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No Place for Hate in South Africa

The Board of Deputies Cape Council recently launched their No Place for Hate campaign.

On their website they explain that through *No Place for Hate*, they will fight hatred directed against *anyone*, to combat a culture of racism, antisemitism and prejudice in our country.

You can show your support for the campaign in either a personal or professional capacity. It's totally free and you get to use the campaign logo to publicly show you are actively supporting *No Place for Hate* in South Africa.

Visit www.capesajbd.org/toolkit for everything you need to show your support.

Hate and prejudice taint our ideas, our actions, our lives and our world. A thoughtless comment creates big ripples.

No one should be made to feel bad about who they are. No one should judge another person simply because of their skin colour, culture, gender, religion or sexual orientation.

No one is born hating. To make a better country for our children, let's stand up, let's speak out against hatred to make a better Western Cape, and a better South Africa.

Imagine a world without hate. Really imagine it.

Be a part of creating a future world where we are connected, not divided.



Community member Liat Beinart makes her pledge at the Board of Deputies conference

See page 8 for more on the conference and the campaign.

Exciting new leadership for ORT SA CAPE

Did you know that for every 100 children entering school in South Africa, 40 reach and write matric, 28 pass, four study further and one graduates with a degree in science or technology?

ORT SA CAPE works to ensure that even learners attending impoverished schools receive an excellent education, offering support in the key areas of technology, mathematics and literacy.

In August, Director of ORT SA CAPE Dr. Lydia Abel handed over the reins to Karen Kaimowitz and Bev Da Costa after eight years at the helm. Together Karen and Bev have over 30 years of experience in the education sector and the pair are excited to continue the good work done under Dr. Abel's directorship.

ORT SA CAPE's vision remains the same: a future where all teachers receive quality training and all children have access to quality education. This is achieved by working within disadvantaged communities in order to uplift, upskill and empower future generations. Their focus is on training and supporting teachers, wherever the need lies and exposing children to the exciting world of technology through the use of Robotics.



Karen Kaimowitz and Bev Da Costa

CTTH receives prestigious international accreditation

Cape Town Torah High (CTTH) has become the first Jewish High School in South Africa to receive full international accreditation.

The Accrediting Commission for Schools, Western Association of Schools and Colleges (ACS WASC), a world-renowned accrediting association based in California, USA, has granted this prestigious status for the maximum six-year period

after a week-long visit and thorough inspection of the school by three senior WASC commissioners in April. CTTH applied, and was granted this accreditation together with the Sinai Academy, under the umbrella name of Jewish International Schools of Cape Town.

ACS WASC is one of six nationally recognised accrediting boards in the USA, and accredits over five thousand schools, primarily on the West Coast of the USA, but all over the world as well.

"This is extremely exciting for us because it means that now a CTTH-issued High School Diploma will be recognised and accepted at basically any institution of higher learning in the world, all on its own merit", says Senior Division Head, Mrs. Teresa Dennis. "Until now, our diplomas were issued by our online partner, the University of Nebraska High School (UNHS), which, of course, is also accredited, but that meant we were bound by their graduation requirements. Now, we can self-accredit our own courses, and create our own unique graduation requirements specifically aligned with our ethos. We will continue to work closely with UNHS as we love their course offerings and their AP courses, and our students thoroughly enjoy their teaching methodology."

Mandela Day at Temple Israel



Jenna Goldberg, Alexander Hasse, Jesse Flash, Nathan Beswick, Gabriella Flash, Noah Gonsenhauser, Joshua Lyons, Sarah Gonsenhauser, Cailin Groll and Alex Frankel do their bit at Temple Israel's Mandela Day

See page 64 for more on Mandela Day activities

Continues on page 24

Contributors

Page 3	Lindy with a why
Page 4	Subscription notice Community notices Rondebosch Shul Yom Tov services Shabbat times
Page 7	Using my Nudel — Craig Nudelman
Page 8-10	Board of Deputies
Page 12-15	South African Zionist Federation
Page 15	Ort Education
Page 16	Shabbat Project
Pages 18	Union of Orthodox Synagogues
Page 22	Temple Israel
Page 24	Cape Town Torah High
Page 26	Telfed
Page 28-29	The Herzlia Foundation
Page 31	ORTJET
Page 32	PJ Library Community Security Organisation
Page 33	Mensch
Page 34	South African Jewish Museum
Page 35	Oranjia
Page 36	Jewish Community Services
Page 37	Limmud
Page 38	Family Announcements Sifrei Torah Muizenberg Shul Cemetery Maintenance Board Cape Town Holocaust and Genocide Centre
Page 39-41	Cape Jewish Seniors
Page 42	Union of Jewish Women
Page 44	Glendale
Page 46	Jewish Community Services
Page 48	Eliot Osrin Leadership Institute View from the Bar — Anton Katz Community Security Organisation Union of Jewish Women
Page 49	South African Jewish Museum gift shop
Page 54	#Followtheseed
Page 55-57	Telfed
Page 58	Ben Gurion University United Herzlia Schools
Page 60-61	Jacob Gitlin Library
Page 62	Nechama
Page 65	Marais Road Shul
Page 73	Simcha Snaps
Page 74-75	Chronic Ads
Page 76	Chabad on Campus
Page 78	

Featured articles

Page 6	5779 — A new year to... Make Jewish resolutions
Page 52	Contributor articles on pages 42, 50, 63, 69 and 71
Page 59	Bridal outfits of bygone days
Page 64	Minorities find common ground
Page 66	Our community celebrates Mandela Day
Page 67	A cemetery consecrated — a life celebrated
Page 68	A story of a true and dedicated friendship
Page 70	Jewish history included in Ceres Museum
Page 77	Delicious recipes for Yom Tov — Sarah Feldman Cantorial music for the 21st century



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Lindy with a why

Why I love to tie golden threads

By Lindy Diamond, Editor Cape Jewish Chronicle



Our community is unique.

I think we may have hit some kind of sweet spot. Not too many Jews that we lose our intimate connections but not so few that we feel like a homogenous glob. Just enough to keep the faribles juicy and the Shabbos guest lists on comfortable rotation.

I went to the same school as my husband for the whole of Middle and High School and didn't meet him or even know he existed in that entire time. While this may inadvertently say more about my powers of observation than the possibility of still meeting new people in our community, my point is that even when you think you know everyone, there is a chance you may still meet a 'new Jew' in Cape Town.

Just as we think we know everyone in this city, we find ourselves in a new setting and voilà, new connections (and shidduchs, and besties) can be made.

I have long enjoyed tying golden threads through our community. Sometimes the golden threads that connect us are thin and hardly noticeable. Sometimes they are thick and ornate. They may change over time, but they are there.

I like to play a game in shul where I look around and link each person I see with my imaginary golden thread; if I know their names, I use those, otherwise I refer to them by *how* I know them. And it's quite comforting and meditative. "There's Sarah, and Liat and the lady who commented on the fried fish last week, and her sister, and so and so's wife and their daughter in my eldest's year at school and the lady who always wishes me *Good Shabbos* with such a big smile..." you get the picture.

I feel quite cosseted in my community when I tie us all together as best I know how from my point of view — and I love being able to add people with whom I have made new connections.

The Leadership Course I'm on has also introduced me to many people I didn't know, or thought I knew, but didn't really. As well as some I only knew by name, and others I only knew as 'people you *may* know' on Facebook. Golden threads are not without their surprises; like when I excitedly introduced a most lovely new person I had met on my course to my mother, and they both looked at each other and laughed because they work together every day and we were all unaware of our connections.

How I wish there was a way to actually see each thread as I tie them around us, this symbolic connection we all share; friends, families, co-workers, acquaintances. Some golden threads thicker than others, all winding around the Cape Town Jewish community. Perhaps I will see them on *Kol Nidrei* night as we stand in our shuls and, as one voice, ask for our prayers to be heard, regardless of our level of observance. Perhaps we will feel these golden threads as we marvelling at meeting a 'new Jew' at a *Yom Tov* dinner, or in sharing a complimented recipe with an acquaintance. Let's tie golden threads, through kindness, friendliness, openness and non-judgement until we are all connected perceptibly in myriad ways.

On behalf of my chairman, editorial board, and my incredible team, Tessa, Anita and Desrae, I wish you all G'mar Chatima Tova, may you be written for a sweet new year and may all the threads you tie in 5779 be golden ones.

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Community Noticeboard

SAZF

The screening of 'Rock in the Red Zone — music is their shelter' Telling the story of life in Sderot during constant rocket attacks. Sunday 21 October Nu Metro — V & A Waterfront 6 pm
See page 13 for details.

SAVE THE DATE

MENSCH

International Mitzvah Day
Sunday 18 November. See page 33

CT HOLOCAUST AND GENOCIDE CENTRE

Become a Volunteer Guide
See advert on page 38.

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See page 34

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Shabbat and Yom Tov Times

Date	Portion	Candle lighting		Ends
		Earliest	Latest	
7 Sept/27 Elul	Netzavim	6.14pm	7.06pm	
9 Sept/29 Elul	1st night Rosh Hashana	6.15	6.15pm	
10 Sept/1 Tishrei	2nd night Rosh Hashana	7.08pm	7.08pm*	7.08pm
14 Sept/5 Tishrei	Vayeilech	6.15pm	6.19pm	7.11pm
18 Sept/9 Tishrei	Yom Kippur	6.15pm	6.21pm	7.14pm
21 Sept/12 Tishrei	Ha'azinu	6.15pm	6.23pm	7.16pm
23 Sept/14 Tishrei	1st night Sukkot	6.15pm	6.25pm	
24 Sept/15 Tishrei	2nd night Sukkot	7.17pm	7.17pm*	7.18pm
28 Sept/19 Tishrei	Chol Hamoed Sukkot	6.15pm	6.28pm	7.21pm
30 Sept/21 Tishrei	Shemini Atzeret	6.15pm	6.30pm	
1 Oct/22 Tishrei	Simchat Torah	7.22pm	7.22pm*	7.23pm

* light candles from an existing flame

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

Please consult your Rabbi.

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Mr Horst Venzke – Assisted Living resident

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5779 — A NEW YEAR TO ...

Make Jewish resolutions

By Lindy Diamond

Resolving to improve ourselves is an accepted part of all society, regardless of religion or culture.

But, "It is not difficult to notice the differences between the Jewish Rosh Hashanah and January 1", explains Rabbi Elianna Yolkut in an article titled *The new year's resolution is not taboo for a Jew*. "In the secular world the transition from one year to the next is often marked with parades and fireworks, with fancy menus at expensive restaurants and an abundance of alcohol. Doesn't sound much like Rosh Hashanah does it? But there is one similarity, which is often ignored: The New Year's resolution."

What started as a Babylonian tradition of celebrating the spring harvest, involving a reaffirmation

of their covenant with the gods and a pledge to the existing king or the crowning of a new one, has morphed into a time when people of faith also reaffirm their connection to G-d and make resolutions around realigning their moral compasses. Modern day observant Christians attend church services where congregants sing, pray, reflect on the year. Muslims also focus on how they can improve their religious practices in the service of Allah. And at Rosh Hashana, Jews look to repair and refocus their commitment to Hashem.

Rabbi Yolkut continues "We, as Jews, are a people of resolutions, only we call the process *cheshbon hanefesh*, an account of our souls. The process is much like creating a personal budget only instead of financial matters it operates strictly in spiritual terms. When doing *cheshbon hanefesh*, we want to

ask questions like, "Am I living up to the godliness and goodness inside of me?" "Am I maximising my investment in those I love and care for?" "Have I balanced my accounts with G-d?" You get the picture."

So in the spirit of resolutions and *cheshbon hanefesh* and doing some personal accounting in the new year, the CJC brings you 'A new year to...' where we asked people to finish that sentence with something meaningful for them. We gave very little direction to the writers, hoping for them to really own the theme and the responses we got were varied. Some spiritual, some humorous and all inspirational.

So while you distil and reflect on what makes Rosh Hashana special for you, enjoy reading the resolutions and accountings of our contributors for this issue.

Twice a year at Pesach and Rosh Hashana we reach out to the community to contribute unique voices to our *Yom Tov* themes.

As I write in my column this month, I don't know everyone in our community, and can only ask people I'm already connected to. So in the spirit of lengthening the golden threads that bind us all, please consider putting your name forward for the next selection. Your contributions are a tribute to the richness of our community and only strengthen the bond that holds us all together in our beautiful Cape Town.



Page 42

Tali Feinberg



Page 50

Amanda Zar



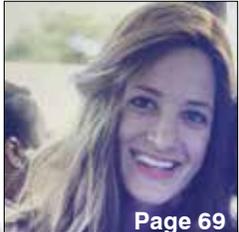
Page 63

Rabbi Shmuel Ozehkh



Page 63

Steve Sherman



Page 69

Ariella Goldman



Page 69

Jacques Weber



Page 71

Rabbi Shmuly Yanklowitz



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USING MY NUDEL

Working it out

By Craig Nudelman



I recently celebrated my 31st birthday. It's not the most auspicious birthday, but it does mean the earth revolved around the sun one more time and I got to enjoy greetings and gifts from family and friends.

Many people asked, "How does it feel to be 31?", to which I replied that it doesn't feel any different to being 30. However, if you asked me how this birthday differed from my last, I can give a much more extensive answer. And that's the thing with birthdays. We all become so focussed on this one special day, that we sometimes forget the journey we took the whole year to get there.

However, for now I am going to discuss something that happened at school the Thursday before my birthday. My colleague, Natasha Foley, and I hosted a 'Career Awareness Evening' for the Grade 10s at Herzlia High School. As we are Life Orientation teachers, we thought it was important for them to orientate themselves about where they are going and how they are preparing for adulthood (something I sometimes think I still have to master!). When we introduced the evening to them a few days before, they all thought we were going to see lawyers and accountants, engineers and investment bankers – what most of them (and probably most of us) would consider to be 'successful' individuals. However, the students were surprised that instead of these more conventional 'professionals', the speakers represented a wide spectrum of unusual occupations. We had a cardiologist, a puppeteer, a lecturer, a make-up artist, a virologist and our very own Councillor Stuart Diamond, among others. It was a really interesting group of people who had all made big transitions in their lives. The major theme across most of the speakers was that they did not plan to get to where they were. Instead, they were guided there by chance, and found that all the skills they had picked up along the way had prepared them for the positions they now held. It also appears that the traditional career structure that we have always taken for granted, the 'nine-to-five', so to speak, is also going to become less and less prevalent. Business Tech says that the alternative is the emergence of the 'gig' economy, the labour market characterised by freelance, flexible and on-demand work. Instead of being paid a regular salary, "workers are paid for each 'gig' they do, such as a car journey, food delivery or a cleaning job." Amanda Arumugam, senior associate at Bowmans, states that the gig economy has actually taken over the world, most people not

fully realising the impact that it has. The evening was a great success and I think many of the students now understand how unpredictable life is. Not only are careers changing due to the Fourth Industrial Revolution, but now our economy is too. This is quite a lot to take into mind when planning a future. Remember, these are 15/16 year olds – they are planning for a career they may get when they're about 22-25. This raises the question of the effectiveness of planning our lives – should we expect things to go the way we want them to?

With Rosh Hashanah and Yom Kippur around the corner, the liturgy often speaks to the planning of life and how we cannot comprehend what will happen to us in the future. We are constantly reminded that we are not in total control of our fate. We pray our sins will be forgiven, the slates wiped clean so we can start the year afresh. We beat our hands against our hearts when we say Ashamnu for each transgression listed, symbolically punishing the heart for being responsible for leading us to sins of greed, lust and anger.

There's a project called 'At the Well', a women's Jewish spirituality and wellness website. They offer a different version of the Ashamnu prayer, which I think is more appropriate in a modern context. The verse that I relate to the most is "(w)e have held others to unrealistic expectations". I understand this not only to speak to our transgression of this to other people, but also to the standards to which we hold ourselves. We often have expectations of what we are supposed to do and who we are supposed to be. How much further can I climb up the corporate and social ladder? How much weight should I lose this year? How many times should I go to Shul? We batter and beat ourselves mentally when we have failed to accomplish what we set out to do at the beginning of a certain time period, whether it's an annual goal (e.g. our birthday or Yom Kippur) or a goal we have set from our teenage years. When I look at what I've done in the past year, I try not to count the times I did not accomplish what I set out to do, or where I should have been in my 30-year-old mind. Instead, I look at how I have changed and how the many twists and turns of the year's journey have shaped my current and my future self. My hope is that next year when, please G-d, I have my 32nd birthday, I will be able to look back and see where I have succeeded and grown.

*I WISH EVERYONE A G'MAR
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Words Matter Conference 2018

The theme at this year's conference was *Words Matter*. We explored how people's words have an impact on our Jewish community. In an age of populism, we used the platform to consider how words of politicians and individuals have marginalised groups to win votes and fuel racism, how the rise of leftist antisemitism that supports radical anti-Israeli attitudes is expressed in antisemitic terms, looking at organisations such as the BDS.

The Board reached out to two captains of industry, turning to the veteran investigative journalist and former editor-in-chief Prof. Anton Harber and Mike Abel, co-founder and Chief Executive of MC Saatchi & Abel an award-winning advertising agency in South Africa, to share their views and insights of how we overcome these communications challenges as South African Jews.

Anton Harber spoke about how communities like ours are affected by words and images in an age of fake news and hate speech. While Mike Abel presented fascinating and innovative ways in which the community should be persuading and influencing others, in creative ways. Both speakers confirmed that we have the ability to live a full Jewish communal and individual life and should never compromise our Jewish identity and values.

In his Chairman's Report, Rael Kaimowitz spoke about the Board's decisive action taken against local politicians who made antisemitic remarks in the Western Cape Legislature. And how well the Board has worked with affiliate organisations such as the SAZF and SAUJS to deal with Israel Apartheid Week on campuses in the region. The Board also supported the UHS when the antisemitic incident occurred at Vista High School by meeting with the MEC of Education, Debbie Schafer and developed anti-bias material for classrooms across the Western Cape.

While he reported on the great milestones the Board had achieved for the community over the past year, he went on to share his concerns "Communal organisations are complex structures with a partnership of lay and professional leadership. The Board navigates these complexities by ensuring that good governance is practiced and where there are procedural disparities, we are committed to improving them.

We have an open door policy. Constructive feedback and meaningful dialogue between our community members and affiliates are welcome and we have managed, in most instances to navigate some critical hurdles together.

But when relationships become litigious or threatened with taking issues to the media, they become strained and removes our attention away from our core business of protecting and serving the 16000 Jews who live in the Cape."

The Chairman went on to encourage community members that to effect change they should "get involved, stand for election, join committees and serve the community in a constructive manner".

The Chairman's Full Report is available online, www.capesajbd.org.

The highlight of the day was the launch of the *No Place For Hate* campaign, an initiative that although powered by the Board is one that we envisage activating across all of the Western Cape. Viv Anstey, Vice-Chair of the Board explained "The aim of this campaign is to combat racism, antisemitism, xenophobia and all forms of prejudice."

"Adopting this campaign of *No Place For Hate* means we become a signatory and pledge to change our behaviour, to stand up to abuse of rights; to cyberhate; to warring parties; to hate speech, beyond our own interests. We can no longer stand idly by."

The Board has developed a *No Place For Hate* tool-kit, available on our website that includes an explainer video about the campaign and various resources that can be downloaded for free. We will be launching an exciting activation that takes the *No Place For Hate* to our communal organisations, to external partners and to the media. Our goal is to make the Western Cape *No Place For Hate*.

Visit www.capesajbd.org for more information.



Lydia Abel, Karen Kaimowitz, Myra Osrin and Tali Feinberg



Guest speaker, Prof. Anton Harber



Paul Berman, Sara Abel, Bernie Abel, Mike Abel, Suzanne Ackerman-Berman, Samuel Seeff and Rael Koping



Viv Anstey (Vice-Chair of SAJBD Cape), Prof Anton Harber, Mike Abel, Rael Kaimowitz (Chairman), Adv Michael Donen (Vice Chair) and Lester Hoffman (Treasurer)



Tessa Plen addresses the speakers



Words Matter Conference 2018



Dennis Shorkend and Anthony Leader



Lindy Diamond and Dalia Katz



Lydia Abel, Berri Stuppel and Phyllis Friedlander



Daryl Kaimowitz and Berri Stuppel



Ben Levitas addresses the speakers while Cindy Moritz and Karen Kaimowitz look on



Rodney Mazinter and Lester Hoffman



Board Member Adrienne Jacobson kicks off the Q&A session



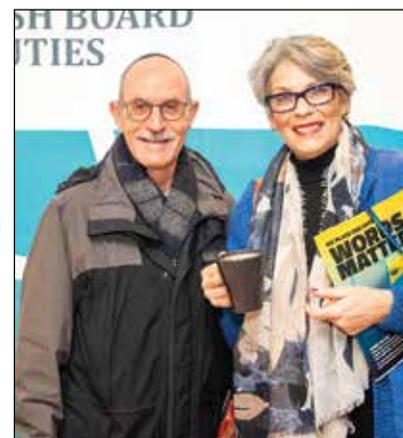
Samuel and Simone Seeff, Philip Krawitz and Board member Adrienne Jacobson



Caroline Kaimowitz with Chairman Rael Kaimowitz



Hazel Levin and Julie Berman (Executive Director of the SAZF Cape)



Eric Berger and Heather Blumenthal



Guest speakers Prof Anton Harber and Mike Abel engage with the audience



Li Boiskin, Beverley and Carl May



L' SHANAH TOVAH

May you be inscribed and sealed for a good year.



From all of us at



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ISRAEL IS A GLOBAL LEADER IN COMBATTING HEART DISEASE

BY STEVE WALZ

“If an Oscar could be given out for reducing mortality amongst people suffering from cardiovascular problems (i.e. heart disease), Sheba Medical Center would be deserving of such an award because I believe we are the best in the world at identifying and treating heart disease using a variety of technological tools and through our successful clinical drug trials,” boasted Professor Michael Shechter, senior cardiologist and Director of the Clinical Research Unit at Sheba Medical Center’s Heart Institute in Ramat Gan, Israel. “We have the largest heart research department not just in Israel but in the entire Middle East, where our clinical trials using innovative new drugs that have been devised by world-renowned pharmaceutical companies are not only saving but changing the lives of once critically ill patients in Israel and around the globe.”

The Heart Institute at Sheba has successfully combined medical treatment, along with clinical research, making it one of the leaders in this field in Israel and around the world. It also publishes its clinical results in many prestigious medical and scientific journals.

Clinical trials conducted at the Heart Institute are initiated either by local or international pharmaceutical companies with FDA approval.

In addition, the clinical research unit is ranked among the world’s top recruiters of patients in the fields of heart failure and acute coronary syndrome studies. At the current time, nearly a dozen clinical trials are being conducted simultaneously in the invasive and noninvasive units of the institute.

