram.com/capejewishchronicle>
- www.linkedin.com/company/cape-jewish-chronicle
- www.cjc.org.za

WE WANT TO BUY

- SILVER JEWELLERY
- CHINA GLASSWARE
- ART SCULPTURE
- HOUSEHOLD GOODS, etc

Burr & Muir

Antiques/Collectables

The Mirage, Shop 5,
Cnr Strand & Hudson Streets,
De Waterkant, Cape Town
021 4181269 Fax: 021 418 1273
email: info@burrmuir.com
website www.burrmuir.com



Now Kosher certified

Freshly roasted nuts and excellent quality dried fruits, non gmo grains and pulses as well as a growing range of organic, sulphur free and wheat free products.

Order online: info@komatifoods.co.za
visit our webpage www.komatifoods.co.za
call 021 448 2130 visit us at 74 Lower Main Rd Observatory

VICTORIA FALLS ADVENTURE



4* VICTORIA FALLS SAFARI LODGE

Valid 1 July - 30 September 2020

3 Nights ex Cape Town From

R14 660 pps

- Includes:**
- Return flights from Cape Town including airport taxes
 - Return airport transfers
 - 3 Nights accommodation
 - Breakfast daily
 - Complimentary shuttle service to Victoria Falls Rainforest and town centre
 - Complimentary vulture feeding experience

All prices are inclusive of flights and airport taxes from Cape Town

Terms and conditions:
Prices are per person sharing and subject to availability.
Prices indicated are from Cape Town.
Rates are subject to availability at time of booking and agency fluctuations prior to full payment being received.
Operator standard terms and conditions apply.



Embassy Travel - 021 424 1111 - embassy@singergroup.co.za

Mark Solomon

JEWELLER / GEMMOLOGIST

*Fine Jewellers
Diamonds & Precious Gems*

Sparkling Simplicity & Everlasting Elegance



373A Main Road, Sea Point Cape Town 8005
Tel: (021) 434 1254

email: quotes@marksolomonjewellers.co.za
website: www.marksolomonjewellers.co.za

CHRONIC ADS

Rates: R50 per line incl VAT Phone: 021 464 6736 (mornings)

FLAT TO LET – SEA POINT

Perfectly located, furnished, modern studio apartment. Opp Ohr Someyach. Security access tag, dedicated parking bay. Long lease. Immediate occupation David Lazarus 082-5504559

RELIABLE PET/HOUSESITTER

Mature single guy. Excellent refs. Short/long term. Keith 084 604 1194 Email: keithmilne1961@gmail.com

EXPERIENCED CARER

Seeks full time position. Refs avail. Joyce 086 767 9764

BECK 'N CALL

Shuttle and airport transfers. Avail 24/7. Covering the peninsula. Air cond vehicle. 072 252 6989

SEA POINT SHUTTLE SERVICE

Reliable transfers to and from airport, and more. Andy 082 336 9780

THE ORIGINAL PLETT SCHLEPPER

ALL transfers to/from Airports, & more around PLETT. Colin 082 411 5354

SORT IT

Downsizing home? Retirement move? Kids leaving home? Deceased estate? Organising, sorting, disposing of books, household effects, etc. 083 265 7738

TRANSFER VHS

To DVD/MP4. Barry 082 885 7548 mediamemories@bax.co.za

SIGALIT LEVIN EVENTS

Specialising in stunning tailor-made events. Full event management/ on the day coordination. All celebrations. hello@slevents.co.za www.slevents.co.za 061 530 3940

BLINDS

Contact Elaine's Blinds for all new blinds, servicing, repairs and cleaning. Stephen and Elaine Guinsberg 083 270 9352

NAMLOK TREE FELLING

Cutting, trimming etc. Darryl 082 353 6429

JOFFE PLUMBING

For all sanitary plumbing repairs, maintenance and renovations. Phone Hilton 082 789 2897 or 021 439 5550

MAZAL MOTORS

Leon Levitt — Maintenance and repairs to all types of vehicles. Try us. Ph 021 797 1550 or 082 410 2756

