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Top French award for Cape Town activist

Helen Lieberman is a South African activist who has been working in the townships of Cape Town for 54 years.

Through her relationships with community leaders and her understanding of the issues facing township communities, she saw the need to create a foundation, Ikamva Labantu, to bring leaders together to better support the people they represented. Various initiatives were started, including centres for the disabled and childcare and income generation projects to better the lives of the people living in those communities.

On 19 April, Helen was awarded the highest French distinction: 'Officier de la Légion d'Honneur' — the National Order of the Legion of Honour. French ambassador Christophe Farnaud presented the award 'in recognition of her lifelong commitment to the eradication of poverty, injustice and human misery'. Ambassador Farnaud also recognised the various projects that Ikamva Labantu has established over the years and commended the many men and women who have worked alongside Helen to make Ikamva Labantu what it is today, fifty of whom stood by her side at the ceremony in April.

Helen dedicated the award to the community leaders and co-founders of Ikamva Labantu with whom she has worked for just over half a century.



Co-founder of Ikamva Labantu, Tutu Gcememe with Helen Lieberman and Mzamo Mhle Senior Club member, Tata Solomzi Dzulane

Museum Night draws large crowds

On Thursday, 20 April, The South African Jewish Museum (SAJM) opened its doors for Museum Night.

This unique and growing event is part of the First Thursdays Project in collaboration with Iziko Museums of South Africa. The perfect weather ensured that The Company's Garden and surrounds were alive with people on foot, exploring our city after dark.

Visitors were able to enjoy free admission to participating museums and galleries, and the SAJM was proud to have over 2000 people come through its doors. The campus was one of the main attractions with both the SAJM and The Cape Town Holocaust Centre staying open and Cafe Riteve serving their delicious pizzas until late.



Freedom Seder



Johnny Copelyn discusses modern themes around The Ten Plagues

See page 10 for more

Yom Hashoah



Avi Lurie pins his butterfly at the ceremony at Pinelands cemetery

See page 9 for more

Chabad on Campus



Jordan Haskel, Levi Todes, Ryan Kopping and Aaron Weinstein at the launch event for 2017

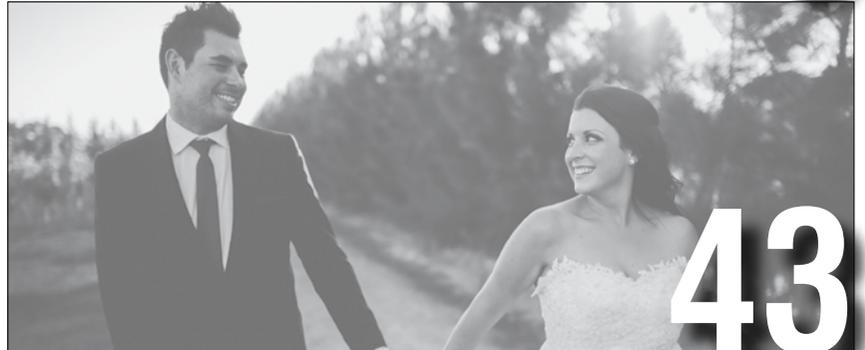
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Lindy with a why

Why it shouldn't be about Sapogy and Fufaikas



I read many books for setwork while I was in school. Most of them washed over me — I squelched through Macbeth no less than three times through Middle and High School — but a few really resonated. These are the ones that stay with you, lying dormant in your mind, until an arbitrary day, over 20 years later, when they pop back into your consciousness and won't leave.

Such was the case with the *Sapogy*. It was the middle of the night and I was lying in my bed and worrying, letting my mind wander — and wonder. I started thinking about shifting goal posts and disappointment and things not working out the way I had imagined they would. It was the middle of the night — when is the subject matter ever light? My mind went to Siberia... as it does...

Not the Siberia of today, mind you. The Siberia of Esther Hautzig's *The Endless Steppe*. A tale of a little girl's experience in a gypsum mine during The Holocaust.

The story is moving and a satisfying read, but it was the last few paragraphs that had apparently stayed with me all this time.

She really wanted *Sapogy* and a *Fufaika*, leather knee-high boots and a green quilted jacket. She was obsessed with getting these items to wear on her trip back to Poland to meet her father, as they were quite the fashion in Siberia and she wanted to look her best.

And so she works tirelessly to earn enough money to buy them. She succeeds — after real sacrifice and hardship — but when she meets her father on the train platform in Poland the first thing he says to her is "And your clothes, *lalinka* — but don't worry, the first thing we will do is

get you some new ones."

It is this line that has pressed on my heart without me realising, for so long. How the casual and not-unloving comment of family or friends can change how you see your things, your work, yourself.

When I think about the gentle heartbreak of working so hard for something and having it not feel as you expected, this story comes to mind.

This isn't the heartbreak of failure, you understand. It's the heartbreak of success. Which can be altogether crueler.

When we put a value on the destination only, and not on the journey undertaken to reach it, we risk having our goals inadvertently devalued by others. This leads to them losing value for us too.

Many people in leadership suggest keeping your eye on the prize as a good way to achieve your goals. But I would like to disagree with that idea. The secret isn't to keep your eyes on the prize. I think it's almost the direct opposite.

Keep your eyes on your feet, taking a step at a time, in your old shoes across a frozen tundra. It's those steps that can never be taken from you, can never be devalued and are your badge of honour.

In the long run, our goal posts can shift, we can grow to want new things by the time we reach the end-point of a challenge, but what we learn on the journey itself is so valuable and becomes part of our personal fabric for our whole lives.

Perhaps we can all take heart in the fact that it's the journey and not the destination that's important, because isn't there a child in each of us, working and sacrificing for *Sapogy* and *Fufaikas* that no one else will quite understand?

In this day and age, we're happy that some things can't replace **human touch.**

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Community Noticeboard

CAPE SA JEWISH BOARD OF DEPUTIES SAVE THE DATE

Annual Conference / Biennial Elections 6 August
See page 10

GARDENS SHUL

Friday Night Live
'Pinotage and Pies' 2 June 5.45 pm
See page 27

CAPE TOWN HOLOCAUST CENTRE

Lectures:
Sexual Minorities in Pre Nazi-Berlin, Monday 12 June 6 pm
Holocaust Memory in the Digital Age, Monday 26 June 6 pm
See page 38

SA JEWISH MUSEUM

Sounds Of Silence – Traces of Jewish life in Lithuania
Photographic exhibition on display

UNION OF JEWISH WOMEN

SAVE THE DATE
Women of Courage 2017 24 August
See page 34

LIMMUD - SAVE THE DATE !

11 – 13 August. Protea Technopark, Stellenbosch
See page 40

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Shabbat and Yom Tov Times

Date	Portion	Candle lighting	Ends
2 June/8 Sivan	Naso	5.27pm	6.25pm
9 June/15 Sivan	Behaalotecha	5.26pm	6.25pm
16 June/22 Sivan	Shlach L'cha	5.26pm	6.25pm
23 June/29 Sivan	Korach	5.28pm	6.27pm
30 June/6 Tammuz	Chukat	5.30pm	6.29pm

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

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Jewish student life blossoms with Chabad's Samson Student House

2017 launch event

Every year we welcome our newest members of the Chabad family by taking them out onto the water for an unforgettable night of fun as they meet new friends and make memories that will last a lifetime. This is an opportunity for us to share our vision as a community. It is also a powerful time for everyone who, now out of high school, get to choose for themselves to belong to their community.



Aaron Fleishman, Gabi Zwartz, Matt Rosenthal and Ella Joffe



Jessica Ostrin, Liat Zaken, Michaela Franco, Paula Cohen and Sera Brozin



Demi Rosen, Sera Brozin, Michael Levenstein, Ryan Jones and Jaymie Cesman



Grant Scherzer, Cam Beetar, Josh Benjamin, Jared Shapiro, Jessie Soicher and Tamir Shklaz

Purim at Samson Student House

Over 100 students rocked the house at our Purim party this year even though we only announced the pop up event at 1pm on the day! Amazing.



Purim Committee: Stuart Norrie, Ryan Jacobson, Rabbi Nissen and Rebbetzin Ariella Goldman, Sam Miller, Romi Adler, Martine Sandler and Sivana Stevenson. (absent from photo: Matan Traube and Jess Spiro)



Rosh Chodesh Society — hamantasch bake

RCS is a once-a-month evening exclusively for young ladies at the Samson Student House, where we offer a sacred space to learn about Jewish spirituality while also nourishing our creative side through a variety of artistic activities.



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2

We've also set up a community Trust to ensure that affordability is not a barrier to a home full of kosher mezuzahs. It's simple. Call the hotline or go online and apply for mezuzahs from the Chief's Trust.

Tell us what you can afford to pay and we'll do our best to make it happen.

generationsinai.com

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3

Help us realise our dream of kosher mezuzahs for everyone by contributing* to the Trust via direct transfer, SnapScan or calling 010 214 2666.

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* Every cent received goes to the direct cost of mezuzahs, mezuzah cases and checking for community members.



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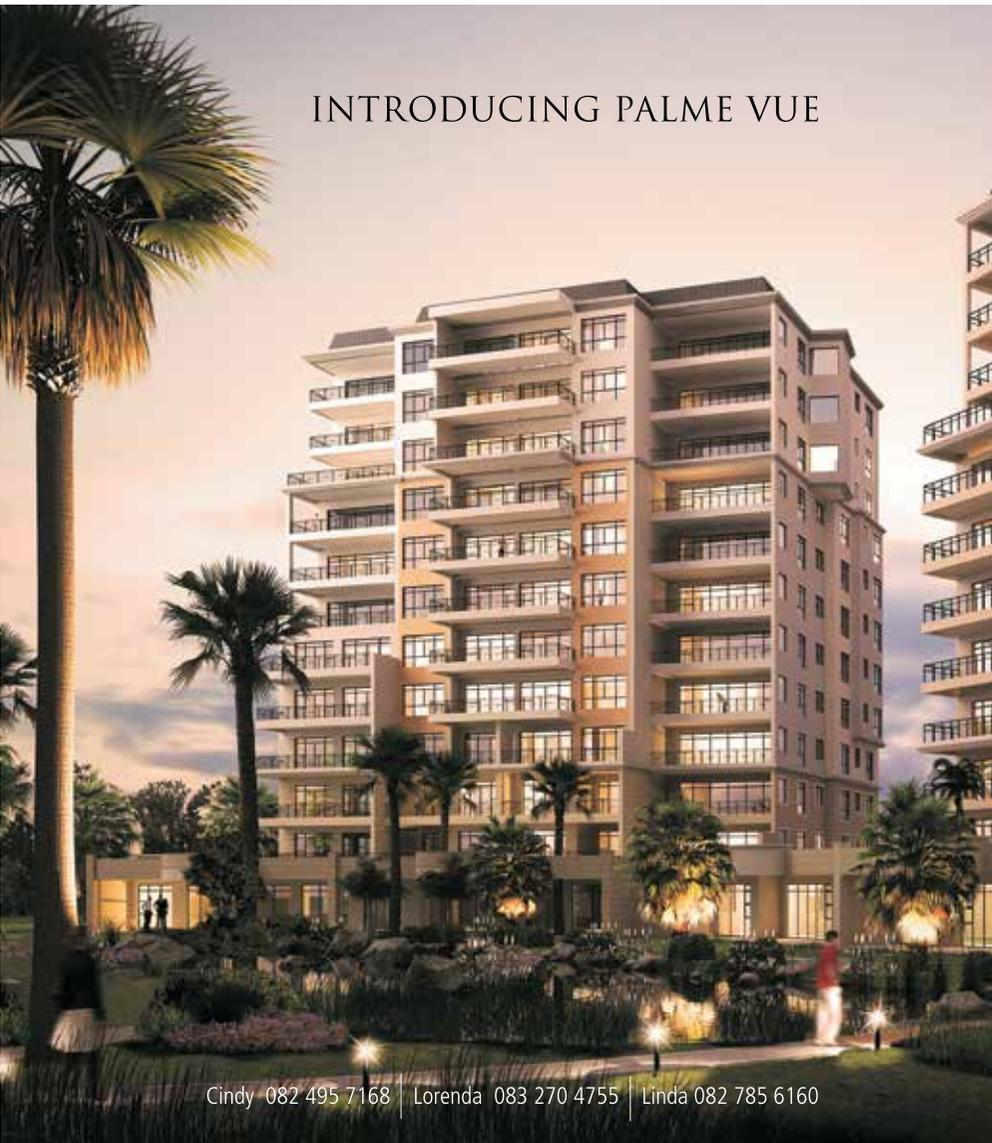
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INSIDE AND OUT

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

**"If I am I, because you are you;
and you are you, because I am I;
then I am not I, and you are not
you"**

**Rabbi Menachem Mendel of
Kotzk**

We began this month with the fear that the far-right wing Marine Le Pen could, would become France's next President.

How do we come to grips with such a figure. A figure who brought the extreme right wing National Front party so close to the Presidency of France. Whose father, the founder of her party, denied the occurrence of the Holocaust. Le Pen herself has made outrageous statements about the Shoah, Jews and foreigners and yet has helped rehabilitate the party.

Le Pen lost, but as the president of European Jewish Congress, Moshe Kantor said in a statement: "We remain extremely concerned by the still large support for parties of the far right, not only in France but across Europe."

The rise of radical Islam has become a defining feature of our still-young century. Its most striking attacks are engrained in our collective memory from 9/11, Bali and the London Underground.

At the same time, Europe is seeing the return of a more familiar threat in the form of the rise of the radical right. The most striking manifestation of this trend was felt in July 2011 as right-wing extremist Anders Behring Breivik took the lives of 77 in Norway. Since then much has been made of the rise of the European politically radical right. In particular, the 2014 European Parliamentary Elections were hailed as an "earthquake" (BCC, CNN) and "sweep" (Al Jazeera) as radical right-wing parties showed unprecedented gains.

Here too it was Le Pen's National Front which was most successful, jumping from obscurity with 3 seats in 2009 to claim 25 per cent of the vote and 24 of France's 74 seats in 2014.

This new radical right represents a significant break with the past in terms of its goals. Writing for the journal Dissent, Dutch Political Scientist Cass Mudde explains

that the new populist right is not "anti-democratic" as it embraces the idea of the will of the people and majority will. It is, however, "anti-liberal democratic" which means that it rejects cultural differences and protections for minorities against the will of majorities.

For us Jews this should sound alarms. We understand that democracies are defined not only by their ability to carry out the will of the people, but by also their ability to defend the rights and dignity of all in the process.

So how do we account for the re-emergence of the far-right in a region where the dark shadow of Nazism and Fascism still lingers in memory?