Professor Shechter is especially proud of his most recent clinical trial using a new cholesterol busting drug called PCSK9 in high-risk patients suffering from chronic

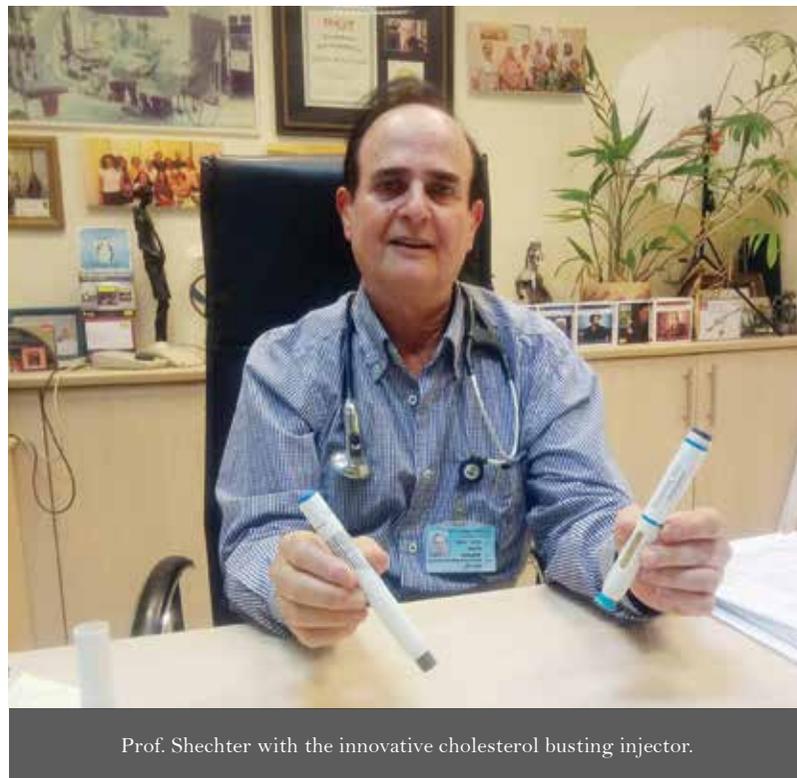
heart disease. “This was a trial involving two major international pharmaceutical companies, Amgen and Sanofi, where they came to us for this trial because Sheba has an excellent reputation for recruiting patients and providing first class research and results,” boasted Prof. Shechter. “These companies wanted us to inject a new lipid medication or bad cholesterol (LDL) buster into patients with acute coronary syndrome who had suffered a heart attack. In the recent past, patients with acute coronary syndrome had taken statins to reduce cholesterol but weren’t producing quality results. Over 17,000 patients were treated worldwide with this new PCSK9 inhibitor, which is easily injected into patients. Sheba contributed several hundred patients to this Phase 3 FDA approved trial over a period of several years.”

The results were overwhelmingly positive. “The injections helped reduce LDL by 60% and reduced heart attacks by 25%, which means that both companies have an effective tool to combat heart disease,” reported Dr. Shechter.

Hypertension (high blood pressure) and diabetes both play significant roles in spurring heart disease. As Sheba is also a global player in “preventive medicine”, its renowned research staff is engaged in several studies, to find the root causes of these debilitating diseases.

According to Dr. Ariel Bier, a leading hypertension researcher, “There has been a significant increase in the prevalence of metabolic disorders such as obesity, which are leading to cardiovascular disease and harm the liver.”

In a recent study conducted at Sheba, by Professor Ehud Grossman, Dr. Avshalom Leibowitz and Dr. Bier, which was published in NUTRIENTS Magazine, the hypertension research team



Prof. Shechter with the innovative cholesterol busting injector.

compared a high fructose diet to saccharine (a common artificial sweetener) in a rat model. They found that both fructose and saccharine cause high blood glucose levels. However in other parameters, the usage of saccharine was a healthier alternative, especially for those people who suffer from hypertension.

Dr. Bier added, “Our study focused on the harmful effects of fructose in the liver and our observation was

that fructose, but not saccharine, caused fat accumulation in the liver (a leading cause of liver disease in the modern world).”

In the interim, Dr. Bier maintained that using an artificial sweetener such as saccharine might be considered to be an initial solution for high sugar consumption, but more studies will be conducted to determine the overall effects of the artificial sweetener.

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VIEW FROM THE CHAIR



Crossing the Line

By Rowan Polovin,
Chairman, SAZF Cape Council

It is critically important to define and determine whether criticism of Israel is legitimate or illegitimate. We ought to have the tools to recognise when such criticism contributes towards productive and constructive debate, or when it is merely antisemitism that actively harms the Jewish People and the Jewish State.

The best place to start is with Natan Sharansky's "3D Test" of Antisemitism: does the criticism Demonise, Delegitimise or use Double Standards against Israel ?

Demonisation is when Israel's actions are exaggerated and compared to the worst atrocities in human history, often connoting Israel's actions with those of the Nazis. Double Standards is when obsessive focus is placed on Israel's alleged actions, context is removed, and real human rights violations of some of the worst culprits in the world are conveniently ignored. Delegitimation is when Israel's very right to exist is questioned or rejected. When criticism of Israel falls within any of these three Ds, it becomes illegitimate and antisemitic, and both the criticism and the person making it should be rejected.

The second place to look is at the International Holocaust Remembrance Alliance's Working Definition of Antisemitism. This definition has now been adopted by no less than thirty-one countries who have committed to fighting antisemitism. Critically, antisemitism is defined to include:

1. Accusing the Jews as a people, or Israel as a state, of inventing or exaggerating the Holocaust.

2. Accusing Jewish citizens of being more loyal to Israel, or to the alleged priorities of Jews worldwide, than to the interests of their own nations.

3. Denying the Jewish people their right to self-determination, e.g., by claiming that the existence of a State of Israel is a racist endeavour.

4. Applying double standards by requiring of it a behavior not expected or demanded of any other democratic nation.

5. Using the symbols and images associated with classic antisemitism (e.g., claims of Jews killing Jesus or blood libel) to characterise Israel or Israelis.

Employing this Working Definition helps us to recognise when antisemitism, prejudice and bigotry are simply masquerading as criticism of Israel. The SAZF Cape Council has adopted this definition in its Constitution, and is lobbying other South African Jewish organisations to do so as well. When our community recognises and rejects antisemitic words and actions according to our own definition, we make progress fighting it.

Using the above methods, it should be straightforward to determine whether words or actions against Israel are legitimate or illegitimate, whether speakers critical of Israel should be given a platform at Jewish communal events or not, and who our real friends and enemies are. Israel must be judged by the standards of any normal and democratic society. It is thus incumbent upon us to recognise and point out when her extraordinary situation is being exploited by the enemies of the Jews, and those making common cause with such antisemites.

Sharansky, N. 3D Test of Anti-Semitism: Demonization, Double Standards, Delegitimization. Fall, 2004. Retrieved from <http://www.jcpa.org/phas/phas-sharansky-f04.htm>
Working definition of Antisemitism. International Holocaust Remembrance Alliance. May 26, 2016. Retrieved from https://www.holocaustremembrance.com/sites/default/files/press_release_document_antisemitism.pdf

SA FRIENDS OF ISRAEL



SAFI Adults Camp

By Julie Berman,
Executive Director
SAZF Cape Council

Standing with Israel – Connecting the Bible to Today's Reality set the theme for the adult Christian Zionist Leadership weekend away on the 13th, 14th and 15th July at the Habonim campsite.

Although the weather was wet and cold, the 40 Christian Zionists hearts and souls were warm. They met to engage and be given tools about Israel and how they, as Christian Leadership, should be providing information about Israel and how to educate their communities and congregations on the truth, opposed

to the biased anti-Israel rhetoric they are reading and hearing about in the various media.

This being a joint initiative of Bridges for Peace and SA Friends of Israel, Chris Eden together with Bishop Saralina, held various sessions about Unravelling the Middle East and the centrality of Jerusalem to both Jews and Christians. Community Shlichah Michal Ilan and Student Shaliach Bari Hayon, gave their personal connection to Israel together with Israel's history and discussed the impact that Israel has on our world.

The history of anti-Semitism and a review of modern manifestation of anti-Zionism was also a hot topic of discussion. Julie Berman spoke about the Cape Town Jewish Community and the SA Zionist Federation and its work. A beautiful Shabbat dinner and Havdalah service was held.

This was an incredibly beneficial weekend with thanks to Errol Anstey who secured sponsorship for the use of the campsite. We truly hope that we will be able to repeat these weekends in the future.



Christian Leaders welcoming in the Sabbath while Shabbat candles were being lit



Bishop Paul Saralina from Upper Hall Church

BNEI AKIVA



Getting into the vibe!

By Chanan Suiza,
Chairman, Bnei Akiva Cape Town

Starting off this month we welcome back our amazing Sayeret Orot channichim, who spent the last three weeks in Israel on the hadracha program.

With all the incredible feedback we are so happy to see and hear that a fun and meaningful time was had by all. Hadracha has the unique quality

where channichim from Cape Town and Johannesburg really get the time to connect and bond. We were so happy to hear this was a success!

We have also had a few renovations to our wonderful Bnei Akiva bayit. New couches, chairs and much more coming soon!

We also have the appointment of the Cape Town Camp Coordinator for this year. Hayden Norrie has taken up the position and being the fun and creative person he is; we look forward to the exciting atmosphere that rolls in as camp development mobilises.



Hayden Norrie, Cape Town Coordinator

NETZER



Hagshama

By Jason Bourne, Rosh Cape Town

As Rosh Hashanah draws closer, a word that is often mentioned in Jewish Zionist youth organisations comes to mind.

That word is hagshama, the fulfillment and actualisation of one's beliefs and ideology. Reflecting on hagshama requires each of us to assess whether or not our actions have accurately fulfilled and portrayed the ideals we hold dear and believe in.



Don't forget to sign up for our amazing Summer Machaneh

HABONIM DROR



What's Up in Habo

By Caleb Lester

First, was the announcement of Our Va'ad Poel (Machaneh steering committee) for this year's camp. Rosh Machaneh – Jess Levitt; S'ganim Machaneh – Eden Plein and Adam Edelstein; Camp Organiser-Dean Goldin; Rosh Chinnuch – Zac Fleishman; V.P Assistant – Daniel Sussman and our shaliach – Adeno Abebe. The movement has the utmost faith in them and wishes them the best of luck!

The next major step was the announcement of the name for this year's machaneh: Machaneh'18. Ha'Cholmim – The Dreamers. After the unbelievably successful year the movement has had, we dream for even bigger things to come!

We cannot contain our excitement for what will surely be an unbelievable machaneh - three weeks of fun and laughter, love, education and friendship.

Whether it is chilling on our beautiful beach or sharing thoughts in activities; competing in our sports competitions or playing games on Kikar Rabin. There's only one place to be this December - in Onrus. Keep a look out on our social media for more exciting news and updates!

Machaneh 2018! The hype has begun. Half way through the year, we find the movement flourishing with activity as we gear up for another unbelievable machaneh at our beautiful Onrus campsite. HDSA saw extremely successful winter day camps in both Johannesburg and Cape Town where Grades 3 to 6 experienced the Habo magic while at Putt-Putt, SciBono and more.

We also saw over 100 chaverim in Israel on various programs during the July holidays. Participants ranged from our elite Shorashim tour, engaging Israel Leadership Tour and our brand new Taglit-Habonim programme. After our incredible July holidays, we are confident that chaverim of all ages are ready for machaneh!

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SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL



DILLER TEEN FELLOWS



Cape Town Diller spends three weeks in Israel

By Lee Lobel,
Programme Co-ordinator

The Cape Town Diller Teen Fellows cohort three spent an unbelievable and inspiring three weeks in Israel in July. A few of the teens had some words to share about their experience.

“My Diller Israel experience is one that I’ll never forget. In these past three weeks, I had an eye-opening journey of learning about my connection to Israel and Judaism through touring, meeting new people and hearing their stories, as well as having meaningful discussions with different Jews from around the world. On this leadership programme, I not only learnt more about being a

leader but I also learnt a lot about myself. It was truly a life changing experience and the lessons I learnt will stay with me in the years to come.” - Sarah Saacks

“In the early am’s of the 3rd of July, a group of 19 Herzlian grade 11 pupils set foot at Ben Gurion airport. The humidity and heat was undeniably noticeable from the start, but what was not as expected was the life changing journey that the next three weeks possessed. While spending days travelling and experiencing the wonders and culturally diverse land that is Israel, to spending a week in a foreign home, as well as creating lifelong bonds with people and communities that stem from all over the world, at the same time coinciding with meaningful debates and discussions that challenged and inspired our views and beliefs as Jewish teens. We arrived on the 3rd of July as 19 pupils with a common thread, but left 20 days later as a united family.” - Josh Gordon

“I was lucky enough to spend the most precious and beautiful three weeks in Israel with Diller. It was fantastic meeting people from 31

other communities and getting to know their opinions and values. It wasn’t only finding out about others but also finding myself! There is no other program like this!” - Eytan Labe

“I couldn’t have ever anticipated how truly incredible my Israel Diller experience could have been. It is unbelievable how Diller included so many aspects into one trip. Meeting people from all over the world, while touring and learning about Israel

and our history. We all learnt so much, not only about Israel but also about ourselves. This trip exceeded all my expectations and is an amazing experience that I will cherish forever and definitely never forget.” - Loren Saacks

The Diller Cape Town cohort three returned from their trip to Israel truly feeling as though they had an experience of a lifetime.



Cape Town's Cohort Last Shabbat

SAUJS



SAUJS WC celebrates 18 years with the Birthright Israel Foundation in Israel!

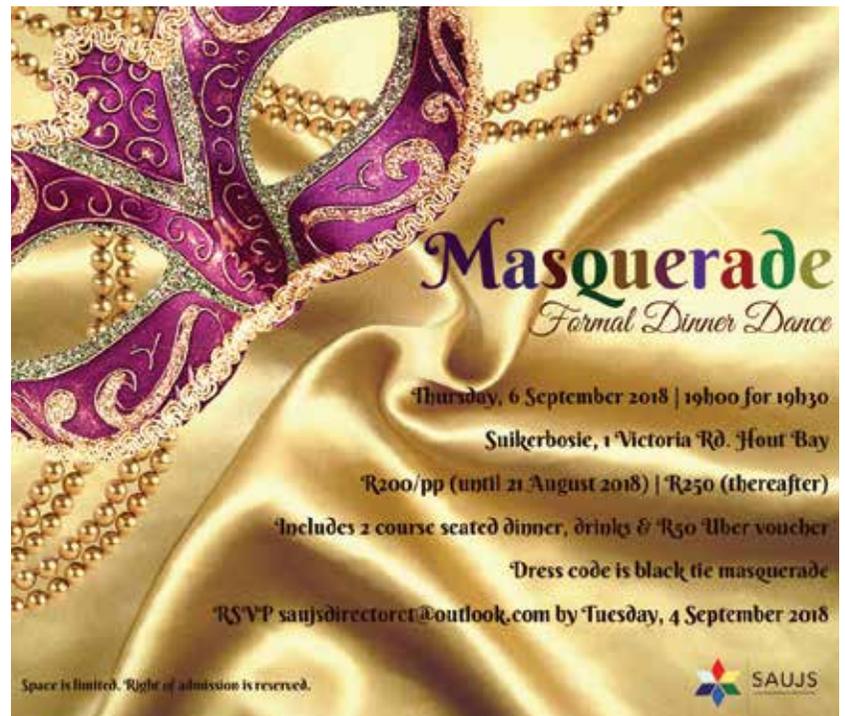
By Nicole Lee, Director

It was an honour for us to have been able to send 20 awesome young adults to experience Israel for the first time this year – being Birthright’s 18th anniversary.

All were intrigued by the people, culture and history; and enjoyed watching Netta Barzilai perform at the ‘Mega Event’! If there was one thing that our participants gained from this trip, aside from special memories and friendships, it would be a better understanding of their Jewish identity. With this, we look forward to further involving them in the community.



SAUJS June/July 2018 Birthright group visit the Kotel





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Tick. Tock. Time's up. Let's go. Open wide.
 Spit out. Scrub down. Blow out. Suit up.
 Fuel up. Mess up. Check in. Scroll. Scroll.
 Scroll. She cheated. He tweeted. He's still
 president? Happy birthday! Sam likes this.

Who's Sam? Check the time. Oh! *#\$%!
 Gear up. Detour. Heads up. Wipe that.
 Squeeze in. Punch in. Zone out. Log in.
 Forgot password. Kind regards. Kinder
 regards. Final draft. Final, final draft. Lunch
 time. Scratch that. Deadline. Boardroom.

Boring. Handshakes. High stakes. Refresh.
 Retweet. Need this quick. Face palm.
 5 minutes. 1 hour. Head down. Sleeves up.
 Paper jam. Traffic jam. You're early. Bus
 is late. Scratch that. Bus is early. You're
 late. Too late. Kill time. Headlines. Stocks.

Bitcoin? Bitcoin's up. Bitcoin's still up. Hop
 on. Don't touch that. Not on me. Gross. Hop
 off. Need to go. Hold it in. Where's my card?
 Run. Run faster. Squeeze in. Bag won't fit.
 Smelly armpit. Awkward smiles. Creepy
 guy. Man spreading. Old lady. Get up.

You're kidding. Switch off. Switch on. Log
 in. RE. (20x). See attached. Scroll... Sorry.
 forgot to attach. COB. CC. Dear. Hi. Mr.
 Miss. Sale. Bigger sale. Biggest sale. Update
 software. Remind me later. Meeting request.

Late for meeting. Meeting about meeting.
 Reschedule meeting. Meeting updated.
 Kind regards. Kinder regards. You've been
 selected. Delete. Urgent. Kind of urgent.
 Not so urgent. Inbox full.

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BURNING BRIGHTLY

How Teshuva changes what we ask for

RABBI DANI BRETT [Director, Torah City Wide]

During the High Holiday period we pray for a good and sweet life in the year ahead. We also introspect, reflect, and make an effort to take responsibility to correct our actions going forward. These two ideas – Inscribe us for chayim, life and Teshuva, repentance, are central to the very nature of these auspicious days.

To make the most of these opportunities, we need to attempt to not just refine our understanding of each concept on its own, but to understand how they work together. Certainly these are not two important, but separate, ideas. Rather, they are somehow intimately connected. Teshuva will change how we pray, and what we pray for.

An unsophisticated approach would be to view this as some kind of quid pro quo. G-d, if I do better, then will you give me what I ask for? But, life is far richer than a transactional trading game. And Hashem expects a little more depth than that.

Teshuva, repentance, includes recalibrating our values, and then re-aligning our behaviour with those values. What do I hold true and dear? And do I follow through with action? But it all starts with values. That is in fact where we need to begin. We need to first ask what is truly important to us. And, within the list, there is a hierarchy. That values structure will not only affect how we behave, but how we view the world.

Re-organising that structure is a critical stage of 'Teshuva'. What will follow from it is hopefully an improved perspective of that which we come across as we travel the journey of our lives, and it will assist us in responding most nobly.

It will also direct us in praying for 'life'. That little word means very different things to different people. We are not simply asking for beating hearts and breathing lungs, but for life as we each wish for it – with all the myriad things that are important to us in defining life. So, 'Inscribe us or life' is a very personal and loaded prayer. It arrives at Hashem's door looking very different for different people. One person's prayer for life is very different to another's – it all depends on their personal



Teshuva, repentance, includes recalibrating our values, and then re-aligning our behaviour with those values. What do I hold true and dear? And do I follow through with action?

values. But, it's more than that. A prayer for life by the very same person will change as they change. When things that you thought were important lose their lustre, your prayer for life changes to. And when things that you'd overlooked or neglected begin to finally earn your rightful respect and adoration, your prayer for life changes again.

This year has likely been a good teacher of what's real and what's fake, what's special and what's mundane, of what's worth investing in for the long-term and what's simply a fleeting temptation.

And so, now we see how teshuva, which begins with re-calibrating our values, falls right in step with praying for life, which is defined fully by our re-organised values framework. In fact, we ought to be cautious not to ask for life until we reconsider what is in fact important to us in defining that word.

What we ask for before a bit of teshuva will likely be very different to what we request after doing so. It's a good thing we're guided to synergise the two.

שנה טובה ומתוקה

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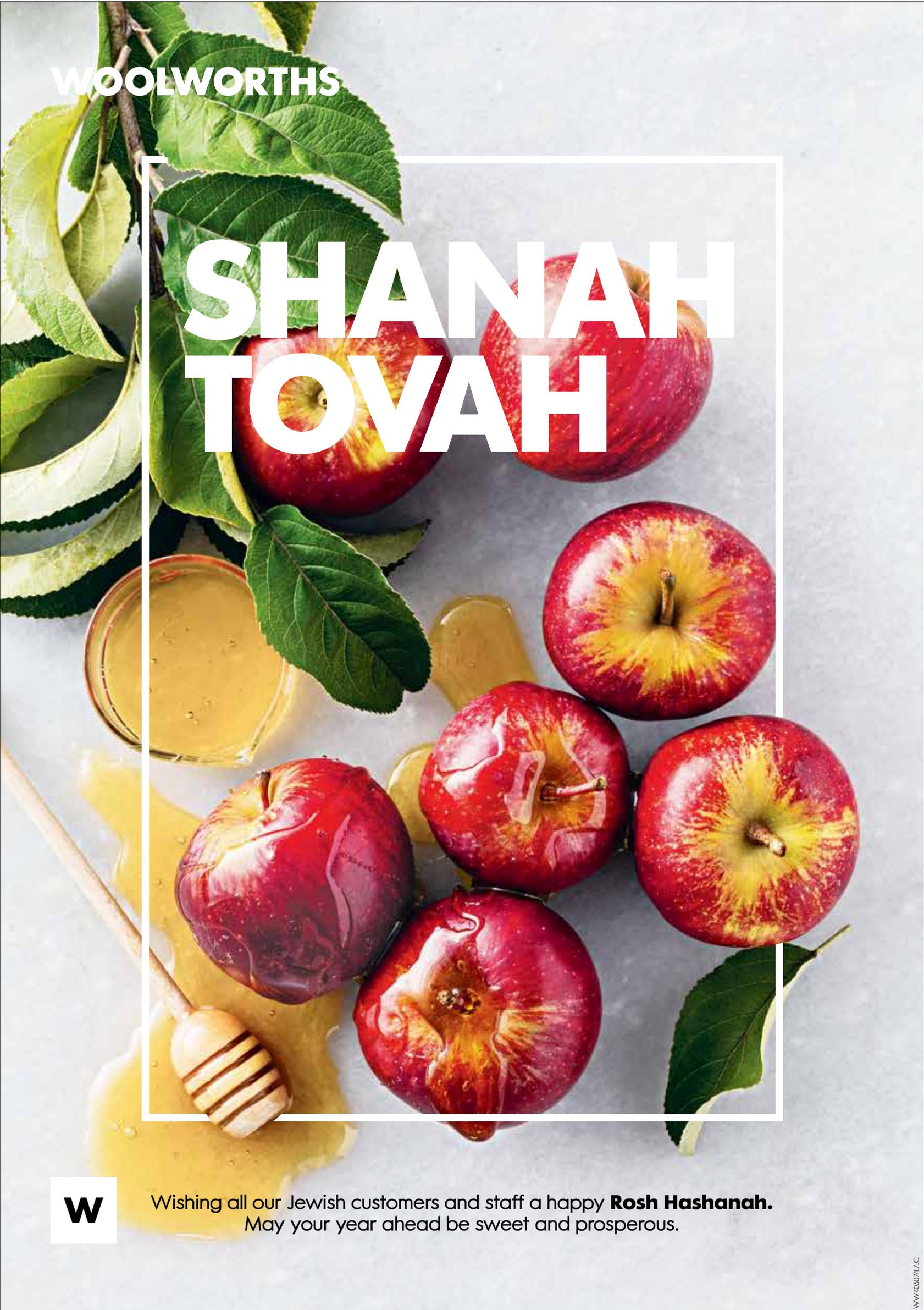
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SHANAH TOVAH



W

Wishing all our Jewish customers and staff a happy **Rosh Hashanah**.
May your year ahead be sweet and prosperous.

Temple Israel Cape Town commemorates Mandela Day in style

Over 100 people gathered at the shul in Green Point, Cape Town on Sunday 15 July for our annual Mandela Day activities.

With many loaves of bread, tins of jam, jars of peanut butter, socks, soaps and knitted squares collected in the weeks prior to the big day, the Sandak-Lewin Hall was a hive of activity culminating in more than 2 300 sandwiches, 450 sock 'n soap packs and more than thirty blankets being produced and delivered to various organisations such as The Haven, Beth Uriel, Salvation Army, Kraaifontein Soup Kitchen, Christine Revell Children's Home and Loaves & Fishes.

