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inospace

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Astra 'fundraces' at the track

On 30 October, Astra hosted its 29th annual Race Day Charity Event.

The two-legged hobby horse relay race was the highlight of the day.

Twenty participants made up five teams and each gave generously for the honour of participating in

this VIP race. They took to the track enthusiastically and raced each other using wooden horses made by Astra, whilst the humorous Joey Burke commentated on their progress.

The guests, who could follow the race on the venue's internal television monitors, were encouraged to place bets on their favourite team.



Ryan Copeland, Brent Greenblatt, David Rosenberg, Tamara Davidson and Caryn Querido

Continues on page 6

A bucket-list trek through the Himalayas



David Greis and Stephen Jaffe on Gokyo Peak (5 360 metres)

See page 61 for more

Eating out kosher in Cape Town

Cape Kosher Consumers (KOCOSA) have compiled a helpful list of kosher establishments in Cape Town.

To see the list of restaurants and other food outlets operating under the auspices of the Beth Din refer to our guide in this month's issue.

See page 24

Highlights of the Jewish Care Cape AGM



Anne Marx presenting Rhita Russon with the Eliot Osrin Award for Professional Service at the Jewish Care Cape AGM

See page 45 for more

Local runners aim for Six Star medals



Kim Katz with her daughter Sarah (16), and son Sasha (14) at the Bank of America Chicago Marathon

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Lindy with a why

Why are there so many ways to spell Chanukah?



By Lindy Diamond, Editor Cape Jewish Chronicle

It's Chanukah time! Or is it Hanukkah? Or Hannukah, Hannukkah or Channukah? Oy.

Hanukkah has even more meanings than it does spellings. Education, training, rededication, inauguration, consecration. It's like the other holidays aren't even trying...

Emes kumt aroys vi boyml afn vaser (Over such a small amount of oil, you make such a big festival?)

There is an argument in the Gemara as to how many candles should be lit each night of Hannukkah. According to Beit Hillel, we start the first night with one candle and each night we add a candle.

According to Beit Shammai, we start the first night with eight, and decrease by one every night after.

We even question how many nights we should celebrate. Why is Hannukah not celebrated for nine days in the Diaspora, with an extra day added on, as it is for Passover, Sukkot and Shavuot?

And why do we celebrate Channukah for eight days and not seven, as the flask of oil the Maccabees found had enough to last one day, so the miracle was really only for the seven days after that?

Emes kumt aroys vi boyml afn vaser (Truth comes out like oil on top of water)

But isn't this part of the joy of being Jewish? We question, we argue, we allow, recognise and even celebrate the differences between us, because of the overarching, all-encompassing Jewishness of us all. Whether it's celebrated eight or nine days and no matter how it's spelled, the light of Chanukkah lives on beyond the holiday and the more open the tent flaps, the further away the light can be seen.

We also need to remember to be

humble, to see the journey we still have to make on the path to wisdom. You can't learn anything if you think you know everything.

Gisn boyml afn fayer (Pouring oil on the fire)

Whether we are lighting a candle or pouring oil on the fire, it's clear that when we create light we see things differently.

Sometimes that light is shared by candlelight and sometimes by firebomb, but it's still light.

Rabbi DovBer Pinson, scholar, kabbalist, and spiritual teacher asks in an article on Chabad.com "What is light? Light is commonly viewed as a metaphor for wisdom. The universal symbol for understanding in a cartoon or graphic illustration is a light or flash. Light. Seeing.

"People of all cultures, when grasping a concept that is being explained, use in various languages one word: see. 'Oh, I see,' we say, when finally arriving at an understanding of something."

This holiday reminds Jews to rededicate themselves to standing against forces that would destroy Judaism and to keep alive the flame of Jewish religion, culture, and peoplehood so that it may be passed on to the next generation.

But outside of the guidelines of halacha is a little bit of space for interpretation, for personality, for opinion, for the acknowledgement that we don't all agree.

So what does all of this mean? There are many ways to spell it, many ways to understand what it means and many ways to light a chanukiyah.