Many would tie it to the financial crisis in the Eurozone. However, Mudde disputes the link between economic crisis and the rise of the right. The far right in Western-Europe has been growing since the 1980s. Mudde notes that not only did the right wing parties "emerge in a period of relative affluence, but they tended to perform best in the richer countries (e.g. Denmark, Switzerland) and regions (e.g. Flanders, Northern Italy)."

Instead there is threat not just to livelihoods but to identity – what it means to be French or German or British.

So how do we counteract this force. The words of Rabbi Menachem Mendel of Kotzk quoted above come to mind. When self-conception is challenged, the easiest response is to define ourself in relation to the 'other'. An other we reject, an other we hate.

But any identity made this way is hollow at its core- I am I, ONLY because you are you. The 'other' is a useful outlet for frustration, but a poor remedy for the true systemic challenges at play - be they large-scale financial instability and threats to presupposed identity in Europe, or deep-rooted inequality in our own South African context.

At this moment when there is fear not just in France but at home the words of Rabbi Menachem Mendel of Kotzk may serve us well.



Yom Hashoah Vehagevurah Holocaust and Heroism Day

By Tamara Rothbart, Media Liaison Cape SA Jewish Board of Deputies

A pink jersey with grey and light blue flowers found in a pile of discarded clothes... This is how a Jewish child discovered that his baby sister and mother had been among the victims of a mass shooting in Ponary Forest.

Israel Gurwicz told his story for the first time, 65 years after it happened, to his granddaughter, Courtneigh Cloud Bernstein, who dramatised the horror in a gut-wrenching play, *The Boys from the Ashes*.

"I knew learning about the Holocaust, that it was always difficult to comprehend the scale, the numbers like six million. I wanted it to be human, for the audience to see this one little boy's story," Courtneigh explained to the more than 1400 mourners who attended this year's Holocaust and Heroism memorial service on Sunday 23 April at Pinelands Cemetery.

Collective words like 'holocaust', 'genocide', 'six million' are too abstract, too vast for the mind and heart to bear. They become neutralised, they lose their power amidst the enormity of their implications. So we process the horror through individual narratives and potent symbolism.

This idea that individual narratives are the emotional heartbeat of memory — as dramatised by Courtneigh Cloud and her grandfather's story — was also the 2017 central Yad Vashem theme as pointed out by Israeli Ambassador Lenk, *Restoring Their Identities: The Fate of the Individual During the Holocaust*. It was also latent in the memories of German refugee, Sonja Keschner and stated in the litany of children — their names, ages and the camps in which they died — called out by representatives of Bnei Akiva, Habonim Dror and Netzer youth camps.

As the last of the Holocaust survivors reach the end of their lives, the burden of responsibility and the weight of memory falls to second and third generation witnesses like Courtneigh, actively perpetuating the legacy of their grandparents.

Elie Wiesel said, "To forget the victims means to kill them a second time". So, explained Courtneigh, "I couldn't prevent the first death. I surely must be capable of saving them from a second."

Wiesel said, 'To listen to a witness is to become a witness, and that consoles us.' It consoled him, he said, to know that many have listened and there are many more generations of witnesses, ready to stand guard against tyranny and hate — long after he is gone. Mr Wiesel is talking to me, he is talking to us. It is today I stand before you as a witness. Israel Gurwicz's witness. Little three-year old Deborah's witness. His mother Bluma, and his father Moshe Hirsch's witness."

If the individual narrative is our route to remembrance, the symbol of this year's memorial was the butterfly. Part one of the ceremony that included recitals by the Herzlia Vocal Ensemble

These butterflies were a metaphor for the tenacity of hope, the indomitable freedom of spirit and the transformation of these children's souls into dreams beyond the darkest of realities.

and a haunting rendition of Meir lebn Eybik written and composed by Leyb Rosenthal, a Vilna poet as murdered in the Estonian concentration camp, Klooga, performed by Caely-Jo Levy — ended with a poem by Pavel Friedmann, *The Butterfly* written

at Theresienstadt concentration camp in June, 1942. On September 29th, 1944 Pavel was deported to Auschwitz, where he died. There are other links between butterflies and the Holocaust. In the children's barracks of Majdenek concentration camp liberators found walls covered with hundreds of butterflies, scratched and etched with fingernails and pebbles. These butterflies were a metaphor for the tenacity of hope, the indomitable freedom of spirit and the transformation of these children's souls into dreams beyond the darkest of realities.

Between the first and second half of the ceremony, attendees, all of us witnesses, wrote messages on the wings of paper butterflies: names of victims, words of hope, notes of remembering that were pegged to strings flanking the cemetery.

Through the haunting words of Ani ma amin, *The Partisan Song*, a Ladino reading in memory of the immigrants of the doomed boat Pentcho; through the placing of wreaths and Magenei David, through a minute of silence, Mourners' Kaddish and the singing of the national anthem and Hatikvah these paper butterflies flapped in the wind, bringing to life our sorrow, our fortitude and our promise: We Will Never Forget.



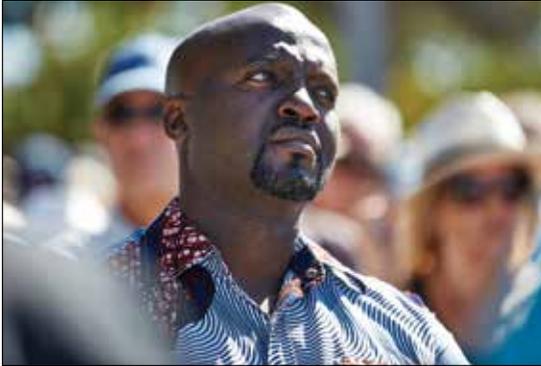
Yom Hashoah — A meaningful and moving ceremony



Israeli Ambassador Arthur Lenk pinning a message of peace



Over 1400 mourners attended the annual Holocaust and Heroism Memorial Day Service



Rwandan refugee Ernest Kajabo



Lina Kantor and her son-in-law Doron Lichtenstein kindling a memorial candle for the six million Jews murdered in the Holocaust



German refugee Sonja Keschner tells her story



Caely-Jo Levy singing Meir Lebn Eybik by Leyb Rosenthal



Russian Consulate General Roman Ambarov and Executive Deputy Mayor Ian Neilson



Herzlia Vocal Ensemble



Premier Helen Zille pinning her butterfly



Russ Nerwich playing My Mother Longed To Be There On My Wedding Day by Emil Gorovets



Melissa Moritz reciting I Never Saw Another Butterfly by Pavel Friedmann



Rabbi Greg Alexander and Andi Kuti Alexander pinning messages of hope



Young mourner pinning her peace butterfly with message of hope inscribed on the wings



Capt Kevin Packer and Lt Col Jonathan Lee after the placing of the wreaths



Why is this night different? Freedom Seder 2017

By Tamara Rothbart, Media Liaison Cape SA Jewish Board of Deputies

“From the slavery of Pharaoh’s Egypt to South Africa’s own struggle against oppression, from exodus to freedom, the Passover Seder is a celebration of human rights overcoming human wrongs”.

This was the message printed on the cover of a special haggadah created for the Freedom Seder, hosted by the Cape Jewish Board of Deputies on 6 April. The Seder saw the convergence of high profile politicians, media personalities, leaders of business and commerce, luminaries of the legal profession, academics and activists, coming together in recognition of our ongoing struggle against oppression, prejudice and racism. The purpose of the Seder was to locate our specific history in a global context and to highlight the parallels between our unique cultural legacy and the

journey we travel as South Africans. The tent was decorated with illustrations of ancient Egypt, heaters kept the cold wind at bay and tables were laid with seder plates, matzot and grape juice to resemble a traditional seder. The Herzlia Vocal Ensemble added ruach, intimacy and entertainment with beautiful renditions of *Ma Nishtana*, *Avadim Hayinu*, *Let My People Go* and *Dayenu*. Justice Dennis Davis led the proceeding with explanations and anecdotes, and our guest speakers successfully translated Passover themes into relevant social and political issues.

Let all who are hungry come and eat: Shelagh Gastrow, Founder and Director of GastrowBloch Philanthropies, and former Executive Director of Inyathelo, spoke of the need to improve the lives of those outside the Jewish community through assisting social change

organisations.

Ma Nishtana: Why is this night different? David Bilchitz, Professor of fundamental rights and constitutional law at the University of Johannesburg spoke on the importance of education and its connection to enslavement and freedom.

Avadim Hayinu: We were slaves to Pharaoh. Jacques Sibomana, a Scalabrini Centre volunteer who came as a refugee from Rwanda, spoke hauntingly of his own childhood experiences.

The Ten Plagues: Despite protest, pleading and plagues, Pharaoh hardened his heart and would not release the Jewish people: trade unionist Johnny Copelyn, CEO of HCI spoke on the power of protest, pointing out how we had all been complicit if only in our passivity in degrading people during apartheid.



Vice-Chairman Cape Town Interfaith Initiative Mary Frost, Director National Office of External Affairs for the Bahai Faith Tahirih Matthee, Deputy Director Cape Town Board of Deputies Gwynne Robins, Father Noel Rucastle and Archbishop Stephen Brislin

The guests participated in reading paragraphs from the specially prepared version of the Haggadah starting with Premier Hellen Zille.

The significance of sharing this rich cultural enactment with representatives of the wider community was not lost on anyone. As we read in the Freedom Seder Haggadah: “Our story is not yet done. It begins with the journey of those who came before us and it continues with us, now.”



Rwandan refugee Jacques Simbomana tells his story while Shelagh Gastrow, Gina Flash and Corinne Abel listen



Father Peter John Pearson and Justice Dennis Davis



Dr Iqbal Surve and Adelaide Potgieter



Jason Halfon of SAUJS and Mansoor Ahmad Zahid of Ahmadiyya Muslim Jama'at, South Africa



Vice-Chairman of the Cape SA Jewish Board of Deputies, Bev May, reads from the Freedom Seder haggadah





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VIEW FROM THE CHAIR

By Rowan Polovin,
Chairman, SAZF Cape Council



In March this year, Jewish Students at the University of Cape Town proudly expressed their support and love for Israel to counter the hatefest known as 'Israel Apartheid Week' (IAW).

In so doing, they were targeted in the most vicious and vitriolic way by the Palestine Solidarity Forum (PSF), an organisation that calls for Israel's destruction. Members of the PSF and their affiliates labelled every Jew at the SA Union of Jewish Students' tent as an incorrigible racist for daring to support something intrinsic to their identity. It is innate and natural for Jews to have a religious, spiritual, political or emotional connection to the Jewish State, and thus it is highly offensive and psychologically painful to be singled-out, labelled and insulted for publicly proclaiming one's Zionist identity. It is antisemitic to the core and morally repugnant that such behaviour was permitted on campus by the University.

What was even more concerning was witnessing the Vice-Chancellor appease the PSF at their rally, attend cap-in-hand to receive a petition to organise an academic boycott of Israel, imply that he sympathised with their cause and would canvass for support for such boycott and thank them for their 'dignified' set of protests. Immediately after, as soon as the Vice Chancellor had beat a hasty retreat, over 150 PSF supporters stormed the SAUJS tent in the most loathsome way possible, surrounded the Jewish students, behaved aggressively and drowned out their rights of freedom of speech and association by menacingly chanting "From the River to the Sea, Palestine will be free" and "Down, Down Israel". It was incredibly intimidating for the students. Baruch Hashem there were no physical incidents, albeit the tension in the air was palpable and the University security staff were conspicuous in their absence.

The University of Cape Town failed once again to enforce their own rules and prevent the intimidation of Jewish students, and as a result diminished any sense of freedom of speech and association on campus or the promotion of good relations between groups. We hold the University absolutely accountable for the events that took place.

In spite of the tensions it was highly symbolic, principled and imperative for SAUJS to have a visible presence on campus during the week, and offer a tent of peace and dialogue to anyone willing sincerely to listen, debate and engage. SAUJS provided a genuine 'safe space' for Jews at the university during the week, and in so doing demonstrated that Jews have as much right as anyone to express their identity in public. More importantly, it sent a signal that Jews will never be silenced, that we are willing to stand up for ourselves when others fail to do so, and that we are here to stay.

SAUJS

SAUJS recently held its elections for the 2017 committee, and I have the honour of being the chairperson of a committee of highly talented and enthusiastic individuals. I am confident that SAUJS is in a position where we can expand the organisation and make a real impact for Jews on campuses across the province in what is a difficult time for Jewish students.

Before being elected as chairperson, I was the treasurer on the interim committee which existed from last year December to the end of April, and before that I was the secretary general for 2016.

Before introducing the committee and our goals for the year, I would like to acknowledge the accomplishments of the interim committee. In the short time that the interim committee existed, we hired our first ever director Nicole Lee, got the largest membership in recent memory with a 66.67% growth from last year, and held a free and fair election which was overseen by an IEC.

I would like to thank everyone on that committee for all the hard work and time that was put into ensuring the wellbeing of the organisation. A particular mention is given to Jason Halfon for all the additional work he has done over and above what would be expected of a person in his position.

The incoming committee are: Jordan Seligmann: Chairperson, Jesse Soicher: Vice Chairperson, Gaël Neuhaus: Treasurer, Nicole Lee: Director, Jemma Waksman: Outreach Officer, Tamir Schlaz: Political Officer, Joshua Berkman: Religious Officer, Yakov Schleider: Zionist Officer, Daniel Levenstein: Social Officer, Mitch Freedman: Brand

SAUJS



Mitch Freedman



Nicole Lee



Jordan Seligmann



Jemma Waksman



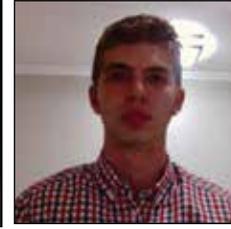
Daniel Levenstein



Joshua Berkman



Tamir Schlaz



Yakov Schleider



Jesse Soicher

Manager and Secretary

The new committee has a lot of potential. This year our overall goals are to improve organisational structures, hold more events for our members than we have in the past, and to extend our activities beyond UCT to other universities with a significant Jewish presence with a long-term outlook to establish branches at other universities.

If you would like to get involved or to provide assistance in any way to SAUJS to support the work we do for Jewish students on campus, send an email to chairperson.saujswc@gmail.com. We rely heavily on the generosity of the Jewish community in Cape Town to allow SAUJS to function, and any assistance is greatly appreciated.

Jordan Seligmann
Chairperson: SAUJS Western Cape



DILLER TEEN FELLOWS PROGRAMME

At the end of March we welcomed the Shoham cohort to Cape Town for our annual Jewish Community Mifgash (JCM).