Huge thank you to all who contributed items to make up the sandwiches, packages and blankets as well as to all who were there on the day and the Neshama Band for the beautiful music.



Bev, Greg and Josh Lyons, Margie Williams, Rivka Luyt and Barbara Bont making sandwiches



Kelly James, Lesley Manion, Linda Thorn and Iris Abels knitting up a storm

High Holy Days
5779
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Rabbi Malcolm and Gillian Matitiani and Rolene Miller making sandwiches



Roy Fine and Fabio Diliberto from the Neshama Band

Our URJ Kutz experience

By Daniella Beswick

A year and a half ago Samuel Castle, Mani Kuti-Alexander and I started our post Bnei Mitzvah journey with Temple Israel's Kabbalat Torah Academy. This programme ended with an amazing experience in the U.S of A. at URJ Kutz Camp in Warwick, New York.



Shabbat at the lake

Our plane took off on 19 June and after 23 hours of traveling, with a three hour layover in Dubai, we landed at JFK airport in New York City. We wandered around the Big Apple for a week doing touristy things like Brooklyn Bridge, Time Square, museums, Central Park and seeing the whole of New York City from the top of the new World Trade Centre. And then the big day arrived. We caught a bus from Port Authority station to Warwick, where the camp would be taking place.

Overwhelmed and feeling slightly out of place we began to build connections and friendships that we know will last us our entire lives. Every day we had Tefillah, Leadership Lab Immersives and Master Classes. Immersives were our majors, I did Song Leading and Mani and Sam did Social Entrepreneurship. During Master Classes we focused on food, mindfulness, text study and many other topics. We also got to choose fellowships. I chose Global Jewish Engagement where, with friends from Germany, Israel and the USA, we spoke about our different communities. The evening programmes, after dinner, were always exciting and interesting, often run by the campers, and based on the focus of our fellowships or immersives.

Shabbat each week was always special. It started off with Shabbos prep on Friday afternoon, followed by photos at the lake, a beautiful service and a delicious dinner. On Saturday mornings we had meaningful Torah services overlooking the lake, followed by bagels for lunch. In the evening we had a cookout for dinner (American version of a braai), played lawn games and then ending off Shabbat we had a concert by the Jewish celebrity musician of the week, such as Dan Nichols and Alan Goodis.

To say that we had the best time would be an understatement! Learning new skills in a Jewish environment and making best friends is something we are so lucky to have experienced!



Mani, Daniella and Samuel organise Mandela Day celebrations at Kutz camp

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Shanah Tovah
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CTTH receives prestigious international accreditation



Continued from page 1

The WASC accreditation process was an arduous four-and-a-half-year process that began with an initial visit in 2014 by WASC Director of International Accreditation, Dr. David Ottaviano, Ed.D. who is based in Italy. After approval for candidacy, the schools embarked on this ambitious endeavour, which culminated in the compilation of an exhaustive "Self-Study", a two-hundred-page manuscript, along with multiple folders of appendices, which examines every single aspect of the school. Dr. Ottaviano returned as a Self-Study commissioner, together with Mrs. Nancy Kroonenberg, Principal of the American International School in Rotterdam, Netherlands, and Dr. Chris Mueller, Director of the Bonn International School of Germany.

The three commissioners spent a full week visiting the two schools, sitting in on lessons, meeting with the school boards, teachers, students, and parents, reviewing the self-study meticulously and writing their own report of their findings. This report was submitted to ACS WASC, whose thirty-two commissioners voted at their next meeting to grant this maximum accreditation.

The schools needed to crystallise their mission and seven core values, or, as WASC calls them, Expected Schoolwide Learner Outcomes (ESLRs). After much thought, debate, and discussion — including surveys to parents, students, and stakeholders — the core ideals the schools chose are: creating students who 1) possess *midot tovot* (good character), 2) love Torah and Israel, 3) will be leaders in their families

and communities, 4) will pursue lifelong learning, 5) think critically and creatively to solve problems, 6) communicate effectively, and 7) lead healthy lifestyles.

The Self-Study broke the schools into four sections: 1) school governance, vision, and professionalism, 2) curriculum, instruction methodology, and assessment, 3) student support and development, and 4) school culture and environment.

The schools formed WASC focus groups from among their teaching and management staff to respond to a systematic series of prompts on every detail of their section, and to provide hundreds of evidences to back up their writings in the manuscript. Staff worked countless hours including overtime, public holidays, and weekends to complete the report.

"What is remarkable about WASC over other accrediting boards is that they are empowering and equipping, availing themselves to help schools improve according to their vision, rather than policing you", says General Studies Principal, Mrs. Sheila Valentini. "Despite how much went into this process, at no point did we find this punitive, exaggerated, or unimportant. We experienced every step as enabling us to grow exponentially in a way that would've been impossible without their guiding accreditation. WASC supported us through webinars, by email, or phone counseling, and their forward-thinking approach to education was refreshing."

"For WASC to grant six-year accreditation to a school not even five years old, is truly a remarkable



achievement, and to be honest, even better than we could have expected. WASC grants either zero, one, three, or six year accreditations, and often stipulates probationary periods for issues they deem to be vital and urgent. For them to grant us the maximum six years without any probation is a testament to their high opinion of the quality of the product we are offering, and for that, we are very proud and grateful", says Sheila Valentini.

"From a Kodesh (Judaic Studies) perspective, WASC is a game changer," says Kodesh Principal, Rabbi Avi Shlomo. "It allows our Kodesh courses to be accredited and able to be include in our graduation requirements. We have already created accredited courses on Talmud, Chumash, Halacha, and Israel, and we will continue to build our resources. We are now in the process of developing three graduation streams; the first is an honours track that includes APs

("advanced placement" college-level courses) for those who wish to pursue the highest levels of tertiary education; another is a university-bound bachelors diploma; and lastly a fast-track option for those students who wish to sooner pursue the highest levels of Torah education. We already have graduates in universities in South Africa, Israel, and the USA, as well as alumni pursuing first, second, and even third year Yeshiva education."

After attending a conference on school accreditation, Sheila Valentini and Zeesy Deren realised that accreditation by international accreditation bodies was a real possibility. At that time, the American International School in Tokai was becoming accredited by WASC. Together with Sinai Academy, CTTH decided to pursue this course, and now, four and a half years later, after countless hours of hard work, the dream has become a reality.



Cape Town Torah High students with teachers and staff outside the school campus

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SHANAH TOVAH

to all our Jewish customers.
Wishing you a healthy and
prosperous year ahead.





L-R: Steve Handler, Myra Osrin, Sid Shapiro, Simone Pikas, Dana Levy Tavor, Geoff Cohen, Dorrn Kline, Doone Trustees & Batya Shmukler, Philip & Michele Krawitz, Samuel Seeff

Family ties: Ex South Africans in Israel and the Cape Jewish Community

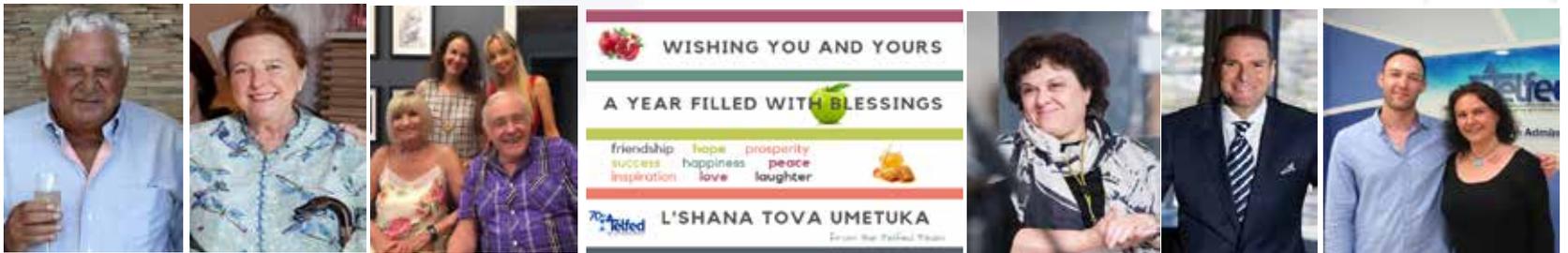


Over the past few months, Telfed has had the pleasure of welcoming a number of Capetonians to our offices in Ra'anana, Israel. With a mandate to support the community of Southern African olim, it is crucial for us to understand the needs of the community prior to Aliyah. After each meeting we were impressed with the strong Zionist sentiment that permeates the Cape Jewish community.

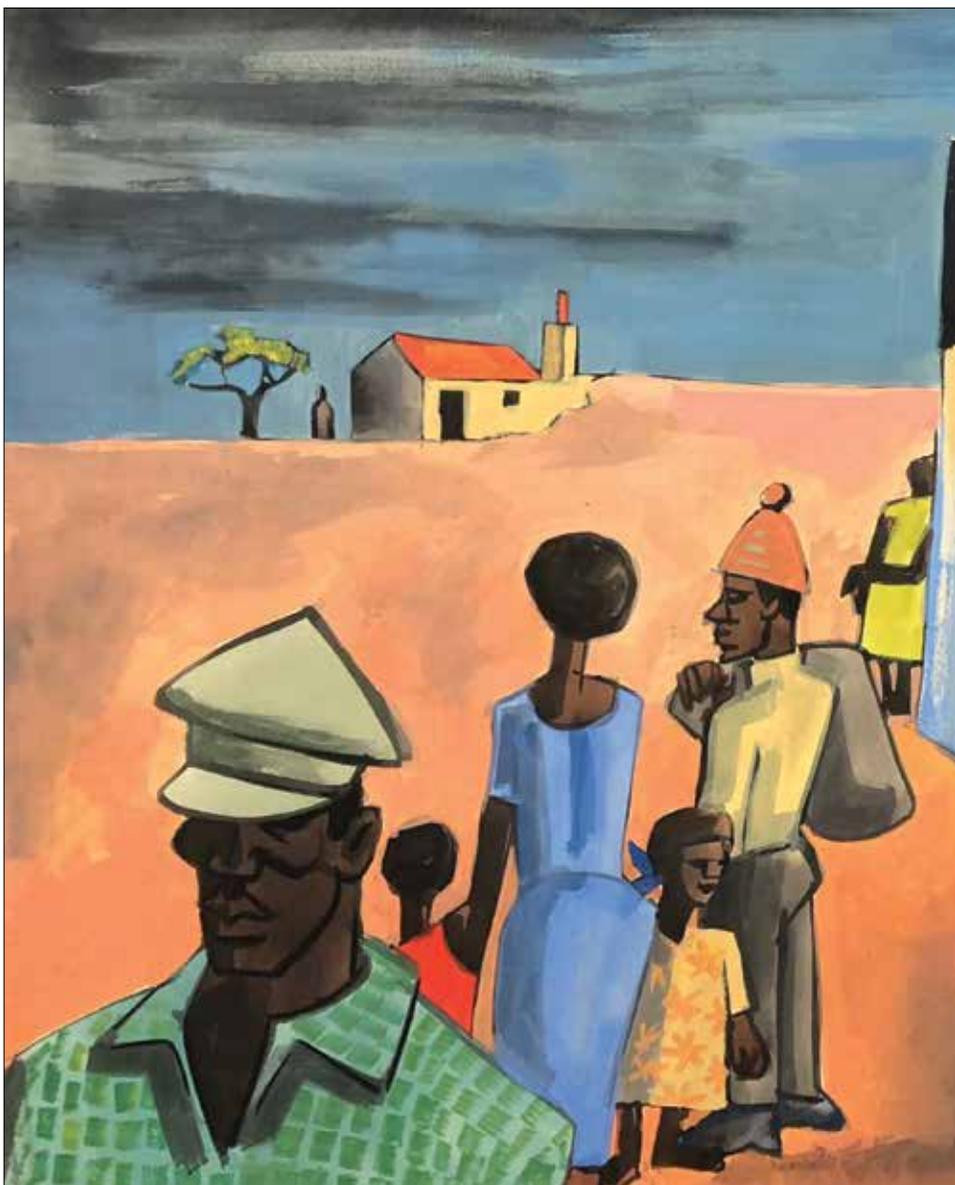
We welcomed **Rowan Polovin**, Chair of the South African Zionist Federation Cape Council, on his first visit to Telfed. **Geoff Cohen**, Director of Herzlia Schools, met with the Telfed team and discussed the growing interest among students to study in Israel. Chairman of the Board of Trustees of the United Jewish Campaign, **Philip Krawitz**, accompanied Telfed CEO **Dorrn Kline** to meetings with the Jewish Agency for Israel to promote the SASI Scholarship Programme (South Africans Studying in Israel). In addition, Telfed was proud to welcome significant partners and friends, including the **Graham and Rhona Beck Foundation (Israel)** trustees, **Myra Osrin**, **Paul Berman** and **Samuel Seeff**. Other SA visitors and supporters included the Trustees of the **Doone SA Charitable Foundation** and **Selwyn and Jenny Lichtenstein**.

As we endeavor to support Southern African olim to build a home in Israel, we do so with the knowledge that the community in Cape Town continues to play an integral part as a champion of Israel, as a benefactor of olim and as a partner to Telfed so that we can continue to serve the needs of the olim community. While praising the consistent and generous support of the Cape community to Israel, Telfed would also like to extend a special "*Mazal tov*" to **Alison Berk Katzeff**, Chairman of the **United Jewish Campaign**, on receiving the **2018 Yakir Keren HaYesod Award** at their Annual World Conference, in recognition of her outstanding service to the Jewish community and her "exceptional contribution to the betterment of society". This is a well deserved accolade and a quintessential example of Capetonian excellence.

South African Zionist Federation (Israel)



L-R: Graham (z'l) and Rhona (z'l) Beck, Jenny Lichtenstein, Nava Lapid, Nikki Leviner, Selwyn Lichtenstein, Alison Berk Katzeff, Paul Berman, Rowan Polovin and Batya Shmukler



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CELEBRATING THE JOY OF GIVING

If you will it, it is no dream.

BY AMANDA ZAR

On Wednesday 1 August 2018 donors to The Herzlia Foundation Trust were treated to an evening of 'Expect the Unexpected' where we celebrated their generosity at our third annual Donor Appreciation event held in the Herzlia High School Hall. The evening was an opportunity for us to acknowledge, recognise and extend our appreciation to our donors.

The evening, provided the opportunity for guests to explore and discover HERZLIA through its five pillars. Each pillar was represented and shared by both a student and an alumnus with similar interests but different perspectives, one looking forward with anticipation, and one glancing back with reflection. Each sharing the possibilities, opportunities and DREAMS. Representing the pillars were Professor Amanda Weltman and Anna Valkin (Academics); Chanan Suiza and Maddie Wingerin (Jewish Life and Learning); Mathew Jacobson and Harrison Scherzer (Sport) Lexi Sank and Rebbetzin Ashleigh Goldman (Menschlichkeit) and Peter Oki and Cara Saven who spoke about the Arts and Culture Pillar.

Herzlia Middle School pupil Benji Anstey, delivered a powerful message on Jewish education. Mila Smith a Grade 8 pupil, skillfully MC'd the event weaving the stories together and showcasing Herzlia's excellence. Entertainment was provided by alumnus Jeri Silverman who has just returned home after 10 years in New York. She kept the audience mesmerized with her exceptional vocal and musical skill, performing both a solo and a duet with Herzlia's Vocal Ensemble. Under the direction of the remarkable Cantor Ivor Joffe the Vocal Ensemble produced a world-class performance which kept the audience spellbound and applauding for more.

The Herzlia Foundation Trust appreciates each and every person, who through their philanthropic generosity, affords Jewish children the opportunity to make their dreams come true by being part of an extraordinary system that becomes the foundation for exceptional people in every area of life.



Herzlia Middle School Grade 8 pupil and MC, Mila Smith.

"The Herzlia Foundation Trust appreciates each and every person, who through their philanthropic generosity, affords Jewish children the opportunity to make their dreams come true by being part of an extraordinary system that becomes the foundation for exceptional people in every area of life."



Alumnus Jeri Silverman performs for donors and guests.



The Herzlia Vocal Ensemble.



Ronnie Stein, David Ginsberg and Warren Kaimowitz.



Amanda Zar and Myra Osrin.



Michael and Linda Gawronsky with their daughter, Ariella Goldman.



David and Marilyn Friedland and Joel Merris.



Geoff Cohen with speakers representing The Five Pillars of Herzlia.



Clive, Rita and Nicole Smith.



David and Taryn Bernstein and Stacy and Adam Closenber.



Warren Kaimowitz, Marize and Mike Flax, Amanda Zar and Karen Marsden Sank.

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Simon Susman in conversation with ORT JET Mentors

Simon Susman shared his relevant story of how he initiated and drove the "Good Business Journey" and through this, Woolworths has created value from its set of deep values over the years. He demonstrated how the group continually strives to do business in a way that is deeply sustainable both socially and environmentally and how it is these values that bring real value to all stakeholders.

The event was part of the ORT JET mentor enrichment programme which was hosted by Deloitte. The ORT JET team is delighted to provide invaluable talks and networking opportunities to our mentors who in turn do so much to assist the businesses that they mentor.



David Resnick, Lydia Abel, Steven Frankel



Gary Palmer, Mike Flax



Marius Alberts, Brenna Frankel, Simon Susman, Lisa Sandler



Phillip Weinstein, Shelley Segal



Simon Susman addressing ORT JET mentors



Isabella Bisogno, Dalia Katz, Emelia Bisogno, Abigail Bisogno

ORT JET plays an indispensable role in creating successful entrepreneurs in the Jewish community by supporting, facilitating and enhancing the progress of each entrepreneur to become the best version of themselves. For more information contact: 021 448 8516

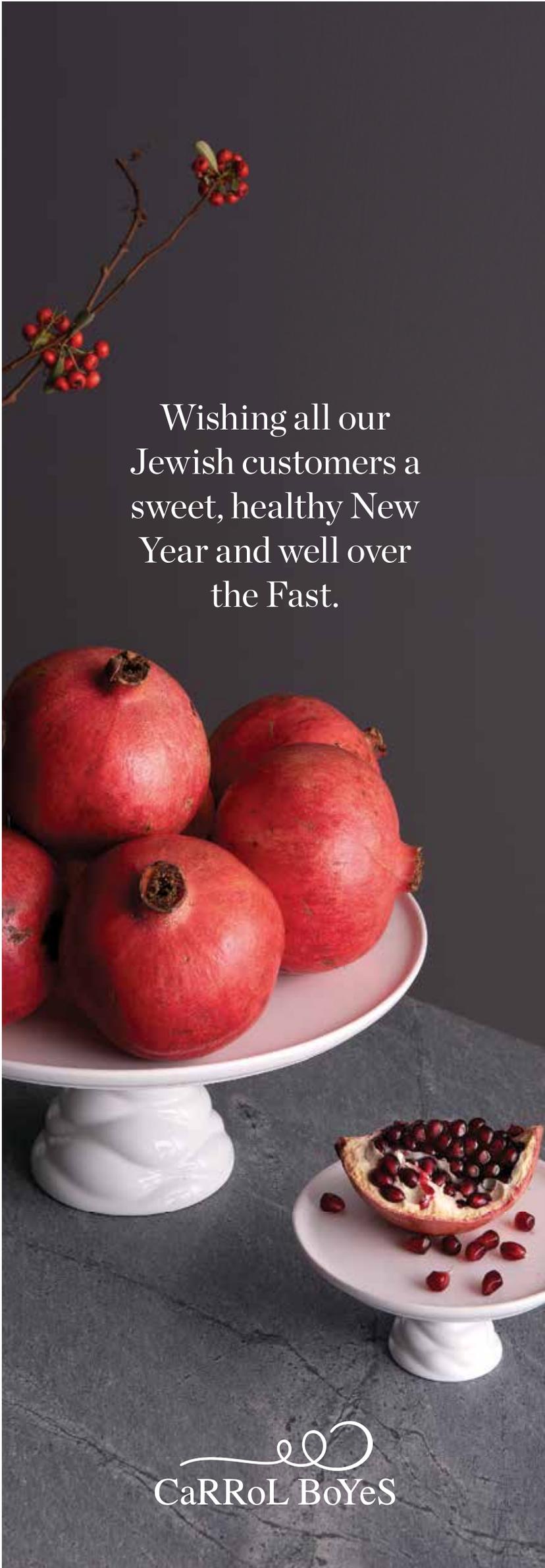
Wishing our Jewish community a happy and blessed

Rosh Hashanah



ADDRESS: Regent Road, Sea Point, Cape Town. Tel: 021 439 0913/4





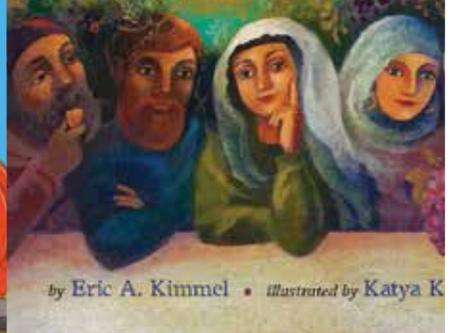
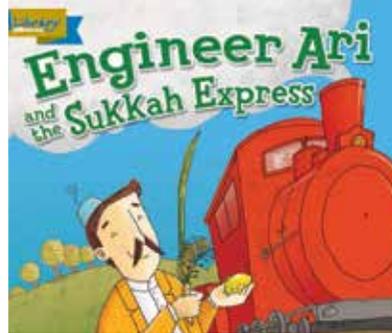
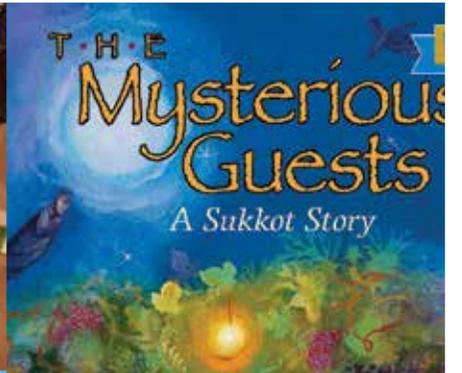
Wishing all our Jewish customers a sweet, healthy New Year and well over the Fast.

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As we reflect, repent and pray over these High Holy Days, we also celebrate the new year of the world, and have the opportunity to consider our role in its repair and completion - the Jewish value and tradition of Tikkun Olam.

5778... 5779

MANDELA DAY!

COMMUNITY CREATING IMPACT



This past July:

Mensch co-created a day of service and volunteering for Mandela day this year, in collaboration with with Mensch Network and Community members and their organisations.

Have a look at the impact we created together!

200+

PEOPLE ATTENDED



344

ACTIVITIES COMPLETED



74

PROJECTS SUPPORTED



7000+

LIVES IMPACTED



MENSCH WISHES YOU AND YOUR LOVED ONES

Shana Tova U'metukah!!

Next up:

BE A MENSCH ON INTERNATIONAL MITZVAH DAY!

SUN 18 NOV 2018

A New Year, a new opportunity to do good - together!

Shuls! Schools! Community organisations! Bookclubs! Friendship groups!

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- ♥ **LET MENSCH KNOW** you want to take part!
- ♥ **WE WILL CONNECT YOU!** with amazing Jewish social change-makers in the Mensch Network or Community!
- ♥ **TOGETHER YOU WILL CO-CREATE AN ACTIVITY** that is fun to do, and helpful to the organisation you choose.

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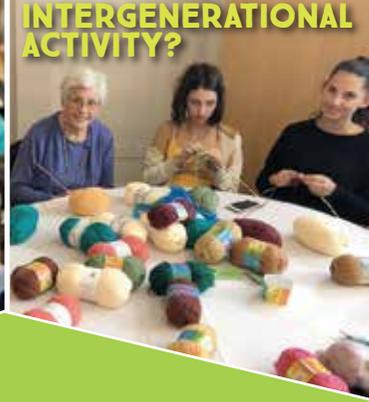
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SAJM
South African Jewish Museum

Jewish Museum showcases SHAWCO in bold new exhibition

On 18 July, *Touching Lives: The SHAWCO Story* opened at the South African Jewish Museum.