THE COMPUTER GUY

Internet connectivity, upgrades, new systems, specialised software, repairs and troubleshooting. 082 549 0457

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



FOXIT
Household Maintenance
RENOVATIONS BUILDING PAINTING PLUMBING ELECTRICAL
Tel. 021 439 1569
Established 2000
RELOCATED
TO THE OLD
ADELPHI CENTRE
ARTEM GALLERIA
Cnr. Main & Rhine Road, Sea Point, Top Level
IN CASE OF AN EMERGENCY:
083 653 2562



Andy Blecher
Podiatrist
Fields of interest
General foot-care, Corns, Callus, Nail disease, Ingrown toenails, Warts, Lazer treatment for nail fungus, Customised fitting of orthotics/insoles, Paediatrics (child foot-care), Diabetic foot clinic.
Been in practice for 22 years.
Sea Point & Plumstead
021 797 6967



CARPET & UPHOLSTERY CLEANING SERVICES
MEGA-CLEAN
Cleaning of all carpets, upholstery, leather, office & dining chairs, mattresses, vehicle interiors
Pet Stain & Odour Removal
Low Moisture System - Quick Dry - Deep Clean
Pensioners' Discounts Window Cleaning Tool
PROFESSIONAL, RELIABLE, SERVICE DRIVEN & ACCOUNTABLE
Call Amanda Barnett: 082 751 9604



IAN LEVY
43 years of quality PERSONAL SERVICE
THE CURTAIN REPAIR MAN
Curtains re-lined, retaped, altered dry-cleaned & re-installed
Blinds need attention? Pulleys repaired Expert re-upholstery
FABRIC MADE UP — YOURS OR OURS
TEL: 021 762 5851 CELL: 082 958 3500

Too old to drive?
No garage space?
Emigrating?

I WILL BUY YOUR VEHICLE!

since 1996
Melville Silke
Ph 072 132 5572
021 552 3429 a/h

Waterproofing Cape Town

Specialist in Painting, Roofing, Damp Proofing & Waterproofing Services
www.waterproofing-capetown.com
Tel: 021 300 1822/ 021 0002326
Sea Point



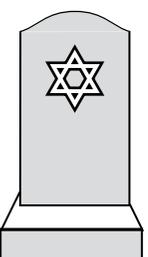
MAGICA ROMA RESTAURANT AND PIZZERIA
FRANCO ZEZIA & EZIO DEBIAGGI
Wish all our Jewish customers and friends
Chag Pesach Sameach!
• ITALIAN FOOD • A LA CART MENU
• TAKE AWAY AVAILABLE
8 Central Square, Shopping Centre, Pinelands Cape Town
TEL: 531-1489



QUADRANT GARDENS
PAM GOLDING PROPERTIES
NO WAITING LIST

Make the right retirement choice
Located in Claremont, prime position.
Ticks all the boxes for a serene independent lifestyle and efficient Care Centre support.
Wishing all our clients and friends Chag Pesach Sameach
Call us now to view the amazing retirement apartments
Bev Bloch +27(0)83 252 2594 · bev.bloch@pamgolding.co.za
pamgolding.co.za

HEBREW MONUMENTS
CANTOR IAN CAMISSAR
TOMBSTONES OF DISTINCTION
GRANITE, MARBLE, BOULDERS, REPAIRS
OUR NEW GENERAL MANAGER
MIKE PIETERSE 071 606 1208



CANTOR CAMISSAR 072 679 5533
HELENE CAMISSAR 082 551 3344 WHATSAPP
EMAIL: Camissar@mweb.co.za
WEBSITE: WWW.HEBREWMONUMENTS.CO.ZA



Gardiner Stone
The Gardiner family's relationship with the stone industry started in the 1930's
Showroom 134 Durban Road Bellville
Bellville 021 948 2152 Paarl 021 872 1508 Strand 021 854 5890
Ros Gardiner 072 2414 120
gardiner@gstone.co.za www.hebrew.gstone.co.za
FOR ALL MEMORIAL REQUIREMENTS

The Cape Jewish Chronicle is also available in digital format. To receive the Chronicle each month in your inbox instead of your postbox please email editor@ctjc.co.za and we will make it happen.