The Shoham cohort spent ten unbelievably exciting and educational days in our beautiful city. They got to know all about our rich history and the complexities South Africa faces today and staying in Cape Town homes allowed them a little taste of what it is like to really live here. I asked the Cape Town teens to share their thoughts about this incredible and unique experience.

"The entire JCM experience for me was absolutely amazing. We, as a group, had been looking forward to experiencing ever since the beginning of the program. Once they arrived in Cape Town and walked into the school to meet us, there was no need for introductions. It was as if we had known each other since the beginning of time. During their time here, we learnt a lot. Not only

about each other, but about ourselves and where we stand in the Jewish spectrum. It was a fantastic experience and I have personally made friends for life, and now I can say I have a home away from home." Adam Davimes

"JCM was an experience. An experience like most things in life however what differentiates it from an experience like watching movies is the exposure it gave us to the community of the greater world. For example meeting religious and other community leaders in Cape Town and learning about how the community functions, as well as integrating with Jews from another community entirely and learning about that. JCM was a unique platform for me to further my much needed knowledge on where I live and how I can impact it and for that I am thankful." Dylan Solin

"JCM was probably one of the most incredible

continues on page 13



SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL



BNEI AKIVA



Mini Mach camp in Villiersdorp

In April, we held our famous Mini Mach camp at the SOS camp in Villiersdorp.

It was a fantastic opportunity for our up-and-coming Gurim madrichim and chanichim to meet each other. There is something special about watching *chanichim* and *madrichim* make bonds that you know will last forever. A big *Kol Ha Kavod* to Ryanne Fox for being Rosh Mini Mach and leading the camp with such strength and vision.

We have also kick-started a new initiative in Bnei Cape Town, headed up by our chairman, Nathan Esra, and unbelievably dedicated shlichot. The program is called *Sayeret Morasha*. With Bnei's amazing *Hadracha Israel* program coming up, so did the prospect of further developing the local chanichim going on the program. *Sayeret Morasha* is a leadership program specially designed for the age-group *Morasha*, who are attending *Hadracha* this year.

The main idea is to have a buildup of seminars leading up to the program, and a few afterwards to increase the effectiveness and emphasise the meaningful ideas that the program has to offer. We are very excited to say that we have an unprecedented 22 *channichim* signed-up and going to Israel this year. This past two months also brought forth a few days of commemoration and celebration; Yom Ha'shoah, Yom Ha'zikaron and Yom Ha'atzmaut. In remembrance of The Shoah we attended the community commemoration ceremony at Pinelands Cemetery, as well as had the amazing and powerful Ella Blumenthal give a private telling of her story of surviving The Holocaust at the Bnei Akiva Bayit. Listening to her story really was an honor and a privilege. It is very rare to be able to be so personal and get such eye-opening answers to questions which are hard to ask. We thank her for her bravery in telling her story.

Kadimah Bnei Akiva, Chanan Suiza



HABONIM DROR



HDSA gap year (Shnat) participants join the annual May Day march through Tel Aviv

June is an exciting month for the Habonim family

We're getting ready to send off a group of Grade 10s from across the country on our *Shorashim* tour to Israel. A packed bus of 50 *channichim* from both Cape Town and Johannesburg leave on 28 June for a tour filled with the best education and sightseeing Israel has to offer. The tour has continued to grow and develop in accordance with the aim of giving Grade 10s exactly what they need in order to have a meaningful and engaged relationship with Israel.

In May our *Shnat* gap year program enjoyed various large occasions in the Israeli and Global calendar like the annual May Day march, Yom Ha'atzmaut parties and other ceremonial events. They are preparing for the end of their four-month stay at *HaMachon Lemadrachei Chutz Le'Artz* (The

institute for youth leaders from abroad) which has led them on an inspiring process of grappling with their Jewish and Zionist identities. They look forward to a small holiday followed by experiences on Habonim Dror *Kibbutz Yizreel* as well as an experience of inner-city living and volunteering!

Our *Channichim* and *Bogrim* events in Cape Town have been exciting as well with our latest, the Chocolate Seder, bringing together children from Grades 3 — 6 for a night of fun as we retell our Exodus from Egypt in the best way possible — with a lot of chocolate!

We have also released our Machaneh dates for 2017. The annual summer camp will take place from the 8 — 27 December. We're excited to see you there. Follow our social media for the latest news and updates.

DILLER TEEN FELLOWS PROGRAMME

continues from page 12

unexpected experiences of my life. Leading up to JCM, I was incredibly nervous about whom I'd be paired up with and if I'd actually be able to make some sort of connection with random people from such a different and far away part of the world. I was honestly, blown away by how similar we all were and how quickly we developed such tight bonds. Aside from the people, the new ideas I was exposed to during JCM, within my own community, really opened my eyes and helped me feel a whole new appreciation for our community. It's been real." Rachel Musikanth

"JCM was a truly amazing and eye opening experience. We were presented with workshops which were thought-provoking, challenging and also fun. I learnt so much about various topics, such as Israeli culture, Judaism and even myself. It was an experience I will never forget!" Lauren Hirsch

Lee Lobel
Programme Co-ordinator





Yom Ha'atzmaut 2017



Cape Town celebrates Israel's 69 years



Photographs: Marc Berman Photography



Telfed has joined forces with The Eric and Sheila Samson Foundation, to offer a pioneering programme providing significant support (needs-based study and accommodation bursaries) to South African youth looking to study in Israel in English.

Telfed, the representative body of SA Jewry in Israel, has been working on affiliation agreements with leading Israeli Universities to be able to offer different levels of assistance to South African students, in addition to a broad range of support services (including Aliyah/Klita advice, employment guidance and housing stipends).

The SASI (South Africans Studying in Israel) programme already has 15 students registered, with an additional nine enrolling for the Engineering Degree at Tel Aviv University. Also on the burner is an innovative and revolutionary new development spearheaded by Telfed which would pave the way for international students to study Medicine in English in Israel at exemplary Universities. Recognising that the future of our community lies in our youth, one of the primary goals is to encourage communal involvement, through seminars facilitated by prominent

Offering opportunities to study in Israel in English

leaders in the community, and the inclusion of a volunteering opportunity in the 3rd year of studies.

These plans, as they come to fruition, provide an expansion of academic choices to SA youth who have the skills and dedication to excel, but lack the financial ability. Supporting SA students is one of many Telfed tenets.

Just last month, over 400 students received awards in front of their peers, friends and members of the Telfed Staff and Scholarships Committee at the organisation's public bursary ceremony in Tel Aviv.

Juilliard-trained clarinetist and Telfed Scholarship Department Administrator, Merav Fisher, mesmerised the audience before the Head of the Scholarship Department,



Head of Telfed's Scholarship Department Dana Levy Tavor with bursary recipients from Machon Lev

Dana Levy Tavor opened the evening, inviting CEO Dorron Kline who congratulated the students and shared with them Telfed's mission and

raison d'être, to promote the quality of life of Southern Africans in Israel and to support their participation in and contribution to Israeli Society.

Guest Speaker Avner Stepak (board member of Meitav Dash, one of the leading Investment Houses in Israel) engaged the audience with his fantastic sense of humour and shared valuable career advice with the students.

Batya Shmukler, Vice Chair and Head of the ESP (Endowments, Scholarships, PRAS) committee, noted that Telfed's ability to assist these youngsters "is solely thanks to the generosity, encouragement and endorsement of a network of friends and donors,

including (most notably) The Stanley and Zea Lewis Fund, The Graham and Rhona Beck Fund (RA), The Meyer Hirsch Goldschmidt Fund, The Eric and Sheila Samson Fund and The Doone SA Charitable Trust". She also spoke about the PRAS Student Volunteer Programme: "By paying it forward", said Batya, "you contribute to others in society and in the South African community. You uphold the values Telfed has embodied over the last 70 years, since its inception".

Telfed Scholarships were presented, in memory Susan Sharon (z'l) who passed away in 2016, to the five student coordinators who assist with the national implementation of the volunteering programme.

Maish Isaacson, Telfed's chairman, closed the evening with good wishes for continued cooperation between Telfed, its partners, friends and the community. Students collected their scholarships and were fortunate to meet with representatives of the benefactors like Lauren Gez-Krawitz who attended the ceremony and presented students with the 'Philip and Michele Krawitz Bursary Awards' (in her parents' name). In the words of Nelson Mandela, "a good head and a good heart are always a formidable combination, but when you add to that a literate tongue or pen, then you have something very special."



Sisters Aviva and Eliana Fredj celebrating their Telfed scholarships



Pay it forward in their memory

On 1 January 1873, Aharon Hershler was shot to death by an Arab gang which raided his house in Jerusalem.

Since then, 23 544 people have been killed in combat and in acts of terror. Yom Hazikaron is dedicated to honour their memory.

Unfortunately, the wars of Israel do not belong to history. They are an ongoing reality. Too often the people of Israel are called to defend their families, their friends and their country.

To emphasise the fact that Yom Hazikaron is a reflection of a continuous struggle, we chose to focus on the most recent operation — Operation Protective Edge (Tzuk Eitan). During this year's Yom Hazikaron ceremony we shared

with those attending the ceremony, stories, pictures and memories from the battle and told those present about some of the people that were called to defend Israel and never came back.

The Israeli Mishlachat is primarily comprised of young Israelis who come to South Africa for a year of volunteering. Many of those young Shlichim who now are in Cape Town were on active duty in 2014 when Operation Protective Edge broke out. Three of them decided to share their experiences and personal stories with the Cape Town Jewish Community. It was very moving when they spoke about people they knew who were killed at that time.

The annual Yom Hazikaron Ceremony creates an opportunity to commemorate our fallen. Not only have we lost those who have been taken from us, but the world has lost

out on all the good that these people would have done in their lifetime. Many families choose to perpetuate the memory of their loved ones by taking action for the betterment of the world.

The exhibition at Yom Hazikaron presented four of the projects undertaken by some of the families of fallen soldiers. During the ceremony itself, those attending were introduced to one method of doing so. Under each chair at the ceremony were 'Pay It Forward' cards. These cards are in use in Israel. The idea is simple, to do a good deed in memory of the fallen and then pass the card along to someone else to do the same. Guests were asked to join this meaningful endeavour and we challenge readers to do the same — 'Pay it Forward' cards are available at the Israel Centre offices.

The event was, as always, supported



by Rabbonim and communal leaders. The Israel Centre will ensure that this essential tradition will continue.



The Herzlia Choir sings Shema Yisrael led by Cantor Ivor Joffe



Hayden Norrie of Bnei Akiva lighting a memorial candle in memory of one of Israel's wars



Youth representation at Yom Hazikaron, Bnei Akiva, Habonim Dror, SAUJS, Herzlia and Netzer

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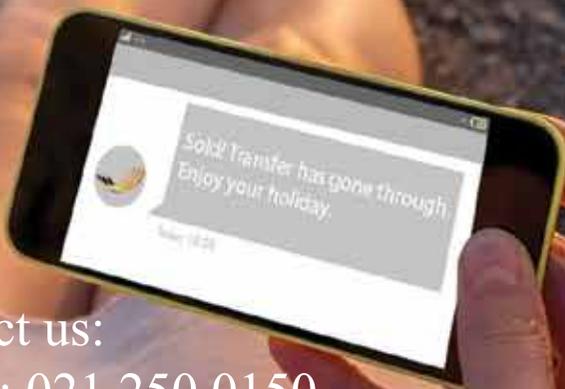
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BURNING BRIGHTLY

Finding the 'Extraordinary'

CHIEF RABBI EPHRAIM MIRVIS [Thought of the Day, 2 June 2014]

As the Jewish world prepares to celebrate the anniversary of the giving of the Ten Commandments, also known as Shavuot, Chief Rabbi Ephraim Mirvis reflects on the unknown location of this revelatory event and the potential of the 'ordinary' to be transformed into the 'extraordinary.' The transcription of this 'Thought for the Day,' which was broadcast by BBC Scotland, follows below.

Nothing is as dull as dishwater. Yet, G. K. Chesterton commented *"Naturalists with a microscope have told me that dishwater teems with quiet fun."* It all depends on how you view it.

Seeing the spectacular within the mundane is a central theme of the Jewish festival of Shavuot, or Pentecost, which starts tomorrow evening. We will be celebrating the anniversary of the giving of the 10 Commandments by God to Moses on Mount Sinai 3,300 years ago.

That location was chosen because previously, at the foot of that mountain, God appeared to Moses from within a burning bush and directed him to lead God's people out of Egypt.

"To this day, we are not even certain of its exact location"

There could hardly have been a more ordinary place for this historic event. This was no Grand Canyon, Everest or Niagara Falls. It was a bare, empty and inhospitable wilderness within which a simple bush had grown.

One could be forgiven for thinking that the location of God's revelation to the Children of Israel would be a central focal point of the Jewish faith and a sacred destination for pilgrimage. It is not. To this day, we are not even certain of its exact location.

It is not the place itself that is significant but rather what transpired there and the lasting effect it continues to have. It is awe-inspiring that a group of slaves, the Children of Israel, could transform themselves into a nation with a moral and legal code that continues to have such a profound impact upon the world until this day.

There is a Jewish tradition that the world exists through the merit of 36 righteous individuals whose quiet and unheralded piety sustains our civilisation. We trumpet the remarkable achievements of ordinary men and women who, out of the glare of publicity, show selfless, tireless devotion to others. They are the true heroes and heroines of our society.

"If we judge by celebrity status or by who has more, we have missed a trick"

Dishwater can be fascinating, a simple bush can be holy and a nondescript mountain can host an event that was to transform mankind forever. Similarly, someone who appears to you to be ordinary could be one of the 36 righteous individuals sustaining the world. You might never know.

The lesson of Shavuot is that if we judge by celebrity status, by the X factor or by who has more, we have missed a trick. Through the choices we make, we can transform ordinary into extraordinary.

Reflections

REBBETZIN TANYA ZIEGLER
[Camps Bay Shul]

On Shavuot, Hashem gave us the Torah and we became His chosen nation. This festival celebrates the birth of the Jewish nation, as His nation.

The meaning of the name that is used in the Torah for this festival therefore seems strange - Shavuot. Shavuot means weeks. Why should the name be 'weeks'?

When someone has a baby, we celebrate the day as a birthday. It is the day that one is born. We don't call a birthday - weeks, months or trimesters. Why then, on the day that we were born as a nation, the name of this celebration is called 'Shavuot' - weeks?