The exhibition marks the 75th anniversary of the Students' Health and Welfare Centres Organisation (SHAWCO) based at the University of Cape Town (UCT). Now, the SAJM has collaborated with SHAWCO to acknowledge this important milestone.

The Jewish Community of Cape Town has been a major supporter of SHAWCO since its inception. Particularly through the Union of Jewish Women whose member Dr Golda Selzer was the co-founder of SHAWCO. In many ways the exhibition is a celebration and affirmation of all the positive work the UJW has done over the years.

The opening night was a resounding success complete with a Marimba band, joyful camaraderie and meaningful speeches. Professor Craig Soudien acknowledged the "great coincidence" of the exhibition falling on the same day as Mandela Day. The director of SHAWCO, Gavin Joachims thanked all those for supporting the organisation and those involved in the creation of the exhibition. Special guest, Miss South Africa, Tamaryn Green spoke about her time at SHAWCO and the concept of 'learning by doing.'

Those attending this vibrant exhibition can look forward to films bringing SHAWCO's history to life. Personal anecdotes, inspiring photographs and artifacts illustrate the profound impact SHAWCO has made on Cape Town communities. For the duration of the SHAWCO exhibition, (18 July until the end of September) anyone showing a valid UCT student or employee card will get free entry into the SAJM.



Crain Soudien (SHAWCO Chairman) Gavin Morris (SAJM Director) Gavin Joachims (SHAWCO Director)



Dr Golda Selzer was the co-founder of SHAWCO



The exhibition is a celebration and affirmation of all the positive work the UJW has done.



Guests at the opening



The Day the Cape turned orange and the community of Cape Town came together

Born some years back as a pipedream, Oranjia Jewish Children's Home will officially be building a Day-Care Centre. Catering to children earmarked within the local community as being at risk, this marks a watershed chapter in Cape Jewish history: a Day-Care centre fully funded by the community. The facility will extend the services offered by Oranjia, which is already home to 10 children and serves as a place of safety for a further 4 children on a daily basis.

The upswell of good sentiment from the local community around the #paintthetownorange campaign was heart-warming from the outset, but it did little in the way of preparing the fundraising team from Oranjia for the tidal wave of generosity and support when the fundraising site went live

on 24 July at 4pm. Within 5 hours the ambitious target of R3 Million was reached - a whopping 19 hours before the close of the 24-hour telethon.

The doors to the Sephardi Shul on Regent Road, Sea Point, were open to everyone and, although a schedule of volunteers, armed with scripts, disposable cellphones and sim cards, was drawn up, caring members of the local community popped past of their own volition to offer their time and make the necessary phone calls to bring in some additional donations. It was a multi-generational enterprise



with students, pensioners, school children and business professionals in work attire pulling their weight to get behind our cause. The atmosphere in the hall was electric, and the shared enthusiasm was infectious. This will be an experience that none of us will soon forget.

In the 1995 words of the late great Nelson Mandela, "There can be no keener revelation of a society's soul than the way in which it treats its children." We echo your sentiments Madiba, and are so excited and enthused that together, we can create something truly remarkable for these young members of our local community. If the 24 and 25 of July is anything to go by, our children are in an unwaveringly supportive society indeed. We would like to thank Highlands House for allowing us to build on their property and all the support Harris Burman, Dr Clive Rabinowitz, Mrs Moonyeen Castle and the committee of Highlands House has given us. We thank everyone who contributed to the success of this fundraising initiative – from the bottom of our orange hearts!

A special thank you to the Priorities Board and the UJC for always supporting Oranjia in everything that we do.



Nicci Bloom



Vivienne Gottlieb and Maxine Norrie



Debbie Koping and Sharon Kahn



Mika Behrman and Sara-Lee Jackson



Keanu Levin, Muriel Levin, Eleanor Miller, Nicky Pamensky, Tamara Davidson, Melissa Hack, Amanda Varkel, Esta Levitas, Kerry Miller, Rose Miller, Adam Cassel, Lev Goott and Lynette Shapiro



Taryn Bernstein, Jodi Murcia, Tracy Frank, Eleanor Miller, Debra Levin, Kerri Miller, Esta Levitas, Nicky Pamensky, Melissa Hack, Amanda Varkel, Dalia Katz, Tamara Davidson and Tanya Cassel

We deeply mourn the passing of Barry Lockitch, a long standing trustee, committee member and friend, who gave a lifetime of devoted service to Oranjia. Barry passed away on 25 June 2018 after a long illness bravely borne. His selfless and enormous contribution to Oranjia and the community, will leave a huge void in the hearts of all who knew him. He will be sorely missed, by the Committee, staff and children of Oranjia

INITIATIVES OF
JCS CAPE TOWN



bargains galore



JEWISH COMMUNITY SERVICES CAPE TOWN WISHES YOU A SHANA TOVA AND WELL OVER THE FAST

Jewish Community Services, together with its honorary committee members, Director and staff, would like to wish our dynamic Cape Town Community a Shana Tova and well over the fast.

We would like to take this opportunity to thank you for all your support over the past year. We remain committed to our community members, in support and service, to the best of our ability.

We encourage you to familiarise yourselves with our seven initiatives set up to further support our community. Our objective is to ensure the well being and protection of the most vulnerable individuals in crisis in the Jewish Community of Cape Town.

JCS offices are buzzing with excitement as we welcome our new team members. This makes for an exhilarating start to a year full of growth and expansion for us all.

MEET THE TEAM

HAZEL LEVIN

JCS is delighted to announce the formal appointment of Hazel Levin as the Executive Director of Jewish Community Services. Hazel is married with two children. She describes herself as honest, passionate, persevering and empathetic. She has been involved in management for over 35 years. During this time, her roles required leadership, training and customer service. She is currently involved in a wide variety of organisations that seek to support our community.



LAUREN COHN

Lauren has been appointed as the JCS Foodbank Assistant. She was born and raised in Cape Town & is married with 3 children. Lauren has many years experience in public relations and has been involved in a variety of Jewish organisations. Her strong organisational skills & attention to detail have solidified our food support systems. Lauren is looking forward to contributing to our organisation



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

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

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Thank you Cape Town for making
Limmud in the Hood such a
phenomenal success!



“Limmud blew my mind, it was a great opportunity for learning and building community with fellow Jews in a safe space”

9th, 10th, 12th Augsut & Motzei Shabbat 11th August

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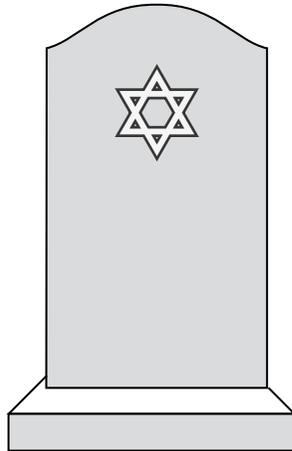
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WISHING THE COMMUNITY
SHANA TOVA U METUKAH

Family Announcements

CONDOLENCES — THANK YOU

BARRY LOCKITCH

We would like to thank Rabbi Feldman, family and friends for all the love and kindness shown to us on the very sad passing of our beloved Barry. It is greatly appreciated.

Carole, Nathan, Natalie, Gavin, Taryn and Katherine.

JEFFREY ZETLER

We would like to express our heartfelt thanks to all the Rabbis, family, friends and the community for their love, support and prayers over this difficult time, following Jeff's untimely passing. It has provided much comfort to us all.

Jeff is sorely missed.
With much love, Beverly, Zara, Nicole and families

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

Sifrei Torah at Muizenberg Shul

Muizenberg Hebrew Congregation has six Sifrei Torah, which have been declared posul. It is our intention to repair those that can be repaired and bury those that cannot. The repaired Sifrei Torah will then become the sole property of the Muizenberg Hebrew Congregation.

Anyone who feels that he/she has a personal interest or claim in any of these Sifrei Torah, should please contact the shul Secretary Cecile Buirski at: cecilebuirski@telkomsa.net or on 076 573 9625/ 021 788 1624 with full details of the loan and supporting documentation.

These should reach the Secretary before the end of October 2018.

LIQUIDCRYSTAL / 4317



The Chairman, committee and all those working for the Cemetery Maintenance Board thank you for your support over the past year.

**Wishing you Shana Tova U'Metuka
and a Meaningful Fast.**



VISIT OUR WEBSITE
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BECOME A VOLUNTEER GUIDE

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- Open to impacting the lives of others?

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19 - 22 November 2018, 9:30am - 3pm
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For info and to book: diana@holocaust.org.za or 021 462 5553
visit www.holocaust.org.za | www.facebook.com/CTHGC PAGE





New Year with new beginnings

We all know that it is very important to keep active. Whether you are only able to do chair exercises, or if you are one of those seniors who manage to regularly exercise at home, or the gym, movement gets you going and exercise to good music gets the endorphins going which is energising and makes one feel really good.

We have recently commenced Ageless Grace Exercises in Sea Point, and our Milnerton and Southern Suburbs members enjoy weekly classes too. The music is carefully chosen with each week's theme encouraging as much movement as possible without being too strenuous. Exercise is good for both body and soul and everyone participating in these classes confirms this.

We will be show-casing our talented members arts and crafts at our Milnerton Branch early in October. Please diarise the date and visit our home where you will be able to view some excellent work, lovingly made by our members who surprise themselves with the outstanding quality they produce including those members who have never participated in art or craft projects before. We are so proud of the achievements and look forward to welcoming everyone to a special morning of viewing and enjoying a cup of tea afterwards in a friendly atmosphere.

Long Marriages — how to make them work.

Like couples at any stage of their relationship, long married couples can find themselves experiencing problems in their relationships. Most elderly couples are generally from the do-it-ourselves era who believed people shouldn't air private matters and presumed that mental health professionals are really mental illness professionals and are very reluctant to seek counselling. Nowadays, therapy suggestions usually come from physicians, an adult child or grandchild or following media focus on a topic which has special relevance to them such as depression or the pitfalls of retirement.

Embarking on the journey through the uncharted waters of old age implies reflection, with the self as a mirror. The spouse is also a mirror and this is where a crisis may arise. One may look at the other and see the wrinkles, frown lines or pain and disappointment. Or, while looking after the partner after bypass surgery or a coronary, may reflect on "more years of caregiving" or, when will it be my turn, or my turn to care for myself?"

Roles need to be re-defined as significant events can be catalysts for interpersonal and work related role changes, such as retirement and the responsibility of parent care. There are emotional reactions to changes, or significant changes in how the couple

gets along day by day. Remarkably often 'little' things cause more irritation and distress to couples than big events, such as weathering a significant medical crisis, with which they may be more adept at coping with.

As couples move into their older years they might tacitly realise that they have met all their lifelong goals for marriage and they might experience a kind of emptiness. Now what? Differences between spouses for new or reclaimed goals may precipitate serious marital discord which can be righted with therapy including mediation and compromise.

Redefining intimacy can also become a stumbling block as couples move into their older years. Intimacy is based on trust and authentic mutual disclosure which can be very difficult for some older people. This personal life review becomes a marital life review coming under new scrutiny from the vantage point of old age. Each partner is also aware of being the one that the other will always be closest to, and on whom each will need to rely. The focus of therapy is often on what sabotages intimacy caused by ridiculing, shaming, devaluing or denying the experiences of the other or by disallowing empathy. Therapy can be a guiding process which identifies destructive communication and providing an avenue for learning better communication

Perhaps, most important for a therapist working with older people, is to bring a couple to enhanced respect for, and validation of, the strength in their experience of themselves together. Coping strategies and ways of responding can serve to protect and support them through many challenges that ageing presents. The therapist can reflect back to shift the focus from limitations to strength — the key ones being who they have become, mutual interdependence, mutual regard and the history they have had together which can be self-affirming and is powerful

An overarching dynamic of the long marriage is the conflict between constancy and change. Those married for a long time find themselves attempting to meet challenges in their relationships in response to each new situation of old age. Social workers are in a privileged position to support the courage and enable the continued success of older couples.

We hope that the High Holy Days will be meaningful for everyone and that you will be able to celebrate with those you love, enjoying special times, special foods and at the same time looking at ways in which to improve every aspect of our lives — spiritually and holistically. Please contact your social worker if you do not have anywhere to go for Rosh Hashanah or Yom Kippur and we will make every effort to assist you.

The Executive Committee and Staff of CJSA join me in wishing one and all a Happy and Healthy New Year and a meaningful and easy Fast.

Diana Sochen Executive Director

Out and about with members



West Coast members enjoy an art morning



Pop-In Iris Margolis and Adam Kepkey



Miriam Kleineibst and Sonia Kerschner at Milnerton's fundraising lunch



West Coast members at Chevron Refinery outing with Darren Rix

SOCIAL AND PERSONAL

Births

Janice Bloch — great grandson
Shirley Elvey — twin great grandson and granddaughter
Alison and Howard Katzeff — twin granddaughters,
Minnie Katzeff — twin great granddaughters
Selwyn and Andrea Schiff — granddaughter

Engagements

Anita Stoch — grandson

Marriage

Amanda Summerfeld — daughter
Royalton and Maureen
Summerfeld — granddaughter

Birthdays

Phyllis Friedlander 90
Sadie Graziani
Bennie Rabinowitz

Sincere best wishes to our members who have not been well
Brian Mersky

Sincere condolences to our members who have lost family members:

Jane Arelisky — Sister-In-Law
Barbara Bernstein — Father
Zillah Kudo — Son
Sylvia Quinn — Husband

We welcome new members to the CJSA family:

Marcia Faktor, Jean Katz, Bobby Rabin, Alfred Saff

Special Events and Outings September — booking essential

Twilight Supper All suppers are R50

Chris Nissen Milnerton, Thursday 27 Sept 6.30

Representing the HRC and speaking on vulnerable groups and the rights of people to be protected

Outing to Pick n Pay Museum Southern Suburbs — 3 September

Milnerton — 4 September

Men's Schmooze

Gerald Potash speaking on Jewish History and Boerejode

Milnerton — 7 September, Sea Point — 28 September

Darling Flower Show

14 September — R240

Booking essential through your branch. Numbers are limited



Cape Jewish Seniors

	<p style="text-align: right;">Monday 1</p> <p style="text-align: center;">Shmini Atzeret Office Closed</p>	<p style="text-align: right;">Tuesday 2</p> <p style="text-align: center;">Simchat Torah Office Closed</p>
	<p style="text-align: right;">Monday 8</p> <p>Sea Point 10.00 Talking Point with Colin R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 Adrienne Judes talks on her being in Israel to celebrate its 70th Anniversary R10 2.00 Musical Appreciation with Doreen Kantor R10</p> <p>S/Suburbs 9.30 Outing to the new Norval Gallery R20 Entrance free, tea for own account 2.00 Yiddish mit Rita R10</p>	<p style="text-align: right;">Tuesday 9</p> <p>Sea Point Café Europa: A rep from CANSA will speak on Women's Health R10 2.00 Mosaic with Yvette R30 2.00 Beginners Bridge with Irving R10 2.00 Yoga with Leina Sank R10</p> <p>Milnerton 10.00 Movie Morning. <i>Perlman in Russia with the Israeli Philharmonic Orchestra</i> R10 1.00 Kalooki set tables R10 1.30 Mosaic Classes with Sonia Norrie R30 1.45 Line Dancing with Hannah Seinek.</p> <p>S/Suburbs 9.30 Social Bridge R10. New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p>West Coast 9.15 Outing to the Pick n Pay Museum R10</p>
<p style="text-align: right;">Sunday 14</p> <p>12.00 West Coast 6th Birthday Lunch Celebration R90 Booking Essential</p>	<p style="text-align: right;">Monday 15</p> <p>Sea Point 10.00 Talking Point with Colin R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 Bnoth Zion 12.15 Milnerton Committee Meeting</p> <p>S/Suburbs 9.30 Social Bridge R10.00 10.00 Kalooki R10 2.00 Knitting Group R10</p>	<p style="text-align: right;">Tuesday 16</p> <p>Sea Point 10.00 Café Europa: with Feminist Gertrude Fester, a Commissioner on the Gender Commission speaks on her time in solitary confinement 2.00 Yoga Classes with Leina R10 2.00 Beginner's bridge with Irving R10 17.30 Twilight Supper with Daniel Silke <i>South Africa — Can Ramaphosa Deliver?</i> R60</p> <p>Milnerton 10.00 Café Europa: A morning with a representative from Reach for a dream R10 1.00 Kalooki set tables R10 1.30 Mosaic Classes with Sonia Norrie R30 1.45 Line dancing with Hannah Seinek</p> <p>S/Suburbs Muizenberg 11.00 Outing to the Planetarium R50 Tea own account 10.30 Pop In: Shana Kagan on The Jedi Tedi Project R10</p>
<p style="text-align: right;">Sunday 21</p>	<p style="text-align: right;">Monday 22</p> <p>Sea Point 10.00 Talking Point with Roni R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 Pop In: Jenny du Toit of the 'Gift of the Givers' speaks on Work in a War Zone R10 9.30 Outing</p> <p>S/Suburbs 10.00 Outing to Donald Greig studio R20 for transport. Tea for own account 2.00 Yiddish mit Rita R10</p> <p>West Coast Outing to the new Norval Museum in Constantia R30</p>	<p style="text-align: right;">Tuesday 23</p> <p>Sea Point 10.00 Café Europa: Marthe Muller speaking on The power of South African Women R10 2.00 Yoga Classes with Leina Sank R10 2.00 Beginner's Bridge with Irving R10</p> <p>Milnerton 1100 Outing to the Planetarium R50 Tea for own account 1.00 Kalooki R10 1.30 Mosaic Classes with Sonia Norrie R30 1.45 Line dancing with Hannah Seinek</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p>
<p style="text-align: right;">Sunday 28</p>	<p style="text-align: right;">Monday 29</p> <p>Sea Point 10.00 Talking Point with Marcia R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p>Milnerton 10.00 Bingo and socialising morning with Noah Home. Members to host Home residents at Milnerton R10.</p> <p>S/Suburbs 9.30 Enjoy an outing to the Spice Route R40 Tea for own account</p>	<p style="text-align: right;">Tuesday 30</p> <p>Sea Point 10.00 Café Europa: Enjoy a reality TV morning with Hymie Liebman R10 2.00 Yoga Classes with Leina Sank R10 2.00 Beginner's bridge with Irving R10</p> <p>Milnerton 10.00 Café Europa: A morning with Linda Thorn R10 1.00 Kalooki R10 1.30 Mosaic with Sonia Norrie R30 1.45 Line dancing with Hannah Seinek</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p>West Coast 9.30 Outing to Kirstenbosch R30 Tea for own account.</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 OCTOBER 2018



<p style="text-align: right;">Wednesday 3</p> <p>Sea Point 10.00 Craft with Yvette and Jeanette R20 1.45 Social Bridge and Kalooki R10</p> <p>Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting and enjoy the company of others R5 2.00 Ageless Grace with Yvonne R20</p> <p>S/Suburbs 10.00 Bnoth Zion Meets 10.15 Ageless Grace with Yvonne R20 1.00 DVD Series: <i>A Place to Call Home</i> R10</p>	<p style="text-align: right;">Thursday 4</p> <p>Sea Point 10.00 Yiddish mit Veronica R10 11.00 Simchat Torah party at Temple Israel Green Point. Entertainment and refreshments provided. Transport R20 11.15 Ageless Grace with Joycelyn R25 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 11.00 Simchat Torah party at Temple Israel Green Point. Entertainment and refreshments provided. Transport R20 1.00 Kalooki R10</p> <p>West Coast 11.30 Pop-In Marthe Muller speaking on <i>The power of South African Women</i> R10</p>	<p style="text-align: right;">Friday 5</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p> <p>Milnerton 10.30 Men's Schmooze: A morning with Albert Glass R10</p>
<p style="text-align: right;">Wednesday 10</p> <p>Sea Point 9.30 CJSA Craft Exhibition in Milnerton. View our talented members' works of art at the Moadon R30 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 CJSA Craft Exhibition in Milnerton. View our talented members' works of art at the Moadon R30</p> <p>S/Suburbs 9.30 CJSA Craft Exhibition in Milnerton. View our talented members' works of art at the Moadon R30</p>	<p style="text-align: right;">Thursday 11</p> <p>Sea Point 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace with Joycelyn R25 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 Café Europa: A morning with a representative from Reach for a dream R10 1.00 Kalooki R10</p> <p>West Coast 10.30 Pop In: morning with R10</p>	<p style="text-align: right;">Friday 12</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p style="text-align: right;">Wednesday 17</p> <p>Sea Point 1.45 Bridge and Kalooki R10</p> <p>Milnerton 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 R20 10.00 Men's Schmooze Group. Bernard Brenner speaks on his book <i>Journey from Lansdowne Road to Fynbos</i> R10 1.00 DVD Series: <i>A Place to Call Home</i> R10 17h30 Twilight Supper with Chris Nissen of the Human Rights Commission: Protection of Vulnerable Grouping and the rights of people to be protected and respected R60</p>	<p style="text-align: right;">Thursday 18</p> <p>Sea Point 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace with Joycelyn R25 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10 18.00 Twilight Supper: Enjoy a special evening with Rayne Stroebel: A talk on quality of life</p> <p>S/Suburbs Café Europa: Rochelle Maisels, author will speak on her book <i>Memories of a Mayd'le</i> R10 1.00 Kalooki R10</p> <p>West Coast 11.30 Adrienne Judes talks on her being in Israel to celebrate its 70th Anniversary R10</p>	<p style="text-align: right;">Friday 19</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p style="text-align: right;">Wednesday 24</p> <p>Sea Point 9.30 Outing Morning Melodies 1.45 Bridge and Kalooki R5</p> <p>Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R10</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R15 1.00 DVD Series: <i>A Place to Call Home</i> R10</p>	<p style="text-align: right;">Thursday 25</p> <p>Sea Point 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace with Joycelyn R25 1.45 Bridge and Kalooki R10</p> <p>Milnerton 09.30 Kalooki R10</p> <p>S/Suburbs 10.00 Café Europa: Adrienne Judes talks on her being in Israel to celebrate its 70th Anniversary R10 1.00 Kalooki R10</p> <p>West Coast 10.00 Art with Michelle R35</p>	<p style="text-align: right;">Friday 26</p> <p>Sea Point 9.30 Shopping with Malcolm R20 10.30 Men's Schmooze group. Bernard Brenner speaks on his book <i>Journey from Lansdowne Road to Fynbos</i> R10</p>
<p style="text-align: right;">Wednesday 31</p> <p>Sea Point 9.30 Enjoy an outing to the Spice Route R40. Tea for own account. 1.45 Bridge and Kalooki R5</p> <p>Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting and enjoy the company of others R10</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R15 1.15 Ageless Grace with Joycelyn R25</p>		

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

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5779 — A NEW YEAR TO ...

... Read more

By Tali Feinberg

Reading has always been a big part of my life, but when my twins were born it definitely fell to the wayside.

Now that the boys are a bit older, I have tried to start reading again. But because I have so little time, I often feel overwhelmed by choice, especially using a Kindle. How do I choose the 'right' book? It can be almost paralyzing to decide, so I often don't land up choosing anything at all!

Lately, I have pushed myself to just choose *something*, and have really enjoyed a few gems. I think we often feel pressured to read classics, or serious books, and then we don't read at all. Rather, just read what makes you happy! And just choose something, even if you're unsure about it.

We are so lucky to have the incredible Jacob Gitlin Library as a resource for all in the community, as well as great public libraries in our neighborhoods. Kindles are an



investment but the reduced price books they offer are hard to beat. So there really is no excuse not to read, with so many options at our fingertips!