From Canada to Cape Town



A team of Jewish Canadians came to Cape Town to participate in the Cape Town Cycle Tour.

The group of 16 riders from Toronto consisted of eight Canadians and eight former South Africans: Niall Black, Steve Cohen, Dan Dzaldov, Alfred Emdon, Jocelyn Emdon, Mark Franklin, Jonny Goldman, Steve Kahane, Wendy Kahane, Barry Pokroy, Derek Segall, Stephen Sender, Geoff Steinberg, Steve Thistle, Eric Tordjman and Dave Walt.

Jonny said "The experience was unbelievable riding with 30 000 cyclists on open highways around the peninsula. Experiencing it with South African friends living in Toronto and my Canadian friends who were seeing Cape Town for the first time made it a very special experience. I truly believe it's the most beautiful cycle ride in the world. We all loved the ride and finished in good time thanks to great weather."

Chess champs make Cape Town proud

The South African Junior Chess Championships which was held in Johannesburg in January. The Western Province teams that participated were all medal winners.



Back: Tane Ressel, Jonny Paterson, Front: Isaac Frankel, Matthew Shapiro, Boaz Buys, Elisha Melzer, Liam Baruch, Ben Rabinowitz, Adam Rabinowitz. Inset: David Buys

*Wishing you
happiness, peace,
prosperity, and
all the joys of
Passover.*

SUPERIOR SHORT-TERM INSURANCE PRODUCTS AND EXPERT ADVICE.

Director and founder member, Harry Casper, and the large AIB Cape family have a proven track record of professionalism. Our approach has always been to deliver tailor-made insurance solutions to our clients at the best possible premiums. We back this up with expert advice, particularly at claims stage.

Contact AIB Cape on 0861 242 123 or visit www.aib.co.za today for marine, commercial, industrial and personal insurance.

AIB Associated
Insurance Brokers Cape



Introducing the Zionist Youth Council

The Cape Town Zionist Youth Council is made up of various youth organisations in the community that are affiliated with the South African Zionist Federation (Cape Council).

The Youth Council meets once a month to plan projects, learn about the community, discuss topics and learn about each other. A focus this year for the youth council is to bridge the gap between the various organisations so that we can better

work together in the future. To actualise this, each meeting in 2020 is going to be hosted by one of the organisations or youth movements within the council. We hope to accomplish great things together and inspire the community at large!

La'asok B'tzorchei Tzibur! — To engage in the needs of our community!

Rachael Sara, Head of Zionist Youth Council



Bnei's in full swing!

From Tu B'Shevat celebrations with Gurim, to launching our gap year opportunities for Matrics, it has been quite an eventful month.

Some of our activities included celebrating Tu B'Shevat with an incredible event at our Bayit for Gurim channichim; and launching our Mini Machaneh for all primary schools. We then had one of our infamous Big Bnei Shabbatonim where we had Johannesburg madrichim visiting us. It was a very meaningful time and they made a big impact on our Cape Town channichim. We also enjoyed two beautiful Shabbas meals with our Orot and our Moledet channichim.

Another highlight has been launching the amazing Hadracha Tzeria programme for 2020, where Grade 10 channichim have an opportunity to explore Israel and experience its sites, culture, food and beautiful views with their fellow channichim from Johannesburg. The programme will take place for three weeks in the summer holidays. Finally, we introduced our gap year opportunities, namely Limmud and MTA.

It has been a busy and exciting month, and we are looking forward to the next one.