What are these weeks that we are referring to? We are referring to the weeks that we count from 2nd night of Pesach until Shavuot - the Omer. For 7 weeks we count each day in anticipation and preparation for Shavuot. Each week we work on different attributes to perfect our characters and refine ourselves so that we will be ready for Shavuot and merit receiving the Torah. They can be divided into:

1. Chesed - Loving Kindness
2. Gevurah - Justice and Discipline
3. Tiferet - Harmony and Compassion
4. Netzach - Endurance
5. Hod - Humility
6. Yesod - Bonding
7. Malchut - Sovereignty and Leadership.

It is the refining of our characters and the anticipation of the festival that we are acknowledging when we refer to this festival as Shavuot - weeks.

Shavuot falls in the harvest season. It is the time, in Israel, when farmers reap their field; when the farmers would bring Bikkurim (first fruits) to the Temple. It is the time when they reap their rewards from their hard work. It is the time that a farmer has been anticipating. It is also the time that we anticipate. How fitting that the name of this festival recognises the effort that a person puts in during the weeks leading up to Shavuot. It reminds us that the celebration of us becoming Hashem's Nation is based on the work that we do to refine our characters to be worthy of that title.

May we use this time before Shavuot, to inspire ourselves, refine our characters and anticipate Shavuot - the giving of the Torah, in order to elevate ourselves to be worthy of being Hashem's chosen nation.





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Tessa Philp facilitated the panel conversation with brand experts Gidon Novick, Allen Ambor, Samuel Seeff, and Jacques Burger



Inspiring panel with Deloitte team, Tessa Philp, Ryan Dogon and Ilana Shone



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Consider This

By Sofia Zway



It takes a sacred community to raise a rabbi

There is an old saying that it takes a village to raise a child. I am not a parent, so can't testify as to whether that statement is true or not. What I can say for sure, is that it takes a community to raise a rabbi.

Five years ago I never would have guessed that today I would be about to embark on a five year journey towards becoming a rabbi. Perhaps it has been in my DNA for ever (turns out my great, great, great-grandfather was an esteemed Rabbi in Jerusalem in the mid-1800s), but when I think about it, this choice and this calling towards the rabbinate has been profoundly influenced by the extraordinary community that is Temple Israel, Cape Town.

I am so blessed that my childhood at Bet Menorah in Pretoria and my teenage years at Netzer opened my eyes and my heart to the wonders of Progressive Judaism. When I was a child, I was not interested in being Jewish. When pushed to attend shul and start cheder, I was reluctant and resistant. It wasn't until I attended Netzer summer camp at the age of fifteen that something shifted for me. It was here, during a tallit-making workshop led by Andrea Kuti and Rabbi Greg Alexander that I realised that Judaism could be (and should

be) engaging, meaningful and deeply personal. I returned home from machaneh that year determined to have a Bat Mitzvah ceremony, which I did a year later at the age of sixteen. I then participated in Shnat Netzer, Netzer's gap year programme in Israel, in 2011 (some hesitance again here). When I returned from Israel to start my Drama studies at UCT, I found myself at Temple Israel, the Sacred Community that has really raised me as a young Progressive Jewish leader and Rabbi-to-be these past five years.

In my interview at Hebrew Union College — the school which will be my home and training ground for the next five years — I was asked what my favourite Jewish ritual object is. Looking back on my journey, of course it has to be a tallit. A tallit is what started this journey for me; it's what showed me that Judaism could be fun, interactive, creative, meaningful and personal. More than that, though, I realised that a tallit represents everything that I love about Judaism and that I discovered in these past five years at Temple Israel: ritual and community. Ritual, the stuff we all need to acknowledge significant moments in our lives, or to add significance and meaning to the quotidian ones. Community is something we all search for. We long to belong; to feel a part of something

bigger than ourselves. Communities are important because they bring those rituals to life; they bear witness to those significant moments — good and bad — that inform our lives. Ritual builds community and communities together create ritual. That's what it means to be a Sacred Community.

Writing about Sukkot in *The Tapestry of Jewish Time* (quoted in *The Torah: A Woman's Commentary*), Nina Beth Cardin reflects on the significance of Sacred Communities in our individual journeys:

"Sukkot is about the journey. It is the holiday that best symbolises where most of us are most of the time: somewhere in between, midway, sometimes moving, sometimes stuck, always heading — we hope — in the right direction. It reminds us that the way we get somewhere, what we do and learn along the way, where we detour and where we pause, whom we meet and whom we travel with, are as essential to the journey as is the arrival."

Sacred Communities like Temple Israel are rare. Some people search for a lifetime and never find one. How blessed I feel that I found myself at Temple Israel and ended up finding myself in the process. How privileged I have been these past five and half years to detour and pause in Cape Town; to learn with and from three extraordinary Rabbis; to be mentored

by an exceptional team of Jewish professionals; to be part of a remarkable team of madrichim, creatives, lay-leaders, educators, music-makers, transformation seekers, and inspirers. This is the village, the Sacred Community, that has raised me into the rabbi I hope to become. So, to my beloved family at Temple Israel, I need to say thank you for inspiring me. Thank you for believing in me, for supporting me and challenging me. Thank you for holding me and witnessing me, for guiding me and shaping me these past five years.

Now it's time to think about what kind of rabbi I want to be. My sojourn at Temple Israel has informed my sense of purpose so profoundly: I want to be a Sacred Community-builder. I want to build socially-conscious, socially active, ritual-rich, spiritually-connected communities. I've always been a people-person, and I want to use that strong suit to connect people with G'd, with themselves and with each other. I want to connect people within the Jewish community and across other communities through the sacred rituals, principles and values of Progressive Judaism that have brought so much meaning and connection to my own life.

Putting the 'unity' into community

It is not every community that gets to spend three days together, eating, singing, playing, living, laughing and learning. But that is precisely what the Temple Israel TIMEOut achieved.

Over the Pesach long weekend in April, about 80 community members, from babies to bobbas, stayed at the beautiful Habonim campsite. Some camped, others 'glamped' (in chalets), but all of us grew together in a phenomenal and fundamental way.

From a session on Mindfulness, to a nail-biting game of beach volleyball; from a kids vs adults soccer game to a moving Havdallah ceremony under the stars, there was something for everyone. However, the true miracle of the weekend was how we grew together as a community.

We braai'd, rested, prayed, played, and spent hours singing until the wee hours of the morning.

All three centres of Temple Israel bonded together as one caring unit. We arrived on Friday as relative strangers; we left on Monday as family. It was an overwhelming success — a type of community was created that few (if any) others can emulate. Proudly Progressive.

So we say B'shana Ha'Ba'ah. Next year again.



Shabbat



Jesse Flash, David French and Ruby Saks enjoying the lagoon



Judy Sacks, Sofia Zway, Jessica Mayson, Marni Riese, Nina Hoffman and Rachael Bootcov enjoying the beach



Bev Lyons, Liz Kantor and Barbara Bont



Kids vs adults soccer game



Rabbi Greg and Fabio Diliberto making music

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



Luchiano Beyhan
6 May



Maya Kovarsky
27 May

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JCS@WORK

Raising a responsible teenager

The social work team at JCS renders services to teenagers and a need has been identified to assist parents and caregivers with how to raise responsible teenagers. Teenagers often crave more privileges but they can fail to follow through on their responsibilities.

Counselors have identified three essential components for cultivating responsibility in adolescents: internal motivation, the teenager's ability to respond and the parent's ability to hold their child accountable.

Internal motivation

- Internal motivation is a necessity to be a responsible teenager
- Teenagers must eventually learn to make the right choice because they want to
- Parents can help their teenagers develop internal motivation by holding them accountable and allowing them to make their own mistakes
- Parents can offer their teenagers guidance and direction without recuing them or taking over their responsibilities
- Ability to respond
- Teenagers need to learn how to respond to challenges
- Parents need to learn to de-escalate an argument with their teenager and take a minute before replying to their angry or emotional teenager
- Holding teenagers accountable
- Parents need to take an honest look at themselves and the things that they can do differently
- Parents need to show their teenagers how to cope with mistakes in healthy ways by setting a positive example

Please contact Renee Donneson at JCS on 021-4625520 should you require further information

Family Announcements

THANK YOU — CONDOLENCES

ALLEN GRANT AGRANAT

Tarna Klitzner, Daven Agranat and families and Selmae Miller express appreciation to the community, family, friends and the UOS (Cape Council) for the encouraging support since the passing of their father, pops, grandpa and partner to Selmae.

ISADORE DONNINGER (ISSY)

We would like to express our sincere thanks to all family and friends who sent condolences and gave us support on the passing of our beloved husband, father and grandfather, Isadore.

We are grateful to Rabbi Wineberg and the Marais Road Shul for their support during this sad time
Reggie, Howard, David, Mandy, Gabriella, Alyssa and Jordan.

DAVID JOFFE

Many thanks to Rabbi Dansky and all at the Milnerton Shul for their generous support.
Our heartfelt thanks to our family and friends both local and overseas, and our neighbours for their visits and messages of support, sharing with us in the loss of our beloved Dave, husband, father and brother.

Eve, Rael, Lee, Jean, grandchildren, great grandchildren, sister Greta and brother Errol.

JOSEPH EDWARD LAZARUS

30 September 1926 — 10 April 2017

We would like to extend our sincere thanks to family and friends who attended Joe's funeral on erev Pesach and who reached out to comfort us during this difficult time.

Joe will always be remembered with love by his wife of 65 years Hannah, his daughter Lauren, son-in-law Dennis, and his grandchildren Carly and Greg, Tammy and Ryan.

JEFF SALKINDER

We would like to express our profound gratitude to Rabbi Hecht, family, friends and the community for their outpouring of love, comfort and assistance on the sorrowful passing of our beloved husband, brother and uncle, Jeff. The many calls, visits and substantial funeral attendance all attest to Jeff's affectionate standing in the community. We truly appreciate the consideration, condolences and the food which sustained us in our time of bereavement.

Cathy Salkinder
Herschel and Brenda Zetler
Bevan and Ilse Zetler
Gabi Zetler, and all our respective families

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

Glendale

It's been another jam-packed and fun-filled month for the residents of Glendale.

On 12 April, we celebrated our annual, second night Pesach Seder. It was a great evening, with residents, families and friends all taking part — and enjoying all the favourite traditional foods. Dr Solly Lison did a fantastic job leading the Seder and we want to thank all those involved for once again making the event a huge success.

We were also pleased to recently welcome another member to our team: Cole Goldberg, an Occupational Therapist. Cole spent

her community service year at Alexandra Hospital and is currently working part-time at Glendale as she completes her Masters of Philosophy, specialising in Intellectual Disability. At present, Cole is focusing on individual and group treatment sessions — and has taken up the task of organising special outings and trips for our residents, who absolutely love them! These outings not only offer the residents a chance to socialise and engage with others, but also help them integrate more with the community by encouraging sensory input and exposure to new experiences.

Over the past month, our outings

have included visits to Sea Point Park, a coastal drive, a boat ride to Seal Island and a very memorable trip to the aquarium! This was a real highlight for the residents, especially those in wheelchairs, who don't often get to experience adventures like this. Everyone loved watching the sea creatures in their natural habitat and the sensory pools were a huge hit! Plenty of wonderful memories were made and it's great having Cole on board as we look forward to her OT input in future.

Next month we'll be launching our baking classes, where our residents will have the chance to get some hands-on experience in the kitchen,

learning how to make delicious, tasty treats. Plus, our Glendale vegetable garden has started producing veggies, which we're delighted to be using in the kitchen. It's also wonderful that a few of our residents have taken responsibility for looking after our garden — and making sure it stays weed-free, watered and well loved. And we've also started an exercise program in the mornings, with the residents training hard for our upcoming Sports Day later in the year.

Of course, these are just a few of the exciting initiatives we at Glendale have planned, so be sure to stay tuned.



Irving Friedgood and Violet Passigli enjoying the Pesach Seder



Cole Goldberg and Gavin Cohen in front of the predator exhibit at the aquarium



Dale Barlin and Megan Klugman enjoying an outing to the aquarium



Brian Levin at the Two Oceans Aquarium



Mark Glau



Mental Health Awareness Month: An important resource for supporting your loved ones

Mental illness has a devastating effect on the whole family and as May was Mental Health Awareness Month, we have sourced some helpful tips to support a loved one with serious mental illness.

Supporting a loved one with mental illness presents many challenges. But blame shouldn't be one of them. It's important for families to learn that they didn't cause their loved one's disorder and they can't cure it. Still, how you treat your loved one has a big impact on their well-being. Behaviour can exacerbate symptoms and patients of families who express hostility and criticism toward their loved one — for example, believing the patient is lazy or emotionally over-involved — are more likely to relapse.

Educate yourself about the illness

Educating yourself about your loved one's illness is really the foundation of support. Evidence has shown that if you provide families with training and involve them in the treatment process, patients experience a reduction in symptoms, hospitalisation days and relapse. The family environment is also generally improved. Without education, it's hard for people to grasp and appreciate the severity of the symptoms, such as the terrifying thoughts associated with schizophrenia or the suicidal ideation associated with a deep depression. It's not uncommon for families to wonder why their loved ones just can't snap out of it. Any antagonistic or bizarre behaviours are a manifestation of the illness, not wilful, purposeful actions.

Seek out resources

One helpful way to educate yourself about a loved one's illness and how you can help is by turning to reputable publications.

Have realistic expectations

Your expectations can impact your loved one's recovery too. After spending time in hospital, the family assumes that the hospital stay has cured them. Wanting to make up for lost time, the individual ramps up their schedule and by doing so, their stress level escalates and they end up having a relapse. The best option is to have lower expectations and encourage a loved one to set a slower pace since added stressors can exacerbate symptoms. Setting reasonable expectations can be tricky, so the challenge is to fine-tune those expectations all the time. Sometimes, you may be using pure trial and error, but using your own experience can be helpful. It's important to have realistic expectations and to encourage your loved one to have them too.

Reach out for support

Stigma can prevent families from seeking support. But it's through

support that you gain more strength and valuable knowledge. Support groups also help to normalise a family's experiences and better enable them to swap ideas about managing a loved one with mental illness.

Work closely with your loved one's treatment team

While it depends on the specific system, confidentiality barriers can complicate working with your loved one's treatment team. First ask to speak to your loved one's social worker and the psychiatrist, if possible. Let them know that you'd like to be part of the treatment team. Many facilities will allow families into the meetings and case conferences. But ultimately, families should ask to be included and expect it. Ask how you can help your loved one, and find out what's a reasonable expectation for recovery and how functional the patient will be.

Let your loved one have control

People with mental illness feel they've lost control of their lives, they feel stigmatised and they suffer the most with self-esteem. It is important to treat them with respect no matter how symptomatic they are. Even seemingly bigger decisions, such as schedules for taking medication, may be better left to the patient. Set up a system with your loved one, which is easier to do after they returned from the hospital.