In the new year, I challenge myself and you to read a new book once a month. My favourite Israeli writer, Amos Oz, says that he writes to truly understand 'the other', and I think it is the same with reading. It takes us to another place and into the world of another person, and it often reflects back to us what we have been searching for. Or in the words of Franz Kafka: 'A book must be the axe for the frozen sea inside us'.

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Glendale – in the hands of the next generation

They say that you can measure a community by the way it treats its most vulnerable.

Glendale Home cares for and enriches the daily lives of the intellectually and physically disabled in our Cape Town Jewish community, but it is in urgent need for the next generation to step up and take this vital facility to new heights.

There are so many ways to support Glendale

This Rosh Hashanah, we invite you to be part of something special – and we guarantee you will get so much back in return. Interacting with our residents and contributing to something meaningful is guaranteed to put a smile on your face and happiness in your heart.

We call on all community members, especially young people to:

- Join our committee, where you will play an important role in making Glendale the best place it can be,
- Volunteering your services — if you have a skill or service to offer our residents — be it art, therapy, exercise or education — please contact us.
- Much of Glendale is in urgent need of renovations, and any assistance with this would be deeply appreciated.
- Visit! Our home is your home and there is nothing the residents like more than visitors. It may be a distance away, but it's an easy drive to this very special place. If you are looking for a meaningful outing for your children, your family or your staff, Glendale is the ideal place to bring them. Our monthly birthday parties are a great place to start.
- If you are visiting Cape Town from overseas, set aside an hour to visit us and see how you can make a difference.

Like our great supporter the late Eliot Osrin said: "I guarantee you will discover that while public service improves the lives and world around you, its greatest reward is the enrichment and new meaning it will bring to your life." As we begin the New Year, we invite you to step up and follow his inspiring example.

Join us for our monthly birthday parties on one Sunday afternoon each month – including free, fun entertainment for kids, and delicious treats. See our Facebook page for more information.

Herzlia visits Glendale



Herzlia Constantia's Grade 3s visited Glendale to socialise with the residents on Mandela Day. Everyone had a wonderful time!



Please contact us on office@glendalehome.co.za or 021 712 0270 to arrange a visit or get involved, and please like our Facebook page 'Glendale Home.'

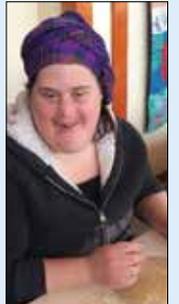
Glendale gives back on Mandela Day

Glendale's staff and residents spent the day preparing biscuits, food parcels and cards which were given to the Haven Night Shelter in Retreat.

The residents enjoyed themselves thoroughly and got completely involved in the baking and arts and craft processes.

"I liked it", "It was nice", "It's for the people who don't have food," were some of the comments made by the residents.

The parcels were handed over by the residents accompanied by staff, and given with big smiles on their faces.



Glendale 

IMPORTANT INFORMATION:
ALL DONATIONS TO GLENDALE ARE TAX DEDUCTIBLE

*Thank you most sincerely for your continued support
Our residents are most grateful*

Our well-known Shabbat, miniature Shabbat and Yartzeit candles are now available from all supermarkets and at our office.

GETTING MARRIED OVERSEAS? Ask your guests to donate to Glendale Home in lieu of wedding gifts. An appropriate letter will be sent to the bride and groom advising them of your donation. No amount will be disclosed. For further details contact the office.

GLENDALE GREETING SERVICE: Letters can be sent to loved ones for birthdays, wedding anniversaries and chaggim or any special occasion. Make use of this service, which is available worldwide.

TINS: If your tin needs collecting, please phone the office

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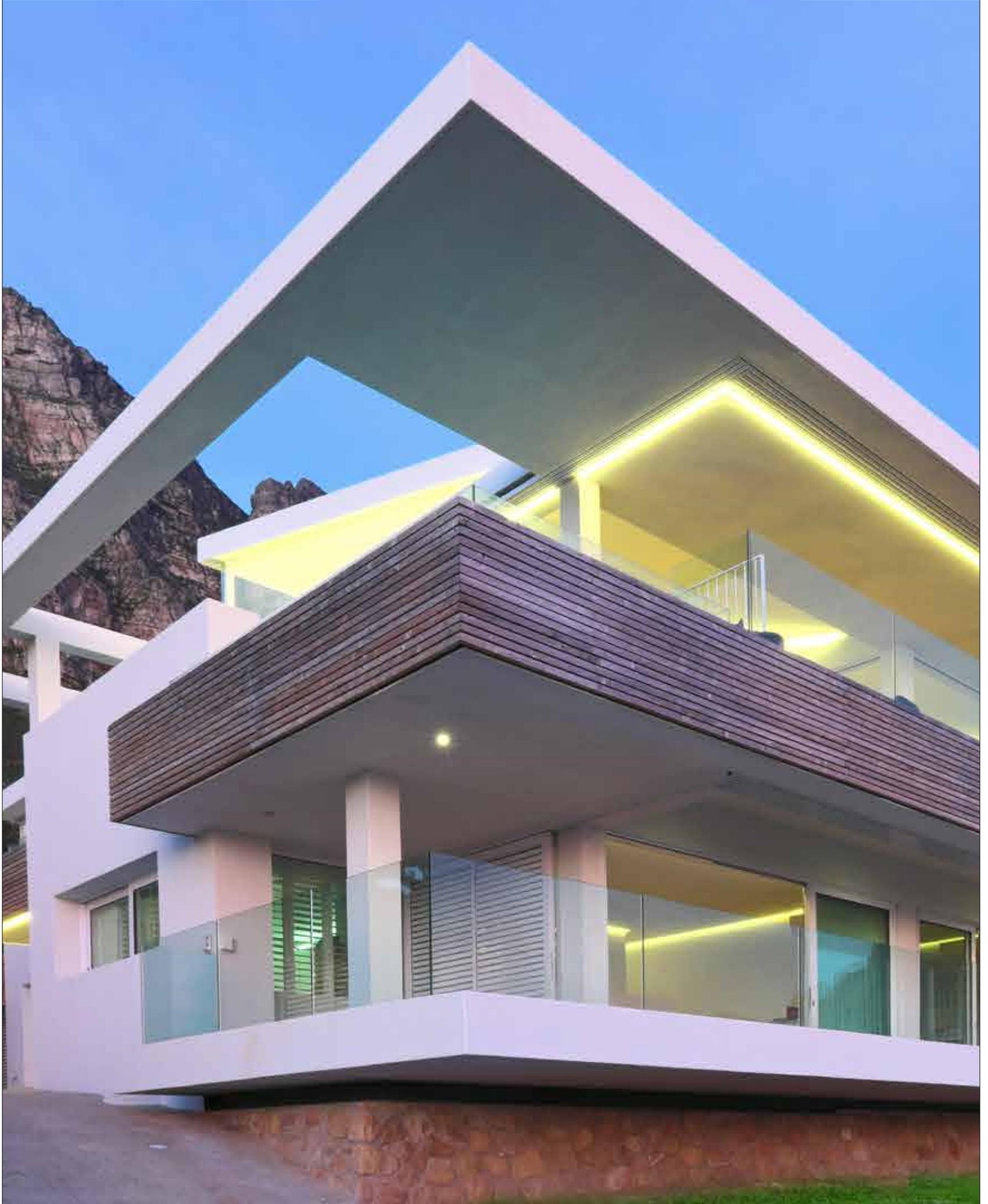
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email: hazel@glendalehome.co.za

Glendale activities now on YouTube — search 'Glendale Cape Town'



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JCS @ WORK

To spank or not to spank?

By Jetara Ross

The United Nations Committee on the Rights of the Child defines corporal punishment as any punishment in which physical force is intended to cause some degree of pain or discomfort. It includes hitting (with a hand or object), kicking, shaking, throwing, scratching, pinching, biting, pulling hair, forcing them to stay in uncomfortable positions, locking or tying up and burning.

children what they are, as well as hold parents accountable with enforcing the consequences. If house rules say that your children must pick up their toys before bedtime, make sure it's done every time. Rules don't work if they are enforced only when you feel like doing so.

Ignoring bad behavior is also another option when disciplining children providing that there are no life threatening consequences of their behaviour. It can work very well with children who are craving attention. Although annoying, there is no harm in allowing them to throw a tantrum.

Section 7 of the Children's Act, 2005, states that children have the right to be protected from any physical and psychological harm. Corporal punishment in any setting is a violation of that right and results in physical, emotional and psychological harm.

Time out is another useful tool. This involves setting up a dedicated and safe space where you send your child to when he/she disobeys the rules.

For many parents, smacking is seen as an effective way to discipline their children, however, where does one draw the line between a 'safe smack' and one that causes harm? There are, however, various other ways in which parents can discipline their children.

Placing your child in time out for a minute per year of their age – ie: a five-year-old can go to time out for five minutes, is a good rule of thumb.

Changing the environment also changes the negative behaviour. For instance, before your child throws all your clothes out of your cupboard, lock the cupboards, or if they are fighting over a toy, take the toy away.

Because children look for approval from their parents, positive reinforcement is important.

When the time is over, ask the child for an apology and move on from the incident.

This involves praising them when they do something good so that they are more likely to do the positive behaviour again.

Be careful not to shout at your child out of frustration when trying to discipline them. When you're disciplining them, it is important that you remain calm and explain to them what they did wrong — making sure that they understand the negative consequence of their behaviour.

Changing the environment also changes the negative behaviour.

Make eye contact, be calm, and tell your child *what* to do (Pack your toys away) and not what *not* to do (Don't make a mess!).

For instance, before your child throws all your clothes out of your cupboard, lock the cupboards, or if they are fighting over a toy, take the toy away.

If your children are older, be flexible enough to negotiate with them.

Having age appropriate rules and consequences is important.

Involving them in the disciplining process helps them take responsibility for their actions.

The key here is to be consistent about following through on the consequences when those rules are broken. Posting rules and their consequences somewhere in the house is a good way to remind

Should any of the above resonate with you or if you would like assistance or further information, please contact Jewish Community Services on 021 461 1100 (temporary contact number at Highlands House).

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A VIEW FROM THE BAR

Private conduct and the constitution

By Anton Katz



In South Africa all conduct by government must not violate any of the rights in the Bill of Rights. The government includes all three tiers, that is national, provincial and local (municipalities).

It also includes governmental agencies which perform a public function. These include State owned enterprises, such as Eskom, SAA, the Post Office, and Telkom. And when government outsources its functions to a private contractor that private company or individual assumes the constitutional obligations imposed on the government.

The rights protected include the right to freedom of expression, religion, to dignity and to not be unfairly discriminated against on the basis, directly or indirectly, against anyone on one or more grounds: race, gender, sex, pregnancy, marital status, ethnic or social origin, colour, sexual orientation, age, disability, religion, conscience, belief, culture, language and birth (the equality clause). A relatively unique South African constitutional right is to administrative justice; that is before any action is taken against a person, fairness in the process is required.

The interesting and important question arises whether private parties, such as individuals and/or private groups may lawfully discriminate against a person on one of the listed grounds. Thus may a tennis club limit membership to a particular religious group. Or may a cake shop refuse to take an order for a wedding cake when the two persons marrying are of the same sex. May a church refuse to ordain same sex couples? May membership of a political party be restricted to persons who speak a particular language? May a mobile phone service only advertise and promote its product to particular race groups. What about quotas in sport? Are they permitted? Also, may a political party sanction its members if they say certain things? So, if a political party expelled a member on account of the member's statements supporting another party's policies would that constitute a violation of the member's freedom expression?

The Constitution is specific about when the Bill of Rights applies. Section 8(1) of the Constitution expressly provides that "[t]he Bill of Rights applies to all law, and binds the legislature, the executive, the judiciary, and all organs of state." The Constitution also states: "a provision of the Bill of Rights binds a natural or juristic person if, and to the extent that, it is applicable, taking into account the nature of the right and

the nature of any duty imposed by the right." So a private person or entity may not escape the consequences of the Bill of Rights. Thus, all persons, individuals and corporate entities must respect the Bill of Rights in certain circumstances. The real and only question is what are those circumstances?

Courts have not pronounced definitely on the issue yet. The issue is particularly complex and difficult when it comes to religious life.

Classically, if a religion unfairly discriminates on the basis of gender is the religion in violation of the anti-discrimination (equality) clause? Is the religion unconstitutionally violating equality rights? Were the adherents of the religion be forced to remove the discriminatory practices could they legitimately argue that their freedom of religion is violated or threatened. The exercise of their religion requires men and women to be treated differently, and it is their constitutional right to practise their religion as they deem fit. The courts have not dealt with these burning issues yet — the balancing of the rights to freedom of religion and of association, on the one hand, and equality rights in the context of gender and/or sexual orientation on the other. Any judgment is respect of any religion will have an effect on most, if not all, organised religions in South Africa because they too differentiate between their congregants and members on various grounds. When the matter has been raised the courts have avoided pronouncing of the issues thus far. The Constitutional Court has described these disputes as being of considerable complexity and having vast public repercussions. They are not run-of-the-mill claims for equal worth. The Court correctly noted that if and when the unfair discrimination claim has been properly raised it will require all the judicial, if not Solomonic, wisdom Judges can muster right through the court system.

The bottom line is that if private persons or bodies violate the rights in the Bill of Rights they may be acting unlawfully. It will depend on the nature of the right that is violated, and how it is violated. This may be regarded as an unsatisfactory conclusion; but it will take many years of testing the limits and boundaries of acceptable (lawful) conduct in a society that is as diverse as South Africa.

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

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CSO brings expertise to Jewish and Cape Town community emergencies

On Thursday 5 July, the CSO Cape Town Emergency Control Centre received an urgent call from a CSO-trained community member. The caller reported an explosion in a restaurant at Gardens Shopping Centre. Within minutes, six CSO responders arrived on scene.

The scene was very different to the regular daily emergency calls for ill people or pedestrian and vehicle accidents. The CSO Responders were the first medical personnel on scene and arrived to find a gas-filled shopping centre and multiple fire fighters. Soon after, SAPS and other Emergency Personnel started arriving on scene.

The CSO Medical team assisted in triaging and stabilizing the nine injured patients and getting them to the fleet of ambulances. Regrettably, one of the injured later passed away in hospital.

It transpired that a gas cylinder had exploded in the restaurant kitchen resulting in the evacuation of all staff and customers across the entire shopping centre. This unusual event was on a far larger scale than even the most serious vehicle accident dealt with by the CSO medics and an invaluable (albeit unfortunate) experience.

This year, from January to end July alone, our Medical responders have dealt with 514 calls to our Emergency Control Centre. This compares to 879 for the whole of 2017, 787 for the whole of 2016 and 648 for the whole of 2015 in totality.

The CSO Medical team attributes this growth to the trust that the community has in their response time and professional assistance. There are two full-time medics, who drive two fully-equipped emergency response vehicles, sponsored by the Samson family. They are complemented by a remarkable team of 20 volunteer medics. The latter use their own cars and do not seek financial compensation for the time or their vehicles. Each medic carries a wide range of essential life-saving medical equipment and are available 24-hours a day, 7 days a week, 365 days a year.



Their primary role is to get to the scene, evaluate, stabilise and where necessary, resuscitate the patient. If critical, the patient is transported by ambulance to hospital. By law, the CSO Medical team must be accompanied by an ambulance. The ambulance service could charge a fee. CSO Medical responses consume thousands of Rands of medical consumables. The CSO does not charge patients for their services and therefore heavily relies on donations to provide this essential service. This is funded

by an allocation from the United Jewish Campaign and donations from donors, grateful patients and families. Donations are also received from across the community in honour of simchas of family and friends.

CSO Cape Town has issued an appeal to the community to only call the 24-hour Emergency Control Centre 086 18 911 18 for serious medical emergencies. Please note that the CSO Medical Unit is not a substitute for your family doctor, other than in a life-threatening emergency.



The Union of Jewish Women celebrates Mandela Day

On the 18th of July the Executive Committee and members of the UJW gathered together at Stonehaven to pack 67 baby bags and create awesome eco-bricks in honour of Mandela Day.

Baby Bags for Beginners is one of the UJW's newest projects. Bags are packed with all the essentials a new mom will need to look after and care for her newborn full-term or preemie baby.

The bags were distributed at the Somerset Hospital, where some members of the Executive Committee together with Carmen Herwell and the Social work team gave the bags out to the new mothers at the kangaroo preemie unit. They were thrilled to receive the bags and there was much excitement as they opened them and unpacked all the goodies.

Thanks once again to our wonderful Cape Town community for the generous donations. We could not have done this without your help. Thanks also to Carmen Herwell and her team for organising the handout and ensuring that the bags were given to the mothers in most need.

As an ongoing project we hope that Baby Bag for Beginners will benefit many more mothers and babies, enabling them to have a better start to life. The UJW looks forward to many more rewarding and successful Mandela Days in the future



One of the new moms, Ahntasslynn February, holding her beautiful son Elijah standing with Lucille Anthony from Somerset Hospital and Leaza Cowan from the UJW



All the new moms happily receiving their baby bags



The UJW team together with members of the community helping to pack baby bags



Karen Kallman Robins and her awesome children together with Muriel Levin creating eco bricks



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5779 — A NEW YEAR TO ...

...Dig deep and reflect

By Amanda Zar

Rosh Hashanah commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, also known as the Day of Atonement.



For the past 21 years (most of my adult life) Rosh Hashanah has always coincided with the Yatzzeit of my late mother. This in itself provides a time for deep reflection and an opportunity to remember and to draw strength from her legacy.

The Talmud tells us that three different books are opened on Rosh Hashanah: The Book of Life – for those judged to be completely righteous, the Book of Death – for those judged to be completely wicked, and the Middle Book for all who are judged to be in between.

For me personally I see it as an opportunity to start afresh a time in our calendar that provides each one of us with the opportunity to dig deep, and really look at ourselves, our behaviour, our actions and the choices we have made. For me this is

a remarkable time to learn and grow that I believe if used correctly provides endless possibilities of growth, reflection and self-development.

My Rosh Hashanah blessing for myself, my family and friends is for a year complete with Hashem's greatest blessings, good health, inner peace, success in all we strive to achieve, cherished memories, family filled simchas and a year filled to the brim with the strength to speak and live one's truth and honouring who each of us are as individuals in the world that we live in today!

Shanah Tovah, and may it be a sweet good year!

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Fit for a queen: 10 Jewish bridal outfits of bygone days

By Rachel Neiman for Israel 21c

It's not just Meghan who looked like a queen on her wedding day. ISRAEL21c takes a tour with the Israel Museum to see how brides have been dressing like royalty for decades.

One of the most anticipated highlights of Prince Harry's wedding to Meghan Markle on Saturday was the moment when Markle stepped out of the car at St. George's Chapel in Windsor, in her simple and stunning white dress by Clare Waight Keller of Givenchy. This moment is often the most anticipated moment of all weddings.

In Western culture, the dress taking away the collective breath of all assembled is generally a floor-length gown in one or another shade of white — call it pearl, cream, ivory or alabaster.

Credit for the tradition of a white wedding dress goes to Victoria, Queen of

the United Kingdom, at her wedding to Prince Albert of Saxe-Coburg and Gotha in 1840. Queen Victoria wore a dress made of white silk satin and lace.

The look immediately caught on with the elite. The Godey's Lady's Book, the fashion magazine of record at the time, wrote, "white is the most fitting hue, whatever may be the material. It is an emblem of the purity and innocence of girlhood, and the unsullied heart she now yields to the chosen one." The trend has continued through today.

Wearing white was not always the case. In fact, up until the 1800s, Western European brides wore many different colours — often red — as did their Eastern and Middle Eastern counterparts. But in the early 19th century, as Western influence and media spread worldwide, the image of the bride dressed in white replaced multi-coloured bridal gowns. The same held true for Jewish communities throughout the world, as can be seen in the Jewish Life & Art Collection at the Israel Museum in Jerusalem.



Wedding dress from Baghdad

The newest addition to the collection is a unique wedding dress from late 19th century Baghdad.

Made of satin silk decorated with tinsel embroidery, the dress displays traditional motifs including the Tree of Life, birds and hamsa patterns. According to the museum, "This type of embroidery is characteristic of dowry items of the brides of Baghdad at the time — Jewish, Muslim, and Christian alike."



Wedding dress with winged sleeves from Kurdistan-Iraq

This 1930s hand-spun raw silk wedding dress with winged sleeves and silk-thread embroidery was made in Sandor, Iraqi Kurdistan, by the bride, Farha Kirma, and her father. The pair went through every stage of creating the gown, from collecting the silk cocoons to spinning, dyeing, weaving, sewing and embroidering.



Wedding pantsuit from Tunisia

Brides in Tunisia wore baggy trousers, as in this wedding outfit from early 20th century Tunis. Although the look was traditional, the colour choice — pale silk satin fabric, gold metal thread embroidery and cotton thread embroidery on a white cotton net — was apparently influenced by wedding dresses from Western Europe.



Wedding dress (left) and henna dress (right), from Baghdad, Iraq

The henna party is a premarital rite celebrated throughout the Middle East, North Africa and India. Nonetheless, this silk satin and lace henna dress from 1891 (right) and the 1880 brocade silk wedding dress (left), though both from Baghdad, were clearly created in Western style.

The henna dress pictured above belonged to Dakhla Rachel Muallem, a child-bride married off at the age of 11. In the wake of the 1941 Farhud pogrom and riots carried out against the Jews of Baghdad and the subsequent government policy shift against the Jews, Dakhla fled for Iran in 1948 where she lived until her death in 1960. In the late 1970s, her children escaped the Khomeini regime for London and took the henna dress with them. It was later donated to the museum by her daughter, who had moved to Israel.



Wedding dress from Edirne, Turkey

The deep purple velvet of this wedding dress with its gilt metal-thread embroidery from Edirne, Turkey, would serve a young woman at her wedding, at other celebrations throughout her life. After death, a dress such as this would be unstitched and refashioned as a Torah ark curtain in the synagogue.



Bridal jacket from Isfahan, Iran

From Iran comes this bridal jacket created in the early 20th century in Isfahan from silk velvet and embroidered in silver tinsel thread.



Bridal shoes from Fez, Morocco

Exemplifying the tradition of outfitting brides like royalty from head to toe is this pair of embroidered velvet bridal slippers from Fez, Morocco.



Bridal sari of the Bene Israel

Brides of the Bene Israel, a historic community of Jews in India, married in saris, the accepted every day and festive wear for all Indian women.

The sari played a major role in the various wedding-related events, especially in the malida (a ceremony particular to the Bene Israel), the henna, the marriage ceremony and the bride's parting from her parents. Green saris were worn at the henna but under European influence, the traditional red wedding sari were supplanted by white ones.



Wedding outfit from Sa'ana, Yemen

No bride has looked more like a queen than the Yemenite Jewish bride. As described by the Museum, "Unlike her counterparts in other areas of Yemen, the Jewish bride from Sana'a looked like a dazzling piece of jewellery herself."

All photographs courtesy of The Israel Museum, Jerusalem

The Baghdad wedding dress will be on display until 31 December 2018. Other pieces are part of the permanent Jewish Life & Art Collection at the Israel Museum, Jerusalem. See Dress Codes, an online exhibition. <https://www.israel21c.org/fit-for-a-queen-10-jewish-bridal-outfits-of-bygone-days/>

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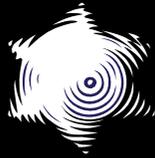
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- Rabbi Jonathan Sacks



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Women's Organisations

Both Zion Wizo, the Union of Jewish Women, and Lion of Judah are three proud, longstanding, powerful organisations, promoting the co-responsibility of Jewish women from the Cape Town community to work together for human development. Their aim is to empower women, and, more generally, to effect positive social transformation both in Israel and South Africa. Driven by the conviction that deep, sustainable change requires collective action amongst women, they work within communities, partnering with grassroots organisations, raising funds, sharing knowledge and ideas, enriching lives, and providing a network of unwavering support.