Hayden Norrie, Chairman Bnei Akiva Cape Town



Introducing the Netzer Bogrim Board

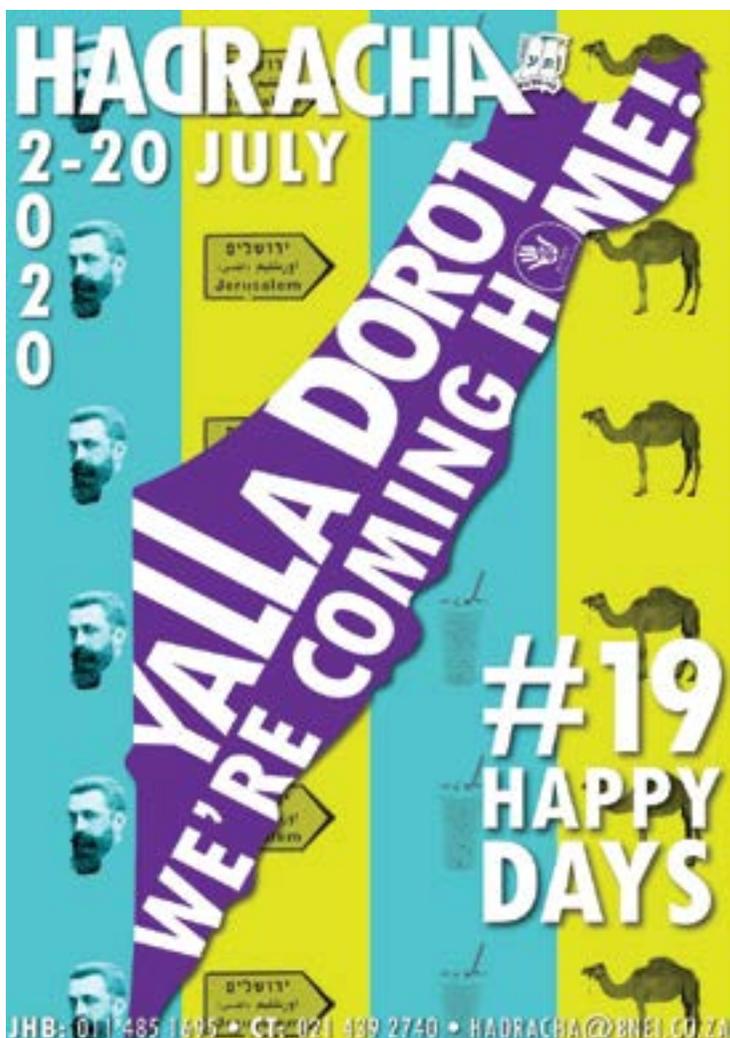
The Youth Graduate Board is a new structure made up of Grade 11 and 12 Netzer chaverimot who work with the mazkirut (secretariat) to help run the movement. Don't

forget to follow us on Instagram @netzer_southafrica to find out more about the Netzer leadership.

Rachael Sara, Rosh Cape Town



Netzer Bogrim Board members: Eden Shapira [Durban], Julian Gordon [Johannesburg], Daniella Beswick [Cape Town], Samuel Castle [Cape Town] and Mimi Mokone [Johannesburg].



Diller Teen Fellows: Mid-Year in Morocco



Diller partnership: Martine Kawalsky (Cape Town) and Yifat Nadler (Shoham); Atlas Mountains, Morocco

In January, 32 Diller coordinators from around the world met for the annual Mid-Year Seminar.

This year the seminar was held in the vibrant and colourful country of Morocco. As the Cape Town Diller Coordinator, I had the privilege of engaging with the Moroccan Jewish community and discovering the vibrant history of Casablanca and Marrakech. This seminar serves as added educational value for the Diller coordinators and I am inspired to use this experience to enrich the educational narrative of the Cape Town programme.

Martine Kawalsky, Cape Town Diller Coordinator

Celebrating HABONIM's 90th Anniversary in Israel

HUG will be the two-day Habonim Ultimate Gathering where movement graduates living in Israel join together with those from abroad for an experience like no other.

The event consists of a five-day Kaleidoscope Programme described as a nuanced journey of depth and disruption in the open, experiential and informal educational style of Habonim. This programme has a proven record of bridging needs for participants ranging from mavens who have visited Israel many times to first timers.