Encourage them to talk to their mental health professional

Encourage your loved one to discuss adverse side effects from a medication, and what bothers them and talk to their doctor. Remind your loved one that they're in control of their bodies and are active participants in their treatment.

Set appropriate limits

While it's important to treat your loved one with respect and allow them to exercise control, it's just as necessary to set limits for the sake of everyone's well-being.

Families don't want to step in too much and give mandatory conditions but at the same time, there are family members who basically say 'you'll do it my way or the highway,' in a very punitive and harsh way. This approach doesn't give the individual any option to live their life.

Establish equality

When setting limits and supporting your loved one, don't single them out as the sick one. Instead, establish some kind of equality of what is expected of everyone in the household.

Families, the patient included, can voice their concerns and contribute to creating problem-solving strategies and solutions for everyone.

Realise that feelings of shame and guilt are normal

Know that guilt and shame are

typical reactions for families. Some families may worry that they didn't get their loved one into treatment sooner; others may think they caused the disorder. Remember, families don't cause mental disorders like schizophrenia or bipolar disorder — they're caused by a variety of complex factors, including genetics and biology.

Recognise your loved one's courage

In our society, we view people with a physical illness, such as cancer or diabetes, as courageous, but we don't extend the same perspective to people with mental illness. But it takes enormous courage to return to normal life after being hospitalised. It takes courage to battle the debilitating symptoms every day and to seek and stay in recovery.

Help yourself

One of the biggest issues with caregivers refusal to accept help. Caregivers need to know that they're in a much better position to help out and give again if you help yourself. It's also unhelpful to concentrate all your efforts on an individual with the disorder as this can alienate siblings and other family members as well.

Be calm

Your actions can influence your loved one and impact their symptoms, so instead of responding angrily, try to respond with patience and understanding.

Convey hope

Inform your loved one that with continued treatment, recovery — or at least leading a satisfactory life in the community despite the illness — is possible.

Get political

Families are encouraged to get involved in the political process of improving the mental health system since this affects families and their loved ones. By reading extensively from reputable sources, one can lobby for effective change to enhance the quality of life for the person with mental illness.

*Diana Sochen
Executive Director*

Acknowledgement: Lefley Jacobs; PsyD, director of behavioral sciences at the Crozer-Keystone Family Medicine Residency Program, Springfield, PA and Barry Jacobs; author of The Emotional Survival Guide for Caregivers.

SOCIAL AND PERSONAL

We extend a hearty Mazeltov on the following special occasions:

Births

Gerald and Ashna Diamond

— Granddaughter

Bernard and Yvette Zive

— Granddaughter

Edie Busch — Great Granddaughter

Reina Hurwitz — Great

Granddaughter

Barmitzvah

Philip and Michelle Krawitz

— Grandson

Batmitzvah

Bernard and Yvette Zive

— Granddaughter

Marriage

Rona Friedman — Granddaughter

Ruth Mink — Son

Birthdays

Hannah Abramsohn — 90th

Keile Gross — 92nd

Judith Resnick — 90th

Moira Shapiro — 70th

Sally Singer — 80th

Engagement

Henny Bernstein — Granddaughter

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

Joan Knopp

Miriam Lichterman

Sylvia Sandler

We extend our sincere condolences to our members

who have lost family members:

Eve Joffe — Husband

Hannah Lazarus — Husband

Naomi Sank — Sister

Eileen Shapiro — Son

We extend our condolence to the families of members who have passed away:

Gavin Bloch — Grandmother Annie Steel

Michelle Shev, Vivian Diamond

and Jillian Joffe — Mother Esther

Grande

A hearty welcome to new members to the CJSA family:

Jennifer Gordon

Cyril Jacobson

Lillian Ryhorski

Anita Shifrin

Nia Super

Book early for Special Events :

All bookings open on the 15th of the month prior to the event advertised

- Save the Date 23 August Biennial CJSA Seminar
- 9 June Shabbat Supper in Milnerton R50 for members and R60 for non-members
- 13 June Twilight Supper in Sea Point. Professor Richard Mendelsohn speaks on From Kovno to Cape Town R50
- 15 June Twilight Supper in Claremont. Jonathan Hayman speaks on A German, Jewish family recovers their treasures and history R50

NB BOOKING ESSENTIAL FOR ALL THE ABOVE



Cape Jewish Seniors

<p>Sunday 2</p>	<p>Sea Point 10.00 Talking Point with Marcia R10 11.15 Ageless Grace R15 2.00 Bridge R10 2.00 Bridge classes with Harold R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 Rosemary and June with their Choir R10 2.00 Musical Appreciation with Doreen Kantor R5</p> <p>S/Suburbs 9.30 Ageless Grace R15 9.30 Outing to 'Brownies and Downies' Restaurant: A training centre where young adults with intellectual disabilities are trained to be employable in the hospitality service and retail sectors. R30 10.00 Scrabble R10 2.00 Yiddish mit Rita R10</p>	<p>Monday 3</p> <p>Sea Point 10.00 Pop In: Life Coach Cathy Barnett R15 2.00 Mosaic classes with Yvette R30 2.00 Yoga with Leina Sank R10</p> <p>Milnerton 10.00 Pop In: Radio announcer Nancy Richards R10 1.00 Kalooki set tables R10 1.45 Line Dancing with Hannah Seinik</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R5 2.00 Knitting Group. All welcome R5</p> <p>West Coast 9.15 Outing to Rust en Vrede Clay and Art Gallery Durbanville R30. Tea for own account</p> <p>Muizenberg 10.30 Rosemary and June entertain members R10</p> <p>Tuesday 4</p>
<p>Sunday 9</p> <p>Milnerton 2.00 movie and tea R25 Movie to be announced</p>	<p>Monday 10</p> <p>No Music till end of month</p> <p>Sea Point 10.00 Talking Point with Marcia R10 11.15 Ageless Grace R15 2.00 Bridge classes with Harold R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10 10.00 Bnoth Zion 9.15 Outing to Afrogem gallery for tour and video. (please note there are steps) R30. Tea for own account</p> <p>Milnerton S/Suburbs</p>	<p>Tuesday 11</p> <p>Sea Point 10.00 Pop In: Rabbi Thurgood 'Why do we need Jewish people?' R10 2.00 Art with Helen R30 2.00 Yoga with Leina Sank R10 17.30 Twilight Supper: Award Winning set designer, Saul Radomsky speaks on designing for the stage R50. Booking essential.</p> <p>Milnerton 9.30 Outing to the new Silo hotel in the Waterfront Maximum 8 people. Tea for own account. R20 2.00 Kalooki set tables R10 1.45 Line Dancing with Hannah Seinik.</p> <p>S/Suburbs 09.30 Social Bridge R10 New members welcome 10.00 Kalooki R5 2.00 Knitting Group. All welcome R5</p>
<p>Sunday 16</p> <p>Milnerton Hamburger lunch and movie R80</p>	<p>Monday 17</p> <p>Sea Point 10.00 Talking Point with Marcia R10 11.15 Ageless Grace R15 2.00 Bridge classes with Harold R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 A morning with Colin Jantjies 'The role of England in Jewish History' R10 9.15. Outing to Fish Hoek Valley Museum R30. Tea for own account.</p> <p>S/Suburbs</p>	<p>Tuesday 18</p> <p>Sea Point 10.00 Pop In: Enjoy a morning with Aubrey Silver's DVD Ella Fitzgerald Music Show R10 2.00 Mosaic classes with Yvette R30 2.00 Yoga with Leina Sank R10</p> <p>Milnerton 10.00 DVD Morning: 'Beaches' starring Bette Midler A privileged rich debutante and a cynical struggling entertainer share a turbulent childhood friendship over the years 1.00 Kalooki set tables R10 1.45 Line Dancing with Hannah Seinik.</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R5 2.00 Knitting Group. All welcome R5</p> <p>West Coast 9.15 Outing to Irma Stern Museum to view Nicholaas Maritz exhibit R40. Tea for own account</p>
	<p>Monday 24</p> <p>Sea Point 10.00 Talking Point with Marcia R10 11.15 Ageless Grace R15 2.00 Bridge R10 2.00 Beginners Bridge with Harold R10 2.00 Reminiscing with Hazel R10 10.00 A morning with the Jubilee dancers R10 9.30 Ageless Grace R10 9.15 DVD Morning: Barbara Streisand 'The Way We Were' R10 2.00 Yiddish mit Rhita R10</p> <p>Milnerton S/Suburbs</p>	<p>Tuesday 25</p> <p>Sea Point 10.00 Pop In: Enjoy a reality TV morning with Hymie Liebman R10 2.00 Yoga Classes R10</p> <p>Milnerton 10.00 Outing Tour of the Caltex Refinery R20 IDs need to be given. Tea for own account. 1.00 Kalooki R10 1.45 Line dancing with Hannah Seinik.</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R5</p>

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

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Events Calendar JULY 2017



Wednesday 5		Thursday 6		Friday 7		
<p>Sea Point 9.30 Craft morning Yvette and Jeanette R15 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 Tile Rummy, Scrabble and Bridge games R10 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R10 2.00 Ageless Grace with Yvonne R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R15</p>		<p>Sea Point 10.00 Yiddish mit Veronica R10 11.30 Exercises with Mariamre R10 12.00 Friendship Lunch at the UJW R50 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30. A morning with Colin Jantjies 'The role of England in Jewish History' R10 1.00 Bridge and Kalooki R10</p> <p>West Coast 10.30 A morning with Tiny Jones R10</p>		<p>Sea Point 9.30 Shopping with Malcolm R20</p> <p>Milnerton 10.30 Men's Schmooze Group: Rabbi Opert 'Are the Jews a Nation or a Religion?' R10</p>		
Wednesday 12		Thursday 13		Friday 14		
<p>Sea Point 9.30 Interbranch outing to Muizenberg R30 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.00 Interbranch outing to Muizenberg. Own transport 10.00 Tile Rummy, Scrabble and Bridge games. R10 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R10 2.00 Ageless Grace with Yvonne R20</p> <p>S/Suburbs 9.00 Ageless Grace R15 9.30 Interbranch outing to Muizenberg R20</p> <p>West Coast 9.00 Interbranch outing to Muizenberg. Own transport</p>		<p>Sea Point 10.00 Yiddish mit Veronica R10 11.30 Exercises with Mariamre R10 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 DVD Morning: 'For the Boys' with Bette Midler traces the life of Dixie Leonard, a 1940s actress/singer who teams up with Eddie Sparks, a famous performer, to entertain American troops. R10 12.30 Tales in the Talmud. Shiur with Rabbi Greg with U3A. All welcome.</p> <p>West Coast 11.30 DVD Morning Enjoy 'The Artist' a comedy drama R10</p>		<p>Sea Point 9.30 Shopping with Malcolm R20</p>		
Wednesday 19		Thursday 20		Friday 21		
<p>Sea Point 9.30 Outing Tour of the Caltex Refinery R20. IDs need to be given. Tea for own account 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10 10.00 Tile Rummy, Scrabble and Bridge games. R10 10.00 Knitting Morning R5 2.00 Ageless Grace with Yvonne R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R15 10.00 Men's Schmooze Group: Rabbi Opert 'Are the Jews a Nation or a Religion?' R10</p>		<p>Sea Point 10.00 Yiddish mit Veronica R10 11.30 Exercises with Mariamre R10 1.45 Bridge and Kalooki R10</p> <p>Milnerton 18.00 Twilight Supper: Award Winning set designer, Saul Radomsky speaks on designing for the stage R50. Booking essential.</p> <p>S/Suburbs 10.30 Pop In: A morning with Irma Kesler 'Irish Experience from homeless to Hollywood' R10</p> <p>West Coast 10.30 Pathologist Dr Len Anstey talks about his knowledge of Forensic Pathology R10</p>		<p>Sea Point 9.30 Shopping with Malcolm R20</p>		
Wednesday 26		Thursday 27		Friday 28		
<p>Sea Point 9.15 Outing to BoKaap Museum R30 1.45 Bridge and Kalooki R5</p> <p>Milnerton 10.00 Tile Rummy, Scrabble and Bridge games. R10 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning R5 2.00 Ageless Grace with Yvonne R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R15</p>		<p>Sea Point 10.00 Yiddish mit Veronica R10 11.30 Exercises with Mariamre R10 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 Morning with Prim Reddy TV and Radio presenter and restaurateur R10 12.30 Tales in the Talmud. Shiur with Rabbi Greg with U3A. All welcome.</p> <p>West Coast 11.30 Art with Sharon Lopis R30</p>		<p>Sea Point 9.30 Shopping with Malcolm R20 10.30 Men's Schmooze Group: Rabbi Opert 'Are the Jews a Nation or a Religion?' R10</p>		

SOCIAL WORKERS: **S/Point:** Monique Nieuwenhuys 021 434 9691; **Milnerton:** Hajiera Safidien-Maloon 021 555 1736; **S/Suburbs:** Yvonne Reynolds 021 761 7960; **W/Coast:** Melanie van Emmenes 074 405 5186

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A busy month at Astra: brunches, brushes and braais

Volunteers' Brunch @ Astra

Volunteers were thanked for the enormously important role they play at Astra, Gifttime and Coffee Time. The volunteers were captivated and inspired by the heartwarming story of guest speaker Nelia Annandale of Keedo Babywear.



Nelia Annandale



Art Time @ Astra

Art teacher, Pam Wertheim, and her Astra artists were proud to see their artwork hanging on the walls in the Red Cross Children's Hospital.

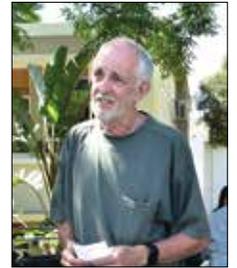


Braai Time @ Astra

An outstanding social committee braai was hosted for the workers and their families. Committee members and their spouses worked hard and the result was a delicious meal.