Both Zion WIZO



Both Zion WIZO is an International Women's Organisation that uplifts and empowers women and children of the State of Israel. They also work to uplift underprivileged communities locally. WIZO South Africa supports and maintains Neve Wizo, a unique project of five houses, each with a set of foster parents who provide a stable and secure home for eight children from 'at risk' backgrounds. Another project, Ironi Cariera, is a vocational school which gives seriously disadvantaged teenagers a chance to get off the streets and learn skills such as hairdressing, training in culinary skills and opportunities to enter the music industry. Beit Halochem, a rehabilitation centre for soldiers wounded on active duty and victims of terror is also supported by Wizo South Africa. It provides Israel's brave servicemen and injured citizens an opportunity to reach their potential and once again become active members of society. Both also collects sanitary towels for 420 female learners at a school in Gugulethu. Both Zion WIZO Cape Town has 1500 dedicated members whose commitment, hard work and effort support these various projects, including South Africa's Zionist youth movements.

The Union of Jewish Women



There are many welfare organisations doing extraordinary work that flies under the radar. The Union of Jewish Women (UJW) is one of them. For more than eight decades, this group of committed, conscientious volunteers has thrown itself into tackling the country's education, healthcare and poverty challenges, with a specific focus on vulnerable women and children. Active in both the Jewish and broader Cape Town community, the UJW's approach isn't to go it alone, but rather to throw its support behind the grassroots organisations on the frontline of uplifting communities in need. Drawing on its networks, its skilled volunteers and other resources, the UJW aims to strengthen the capacity and sustainability of the organisations doing vital work on the ground. Members are encouraged to "pick their passion" – to dedicate their time, energy and resources to a project they feel personally drawn to. The UJW is driven by three overarching values: Tzedaka – the cornerstone Jewish ideals of justice, righteousness and charity; Feminism – the promotion of gender equality and women's rights; and Humanity – a commitment to improving the plight of people.

Lion of Judah



The Lion of Judah society is a global sisterhood of dedicated and passionate women who devote their time and money to Jewish causes. The philanthropic arm of Keren Hayesod's International Women's Division, the organisation focuses its efforts on supporting disadvantaged communities in Israel, particularly marginalised youth. The Lion of Judah symbolises the courage, strength, and impact of Jewish women who are motivated by a sense of duty to improving the plight of people less fortunate than themselves, and who have distinguished themselves through their deep commitment to Israel and the Jewish people.

Religious Organisations

The Cape Town Jewish community is recognised as being amongst the most actively engaged in Jewish life, the most proudly Jewish, the most cohesive, and one of the most open and welcoming communities in the world. An important ingredient in this is an outstanding network of religious institutions, which drive the identity, vibrancy and dynamism of the community. Our Shuls in particular are bustling hubs of inspiration and creative Jewish expression, and both the UOS and the CTPJC continue to be instrumental in keeping the spark of Jewish tradition and Jewish spirituality alive here in South Africa's Mother City.

Cape Town Progressive Jewish Congregation

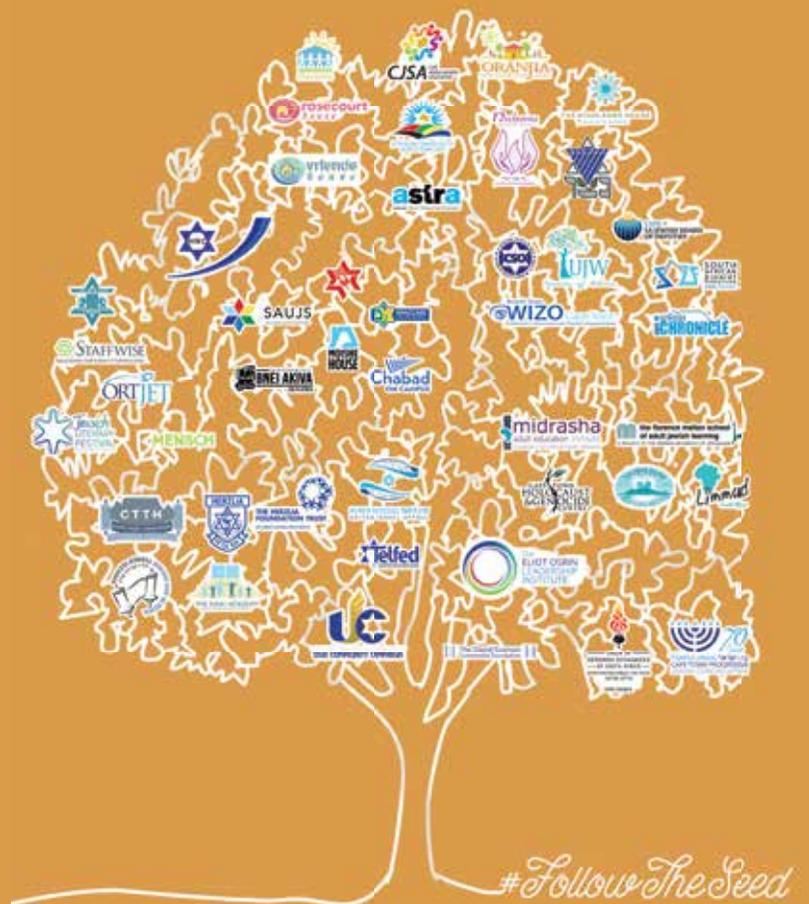


The Cape Town Progressive Jewish Congregation (CTPJC) is an innovative, caring and welcoming community, providing authentic Jewish spirituality and life-long learning to some 3,000 Progressive Jews across the city. Proudly committed to social justice, and particularly passionate about gender equality and inclusivity, the CTPJC offers a welcoming environment for people of all ages and all walks of life to study, pray and celebrate. Through three centres - in Green Point, Wynberg and Milnerton - the organisation offers Shabbat and festival services; adult and child education; Jewish life-cycle events; a conversion course; and social and spiritual support. The CTPJC is also active in interfaith programmes and events.

The Union of Orthodox Synagogues (UOS)



The mission of the UOS is to engage, strengthen, lead and inspire the greater Jewish community, and maintain and enhance Jewish life across Cape Town and outlying communities in the Western Cape. In addition to being the central liaison for Cape Town's various Orthodox shuls, the UOS provides a comprehensive range of specialist services essential to the preservation of Jewish religious life. This mandate includes the day-to-day management of kashrut, shechitah, Beth Din services (marriage authorisation, legal arbitration, Gittin [divorces] etc.), Mikveh, the Chevra Kadisha (burials), the Jewish cemeteries; conversions, various educational programmes, the Eruv, as well as support of the Office of the Chief Rabbi. Run by a team of dedicated volunteers and professionals, the UOS is Cape Town's largest Jewish religious organisation, catering to the wide-ranging religious requirements of 90% of the Jewish community.





With scholarship programmes catering to South African Olim, the obvious next step was to establish a scholarship programme for South Africans wishing to study in Israel, without necessarily making Aliyah. Aware of the growing interest among South African students to study at world-class universities in Israel, coupled with strong anti-Israel sentiment on university campuses in South Africa and a weaker Rand, Telfed's **South Africans Studying in Israel (SASI)** initiative was conceived.

In addition to the scholarship programme, Telfed engages with universities around Israel to explore study options that are available to students, both in English and in Hebrew. A recent partnership was established with **Ben Gurion University's Guilford Glazer Faculty of Business and Management (GGFBM)**. The one year **International MBA** offered by GGFBM is taught in English, with an emphasis on innovation in a multicultural setting. Ben Gurion University of the Negev is at the *hub of international interdisciplinary research and scientific innovation, Israel's cyber capital.*

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Orthodox business group finds common ground with fellow minorities

By Faygie Holt (JNS)

Can business and economic growth be the great equaliser among different religious and ethnic groups?

If the turnout and sponsorships for the recent 'Honoring Lauren Simmons, the Lone Woman on Wall Street: Empowering Minorities' event is any indication, then the answer is a resounding 'yes.' An estimated 200 young professionals gathered in Center City Philadelphia on 31 July for the program.

"It was an amazing event. Seeing all the people there and hearing about how they overcame different obstacles or stereotypes—be it gender, race, age or background—was just inspiring," said Tova Herskovitz, 28, founder of the Branding Stylist, a digital-marketing company and an Orthodox Jew from New Jersey who was one of the night's speakers. "The grit and determination people had, instead of just accepting when people said 'You are reaching too high,' showed real resolve."

Co-sponsored by the Orthodox Jewish Chamber of Commerce, the African American Chamber of Commerce, Modern Wealth Concepts Executive Services Group and the Hispanic Chamber of Commerce, the program included a panel discussion on women in business and a talk by—and salute to—Lauren Simmons, who at 23 is the youngest woman full-time stockbroker on the New York Stock Exchange.

The inclusion of an Orthodox Jewish group may seem surprising given the community's insular lifestyle, but for event organiser Jen Montague, executive director of Modern Wealth Concepts Executive Services Group, their participation made perfect sense.

"I think they are an organisation that is sensitive to the issues that affect us all as minorities," says Montague, who also serves as the chair of leadership programs at the African American Chamber of Commerce of Pennsylvania, New Jersey and Delaware. "They are really working to empower everyone."

Montague had dreamed up the event just a few weeks ago after reading about the success of Simmons, an African-American, at the NYSE. She knew it would be of interest to people within her own network, but wondered if the message might resonate with others

as well.

It certainly did for the Orthodox Jewish Chamber of Commerce, whose stated mission is to build bridges and empower business owners, according to founder and CEO Duvi Honig.

"Our mission is to give and share and partner with others—like that, we are all stronger," he explains. "We believe what unites us is stronger than what divides us. We are team players, and are always looking to incorporate and include new affiliations and partnerships with everyone, even those beyond our own circles, and empower them."

"It's so important for people who are successful to share how they got there," says the 43-year-old.

"We believe what unites us is stronger than what divides us. We are team players, and are always looking to incorporate and include new affiliations and partnerships with everyone, even those beyond our own circles, and empower them."
Duvi Honig, founder and CEO of the Orthodox Jewish Chamber of Commerce

The origins of the Orthodox Jewish Chamber of Commerce date back to the 2009 recession, when Honig saw many of his neighbors in Lakewood, N.J., a town whose residents are nearly 50 percent Orthodox Jews, losing their jobs.

"I realised that we had to bring as many resources our way and build bridges between people," he recalls. He started

Parnassah Network to give people the tools to network, job hunt and more.

Its success gave way to the creation of the Orthodox Jewish Chamber of Commerce, which includes divisions focused on health and medicine, real estate and women in the workplace.



Jen Montague, chair of leadership programs at the African American Chamber of Commerce of Pennsylvania, New Jersey and Delaware; Lauren Simmons of the New York Stock Exchange; and Duvi Honig, founder and CEO of the Orthodox Jewish Chamber of Commerce. July 31, 2018. Credit: Orthodox Jewish Chamber of Commerce.

The group's largest networking event is the annual J-Biz Expo. Organizers estimate that the most recent expo, held in June, drew 3,000 people from across the business spectrum.

OJCC has more events in the works that will reach out to members of other faiths, ethnicities and groups. Among them is the New York Business Conference & Expo on 21 September in Midtown Manhattan, which is being held in conjunction with the Greater New York Chamber of Commerce.

The organisation was also instrumental in getting legislation introduced in the New Jersey State Senate that will designate the second Monday in May as 'New Jersey Economic Development Day.' It's geared to encourage state officials, business leaders and local residents to organise job fairs, business conferences to promote 'economic resiliency,' as well as 'streamline economic development programs to empower communities' and foster

economic growth.

"It's a real Kiddush Hashem [sanctification of G-d's name] to be able to give back and help other groups," says Honig. "Helping to empower other people, other communities and to acknowledge them—that's the most important thing we can do as a Jewish community. Our strength is in commerce and business, and when we are giving back—and showing tolerance and helping others—you have no idea of the level of respect that people have. They look at us in a positive light, and this just complements and helps our own communities."

As for Montague, she is already planning to work with the Jewish business group again.

"I can't wait to do more with them. They are an amazing partner," she says. "Duvi Honig and I are already talking about what we can do next. And other organisations have reached out since the event, and we are exploring how we can build bridges together with them as well."



Some 200 young professionals gathered in Center City Philadelphia on July 31 for the "Honoring Lauren Simmons, the Lone Woman on Wall Street: Empowering Minorities" event on July 31, 2018. Credit: Orthodox Jewish Chamber of Commerce.



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By Geoff Cohen

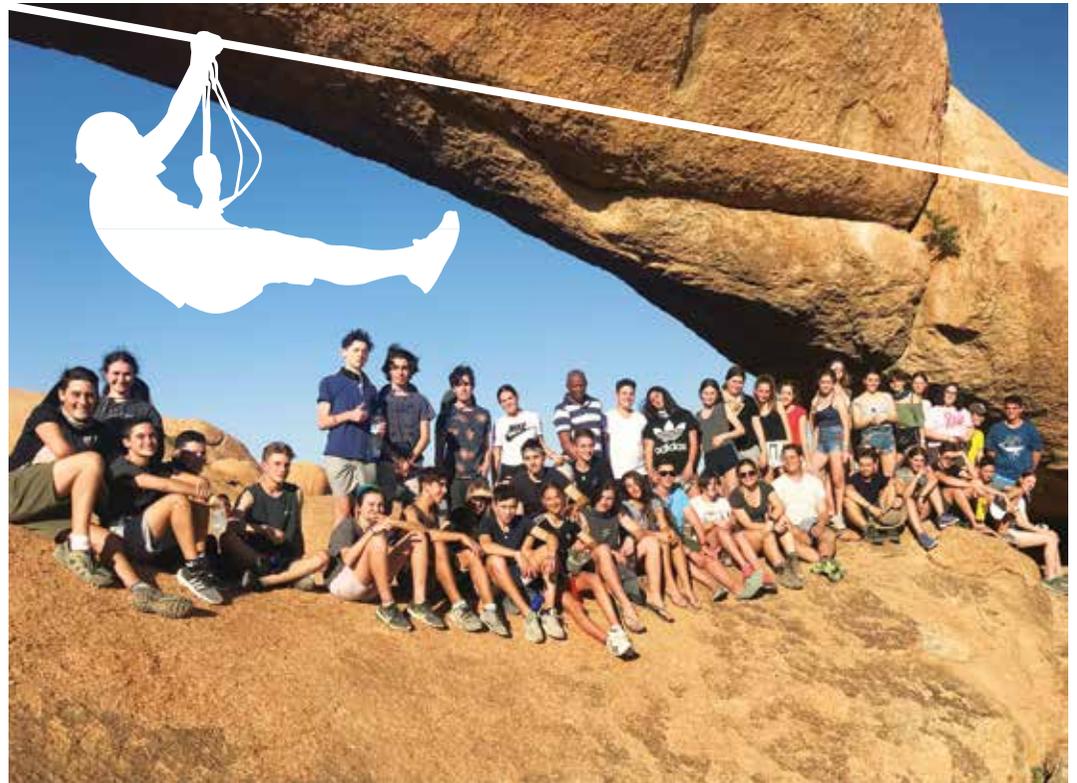
Education outside the classroom is a critical addition to our curriculum and complements teaching and learning in our schools.

Activities that go beyond the walls of the classroom are aimed at supplementing the skills learned in a formal classroom setting and provide our pupils with a range of skills that are crucial to their education. When our pupils are exposed to real life situations through visits to museums, field trips, outdoor education camps and sports events, they develop a range of skills that cannot be taught inside the classroom.

At HERZLIA we have incorporated an extensive, age appropriate programme of outdoor education for all our pupils. Our pre-primaries go on a variety of outings including grape picking, visits to Rosen Castle and the fire station. Once they get to primary school, our pupils embark on an incredible variety of outings such as visiting the Intaka Island bird sanctuary, camps where they learn basic survival skills, attending theatre productions and a variety of other activities all aimed at giving them a broad holistic education.

The Grade 9 Namibia Overland Trip has been a highlight for many years – travelling through three countries, for three weeks. The Grade 7 Rocky Shore Experience is always fun and educational and hugely anticipated by our students. Grade 11 Discover is a flagship informal programme run by The Herzlia JLL department over five days, where the students are challenged to explore their Judaism. All our Life Sciences students love the Biology Camp each year.

Experiences outside the classroom reinforce learning by enabling students to make connections between what they have learnt in the classroom and the world beyond.



Herzlia Grade 9 Namibia Trip 2018.



Namibian Landscape: Ben Zar and Gideon Sweijd.





Highlands Primary visit Intaka Island.



Weizmann Primary pupils explore sea life at the Aquarium.



Constantia: Mandela Day - Anna Lieberman.



Kerem: Aidan and Erin Wood make matzah.



Snakes at Sarah Bloch: Paul Schooling, Nyeyai Chari, Jaydin and Tyler Trokis.



Rabbi Feldman visits Gan Aviv.



Alon Ashel: Raphael Cohen from Younger Group practises his skills on the monkey bars.



High School visit to Parliament.



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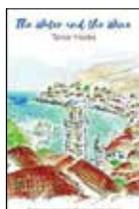
FICTION



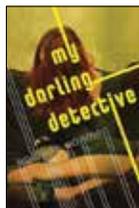
THE LOST FAMILY by JENNA BLUM. Peter Rashkin runs a successful restaurant named after his wife Masha who he lost during the Holocaust together with his two daughters. He lives a solitary life until he meets Jane Bouquet and their whirlwind romance leads to their marriage and the birth of a daughter. Blum brings to each bittersweet page a husband devastated by grief, a wife competing with ghosts and a daughter sensitive to her parent's pain and loss.



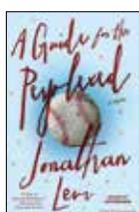
THE WOMAN IN THE WOODS by JOHN CONNELLY. A female corpse is found in the woods nearby a tree, which has the Star of David etched into it. Detective Charlie Parker is asked to trace the child whom the woman gave birth to shortly before her death. An English lawyer and a remorseless assassin are also interested in finding this infant. In this thriller, Connelly's complicated plot blends the natural and the supernatural with each character expertly drawn.



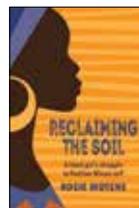
THE WATER AND THE WINE by TAMAR HODES. The author grew up on the Greek island of Hydra in the 1960's and this is her fictionalized account of those exciting hedonistic days. She describes Hydra humming with writers and artists including Leonard Cohen and his girlfriend Marianne Jenson. The bohemian nature of Hydra took its toll on her parents' marriage when they tried to fit in with the community on this island. Tamar's descriptions of magical Hydra, its shops, cafés, vegetation, birds and animals make it a most enchanting read.



MY DARLING DETECTIVE by HOWARD NORMAN. In this unconventional mystery, Jacob Rigolet attends an auction and witnesses his mother, a reputable librarian defacing a Robert Capa photo. Jacob's fiancée Martha Crauchet is the detective assigned to the investigation. Martha reveals that Jacob's father may be a different man who committed an anti-Semitic murder decades ago. The author is gifted at establishing characters and atmosphere.

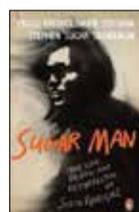


A GUIDE FOR THE PERPLEXED by JONATHAN LEVI. Two women are stranded at an airport in the Spanish town of Mariposa. Holland, an English filmmaker has come to interview a reclusive violinist and Hanni is a Miami widow is on a quest to recover a lost letter linking her to Esau, the alleged discoverer of America. They share a mysterious travel agent, surreal adventures and personal histories. A tapestry of magic realism, war, love, lost Jews and exile.



SOUTH AFRICAN BIOGRAPHY

RECLAIMING THE SOIL by ROSIE MOTENE. In Johannesburg during the apartheid era, Rosie was raised by the Jewish family for whom her mother was the domestic worker. Despite her privileged upbringing, she floundered within her own culture and religion. Later Rosie converted to Judaism content that her spiritual connection is "one thing that no one can ever take away from me".



SEARCHING FOR SUGARMAN by STEPHEN SEGERMAN. This book details Craig Bartholomew and Stephen Segerman's search to find what had happened to the legendary musician Rodriguez who they were obsessed with in the seventies and eighties. It outlines Rodriguez's struggle to make a life from music and fills in the blanks of a music career that was stillborn and then took on a life of its own. This biography is must for music historians and fans of this singer who is as relevant today as when his music was first conceived.



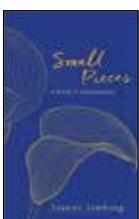
JEWISH CULTURE

RICH BREW by SHACHAR M. PINSKER. The author examines the influence of coffee houses as a milieu of Jewish creativity. He uncovers a network of interconnected cafes that were central to the modern Jewish experience from Odessa, Warsaw, Vienna and Berlin to New York and Tel Aviv. These cultural Jewish spaces redefined what it meant to be a Jew in the world. He draws on newspaper articles, memoirs, photographs, artwork and stories set in cafes.

MEMOIRS

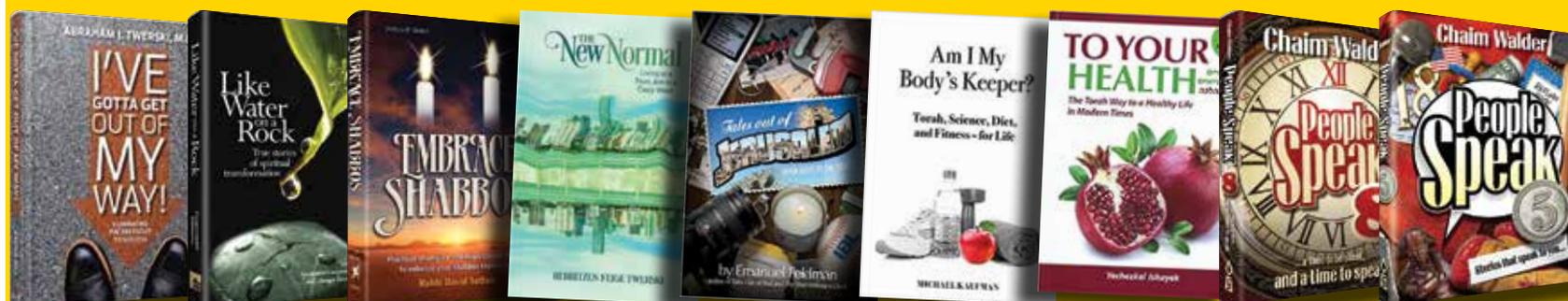


THE MIGHTY FRANKS by MICHAEL FRANK. A psychological memoir about an unusual family who were uncommonly close. Taking centre stage is his extravagant childless aunt Harriet who took care of his education. She was a Hollywood screenwriter who spun seductive fantasies. As Michael matures, he turns away from his adoring aunt and begins to draw his own boundaries. This leads to a series of shattering incidents. A story about innocence, love and art.



SMALL PIECES by JOANNE LIMBURG. A beautiful and honest meditation on family and faith. Joanne has written about her beloved brother's suicide, which left her shattered. When her mother died, Joanne embarked on a journey collecting scattered fragments from her childhood memories thereby creating a mosaic of her past. The subtitle A Book of Lamentations deals with Jewish theology in which the horrors of life are juxtaposed with the goodness of God.

INSPIRATIONAL READING FOR THE JEWISH HIGH HOLIDAY SEASON THANKS TO A GENEROUS DONATION FROM THE UNION OF ORTHODOX SYNAGOGUES



5779 — A NEW YEAR TO ...

...Be kind to yourself and others

By Steve Sherman

When it comes to New Year's resolutions, I often begin with the promise of improved health; weight loss, fitness, more sleep, veganism, fewer carbs, more exercise, less sugar... the list goes on.

Then move from health to wealth: I am going to pay off the bond sooner, gather all money that is outstanding, invest and save more AND make smarter business decisions. Finally, I look inwards and make promises about taking care of myself, fewer hours on social media, being nicer towards others, putting family first and starting fewer farribles.