"We see a coming-together of community, created over the decades, for whom HabonimDror SA has had a transformative and meaningful effect. Whether social, intellectual or political, this effect has been key to their interactions with each other and the societies in which they live," say organisers.

HUG will take the form of multiple events, interactions and unique experiences. Some of these will be together with the full gathering of attendees. Others will take the form of parallel activities. A lot will be meeting old friends and listening to new voices

Organisers say that "the aim is to create an experience filled with fun, wonderful memories and looking to the future. The programme carries with it, momentum and impact and creates value for us as individuals. The impact created can be taken with us into the environments in which we are active, beyond the moment. Unlike many reunions, which are momentary, rushed and solely based on nostalgia, this will be a coming together of wonderful people; sharing stories, common experiences, singing songs and a look at the future within the comforts of fun, friendship and trust."

The events will take place at a modest, yet beautiful and comfortable resort called *YEARIM* tucked in the hills between Jerusalem and Tel Aviv. Kaleidoscope will run Sunday to Thursday 18-23 October and HUG will run from Friday to Saturday night 23 and 24 October 2020. 200 have already people signed up and organisers are expecting over 1 000 to attend.

To register www.habo2020.com



HDSA Cape Town off to a great start

The Cape

Town Ken has been thriving over the last couple of weeks! We started our weekly meetings for madrichim which boasted close to 40 Bogrim coming together to get ready to start the year off with Habonim.

On 23 February we had our opening Ken Event. Our channichim, from Grade 3 to Grade 11, and our Bogrim body enjoyed a carnival themed day filled with snacks, games and lots of fun. It was the first of many successful events that the Cape Town Ken plans to host this year.

After just coming off a hugely successful Mini-Mach in March, HDSA is ready for our April Seminar happening from 14-19 April. This seminar, aimed at Grade 11 and 12 pupils, begins their engagement with hadracha (leadership styles) before

APRIL SEMINAR
14th - 19th APRIL

www.habonim.org.za/signup
aprilsem20@habo.org.za

JHB: 011-786-7046
CT: 021-464-6763

they become madrichim. They also learn about Habonim's history and the importance of HDSA in society.