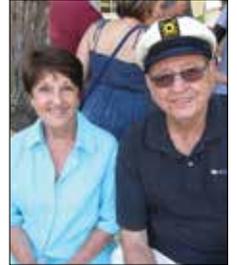
Some Committee members and their spouses Rene Jaffe, Arthur Levin, Jonathan Sher, Doran Jaffe, Viviane Greenberg, Peter Greenberg, Dalia Katz and Debbie Sher



Ivan Katzenellenbogen



Stanley van Emden, Selwyn Furman, Arthur Levin and Ivan Katzenellenbogen braaiing the meat to perfection



Merle and Selwyn Furman



Kiera Cohen with staff members Lindsay Dawes and Mandy Edison



Vice Chairman Doran Jaffe with Maeve and David Samuels

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Ariel & Candice Baruch in celebration of Erin's Batmizvah | Philip & Lara Kawalsky in celebration of Kiara's Batmizvah | Mark Sarembock & Cassandra Santos in celebration of their forthcoming marriage | Past Gardens Rabbinic Interns Rabbi's Menachem Shemtov & Zevi Slavin in honour of the Rabbi and Rebbetzin and the wonderful Gardens Shul Community



Normal life at breakfast, a whole new world by lunch



Maxine Nerwich (Speaker), Rus Nerwich and Craig Nerwich



Frankye Wollach (Nechama Counsellor), Shana Isserow (Nechama Administrator) and Marc Lipshitz (Clinical Psychologist)



Mandy Osrin-Katz (Nechama Counsellor) and Shana Isserow (Nechama Administrator)



Herzlia Staff



Hayley Pogrud and Terry Locketz (PR Committee)



Lisa Levy, Fran Rubin, Cara Katz (Nechama Counsellor) and Taliah Abrams



Jewish Community Services and Oranjia staff



Barry Pogrud (Nechama Chairman), Hayley Pogrud (PR Committee), Avigail Popack (Director of Nechama), Pat Herman (PR Committee) and Hazel Kosviner (PR Committee)

The much anticipated Nechama seminar for members of the caring professions and others interested in learning about bereavement and loss exceeded already high expectations.

The 2017 event was held in March at the Double Tree Hilton Hotel in Woodstock which comfortably accommodated some 150 delegates. The Seminar was about various ways to move forward and reintegrate into life after loss.

Our speakers came from various backgrounds and shared a wealth of knowledge, touching on many aspects of life. Some of the speakers have experienced their own losses and shared the way they have carried this loss with them while rebuilding a new life. The speakers were highly skilled qualified professionals who have made a positive impact in various areas of the caring professions, such as the caring, well-known registered nurse and midwife, Margie Meggie, who has been with St Lukes for 18 years.

We also heard an inspirational talk from Natasha Nunan, the oncology nurse who is presently the haematology manager and stem cell transport co-ordinator in Durban. Kate Polley shared with us her decision to write a book, Sam and Finn which she wrote after the death of her twin son, Sam. Helping other bereaved families is her way of carrying Sam's legacy forward. Maxine Nerwich, mother and educator, shared with us her feelings on the life and loss of her son Brett. His photo and memorial yartzeit candle which she set up that morning, boldly facing the audience, told its own story.

Thank you to Rabbi Thurgood and Rabbi Ziegler for assisting us in understanding Jewish rituals of loss and mourning. Thank you to our chairman Barry Pogrud, for your continued support to the organisation.

In closing, jazz musician Rus Nerwich, moved us with a soulful, stirring piece of music.

The generous catering by Stanley Norrie was delicious and the attendees had an opportunity to network with each other in a relaxed atmosphere.

Thank you once again to Mike Flax of Double Tree Hilton Hotel for allowing us the use of your venue. Thank you also goes to our administrator, Shana Isserow, and the Nechama Team, who are all commended for a hugely professional conference.



Gaby Susskind and Odette Mendelsohn (Nechama Counsellors)



Sarah Bratjman (Nechama Counsellor), Ashna Diamond and Myrtle Kangisher



Maxine Nerwich and Kate Polley (Speakers)



ORT SA CAPE improves literacy across South Africa

The ORT SA CAPE Literacy Development team took a great leap forward embarking on a training programme in Johannesburg.

Why? To share its insights and understanding of the challenges of getting young children to read with comprehension. Dr Lydia Abel and Karen Kaimowitz trained 120 Teachers from as far afield as Rustenburg's Bafokeng community and Limpopo, together with teachers from King David, Pridwin, Yeshiva College and many more over two days at ORT SA's Samson STEM Academy.

Dr. Mashaba (Foundation Phase coordinator, Limpopo) said: "This Wheel is one strategy that teachers can use effectively wherever they are. It summarises the steps they should use to follow the reading process as set out in CAPS"

Romy Ancer (Remedial Specialist) added: "I teach struggling readers



and this wheel makes it concrete and alive for the learners — teaching the skills for comprehension wonderfully."

ORT SA (Gauteng) has historically looked towards STEM (Science, Technology, Engineering and Maths) education subjects in its training in Gauteng, but this collaboration with ORT SA CAPE created an

opportunity to expand into reading and literacy development in Gauteng.

The two-day programme was offered under the auspices of the Mama Ca Reading Project. The Schwab, Lyons and Frank families started this project in memory of Carol Schwab, a reading teacher of some 45 years, "to give children, from all walks of life, access to books, and

train their teachers so that children learn to read with understanding, meaning and critical thinking".

The Literacy Wheel, developed by ORT SA CAPE has been used effectively in both rural and urban schools. The Literacy Wheel is a fun, game-like activity where learners can work independently or in groups. Its focus on the Who, What, Where, When, Why and How questions promotes the development of reading with understanding and intentional writing. It encompasses all the key thinking strategies that good readers use to understand text, offering learners' multiple

opportunities to practice.

ORT SA CAPE empowers children and teachers in disadvantaged communities, through education development and intervention at key stages in their education journey.

For more information on our work please contact Karen Kaimowitz on 021 448 8516 or karen@ortsacape.org.za.

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HERZLIA IN FOCUS

Sport at HERZLIA

GEOFF COHEN

Director of Education, UHS

HERZLIA emphasises participation in and enjoyment of sport and offers our pupils a vast range of sporting codes to enjoy namely; soccer, golf, squash, tennis, cricket, water polo, chess, basketball, netball, cycling, surfing, badminton, table tennis and swimming. Each school has a Head of Sports and our extra mural sports coaches are outsourced from professional agencies. The Sports Committee of professional and lay leaders oversee the visions and policies in order achieve this.

We encourage all pupils to take part in at least one sporting code per term and work to ensure that every individual conducts him or herself appropriately. The main goal is to cultivate mutual respect, pride in oneself, sportsmanship and commitment.

Over the past few years we have re-introduced Inter School and Inter House sports competitions for swimming and athletics. We have also arranged sports tours for as many of our sports codes as possible. HERZLIA is limited in competing with other schools as we do not participate on a Saturday, when most schools fulfil their sports fixtures. We make every attempt to expose our pupils to the best possible competition they may face.

2017 continued the momentum for HERZLIA to raise the bar. We have entered HERZLIA into the World Series Triathlon, introduced a mountain biking/cycling programme as well as the annual sports day for Middle and High Schools at the Cape Town Athletics Track. Our surf tours are always well supported as surfing is enjoyed by a large number of pupils. HERZLIA always sends a large contingent to Macabbi trials and we will again have pupils at the next Macabbiah in Israel in July.

Inter Herzlia Athletics Day held at Green Point Athletics Track.

The top athletes from Highlands, Constantia and Weizmann were selected to take part in the annual Inter Herzlia Athletics Day held for the first time at the modern Green Point Athletics Track. This was a closely contested affair with the lead changing many times over the event and coming down to the final 4X 100m relay events. Highlands took the honours for the first time in the Inter Herzlia Athletics Day history after Weizmann have dominated the event for the past four years.

HERZLIA - King David, Sports and Cultural Tour 2017

In March, 130 HERZLIA students and 14 staff members embarked on a sports and culture tour to King David in Johannesburg. We wanted to combine sports, culture and Judaism and strengthen our relationship with the largest Jewish day school in South Africa. HERZLIA was represented by six sporting codes; soccer, basketball, netball, golf, tennis and water polo. We competed against

both King David Linksfield and King David Victory Park, as well as a number of other schools and clubs. The tour as a whole was a great success and all who were a part of the experience can look back with incredibly fond memories.

One thing that many people commented on throughout their stay in Johannesburg, was HERZLIA's incredible sportsmanship both on and off the field. There is no doubt that the tour brought our teams closer together and this was evident as the tour progressed.



HERZLIA - King David Sports and Cultural Tour 2017: Herzlia and King David High School Cricket Teams.



Highlands Primary - Winners of the Inter Herzlia Athletics Day 2017.



HERZLIA - King David Sports and Cultural Tour 2017: Herzlia Soccer Team.



Middle School: Shot Put - Sasha Dave.



HERZLIA - King David Sports and Cultural Tour 2017: Herzlia Girls Water Polo Team.



Highlands Primary: House Captains - Isabella Hirschson (left) and Taya Allardice (right).



MTB at HERZLIA: David Levy tackles Table Mountain.



Left-Right: Benjamin Daniel, Tristan Tomlinson, Katja Steenkamp, Daniel Nahum and David Levy.





Constantia Primary: Mrs Lushinka Nash with all the trophy winners.



Constantia Primary: The Three-Legged Race (Left-Right) - Levi Meyer and Zachary Coetzee.



Weizmann Primary: IP Sports Day (Left-Right) - Tamar Gerbi, Zoe Rubenstein and Liora Shochat.



Weizmann Primary: The Tug of War (Left-Right) - Jamie Katz and Connor Amsdorf.



Highlands Primary Swimming: Ella Rosmarin.



Middle School: Swimming (Left-Right) - Georgia Helfrich and Rebecca Chin.



Highlands Primary: Winners of the Inter Herzlia Gala 2017.



ALUMNI NEWS

Who is Bernard Osrin?

An insight into the newly appointed Trustee of UNITED HERZLIA SCHOOLS.

Amanda Zar, Manager of The Herzlia Foundation Trust, interviewed Bernard Osrin, Herzlia Alumnus (1987), past parent at HERZLIA, donor and friend of the Herzlia Foundation Trust.

Who is Bernard Osrin?

I am a 47-year-old who has lived his whole life in Cape Town other than spending a year at the Hebrew University of Jerusalem after matriculating in 1987. I am a Chartered Accountant and run my own Financial Advisory practice. I have been married to Shelley for 22 years and am the proud father of three children Matthew, Megan and Jessica.

Where did you grow up?

I lived in Rondebosch until the age of 17, when I moved with my parents to Sea Point.

Tell me about your years at HERZLIA

I spent all 12 years of my education at HERZLIA which started at Constantia Primary then Middle and High School. My focus was mainly on the sports field with a touch of academic interest along the way!

Are you still in touch with HERZLIA friends?

Yes, very much so. Most of my school friends live all over the world, but we get together when we are able to.

Do you have any advice for the Matrics of 2017?

Enjoy every minute of your student life (before life gets too serious!). Learn from every experience (good and bad) and observe people (especially those who one can learn from). Be tolerant of those who think differently to you – for almost all issues there isn't only one correct view.

What are you reading at the moment?

Shtum by Jem Lester.

List three attributes you feel are important for business and/or personal success.

Honesty, integrity and hard work.



What do you do for leisure?

I spend time with my family, go for long walks and read (mostly current affairs and financial publications).

What makes you so passionate about our Jewish community in Cape Town?

I have always had a great sense of compassion for those in need of assistance. Coupled with a strong Jewish identity, it has given me a desire to make a positive contribution to our community.

How do you feel you can add value to Board of Trustees of UNITED HERZLIA SCHOOLS?

I was a pupil at HERZLIA for my entire school career, then a parent for 15 years and served on the executive of the school committee for five years. This provided me with an understanding of the complexities involved in running an institution the size of HERZLIA. Being true to its ideals of being a community school is very challenging and I think I can assist in guiding the school to achieving its mission to excel as a world-class Jewish community school.

What have you learnt from your parents?

Treat everyone with respect and dignity – no matter their title or status. Have humility – remain modest and rather focus on other people's success and generosity. Listen – people are entitled to different views – give everyone a fair hearing. Do the right thing – that's not negotiable.



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UJW

Women of Courage 2017

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Cape Town businessman wins international accolade

Cape Town business leader Paul Berman has been honoured with international recognition of his work with the Young Presidents Organisation (YPO) in Africa.

YPO is the premier leadership organisation of chief executives in the world with more than 24 000 members in more than 130 countries.

Paul, who headed up YPO in Africa last year, was awarded the prestigious Alexander L Cappello Award by YPO at a function in Vancouver, Canada, which was attended by almost 2000 of the world's business elite. This global leadership award is YPO's highest honour in membership development.

The Award is given to members who have demonstrated an extraordinary commitment to the recruitment of new YPO members, diversity expansion, and new YPO chapter development, impacting the health of the organization beyond their chapter and region.

Paul joined YPO in 1998 and was appointed Chairman of the Africa region, which includes Mauritius, for the period 2013 – 2015. Africa poses many challenges for YPO. The gross domestic product of certain countries makes it difficult to find qualified members, and the magnitude of

the geography makes consolidating members into manageable locations challenging.

"The biggest challenge was uniting the region and changing the perception of Africa," says Paul. "Only when one defines and articulates a crystal-clear vision, strategy, goals and objectives can you ensure buy-in from your colleagues. Paul chose to reinvigorate and instill pride in the region, and placed significant focus on mentoring young business leaders. "I wanted to send into the world young business leaders who are uniquely equipped to contribute positively to their societies and communities and, in that way, contribute to a better and more equitable world," says Paul.

In addition to inspiring chapters to grow their own membership, Paul inspired regional leaders to broaden their own horizons and look for leadership opportunities.

"This has been an incredible leadership journey for me. Quite apart from the invaluable lessons to be learnt from my peers throughout the world, Africa is indeed rising and leading the continent for YPO gave me an irreplaceable opportunity to travel to countries I'd never visited and meet people who were truly inspirational. The Award is really a recognition of everyone in YPO in Africa who worked with me."

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Model	Retail Price	Deposit 12.5%	Period	Customer Rate	GFV%	GFV% Value	Instalment	Total
NX 200t E	R 621 400	R 77 675	36	10.67%	63%	R 367 668	R 8442	R 303 898

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So a woman sang....

By Ben Rabinowitz and Gilad Stern

A woman sang solo at Cape Town's annual Yom Hashoah Holocaust Memorial ceremony in April.

It hardly seems a big deal, and it shouldn't be a big deal. It was a return to normality after about ten years in which a woman's voice in song had been banned at Yom Hashoah, in order to defer to the requests of some who felt that they could not allow themselves to hear a woman's voice in song.

Half of all Jews, the women, were effectively told: "Be silent. You may be seen, but not heard, in song at least".

So, at the recent Yom Hashoah ceremony, Caely-Jo Levy sang a Yiddish song, *Mir Lebn Eybik*, composed by Vilna poet Leyb Rosenthal, who was murdered in the Klooga concentration camp in Estonia.

The words of the song include: "We will endure; we are an eternal people; no matter how wretched the season, the hour, we will endure."