In truth, I'll visit the gym once and cut out carbs for 24 hours. But then, my good intentions are put on hold. There is a Shabbat dinner at the Cohens (you know the one that wrote all the cookbooks) and my progress is dealt a lethal blow. A quick pep-talk and I am back on track until, who is celebrating their golden anniversary and sponsoring the Brocha the next morning? Oy vey. I am in a downward spiral.

How can I salvage any morsel of progress? On Monday morning I proudly and assertively phone the bank about reducing my monthly service fees. I am caller 239 in the queue and they assure me that I should continue to hold as they value my business. So after an hour on hold, I jump into the car and go to the bank hoping this may be quicker. I walk into the bank and stand in line for two hours. It is becoming painfully obvious that I'm sinking deeper! Quick there must be one goal that I can attain in the new year! I had been contemplating a hiatus from Facebook for a whole day (yes this would be an incredible display of personal sacrifice and will power) but I need to share my despair and my awful day with 827 people I call



friends. It suddenly dawns upon me that I am not only underachieving in the resolutions department but I am actually moving in reverse! These are what I call reversolutions. How could I possibly turn things around? It is said that I should count my blessings and realise that there are people who

Stop comparing your life to others because behind the Instagram and Facebook photos can lie a very different reality

are far worse off than I. With a quick glance through social media, it would appear that none of my friends are having these issues. They are smiling in every photo, they are travelling to exotic places, they are eating at all the hotspots, they are attending all the best parties, both husband and wife look tanned and 20 years younger — they are the poster people for the ideal life. And then the Facebook façade begins to crumble. It turns out that our happiest friends are in the middle of a bitter divorce. Close friends are in financial ruin. A best friend has a life threatening illness. A mate confided in me how nice it would have been on his trip overseas if he had not taken the kids with him...Wow... his holiday photos with the kids were the kind that you would find on travel brochures.

So here is my advice: With the New Year coming up, stop being so hard on yourself! Stop comparing your life to others because behind the Instagram and Facebook photos, can lie a very different reality. Goals can start at any time of the year but they require effort, not excuses. Just be yourself and be nice to other people. Shanah Tovah!

...Find your frequency

By Rabbi Shmuel Ozhekh

The Shofar in its original state is a weapon of war.

An animal uses its horn to defend itself from predators or to demonstrate its strength over another animals or creature. Life can often feel like one is at war, feeling the need to prove their existence to the rest of the world, ascertain one's position in society, and fend off anyone that comes to threaten it.

In thinking about the year ahead a person may consider how they can further differentiate themselves from others, stand out, be stronger, bigger, flashier, better.

The Torah teaches us that one must take this "divergent, warring mentality" and flip it around, realise that life is not about being bigger and better, and that the stress, anxiety and agitation that such an outlook on life may bring, is neither healthy or sustainable. What

steps does one need to take in order to tap into this state of serenity?

The Torah teaches us that two frequencies exist in the world. A frequency of the material, physical world, and a frequency of the spiritual and inner world.

When one defines themselves by a material frequency, they are immediately confounded by separation and differentiation. Matter is essentially separate.

When a person tunes into a spiritual frequency, they tap into a deeper part of self, which is not restricted or defined by what makes it different from its surroundings, in essence, the soul is a part of Hashem, and thus a ubiquitous entity.

We blow three distinct sounds from the shofar. The first, the Tekiah, a clear, distinct sound, that represents the inner, spiritual self, a place of tranquillity and clarity, a place of unity and love. The second, the



Shevarim, a broken, cry-like sound, that represents the emotion of feeling reunited.

Joseph broke into tears when reunited with his father, a feeling of coming back to one's father, this is the same emotional spiritual catharsis a person should experience on Rosh Hashana, when they reunite with their deeper selves.

The final sound, the Teruah, seven short alarm-like sounds, that represent an enlightened, awoken

state of existence. A resolve to establish the soul and one's connection to Hashem as their primary state of being.

When a person feels unified internally, their external self follows, we culminate this process, by visiting a body of water by Tashlich, which uniquely resembles a homogenous, unified body of matter, something which resembles a newly found state of existence, one of harmony and connection between what is generally separate.

Once a person goes through this process of self-discovery and reunification, the Raash Hashana (the noise of the year) transforms into, the Rosh Hashana, (the head of the year), a person can access a more serene state of existence, where a divergent warring mentality represented by the horn of an animal is flipped around and transformed into a musical instrument.

The Torah teaches us that one must take this "divergent, warring mentality" and flip it around

Lunch is served. Every day.

Sarah Bloch is joining the Gan Aviv Campus. A full-service day care centre with solid educational aftercare, healthy nutrition, a kosher lunch and sleeping facilities for those afternoon naps.



Cape Town Jewish Community supports Mandela Day

Mandela Day calls on South Africans to make the world a better place. Each year on 18 July community members find a way to make the world around them a better place in memory of Nelson Mandela. Many Jewish organisations were involved in various projects on the day, below are a few examples of the great work that was done for Mandela Day 2018.



Astra Workers prepared sandwiches at the Centre and a small group went out in the streets feeding and clothing some of the homeless people in the area. Workers who remained at the Centre were the recipients of a 'Mandela Day pamper session' from a group of children from the College of Cape Town Pre-Primary. They arrived with paper cups which they had decorated themselves; inside of which was some hand cream, to give the workers hand massages. They also presented each worker with two rose stems (and a hug!).



ORT Education participated in the community-wide day of action, organised by Mensch, where participants decorated bean bags and classroom resources for underprivileged schools.



Glendale Home residents baked biscuits for the Retreat Haven Night Shelter.



Highlands House residents Judith Myers, Ruth Berk, Jennifer Miller, Maureen Gordon, Lily Kessler (obscured) and Eva Cohen packaged various items for different charitable organisations. The residents have been busy preparing for this day all year.



Above and below: Cape Jewish Seniors (Southern Suburbs) got together to knit toys, beanies and blankets for distribution to the needy on Mandela Day



Temple Israel's soap 'n sock parcels.



Monica Buitendag, CEO of Heartlands (third from left) with Union of Jewish Women Somerset Branch members Douline Marcus, Carol Ann Savosnick, Ingrid Edelson, Chairlady UJW Michelle Miller and Brenda Wittenberg who donated nappies to the Heartlands Baby Sanctuary. They participated in a constructive tour of the premises and supported the second hand shop and coffee shop afterwards.



Jewish Community Services made soup and sandwiches and delivered them around Cape Town on Mandela Day.



Temple Israel spent Mandela Day making blankets, sandwiches and Soap 'n Sock parcels for various organisations



Shiva Call Anxiety

By Ariela Davis

My friend's father passed away recently. She is an incredibly outgoing and well-loved person who is approachable and easy to talk to and despite this, some expressed discomfort in reaching out.

Both in my role as Rebbetzin and unfortunately in the cases of when my friends and husband lost a parent, I've seen many such situations of people who are uncomfortable to reach out to a mourner. The common concern is that people don't know what to say. It comes from a place of sensitivity: no one wants to say the wrong thing and therefore, they figure maybe it's best not to say anything at all. Some assume it's too painful for the mourner to talk about the person who passed away and no one wants to upset the mourner further. Maybe, they are concerned there will be awkward silence.

I grew up in a home where my parents were always going for shiva calls. It was a chessed that they saw as a responsibility and I suppose that's why its importance is ingrained in their children. But as much as we always knew it was important to go on shiva calls, I had that same anxiety about saying the wrong thing.

When my grandfather passed away, a friend came to visit my father and then she sat with me. What she did trained me forever in how to do a shiva call: She asked me to share two stories that best exemplified my grandfather. I was not sitting shiva but my grandfather's death came as a shock and I was hurting. And as I started to share the funny stories about my grandfather that expressed his character, his honesty and his goodness, I realized that this was exactly what I needed. To talk about him.

With her questions and expression

of interest, she taught me something very important. We are always looking for the right thing to say. But in these situations, there isn't anything to say to make the pain go away. A shiva visitor is there to listen.

There are no classes offered to train us to be proper shiva visitors and visiting someone in pain, particularly after a tragic untimely passing can be incredibly difficult. As such, I find that when I visit shiva houses with my husband, many visitors don't know the way to conduct this most sensitive of visits.

Many shiva houses I've seen resemble a get-together, more than a condolence call. Visitors are uncomfortable about what to say and so they make chit chat and use it as an opportunity to catch up. But making chit-chat can become a burden for the mourner when perhaps what they really want, is to talk about the person who is now missing from their lives. I've seen shiva homes where people eat the food that's really meant for the mourners, when in fact, there is a custom for visitors not to eat food that is meant for the mourners. I've seen a case where an elderly mourner got up from shiva early because with the hustle and bustle, she nearly fell. So many mourners who are not observant have told me, either during or after shiva, that they really appreciated the concept and framework of shiva and needed this time that the Halacha

sets out, to mourn. But the visitors, intending only for the best, did not allow them what they needed.

In its infinite wisdom, Halacha tells us exactly what to do: to let the mourner direct us.

A shiva call, particularly after an untimely and tragic death is always difficult, and it is normal and even appropriate to feel a sense of trepidation before entering a room where a mourner sits in pain. And since a shiva call can be difficult, I always try to follow my friend's advice, which gives

me some direction. I ask questions about the person who passed away to learn more about them (which sometimes means redirecting a frivolous conversation started by an uncomfortable visitor.) Unless it's a topic of interest for the mourner, I don't ask how the person died or the details of their illness, but ask questions about how they lived (think about it: after we live full lives, would we want to be remembered by our last decaying moments?). How did they meet their spouse? What's a funny story about

them? (This may not be appropriate for an untimely death.) I ask them to tell me a story about the person who passed that can really teach me what the person was about. I find the answers are often touching and enlightening. When they're done, if I knew the person, I share a story about how the person touched my life. If the person sitting shiva

changes the subject, then that's not the direction they want to go and I try to respect that. Some want the distraction from the pain that the social visits offer and if that brings them comfort, then that's the right answer. Some don't want to speak at all. I've had friends who wanted to talk nonstop about the person who passed and I've had friends who weren't ready to talk about their parent for months afterward. Support can mean listening to stories, it can mean sitting quietly and it can mean sending a message to a person who doesn't want to see anyone and understanding when they don't write back.

Despite the fact that mourning is felt differently by everyone and every situation is different, it seems many find the following to be true: support is healing. To say the wrong thing is not good and I highly recommend Rabbi Zohn's article on this topic which can be found online at www.jewishaction.com/jewish-living/pay-shivah-call/. But despite our anxiety of saying the wrong thing, staying away from fear or discomfort is not the safest choice, it can, in fact be, the most hurtful to the mourner.

Everyone needs to feel loved and cared for and at a time when a person is hurting, just being present, offers the one way we can lighten the pain.

May we all experience only smachot.

Ariela Davis is the Director of Judaics at Addlestone Hebrew Academy and the Rebbetzin of Brith Sholom Beth Israel, the historic shul of downtown Charleston, South Carolina. She writes and speaks about issues related to Israel, the Holocaust and Jewish thought.

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I ask them to tell me a story about the person who passed that can really teach me what the person was about.

The Chairman, Director, Executive and Committee of the Nechama Organisation wish the Community Shana Tova and well over the fast.

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A cemetery consecrated — a life celebrated

By Rabbi Stuart Serwator

Jewish Law prescribes that one of the ways in which to show our national mourning on Tisha b'Av, the saddest day in the Jewish calendar, is not to greet each other until chatzot hayom, Halachic noon.

So while to receive a call mid-morning on that day was surprising, it was even *more* surprising that it was from Rabbi Moshe Silberhaft, South African Jewish Board of Deputies' Country Communities Rabbi, who amazed me by asking me to go to Calitzdorp the next day to conduct a funeral for a Jewish man who had passed away there. Although Jews began settling in Calitzdorp in 1888, none had ever been buried there. Either they died there and were buried elsewhere — likely in Oudtshoorn, 50 km away — or they died *and* were buried elsewhere.

Mr Elliah Louis Herring had registered, demarcated, fenced and gated a cemetery on his farm and had divided it into two: one on which to bury Christian people, the other on which to bury Jewish people. Sadly, the first Jewish funeral on that cemetery was to be his own.

In Jewish Law registering a cemetery is not enough. It is then necessary to hold a service to

consecrate such a cemetery, to make it holy land. This service takes place seldom and few Rabbis get to conduct one in their career. It was only the second time in over 40 years that a new Jewish cemetery had been consecrated in the Cape, the first being at Plettenberg Bay a few years ago. The Service comprises explaining why consecrating a Jewish cemetery is important and the laws regarding one, a few prayers and a formal public declaration of consecration of the area which must be clearly demarcated and separate from a cemetery of any other faith, but the main focus is on walking around the cemetery seven times while chanting Psalm 91.

The number seven denotes a cycle of completion, hence Shabbat is celebrated on the seventh day of the week, the (Shmittah) Sabbatical year in Israel being in the seventh year, when agricultural land is left to lie fallow, and Shavuot is celebrated on the day after completing seven full weeks of seven days each. In Western music, a scale comprises seven notes, with the 8th being the same as the tonic (the starting-note), either one octave above or below. This Psalm, whose number is 13x7, speaks of G-d as protector and carer, of immunity against attack and of our reward for trusting in

Him. Its reassuring themes are the reason that it features in the Funeral and Consecration Services and at a Cemetery Consecration Service.

Elliah Herring's parents emigrated from Lithuania and Latvia to South Africa, settling in Oudtshoorn and later buying a farm which they named 'Warmbad', which was later renamed by Elliah's son, Mervyn, to 'Moses Hope' in honour of the memory of his late grandfather Moses Herring. Moses Herring and his wife, Rachel, wanted a good Jewish and general education for young Ellie, they sent him all the way to Cape Town to the Herzlia hostel at the young age of 12 in 1947. He celebrated his Barmitzvah at the Great Synagogue then went to high school at SACS, intending to matriculate and to study medicine. However, when his father died when Ellie was 16, as he was the eldest son of four children, his mother told him to return to the farm and to start running it, which he did.

Despite a couple of intervals, when conditions were too tough to farm, he continued his father's work for the next 66 years until returning his soul to G-d on 22 July this year. After the Cemetery Consecration Service, attended by the Jewish people present, about 70 people attended the funeral, accompanying the coffin on foot from the farm-house the short

distance to the cemetery. Eulogies were delivered by Rabbi Stuart Serwator, Mr Fishel Kaufman and Mr Brian Minnie. At 4.30 pm, at the end of the funeral, as the Karoo sky turned from cloud-streaked blue to the grey of dusk, and after family, friends and farm-workers had filled the last of the earth into the deep grave, three unusual things happened.

Firstly, an elderly lady sat down on a chair, a guitar on her lap. Behind her stood three younger ladies, one of whom introduced the seated lady as her mother, who, she said, had worked for Mr Herring's parents. She then thanked them and the late Mr Herring for being such kind and caring employers. Then the seated lady, accompanying herself on the guitar, sang a song in Afrikaans acknowledging her faith in G-d. Appropriately, this paralleled the first part of the Funeral Service, which acknowledges G-d as the True Judge. Next, the three ladies behind her sang in English a capella in beautiful harmony a song of praise to G-d. As those present slowly traipsed in silence to the fence of the cemetery, where the family had considerably arranged urns of water, basins, big old enamel jugs and towels for the ceremonial washing of the hands, there was not a dry eye.

[Read page 67 for more on this story](#)

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The story of a true and dedicated friendship

By Lauren Cohn (nee Herring)

I write this story with so much pride and honour; reliving the special friendship of my uncle Ellie Herring and his lifelong friend Fischel Kaufman (Kaufie), which spanned a lifetime of just over three score years and ten.

This remarkable friendship started in January 1947 in the corridors, classrooms and hostel of Herzlia School, those days situated in Hope Street, Cape Town. Both boys were shy of their Afrikaans mother tongue — being from the country had its setbacks. Uncle Ellie from Calitzdorp and Kaufie from Paarl and they found each other as naturally as the sunshine on a summers day. With hindsight as the perfect vision, these two boys were destined to be 'brothers' until the end of time.

My grandparents and Kaufie's parents both fled war torn Europe at the turn of the century. With both families inherent strong Jewish values, they sent their sons to Herzlia to ensure they were given a Jewish education with the main focus of studying for their Barmitzva's. I remember listening to their stories of when uncle Ellie would visit Kaufie at his parents' home in Paarl on weekends. In return, Kaufie would visit 'Warmbad', later renamed in honour of my late grandfather to 'Moses Hope', the Herring family's farm nestled in the mountains just outside Oudtshoorn in the small Karoo town of Calitzdorp.

Uncle Ellie had to leave school at the young age of 16 to return to the farm as his father had taken ill and was unable to manage alone. When his father passed away, he took on the responsibilities of the farm and remained committed to his mother and three siblings. He made a life for himself on the farm. He met Ellen Dawson, whom he married and together they raised their 4 incredible children, Angela, Mervyn, David and Irene as well as Ellen's young daughter, Lorraine, whom he adopted as his own. Through the years that followed, uncle Ellie and Kaufie maintained a strong friendship which grew to include their growing families and changing life

paths. In the midst of a devastating Karoo drought, it was Kaufie who encouraged uncle Ellie to relocate to Paarl to try his hand at a different career. He later moved on to the Strand where he joined my dad in his motor business. All the while, the farm was calling him back.

He eventually returned to the land he loved and rebuilt his farm. They never had the luxuries of life but they were certainly blessed with a warm and open home bustling with a heart that was ever-welcoming of all who visited. At the same time, Kaufie was raising his family with his beloved wife, Zelda and his two boys Mark and Errol, in the small town of Paarl. The two families spent most long weekends and holidays together with their children discovering and building the same bonds as their parents. Even though uncle Ellie did not raise his children in the Jewish faith, his family were his most important and proud assets. He raised his children with his parents Jewish morals and values and they had an immense respect for him. Uncle Ellie continued to live on the farm together with his eldest son, Mervyn, and his family.

In 2015, we celebrated both uncle Ellie and Kaufie's 80th birthdays. As all the years prior, the Herrings and Kaufmans descended on either Calitzdorp or Paarl celebrating each and every simcha together. In all the years, an opportunity was never missed to wish each other Happy Birthday, Chag Sameach, Happy Anniversary or just a good ol' "Hoe gaan dit?". At the ages of 82, Uncle Ellie and Kaufie were still best of friends, conversing in Afrikaans, as they did all those years ago in the corridors of Herzlia School. They continued to trust each other and share their inner most thoughts and feelings with respect and love.

In the early hours of Sunday 15 July, my Uncle Ellie took his last breath unexpectedly while in the local hospital with his oldest daughter, Angela by his bedside. After speaking to my distraught father, the next

person I called was Mark Kaufman.

It was one of those times where we never had to explain anything because we all knew the type of man uncle Ellie was, as a great grandfather, grandfather, father, brother, uncle and friend. Throughout his life, his infectious nature and quiet belief was evident. It was in his death that his strong belief, lifelong friendships and brotherly love were never questioned. My dad and Kaufie always knew that uncle Ellie's wish was to be buried on his farm and I knew they were going to give him the most memorable and loved "send off", one he himself would not believe possible. Together, we navigated this difficult situation and were not sure how it was to unfold.

Kaufie, together with his sons, are the Chevra Kadisha for the Paarl community and undertook the procedures of my beloved uncle's passing with the utmost importance. They spoke to the Country Community Rabbi, Rav Moshe Silberhaft, who after many conversations, confirmed that a Jewish cemetery would be consecrated on the grounds of 'Moses Hope', Calitzdorp, established in honour of the life of my uncle Ellie Herring. Rabbi Stuart Serwator officiated at the ceremony and thereafter, at the funeral.

A special thanks must go to those members of the local Oudtshoorn Jewish community who came to pay their last respects to a man who was not a regular shul go-er but a fellow Jew and friend nonetheless. As his family, we remain eternally grateful for their attendance. Uncle Ellie would be so overwhelmed to know that, not only had his children prepared everything to perfection according to stipulations by the Union of Orthodox Synagogues of South Africa, but that there was a minyan at his burial. My father was comforted knowing that his brother would be laid to rest on his farm in Calitzdorp. The same farm where, as young boys, they grew up watching their father work the fields, sometimes with no product to show for it. A dedicated Jewish family who were led with Yiddishkeit in their hearts.

For me, this story is so powerful. "From small things come greatness" resonates so strongly. You see, anyone who knew my uncle Ellie or who has the privilege of knowing either my dad, Isaac Herring or his friend Fischel (Kaufie) Kaufman, will know that this type of love, respect and dedication is in their blood and I am honoured to be surrounded by such influence which I can comfortably say stems from those corridors of Herzlia School.

Read page 66 for more on this story



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Sarah Bloch is joining the Gan Aviv Campus. The new location on the Gan Aviv Campus will be upgraded with a newly designed playground and innovative equipment inspired by nature.



Jewish history included in Ceres museum

By Tali Feinberg

The Transport Riders Museum in Ceres has extended their permanent exhibition to include a section on the Ceres-Wolseley Hebrew Congregation.

The history of Ceres will not be complete without reference to the impact that the Jewish community had on especially the economical development of town," says Bertdene Laubscher, manager of the museum.

"During the 1930 up to the 1950s, there were many Jewish store owners in town — not only Ceres but also in Wolseley and Tulbagh and Prince Alfred's Hamlet. It was time to add more information on the families that lived here and to bring tribute to those who impacted and made a difference in our area," she says.

Adds Jos Kahn, a resident of Prince Alfred's Hamlet: "This addition covers information on the first Jewish families who settled in Ceres, Wolseley, Tulbach and Prince Alfred's Hamlet, who made a real contribution. It also looks at the history of the two shuls in the area (the first shul having been destroyed by an earthquake nearly 50 years ago, in 1969) and the cemetery, which served all the villages. This project is a work in progress and new information will be added as it comes

to hand."

Kahn explains that there are only two resident Jewish families in the area — David Cohen in Ceres and his family. After the earthquake, a new shul was built in 1973 but the last service was held in 1996. Rabbi Nates served the congregation from 1927 – 1953.

"The furnishings then went to Wynberg Shul. Thereafter we rented the building out for a number of years, and as a result were able to contribute R300 000 to Jewish charities. About two years ago we sold the building to the Dutoit Farming Group. They have very tastefully converted the building into a conference centre and offices," says Kahn.

He feels that "residents of country towns today would never have met a Jewish person, yet Jews played an important role in years gone by. In the towns of Picketberg, Malmesbury, Calvinia and possibly Springbok, the old shul is the town museum."

He remembers many of the Jewish traders in the area. "Most were immigrants who didn't know the language, had no political clout and nothing to lose. The first recorded Jew in Ceres was Adolf Arnholtz in 1865. By 1900 there were ten families."

There was the Kirsch family who were traders and farmers and one of

the founders of Ceres Fruit Growers; the Raskin family who sold mineral water; the Baum family (some may remember Sammy) who purchased one of the Kirsch shops and also owned

property in Hamlet; and the Cohen family that started breeding horses and mules during World War I and the fourth generation has the largest race horse stud in South Africa.

Then there was the Fish family who were traders and leaders of the congregation; the Sarembok family who came from Prussia and owned the Klein Pruis farm; the Joseph brothers who imported trees from New Zealand, Australia, Canada and California, where they had learned the art of fruit growing; and Jock Levin who owned the Grand Hotel in Ceres.

In 2002, Kahn supervised the restoration of the local Ceres Jewish cemetery. It was established in 1925, and by 1963 there were 45 graves,



Jos Kahn of Prince Alfred's Hamlet, Mitch Jacobs of the museum and who was responsible for the compilation of the information, Bertdene Laubscher, museum manager and David Cohen of Ceres.

one without a tombstone. Jews from the surrounding towns were also buried in the cemetery. There was some damage to the tombstones during the earthquake. On the suggestion of country communities' rabbi, Rabbi Moshe Silberhaft, the vertical tombstones were laid down at a 30 degree angle.