Aaron Sher, Rosh Ken Cape Town

www.habo2020.com facebook.com/groups/Habo2020

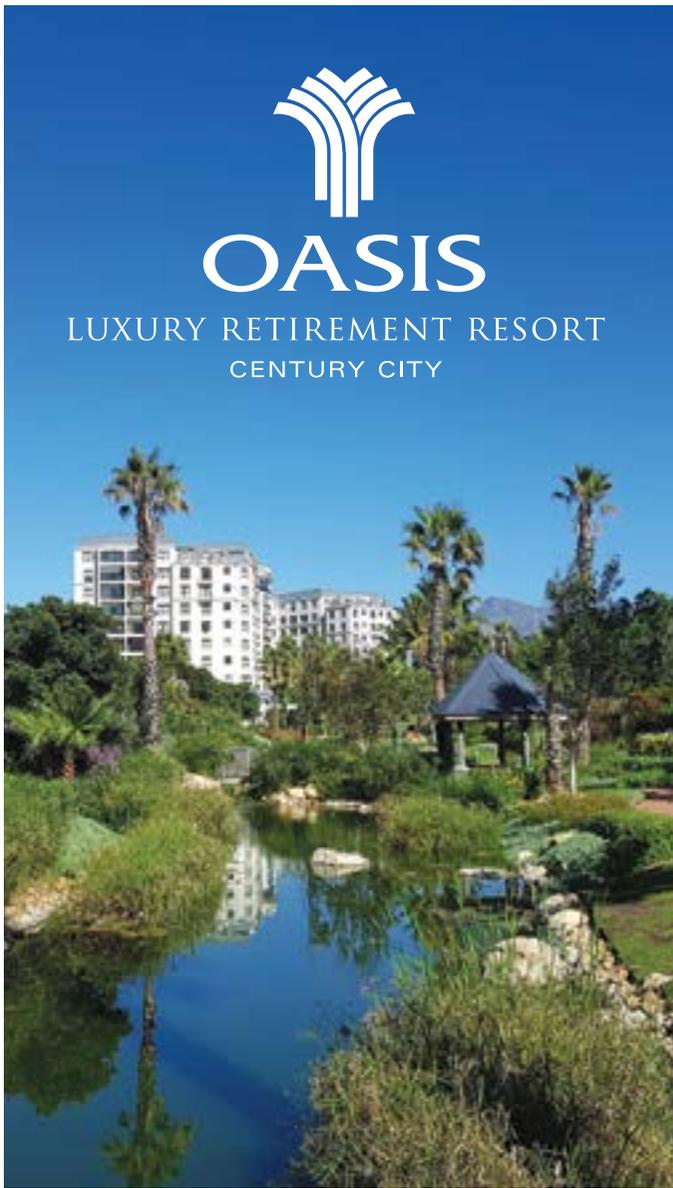
HABONIM DROR
SOUTHERN AFRICA | 90 YEARS

2020

REGISTER NOW

FOR UNIQUE KALEIDOSCOPE OCTOBER 18-24
Habonim Ultimate Gathering (HUG) PROGRAM

2020




OASIS

LUXURY RETIREMENT RESORT
CENTURY CITY

FOR SALE & TO LET

42 Resales & Rentals in 38 weeks!

FOR SALE

- Brand-new, two-bed/two-bathroom, north-facing apartment. Spacious open-plan living area opens onto large terrace with frameless glass enclosure. Two parking bays and two storerooms. **R4 900 000**
- A selection of two-bed/two-bathroom apartments at excellent prices, giving you the freedom to decorate to your taste. Table Mountain or garden views, parking bays and, in some cases, storerooms included in the price. From **R3 150 000 to R3 700 000**.
- East-facing penthouse apartment. This spacious 2 bed plus study offers views of the Durbanville Hills and Hottentots Holland Mountains. Loads of storage and 2 undercover parking bays. **R7 500 000**

TO LET

- Hardly lived-in 78m² one-bedroom apartment plus study. Large terrace off the open-plan living area. Spacious and generously cupboarded bedroom with full en-suite bathroom. **R17 000 per month.**
- A selection of 1 and 2 bedroom apartments some fully furnished, from **R13 000 to R20 000 per month.**

All rentals include monthly levies and rates, parking bays and, in some cases, storerooms. Tenants have full use of the opulent Oasis Retirement Resort facilities.

Cindy 082 495 7168 • Linda 082 785 6160 • Lorenda 083 270 4755
Sales Office 021 250 0592 • www.oasisretirementresort.co.za



Make an appointment with our onsite agents to view these exclusive apartments




CARE CENTRE

OASIS

CENTURY CITY · CAPE TOWN



LIVING LIFE TO THE FULL

PROFESSIONAL, WARM AND LOVING CARE IN A LUXURY ENVIRONMENT

We have been providing professional warm and loving care in a luxury environment since 2007. We aim to ensure that our residents and our patients live each and every day to the best of their potential, according to their individual preferences in a happy and homely environment.



OASIS CARE CENTRE ACCREDITATIONS

- Board of Health Funders of South Africa Practice Number 049003 0472670 - for Physical Rehab
- Physical Rehab licenced by the Department of Health
- Long Term Frail Care licenced by the Department of Social Development
- Adult Mental Health licence Alzheimer's / Dementia care
- Member of National Hospital Network
- Contracted to Discovery Care Co-ordination Program for Physical Rehab



Lizzie Brynard-Brill - Care Centre Manager



Owen Futeran - Care Centre Director

Assisted Living • Physical Rehabilitation • Frail Care • Alzheimer's/Dementia Care

PLEASE CALL Lizzie Brynard-Brill 021 528 7301 • email lizzieb@capetownoasis.co.za • www.oasiscarecentre.co.za