This significant milestone for Cape Town's Jewish Community was achieved only after a section of the Jewish Community approached the Cape High Court.

This was done after the organisers refused the entreaties to end the gender discrimination. The litigating parties argued that there were other

remedies for being sensitive to some persons' feelings, other than silencing all women! There was a public controversy, but in the end the ban was cancelled, rather than going to the High Court. The parties settled on a win-win process:

The formula agreed to (in a settlement which was made an Order of Court) was that the ceremony would have two parts — the initial section would include a woman singing solo. The ceremony started at 10:30am, with over a thousand people in attendance.

After the initial section, at 11:00am, whilst the names of young victims of the Holocaust were being read out and memorialised, the persons who wanted to avoid hearing a woman sing, entered discreetly. It was dignified and subtle.

What was achieved was something utterly simple and logical: whoever didn't want to hear the singing came a half-hour late. The ban on woman singing was consigned to history. That is as it should be.

Earlier that week in Israel, the national Yom Hashoah ceremony, at Yad Vashem was broadcast on TV, with President Rivlin, Prime Minister Netanyahu, and the two Chief Rabbis, Ashkenazi and Sepharadi, present, as well as others including former Chief Rabbi Lau. A female singer with a wonderful voice, sang on three occasions, the last one being

the singing of Hatikvah. It seems that it is acceptable for a female soloist to perform at Yad Vashem, carried live on all TV channels, and in the presence of the Israeli Chief Rabbis. That should be unremarkable. It's hard to imagine that the Israeli Chief Rabbis are lax in their observance of religious strictures.

Rabbi Julia Margolis, Head of SACRED (the South African Centre for Religious Equality and Diversity), one of the parties to the court action, said:

"The fact that a woman is singing at a Holocaust ceremony should be unremarkable. I am thrilled that sanity has triumphed, and that gender discrimination has ended. My grandmother is particularly pleased: she is a Holocaust survivor, whose family perished in the concentration camps. She is proud that I have been active in getting the ban on women's voices lifted. When we say 'never again', we mean just that:

never again should discrimination and prejudice be the standards of a civilised society. No voices should ever be silenced because of gender or race. We are all people, all of us"

Cape Town Jewry has now aligned itself with normative practice in Israel, and with the norms of South African society which abhors discrimination, for all the obvious historical and moral reasons. The ceremony was moving and dignified.

So a woman sang...

It really was no big deal.

Benjamin Rabinowitz was formerly involved in property and now semi-retired, Ben supports many cultural, educational and charitable institutions. He is also actively involved in community issues and has led the campaign to stop the Oudekraal and Sea Point Promenade developments.

Gilad Stern is a Management Consultant in Cape Town, and a mountaineer.

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As of February 2017, over 550 of our applicants have received their Portuguese citizenship.

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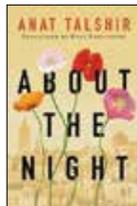


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FICTION



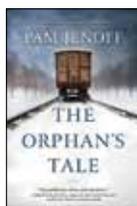
ABOUT THE NIGHT. BY ANAT TALSHIR. This poignant story unfolds against the backdrop of the waning days of the British Mandate of Palestine taking us through the next 59 years. Elias, a Christian Arab living on the eastern side of the newly divided city of Jerusalem falls in love with Lili, a Turkish-born Israeli Jew. Their romance has to endure the growing conflicts between their cultures. A tale of love lost, found and realised against all costs.



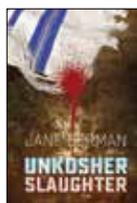
AND AFTER THE FIRE. BY LAUREN BELFER. A passionate compelling novel interweaving the stories of two women, Sara Itzig Levy, a renowned Jewish musician living in Berlin in the 18th Century and Susanna Kessler, living in America in 2010. Both are united and haunted by a mysterious masterpiece by Johann Sebastian Bach. Susanna Kessler finds the anti-Jewish cantata in the home of her uncle Henry Sachs, a World War II veteran, after his suicide at the age of 86.



THE ALLEGATIONS. BY MARK LAWSON. Ned Marriott, popular TV historian is threatened with ruin due to an allegation of sexual assault. He would have turned to his closest friend Tom Pimm for support, but he too has been accused of unprofessional conduct at his University. They unite through their mutual anger and bewilderment at the unjust accusations which threaten to destroy their careers and family life. The author thoughtfully captures contemporary culture in this hilarious and poignant satire about scandal in Britain.

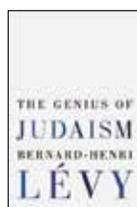


THE ORPHAN'S TALE. BY PAM JENOFF. The author depicts two women drawn together through their individual secrets from the Nazi regime. Noa was thrown out by her Dutch family when she fell pregnant. After giving up her child, she rescues a Jewish baby from a transport and claims he is her brother. Astrid, being Jewish is forced to separate from her German officer husband. Performing as trapeze artists in the German Neuhoft circus, they find comfort and trust that their friendship and bond will protect them from exposure.



UNKOSHER SLAUGHTER. BY JANE BERMAN. A fast paced murder mystery taking place on fictional Kibbutz Kerem El. It begins with the murder of spiritual leader Rebbe Elijah Lachmann in the kibbutz's synagogue. His son-in-law Smaya confesses to the murder. Rachel Shine, born on Kerem El now living in Jerusalem, agrees to treat the traumatised residents. She uncovers a surprising number of potential suspects besides Smaya. As more murders take place, Rachel's life is threatened. The story culminates in a terrifying denouement.

JUDAISM



THE GENIUS OF JUDAISM. BY BERNARD HENRI-LEVY. World-renowned public intellectual Levy confronts his spiritual roots and the religion that has inspired and shaped him with its traditional obligation to the other, the dispossessed and the forgotten. Levy also offers a critique of the anti-Semitism felt by French Jewish intellectuals who have come under attack from the far left which resents ethnic and religious affiliations. An incisive, provocative, passionate book.



LUTHER'S JEWS. BY THOMAS KAUFMANN. The author chronicles Luther's changing views towards the Jews from 1523 when he felt they should convert to Christianity till 1543 when he thought they were incapable of understanding the word of G-d. His concept of Jewish degeneracy led to early antisemitism. Kaufmann explains that Luther's views may have changed following his daughter's death.

ISRAEL

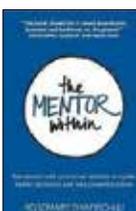


THE WEAPON WIZARDS. BY YAAKOV KATZ & AMIR BOHBOT. Jerusalem Post editor-in chief, Katz and senior defense analyst, Bohbot explain how the tiny Jewish state managed to become such a military innovator. Drawing on vast amounts of research the authors tell the stories behind several different weapons systems Israel has developed or improved. Other areas of innovation include advanced cyber warfare and a highly effective anti-missile system. A scintillating picture of the way Israel produces responses to security challenges.



THE RESISTIBLE RISE OF BENJAMIN NETANYAHU. BY NEILL LOCHERY. This profile on Netanyahu demonstrates that his leadership position has not been marked by his successes but his survival. It chronicles his life and the issues he has encountered, from the rise of militant Islam to the politics of oil; from the transformation of Israeli politics by cable news to the US's changing role in the Middle East. He remains the leader that the Israeli electorate feels is their best choice as he has been elected four times.

SELF DEVELOPMENT



THE MENTOR WITHIN. BY ROSEMARY SHAPIRO-LIU. Rosemary sought after mentor, coach, facilitator and speaker gained rich experience working for social justice in the tough years of apartheid in South Africa. The Mentor Within offers practical tips and useful exercises to help you make powerful decisions. She offers three keys to unlock your wisdom: clarity, confidence and commitment to the promises you make to yourself. While not providing all the answers, the book reminds you that you have a font of wisdom inside you.

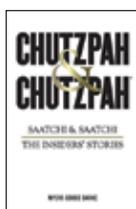
MEMOIRS



WHERE MEMORY LEADS. BY SAUL FRIEDLANDER. This is a sequel to Where Memory Comes and follows the course of Friedlander's life from 1948 when he arrived in Israel to the present. The book includes anecdotes about people and places he encountered. It chronicles his professional successes, his lasting contributions to scholarship and his role investigating the relationships between the Nazis and powerful corporations and nations. He opposes the Palestinian occupation and demands accountability from Israeli leaders.



QUEEN OF THE FREE STATE. BY JENNIFER FRIEDMAN. A compelling memoir about Jennifer's growing up Jewish in a small Free State town in the '50s and '60s. She shares her experience of being picked on by other pupils at school as she was a 'bladdyjew'. She reveals the special love given to her by Marta and Isak who were the family's domestic workers during this time of Verwoerd's divisive apartheid. Told with humour and pathos, Friedman shares her struggle to find her sense of place within the Friedman family.



CHUTZPAH & CHUTZPAH: Saatchi & Saatchi the Insider's Stories. BY MYERS GOODE DARKE. The story of the extraordinary famous and infamous British advertising agency started in 1970 by brothers Maurice and Charles Saatchi. The company's motto 'nothing is impossible' drove them towards their commercial success. They broke rules, won big pitches and attracted the business of the world's most successful companies. Their iconic rise is told by those instrumental in helping make this happen. An insight into the Saatchi legacy.



NEW DVDS

ALONE IN BERLIN. During World War II, a working class German couple lose their son who is fighting at the front. This drives them to an extraordinary act of resistance against the Nazi regime. This is based on a true story starring Emma Thompson.

INDIGNATION. Based on the novel by Philip Roth. A working-class Jewish student who attends a small conservative college in Ohio in 1951, falls for a beautiful classmate and clashes with the college dean as he learns about life and love.

VIDAL SASSOON. A documentary about the life of Vidal Sassoon who "changed the world with a pair of scissors." An intimate look into the life of this extraordinary man spanning 80 years — not only a hairdresser but an artist and one of the greatest fashion innovators.

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Rubi's Rainbow — Spreading hope one pair of shoes at a time

Rubi Nates in Grade 4 at Herzlia Constantia, has started a shoe and sock collection for the homeless and needy in the Western Cape.

To date, her organisation, *Rubi's Rainbow of Hope*, has collected over 2800 pairs of shoes and distributed them to charities across Cape Town. They have been featured in the *People's Post* twice as well as *Die Burger* and have been interviewed on *Cape Talk*, *KFM*, *Voice of the Cape* and *Radio 786*.

The Chronicle caught up with Rubi to find out more about the project.

"My mom showed me a story about a boy in Johannesburg called Dario who was collecting gently worn shoes for homeless and needy people. I thought we should do it in Cape Town so we could help even more people."

Rubi is no stranger to outreach work: "I also helped my mom and some other people at *The Street Store* last year, organised by *The Angel Network*. We gave away clothing and shoes to homeless people. I saw how desperate people were for not only shoes but also for socks."

She then decided to take matters into her own hands. "We started our collection of gently worn shoes and socks for all ages, males and females, by asking family and friends

and were so grateful when my school and Herzlia Weizmann agreed to collect as well. Two Herzlia nursery schools, Kerem and Alon Ashel, also collected. We planned to start distributing them when we reached 1000, but there were just too many and the collection was taking up too much space in our house, so we started sending out the shoes in February. My original goal was 1001, but as I passed that goal I realised I wanted to achieve more because the more people we helped the better."

The project has grown quickly from then "We are now at nearly 3000 pairs of shoes and want to keep going and going and going. We have a Facebook page and lots of people have heard about the collection and donated but we would like even more people to donate because it feels so good to help people" Says Rubi.

Rubi's Rainbow of Hope has had some wonderful supporters. "We were very lucky that some companies also donated shoes, *Buccaneer* shoes gave us about 200 pairs of school shoes and *Homechoice* gave us lots of ladies shoes and boots. There was a shopping centre in Vredendal and they had a collection in their mall. Also *Queue Shoes* and *Sorbet* collected at a few of their stores. *Old Mutual's* head office are

also collecting for our project."

Rubi has grown through her outreach project. "I've learnt how lucky I am to have shoes and a house and realised how many people are homeless.

I have seen what hard lives some people live and how fortunate I am to have a loving family and people who are there to support me. I hope that when other children read about what I am doing, they feel grateful for what they have and they may also think about ways to help people.

I've really enjoyed being interviewed on the radio stations and being interviewed for newspapers and all the new opportunities I have gotten by doing this project. I've met a lot of new people and learnt about how different people live."

Rubi finds her project so rewarding. "Seeing the joy on people's faces when we give the shoes or seeing photos of children getting their shoes makes me feel very happy because I am helping them."

Rubi's Rainbow of Hope is trying to collect as many pairs of shoes as possible for the cold winter months



Rubi Nates with Odile Swartz from CCFM after an interview for the station in April

ahead, so would be incredibly grateful if our readers would consider donating shoes to this worthwhile cause. Shoes can be dropped at any Barksole branch around the Western Cape.

Visit their Facebook page or email them for more information. Rubi's Rainbow Of Hope or rubirainbowofhope@gmail.com

The Cape Town Holocaust Centre invites you to a public lecture by **Dr Robert Beachy**

SEXUAL MINORITIES IN PRE-NAZI BERLIN



Collection Schwules Museum
Actor and pianist, Robert T. Odeman (right), took this photo booth passport photograph with his friend, Muli, in 1931. In 1938, he was banned from his profession and convicted for homosexual acts.



Robert Beachy is a Professor of History at Yonsei University (Seoul, South Korea), where he teaches modern German history and the history of sexuality. He is the author of six monographs and essay collections, and his most recent publication is *Gay Berlin: the Birthplace of a Modern Identity* (Knopf, 2014), which has appeared in German and Italian translations. He has been the recipient of numerous fellowships and prizes, including a John S. Guggenheim Memorial Foundation Fellowship, as well as residential fellowships at the National Humanities Center (USA) and at Stanford University. His talk will be drawn largely from his most recent book, *Gay Berlin*.

Monday 12 June, 6pm
Cape Town Holocaust Centre, 88 Hatfield St, Gardens



Light refreshments will be served. Admission is free, donations welcome. Booking essential: 021 462 5553 or admin@holocaust.org.za

The Cape Town Holocaust Centre invites you to a public lecture by **Dr Matthew Boswell**

HOLOCAUST MEMORY IN THE DIGITAL AGE

Monday 26 June, 6pm
Cape Town Holocaust Centre, 88 Hatfield St, Gardens



Eva Schloss and Pinchas Gutter, Holocaust survivors, being filmed using interactive 3-D imaging.