"There is still an opportunity to add to our exhibition and if there are any family members that have more information or photo material available of people that used to live in Ceres, we would really appreciate it if they can contact the museum so we can make arrangements to obtain the material for scanning," says Laubscher. "The museum invites all community members to visit."

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5779 — A NEW YEAR TO ...

...Ask yourself 'why?'

By Jacques Weber

5778 has been a year of immense growth for me, both in my personal and professional life. I remember how I felt this time last year... I was anxious about my future in the property world as it was completely new territory for me. I was also only half way through my life transformation journey.



Fast forward 365 days, and I am delighted to say that I have achieved everything I set out to achieve this year. I have had many curve balls thrown at me, but I did not let them de-rail me. Instead, I learned valuable lessons from them and they have shaped me into who I am today.

However, at this time of year, we acknowledge that we are all imperfect, that we can improve our ways and that we must do better with the life we have been given. This is a period for reflection. The High Holy days permit us to acknowledge our fears and failings but, at the same time, offers each one of us the possibility of renewal.

If we were asked to predict the outcome of a year at the beginning, we would likely fall short of approximating any of it accurately. This year, no different from those before it, had its predictable elements that were anticipated when the year began last Rosh Hashanah: the resignation of Zuma; the appointment of new president, the constant shenanigans in the political world and many other such events.

The same can be applied to life's journeys. At some stage of our lives, we have all been culprits of setting unachievable huge goals. This can often lead to failure. Instead we should set short-term achievable goals. These are goals that don't overwhelm you and are easily achieved. Big journeys begin with small steps.

However, just as important is 'why'. Ask yourself daily why you are doing

Having a purpose and having an answer to that question will go a long way. I can personally say I have tried and tested this method and it works!

something? Having a purpose and having an answer to that question will go a long way. I can personally say I have tried and tested this method and it works! It is far easier to achieve your goals when you make them realistic and achievable.

We know that the human mind is rewarded on achievement and once you achieve your first set of goals it will automatically enable you to push onto the next one.

We are all worthy of our dreams. If you can dream it and believe it, you can achieve it! Don't ever let anyone ever tell you that you are not able to do something. It is about commitment, it is about dedication and it is about passion.

So as I look forward to 5779, I am so excited and hopeful of what the year ahead holds for me. I will be setting new personal goals — believing that I can do anything that I put my mind to. I am in control of my own destiny. The future looks bright.

In the year ahead, continue to be strong but also to strengthen one another. Let's work together to make 'a sweet new year' not only a greeting, but a reality for ourselves and the world we share.

I extend to you all my very best wishes for a happy and fulfilling new year. Shana Tova!

...Learn and live consciously

By Ariella Goldman

I would like to take responsibility for my happiness. To own that responsibility, whether it's to become a better Jew, or simply having better commitments. To stop pushing off deadlines or giving the 'dirty' work to someone else. To do it now! (If not now, when?) I want to rock 'n roll into this new year and start doing services for myself and others.



I want to be more aware and conscious.

I want to learn after the first time of something not working for me, like dealing with the chaos of kids in the morning alone and instead of being a martyr acknowledge I need an extra pair of hands to start the day!

I want to be a more mindful human being, conscious and aware of what's happening

within me from the moment I open my eyes in the morning till bedtime. Thanking the creator for returning my soul, these few words take me just seconds to recite but the acknowledgment of today as a gift sets me on the right footing.

I want to become aware of what drives me, what motivates me, what puts a smile on my face. Fuel this feeling, nurture it, act on it!

To a new year of being grateful for the small things, for the big things, for everything. To a new year of putting others before myself even if it's hard at times and to a new year of not being a doormat.

To a new year of fueling my soul, my spirit, my neshoma. With Torah, with Tzedakah.

No matter where I am I want to allow myself to feel infinitely close to G-d. I want to think about the fact that I am actually thinking these thoughts, my brain is acting as a humble abode to G-d, and my soul is fulfilling the very purpose for which it was created — to reveal G-d's oneness here in this world.

Before I dance into this new year, I reflect on the past.

What happened, what did not.

I acknowledge my flaws and take steps to refine and to grow. Here's to a year of more learning. About myself and others.

I want to spend time contemplating G-d's absolute oneness, how He is found everywhere and constantly recreating me.

No matter where I am I want to allow myself to feel infinitely close to G-d. I want to think about the fact that I am actually thinking these thoughts, my brain is acting as a humble abode to G-d, and my soul is

fulfilling the very purpose for which it was created — to reveal G-d's oneness here in this world.

What greater joy can there be than a deep sense of fulfillment that you are doing what you were created to do?

I want to be mindful of how crucial it is for my children to be imbued with a sense of mission and taught the secret to lasting joy.

Here's to a year of accomplishing and implementing.

Even just one of the above.

Shabbat Shalom שבת שלום

Sarah Bloch is joining the Gan Aviv Campus. We will continue to focus on our shared Jewish values with regular weekly visits to the campus from the Rabbi and JLL team.



LIQUID CRYSTAL / 4/25/10

Sarah Feldman shares her delicious Rosh Hashana treats

In the lead-up to Rosh Hashana, Sarah Feldman, rebbetzin, wife, mom, entrepreneur and fabulous baker, shares two wonderful recipes with our readers, so that we can all enjoy a sweet new year.

On her blog, www.rabbiswife.com, Sarah says of the apple cake "I baked this divine apple cinnamon cake which is perfect for Rosh Hashanah. I'm not usually a fan of cooked or baked apples but this cake is something else!" She also tells us more about her mom's honey biscuit recipe. "[it] has always been a favorite growing up... the biscuits literally melt in your mouth! There is nothing really healthy about them but here is my 20/80 rule; if you eat healthy 80 percent of the time you can cheat the other 20 percent of the time. You can always replace regular oil with coconut oil, replace white sugar with brown sugar or honey and can use spelt flour instead of regular white flour." Sarah wishes all our readers a "Happy and Sweet new year filled with all of G-d's greatest blessings!"

APPLE CINNAMON CAKE FOR ROSH HASHANA

INGREDIENTS:

Filling:

6 large apples (eg: Cortland, Honeycrisp or Granny Smith) cored, peeled, quartered and thinly sliced.

1 tbsp ground cinnamon
1 tbsp brown sugar
1 tbsp spelt or regular flour

Batter:

4 eggs
1 3/4 cups brown sugar
1 cup light olive oil
2 tsp pure vanilla extract
2 3/4 cups spelt or regular flour
3 tsp baking powder
1/4 tsp salt
1 tsp ground cinnamon
1/4 cup Apple juice
confectioner's sugar for dusting.

Method:

1. Preheat oven to 175. Coat a 12 cup Bundt pan or 9 x 13-inch baking pan with nonstick spray.
2. Filling: In a large bowl, combine all filling ingredients. Toss to combine.
3. Batter: in the large bowl of an electric mixer fitted with the paddle attachment, beat eggs with sugar, oil and vanilla on



medium high speed for 3-5 minutes, until light.

4. In a medium bowl, combine flour, baking powder, salt and cinnamon. Stir to combine.

5. Reduce mixer speed to low. Add half of flour mixture; then blend in juice, followed by remaining flour mixture. Use a rubber spatula to fold in apples.

6. Pour batter into prepared pan; spread evenly.

7. Bake about 1 hour and 15 minutes if using a Bundt pan or 1 hour if using a 9 x 13-inch baking pan. Dust cake with confectioners' sugar when cool.

DELISH HONEY BISCUITS



Ingredients:

1 glass oil - glass is a bit bigger than a cup
1 glass honey
1 glass sugar
5 eggs
Dash of cinnamon
Dash of ginger (optional)
2 tsp bicarbonate soda
8 cups flour

Method:

Mix oil, honey and sugar together. Add in one egg at a time and mix. Stir while adding the rest of ingredients. Make golf size balls and leave spaces in between because they do grow. Bake @ 180 for 10- 15 minutes. You can take them out as soon as they are light brown. They freeze well!

Makes 56



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5779 — A NEW YEAR TO

...Reduce suffering for all sentient beings

By Rabbi Dr. Shmuly Yanklowitz

Besides the ostentatious political troubles happening all over the world, there are more dynamic and underserved causes that need our attention.

Foremost in my mind is the broken culture that promotes the prolonged suffering and mistreatment of innocent creatures. From coast to coast, from America to Europe to South Africa, tasteless advertisements for the latest innovations in fast-food meat blaze across the land. Their ubiquity is heartbreaking. These seemingly innocent adverts present to us a genuine juxtaposition: that for however lovingly portrayed that food is to the consumer, hidden from public view is the dark truth of pain and suffering that created the moment. In this public space, we celebrate the remorseless cycle of pain for profit.

How do we deepen our spiritual roots to make our commitments more meaningful and more sustainable? For a growing number of Jews and other people around the world (including myself), developing veganism as a spiritual practice will not only benefit us personally, but will also strengthen us to make a greater difference in the world. If you're like me, no doubt this past year has been filled with opportunities and challenges; it's in the latter where we typically achieve the most growth. As a meta-observation, this auspicious time of year also allows us to take stock of what is happening in our culture and that which we have participated in. Have we been passive observers or active participants? And with Rosh Hashanah on the horizon, we are afforded the wonderful and unique opportunity to reflect on the year that has passed and how we've grown in our spiritual capacities.

Indeed, the mass suffering of animals in factory farming is one of the greatest ills of our time. And when we look closer at our own Jewish community, an ethos persists

that meat consumption is not only a religious fulfillment but a cultural necessity. Often, it is looked down upon to avoid meat consumption as a "holier than thou" attitude. Indeed, as religious Jews have become more politically reactionary in recent years, this ideological outlook thwarts larger efforts for meat reduction in the broader community. Some seem to think that going beyond the norm of meat at every occasion is a violation of the institutions of Judaism itself.

While it is difficult, certainly, to understand another's trauma and impossible to grasp the extent of another's suffering, taking the time to attempt to understand is a radical — and badly needed — form of empathy. One may even call it radical empathy in the way that it destroys the false construct that animal suffering is less than that of humans. What is beautiful about humanity, however, is that we have the ability to create spaces to listen, to nurture empathy, and to respond to the needs of all vulnerable creatures. As

Rabbi Shlomo Wolbe, one of the twentieth century's most prolific mussar teachers, says, "We see ourselves in the other, as if every person we encounter is simply a mirror in which we see ourselves! That is to say: we have not yet freed ourselves from the self-centered perspective to see that the other is not identified with us. The other is precisely other, different from us in essence, and it is incumbent upon us to focus on the way the other differ from us and see that which the other needs, not that which we need!" (Alei Shur 2:6)

Approaching the High Holidays means that we are afforded the

opportunity to rethink our orientation towards meat consumption. This is not meant as a guilt trip. Rather, it is yet another chance to practice mussar (character development) in our everyday lives.

- Humility — Most importantly we allow ourselves to step back and focus on the grander meaning of the universe. Acting and speaking self-righteously with those who don't arrive at the same conclusion immediately is immature and irrational. As I have come to learn, work performed in humility is far more likely to win the day. And such humility, when practiced with authenticity, is one of the greatest means to enact meaningful change. We do not deserve to make all of God's creations tools for our pleasure.

- Gratitude — Create a deep appreciation of our own existence and that our lives are inextricably interconnected with each other's. The focus of gratitude shifts away from the self and toward the other, and it leads us to take responsibility and care for other humans, for animals, and for our fragile earth.

- Discipline — It is not always easy to eat healthfully and ethically when the prevailing culture amplifies bad choices and quotidian cruelty; we are tempted every day. But there is also something simple in the act of committing one's self to a lofty ideal. In doing so, we transcend our base selves and become beings of compassion.

I'd like to depart this piece with a thought from one of my spiritual heroes. Rabbi Samson Raphael Hirsch explains, "Compassion is the feeling of empathy which the pain of one being of itself awakens in another; and the higher and more



human the beings are, the more keenly attuned are they to re-echo the note of suffering which, like a voice from heaven, penetrates the heart (Horeb 17:125)."

Indeed, deepening spiritual integrity by reflecting upon and eliminating any vestiges of inconsistency between what we believe and how we live is a wonderful practice for growing individually and building community. As we mark this most auspicious of days on the Jewish calendar, let us take that precious time to reflect the people we were last year and the people we hope to be in the coming year. There is no better time to change our outlook, open our soul, and produce more kind-heartedness in a world that so desperately needs it. And together, we are not only able to enrich ourselves spiritually in this pursuit, but one another as well.

Rabbi Dr. Shmuly Yanklowitz is the President & Dean of the Valley Beit Midrash, the Founder & President of Uri L'Tzedek, the Founder and CEO of The Shamayim V'Arez Institute, the Founder and President of YATOM, and the author of thirteen books on Jewish ethics. Newsweek named Rav Shmuly one of the top 50 rabbis in America and the Forward named him one of the 50 most influential Jews.

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We wish all our Jewish clients and friends a prosperous and peaceful New Year and Well over the Fast.

SIMCHA SNAPS



Romy Kruger and Jonathan Ayache
Photo: John Armstrong

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Tapping into the 'Golden Age' of cantorial music for the 21st century

By Carin M. Smilk for JNS.org

Ordained Chabad rabbi and cantor Aryeh Leib Hurwitz has traveled the world honing his voice and performing skills, and is now part of an effort to revive the classic tradition of 'chazzonus,' the quasi-operatic Jewish music of more than a century ago.

Aryeh Leib Hurwitz is attuned to all things musical. A chazzan ('cantor') and ordained Chabad rabbi born and raised in Brooklyn, N.Y., he studied at yeshivahs around the world while honing his voice and performing skills. The 29-year-old father of nearly 3-year-old twins has been on stage in Berlin and Johannesburg. He has sung before NBA crowds. He can belt out familiar pieces from 'Fiddler on the Roof' and 'Les Misérables,' croon at weddings and headline a jazz band. And, of course, he sings in synagogue during the High Holidays in the classic tradition of chazzonus, the quasi-operatic Jewish music of more than a century ago—music that transports listeners back to a time before great human sound wasn't accessible by the click of a button.

Here, he shares a bit about himself and the Eastern European musical tradition that is his hallmark.

Is cantorial music entertainment, spiritual nourishment or both, and how so?

In the 19th century, cantorial music was the only form of Jewish entertainment. You looked forward to going to the synagogue to hear your favorite cantor perform, and with that, receive spiritual nourishment. Of course, that changed significantly over the decades, in time and place. Today, cantorial music is an art performed globally on the High Holidays. However, its art is beautiful year-round, and still plays the role of both entertainment and spiritual

nourishment in various communities around the globe.

How has cantorial music changed in the past two decades since the turn of the 21st century?

The golden age of chazzonus was in the early 1900s. There's been a major decline since the likes of Josef 'Yossele' Rosenblatt, Moishe Oysher, Moshe Koussevitzky and so on. Having said that, since the turn of the century there has been a nice comeback unfolding. With cantorial music now available with the click of a button (YouTube) and people appropriating culture, there are many different occasions where cantorial music is on display.

What is its role in Jewish life?

The cantor is the shliach tzibbur, the 'representative of the community.' Their job is to pray to the Almighty on their behalf. Cantorial music is the tool that the chazzan uses to spiritually connect the congregant with the God. That's why it's largely associated with the High Holidays and life-cycle milestones.

Does cantorial music have a special role during the High Holidays?

Yes. It's the highest of holidays. The time to connect to God makes it all the more essential. On a technical level, the prayers are less known. So it's important that the quarterback—aka, the cantor—knows the rules, the prayers and the songs.

Is cantorial music meant to affect the worshipper? Does it complement prayer, or is it singular in nature?

Cantorial music is based in the essence of nusach ha'tefillah, the 'modes of the prayers,' which were passed down generations since the time of the Temple in Jerusalem. There is holiness in the music.

When used in its true form, it absolutely affects the worshipper, as it also compliments the prayer.

What is the voice range of a cantor? Are they mostly tenors?

Most have been tenors, historically, like the 'Cantors of the Golden Age.' I am a tenor. But today, it's more common to be a baritone ... I would say maybe 25 percent of cantors today are baritones. And, of course, within those general definitions are different types and ranges.



With jazz backup, Cantor Aryeh Leib Hurwitz sings "Sheyibone," one of the most fundamental Jewish prayers, beseeching G-d to rebuild the Beit Hamikdash (Holy Temple), ushering in a period of global unity and harmony.

'It's important that the quarterback—aka, the cantor—knows the rules, the prayers and the songs.'

—Aryeh Leib Hurwitz

What is the difference between the concert chazzan and the synagogue chazzan?

Let's start with the important job of the synagogue chazzan. The

chazzan is sincere, humble and with a sweet voice pours his heart out to the Almighty. The concert chazzan can be a true entertainer, or he can be a synagogue cantor giving a concert. Does the music fit with nusach ha'tefillah? Is it a piece that connects one spiritually? Or is it a piece that is a joy to listen to? The greats did both at a high level.

Do niggunim and cantorial music serve different purposes?

Completely. Niggunim is Jewish music meant for everyone to join in and be inspired together. Cantorial niggunim is an art that is best done

with the participants silent.

What does music mean to you and your religious life?

Music is a tool to connect. Unlike many career musicians, for a religious Jew, music is another form of serving God, whether dance music, classical music or cantorial music.

What are your most memorable moments on stage?

My most memorable moments were certainly singing as the very first cantor ever to perform a Jewish song in the main hall of one of the most prestigious halls in the world—the Berliner Philharmonie in Germany, home of the Berlin Philharmonic Orchestra—with a 70-piece orchestra. I was also fortunate enough to perform in three cantorial concerts in Johannesburg, South Africa. And to perform the national anthem, 'The Star-Spangled Banner,' before two different NBA games for 'Jewish Heritage Night' events: for the Utah Jazz in Salt Lake City and the Brooklyn Nets at the Barclays Center in New York City.

Who is your musical role model?

So many ... if I had to choose one: Moshe Koussevitzky. He served as a cantor in Vilna and Warsaw, escaping the Nazis with his family during the Holocaust by fleeing to the Soviet Union. They came to the United States in 1947; five years later, he became cantor of Temple Beth-El in Borough Park (Brooklyn). He was one of four brothers, all cantors. In December 1947, they sang together in a concert at Carnegie Hall.

Do strong voices run in families?

They certainly can, yes. Parents, siblings, children can all have beautiful voices. I have a brother who's a wedding singer. I come from a family with musical lines. But it is an art to be studied. The cantorial greats, they worked to refine their voices.

Do you have a favorite music city?

Nashville, Tennessee. I have performed a few times there and will be going again. It's an entire city that has an appreciation of and love for music—all music. I find that fascinating.



Cantor Aryeh Leib Hurwitz (left) at the Berliner Philharmonie in Germany, home of the Berlin Philharmonic Orchestra, with a 70-piece orchestra. To his right is Michael Zukernik, conductor of the Philharmonic Chamber Orchestra in Berlin.

JEWISH LIFE ON ^(& off) CAMPUS

A monthly recap from The Samson Student House - Powered by Chabad on Campus

Chabad
ON CAMPUS

THE SHOFAR OF BARRACKS #14

Rabbi Nissen & Ariella Goldman, Co-Directors



As the year comes to a close and a new year dawns on us, we want to thank each and every one of you who have made our community possible. Whether you are a monthly or once a year donor, your gifts are essential and valued. You have given Jewish students a community and place to call home.

Every connection made, relationship formed, Aha-moment experienced at Chabad would not have been possible without you, so Thank you!

Story time: If you've ever been to Yad Vashem, you may have noticed a small Shofar on display in a glass case. Do you know the story behind it? It's much more than just an exhibit; it represents the spirit of our people.

In 1943, Rabbi Finkler was in the slave camp Skarzysko-Kaminena in Poland, which was created after the liquidation of the ghetto. Over two-thirds of the Jews there were murdered, starved or worked to death.

As Rosh Hashanah was approaching, the Rabbi bribed a Polish guard - not for the food or warm clothing he desperately needed, but for a ram's horn. He then asked his student, Moshe Weinretter, to turn it into a

Shofar. Moshe was terrified of getting caught and didn't even know how to make a shofar. But he figured it out and presented the crude shofar to the Rabbi. And against all odds, the sound of the Shofar shook Barracks #14.

Why is this so important? Because no matter what happens in the world Jews need to celebrate Rosh Hashana. *And that's where you come in.*

The sounding of the shofar and the festive Rosh Hashanah celebration is what keeps us together and keeps us going. It's the one thing that will never ever change. No matter how crazy the world gets. And as you surely know, University Campuses are not immune to the craziness of the world around us. Students often come to campus concerned, and apprehensive. They may be away from their homes for the first time and it's hard for many of them to adapt.

Your generosity and caring ensures that no matter what is happening in the world around us, Jewish university students have a place to celebrate, and thrive, where they can truly be themselves and grow as a community.

CHABABE OF THE MONTH:

Name:

Johnathan (Yonatan) Daniel Tylor

Orienski Age: 20 Born: Jozi

Parents birthplace:

MOM: Riga, Latvia

DAD: Kalnas, Lithuania

Schooling: King David Victory Park and now UCT

Course: Finance w/economics.

Like a good yiddishe boykie

Single/Take? Single.

What is your ideal date?

Maybe going to a quiet bar, having a few drinks where we can talk in a more intimate setting with good ambience.

What is the most attractive quality you look for in a partner?

She has to know herself well and know what she wants but also be prepared to step out of her comfort zone. That's super important.

Which Societies do you belong to? Chabad on Campus, SAUUS Western Cape, Scuba Diving Society, The Yacht Club

What do you want to be when you grow up? Not too sure yet but I do know that I don't want to work in corporate. Maybe foreign investment or the stock market. Whatever job it will be I want to be happy when I grow up.

In your opinion, what is the secret to being happy?

I think the key to happiness is never being content with where you are holding. Always doing something to grow yourself whether it be academically, socially or spiritually. Also not caring about what other people think. That's something I'm working on now.

Can you share a real-life conflict that you've experienced between your Jewish values and the social demands of varsity life? Earlier this year, I had a period of a few months where I was questioning everything. It wasn't a Jewish vs social conflict per se but I just wasn't happy with the status quo of waking up to go to varsity to go to sleep just to wake up again and repeat the whole thing.

So did you get the answers you were looking for? I would say yes, I have started reading a lot more. I try to read a book each week and learn more about myself. I've also started writing down what I need to do the next day the night before and have little goals that I can track to see progress.

Name an under-appreciated UCT treasure? I think the lecturers are underappreciated. I'm not saying they're treasures but they're definitely underappreciated.

What is your fondest Jewish memory growing up?

Does 17 still count as growing? Then, definitely March of the Living walking from Auschwitz to Birkenau with other students from around the world singing Jewish songs about life in the spot where life was unimaginable just a few decades ago.

If there was one person in the world you could have dinner with, who would it be and why? My mom! I love that woman. She's probably the most knowledgeable person I know and has been through a lot in her life that has given her wisdom that I want to learn from.

What is your favourite dish at Chabad?

Definitely the brisket! It's amazing. Oh, and Ash's sushi salad, it's dank!

Tell us one way Chabad on Campus has made a difference in your life? Chabad has helped me by creating a welcoming place where I can be myself. It has acted as my springboard for being more proud of my Jewishness. My non-Jewish friends can't believe we have this home away from home, with meals and events just for Jewish students at no charge. They can't understand that and it kinda makes me really proud to be Jewish.



ONWARDS & UPWARDS!

Some 75 students from universities across Cape Town packed out the Samson Student House in early August to celebrate the beginning of a new semester. We also opened applications for The CHABoard Club (Chabad Student Board). The event marked 2 years of Chabad's activities at the Samson Student House.



The Chabad on Campus family reconnecting at the kickoff braai for the new semester.

Did you see the special #increaseTheLight Mitzvah Campaign our students at Stellenbosch launched in memory of Jeff & Herschel Zetler?

You can watch it here: bit.ly/stellies613

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