Dr Matthew Boswell is an Academic Fellow in the School of English at the University of Leeds. His research focuses on the representation of the Holocaust and other atrocities across a range of media and art forms. He recently held an Arts and Humanities Research Council Fellowship for a project entitled 'Virtual Holocaust Memory', which considers the changing shape of Holocaust memory in the digital age. In his monograph, *Holocaust Impiety* (Palgrave Macmillan, 2012), he discusses provocative responses to the Holocaust in literature, popular music and film. Other research interests include the 1994 Rwandan genocide, the globalisation of Holocaust memory, and the ways in which difficult pasts are remembered around the world.

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WIZO Golf Day celebrates its 11th fantastic year

The WIZO Cape Town team admirably led by our 'Lady of the Green', Donn  Querido, hosted its 11th Golf Day on 4 May at King David Mowbray.

The weather was balmy, the greens were magnificent and judging by the huge smiles all round, 110 players had a most marvellous day. The game got underway at 12h30 with a shot-gun start and continued smoothly with no hold-ups. The day ended with delighted winners as the amazing prizes were handed out while Nik Rabinowitz entertained the crowd with his usual spot-on humour.

We are so grateful to all our sponsors — please support these fantastic businesses who gave so generously. All funds raised on the day go to WIZO's 'Sponsor-A-Child' Fund for disadvantaged youth, and towards the purchase of modern, child-friendly wheelchairs for disabled South African children through the Israeli non-profit initiative, 'Wheelchairs for Hope'.



Winning four-ball team: Adrienne Judes, Mike Flax, Jordan Flax, Richard Rohm, Christiaan Barnard and Donn  Querido



Above: Nik Rabinowitz entertains the crowd



On left: Hole sponsors Spark ATM's four-ball team: Denzil Solomons, Tyrone Jacobs, Russel Berman and Marc Sternbeg with their lovely ladies — Always happy to entertain us



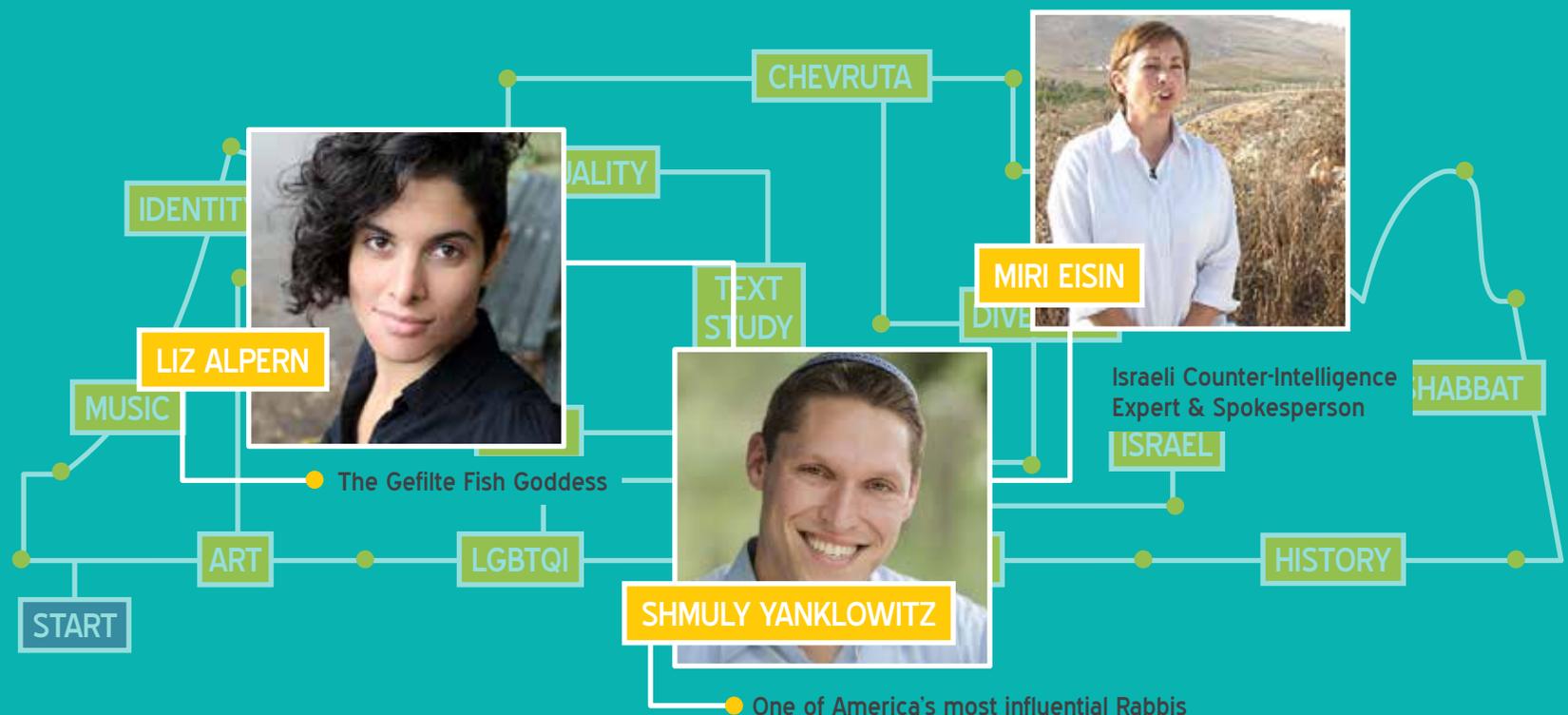
The WIZO team: Des Katz, Helene Leeman, Adrienne Judes, Donn  Querido, Gill Raphael, Les Carson, Suzanne Luck, Dominique Gamsu, Sheleen Kassel, Claudia Codron and Tamar Lazarus

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USING MY NUDEL

Laughter is the best medicine

By Craig Nudelman



When I was still living in Jo'burg, my family and I used to read a daily column in *The Star* by James Clarke called 'Stoep Talk'.

His humorous and witty writing had us in stitches and I was rather upset to 'see' him leave a few years ago. His play on words and general entertainment will always stick with me. However, we didn't need Mr. Clarke's column to keep us entertained. As a family, we often pun ourselves (and thank goodness this is a feature of my wife and her family as well). Sometimes these are met with a moan or a sigh, acknowledging the joke's corniness. More often than not these are received with a laugh. For me, a joke is something I treasure. And according to research, it is also good for one's health.

Dr. Cynthia Thaik, writing in the *Huffington Post*, says "A good laugh can be compared to a mild workout, as it exercises the muscles, gets the blood flowing, decreases blood pressure and stress hormones, improves sleep patterns and boosts the immune system." Not only that, but research at Johns Hopkins University Medical School "showed that humour and laughter can also improve memory and mental performance."

So now, for all of those who love puns, eggcorns and mondegreens, here are some that will hopefully make you laugh. If you didn't already love them, perhaps now you will. And for those who don't, I apologise.

Puns (a play on words):

- Don't spell part backwards. It's a trap.
- Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.
- I can't believe I got fired from the calendar factory. All I did was take a day off.
- How did I escape Iraq? Iran.
- I wasn't originally going to get a brain transplant, but then I changed my mind.
- I'm glad I know sign language, it's pretty handy.
- I was addicted to the hokey pokey... but thankfully, I turned myself around.

Eggcorns (a word/phrase for a word/words that sound similar):

- 'It's a doggie-dog world out there.'
- 'No one talks to that guy. He's a social leopard.'
- 'I was really ill. I laid down on the living room floor and curled up in the feeble position.'
- 'I really hope I get paid in the rears for all those shifts I did, I still haven't got the money I'm owed.'
- 'A friend of mine is Jewish. He is circus-sized.'

Mondegreens (Misheard song lyrics):

- 'Dead ants are my friends, they're blowin' in the wind' (The answer my friends, is blowin' in the wind – Blowin' in the wind, Bob Dylan)
- 'The girl with colitis goes by' (The girl with kaleidoscope eyes – Lucy in the Sky with Diamonds, The Beatles)
- 'Sunday monkey won't play piano song, play piano song' (Sont des mots qui vont tres bien ensemble; tres bien ensemble – Michelle, The Beatles)
- 'Are you going to starve an old friend' (Are you going to Scarborough Fair – Scarborough Fair, Simon and Garfunkel)

In our own Jewish genetic makeup, jokes have always been prioritised. Was this because of the hardships of our very existence as Jews? Are jokes a way of dealing with difficult circumstances? According to Jarrod Tanny, Jews have had a sense of humour dating back to the Tanach. An early example in the Torah is that of Yitzchak (Isaac) whose name has the same root as laugh (tzachak) – Abraham and Sarah were said to have laughed at the thought of having a child at such an old age. In the Talmud, in the tractate of Shabbat (119a), we see the Rabbis having a sense of humour. It says, "Caesar said to Joshua ben Hananiah "Why does the Sabbath dish have such a fragrant odor?" Joshua said "We have a certain spice called Shabbat (shevet - dill), that we put in it. "Let me have some", he requested. Joshua replied, "For those who observe Shabbat, it works; for those who don't, it doesn't."

And then we have jokes told by Jews throughout the ages. From the stories of Chelm to the jokes about Hymie and Abe, we have known all kinds of shmendriks, schlemiels, schlemazels and shm...oes. Jews have almost become synonymous with humour, and the list of Jewish comedians shows how our collective identity has a comical edge to it.

We live in a time where there is an unprecedented amount of hate and anger. I hope that the jokes I tell my daughter (will these be 'dad' jokes?) will make her laugh and hopefully teach her not to take life so seriously. After all, isn't that what humour does?

And so, to end, one of my all-time best jokes:

A Frenchman, a German, and a Jew walk into a bar. "I'm tired and thirsty," says the Frenchman. "I must have wine." "I'm tired and thirsty," says the German. "I must have beer." "I'm tired and thirsty," says the Jew. "I must have diabetes."

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Ben-Gurion University Institute tackles water shortage, hygiene in developing countries

By Maayan Jaffe-Hoffman/JNS.org

Israeli water experts believe by 2050, almost half of the world's population will live in countries with a chronic water shortage.

What's causing the shortfall is population growth, which leads to a greater demand for food, increased pollution and climate instability, according to Prof. Noam Weisbrod, director of the Zuckerberg Institute for Water Research (ZIWR) in the Jacob Blaustein Institute for Desert Research at Ben-Gurion University of the Negev.

In Israel's Negev Desert, which has long been plagued with water challenges, a team of 80 scientists and 250 graduate students are working on ways to tackle the problem using cutting-edge science in partnership with academics around the world. ZIWR has become the go-to consultant on water emergencies in Colorado and California, and provides long-term assistance around the world including places like Mongolia and Central Asia.

Weisbrod explained that "not everything can be about novel research," it's also about educating a new generation of water experts and scientists, teaching them about the "moral obligation" to leverage a progressive education to help those less fortunate than themselves.

Currently one billion people are living in developing countries facing problems that cannot be solved in the lab. "There is a very bad correlation between water [challenges] and hunger, disease and poverty," Weisbrod said.

Seven years ago, he established a yearlong course called "Rural Water Development" to further educate students working on graduate degrees about such world problems. In the past few years, Weisbrod has brought student groups to villages in rural areas of Ethiopia, Zambia and Uganda. In each locale, the students work with locals and a cadre of NGOs to identify their water sources and test the water quality. They also teach children about hygiene issues and educate people about the aquifer's proper hygienic use. Projects range from drilling wells with local materials to building storage tanks that collect rainwater and installing bio-sand filters to reduce contamination.

"The students research the water challenges of wherever they will be traveling and determine the low-tech solutions they will implement when they get there," Weisbrod said. Then, they spend 10 days "getting their hands dirty" experiencing the "Rural

Water Development" course, the only such course of its kind in Israel.

Israel's Negev Desert, which has long been plagued by water issues, where a team of 80 scientists and 250 graduate students are working on ways to tackle the problem using cutting-edge science in partnership with academics around the world. Credit: Wikimedia Commons.

Israel's Negev Desert, which has long been plagued by water issues, where a team of 80 scientists and 250 graduate students are working on ways to tackle the problem using cutting-edge science in partnership with academics around the world. Credit: Wikimedia Commons.

In Ethiopia, the students drilled boreholes to provide drinking water and installed low-tech water pumps. In Zambia, the students analyzed the water quality and installed filters to improve it, including in HIV clinics and at schools. In Uganda, they built a rain catchment system near school bathrooms, allowing children to wash their hands after going to the toilet.

Roi Ram, a second year master's student in the hydrology department, traveled to Uganda in 2015. He said the trip opened his eyes to the "gaps between the situation in those countries and the Western world," which he called unbelievable.

While feedback from students and non-governmental organizations (NGOs) about his course has been positive, Weisbrod said he understands that no matter how good the class project is "in two weeks, we won't change Africa." The exposure the students receive does have a long-term impact on them as they move into careers in areas including academia, consulting, and government. One student, for example, has established a startup that provides cellular phones for improved communication in Zimbabwe.

Of late, ZIWR has been working on fusing its cutting-edge science with low-tech technologies.

"We are now, just recently checking an option for a project in South Africa where will take water from old mines to develop hydroponics and fish farms," Weisbrod shared. ZIWR is also researching solar panels that can be installed in rural areas for a reasonable price. Other projects have involved decreasing clogging as a result of waste and treating wastewater.

Professor Emeritus Pedro Berliner is another member of the Blaustein team. He has spent the last 25 years working on projects of various

capacities for third world countries. He estimates that the university spends as much as a few million dollars per year on these projects, and leverages at least 50 percent of its team of scientists and students.

"The point here is that desertification – the process by which fertile land becomes desert, typically as a result of drought, deforestation or inappropriate agricultural techniques— is a real problem in third world countries," Berliner explained.

His team tackles desertification on two fronts. First, it develops technologies for countries in which there is enough capital to implement sophisticated technologies. Second, it develops technologies for countries lacking in resources, which probably accounts for more than 50 percent of its work.

In African dry land areas, it's not a water shortage problem but an inability to capture water for food and other uses. Taking a technology developed for use in the Negev, Berliner's team established specially

prepared plots of land (known as runoff agroforestry), growing trees and crops between them. This technique helps trap flood water, thus allowing for the production of more food. The twigs and stems of the trees can also be used for firewood.

Covering the area between the rows with plastic mulch and using a trickle irrigation system decreases water loss by up to 40 percent.

"The techniques allow us to produce higher yields using the same amount of water or produce the same amount using less water," Berliner said.

Berliner believes the projects are not only Israel's "moral obligation to help others who are not in as privileged position as we are and are in dire need of these techniques to survive," but there are also political considerations. Desertification is one of the leading causes of African migration, including to Israel.

"By helping people in these areas," he said, "we are helping avoid massive migration."

In African dry land areas, it's not a water shortage problem but an inability to capture water for food and other uses.



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