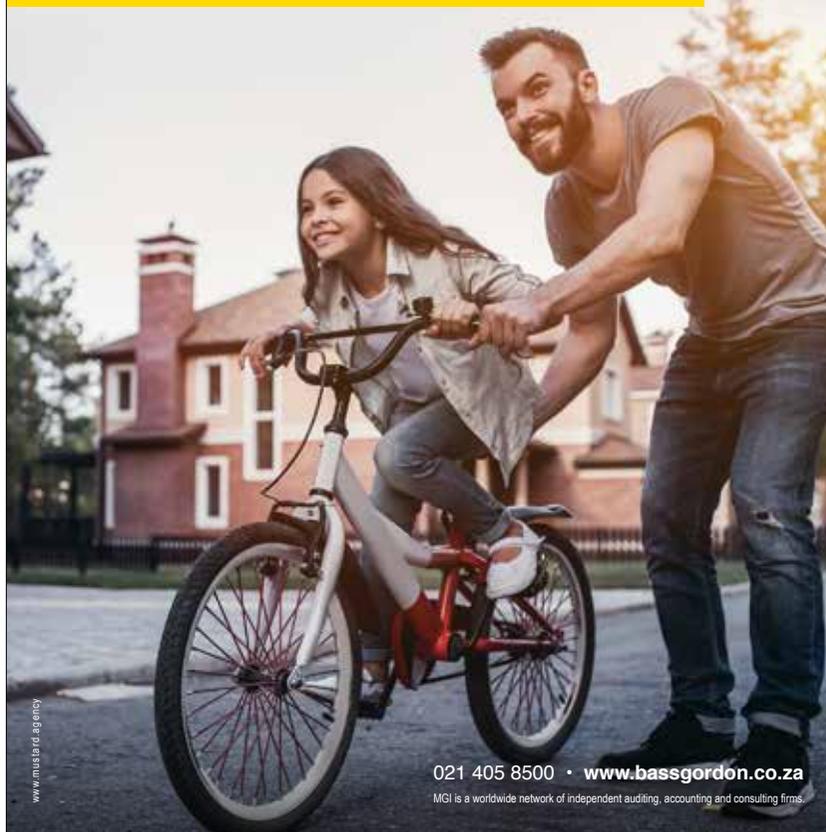
But the most important part is that we remember who we are and choose to spread a little light.

A *freylichn Chanike*, a Happy Chanukah to you all.

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Community Noticeboard

SOUTH AFRICAN JEWISH MUSEUM

Dinner and Show – *Yid Dish* Bringing songs from the old world into the new world.

Sunday 23 December. For details of tickets for this show and other events, see page 54

Where is Kovno?

The exhibition created by artists Yda Walt and Cheryl Rumbak, explores the tragedy of the Second World War genocide of Lithuanian Jewry.

6 December – 28 February. See page 54 for details.

CAPE JEWISH BOARD OF DEPUTIES

Campus Impact Network. The high-important training programme for Jewish students.

30 January 9.30 am – 1.30 pm. RSVP sajbd@ctjc.co.za
See page 9

CT HOLOCAUST AND GENOCIDE CENTRE

'Deadly Medicine' returns to the Holocaust and Genocide Centre 10 December – 6 March.

For more events see page 52



The following organisations are affiliated to Jewish Care Cape
Cape Jewish Seniors Association • Glendale • Highlands House •
Jewish Community Services • Nechama • Oranjia • ASTRA Centre
(Jewish Sheltered Employment and Rosecourt Group Homes)

www.jewishcare.org.za

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Shabbat and Yom Tov Times

Date	Portion	Candle lighting		Ends
		Earliest	Latest	
7 Dec/29 Kislev	Mikketz	6.30pm	7.29pm	8.26pm
14 Dec/6 Tevet	Vayiggash	6.30pm	7.34pm	8.32pm
21 Dec/13 Tevet	Vayechi	6.30pm	7.38pm	8.36pm
28 Dec/20 Tevet	Shemot	6.30pm	7.41pm	8.38pm
4 Jan/27 Tevet	Vaera	6.45pm	7.43pm	8.40pm
11 Jan/5 Shevat	Bo	6.45pm	7.43pm	8.39pm
18 Jan/12 Shevat	Beshalach/Shirah	6.45pm	7.41pm	8.36pm
25 Jan/19 Shevat	Yitro	6.45pm	7.38pm	8.32pm

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

Material deadline for the February 2019 issue is Monday 7 January.

Please book your space before Friday 7 December.



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From page 1



Astra 'fundraces' at the track

It was a fun-filled afternoon at the Races for about 260 guests, with great entertainment, exciting raffle prizes, amazing auction items and much laughter and socialising.

A gastronomic luncheon was catered by Merle Rubin, the venue was beautifully decorated by Linda Blachowitz of Linda Says and the auction was brilliantly executed by auctioneering personality Joey Burke and the incredible Events Committee, a team of real dedicated volunteer workhorses from our community who worked selflessly behind the scenes.

With the never ending financial needs and demands, donor fatigue and the current volatile economic situation, it is heart-warming to know that Astra can always rely on the enduring support of the remarkable corporates, sponsors and donors, which enabled us to exceed our target.



Outgoing Chairman Peter Greenberg with Director Merle Furman



Seated: Barbara and William Gurwitz, Susan Freeman, Sam Casper. Standing: Michelle and Stan Joffe



Auctioneer Joey Burke with Gabi and Mendi Vogel, and Leonard Sank



Hobby-horse runners took to the turf with Astra-made horses. Standing: David Shochot, Ryan Copeland, Tania Copeland, Wendy Shochot, Cherise Feldman, Gia Leve, Caryn Querido, Cindy Bacher, Kerry Miller, Tamara Davidson, Nicci Bloom, Tanya Cassel, Ross Kudo, Brent Greenblatt, Anthony Palmer and Robyn Palmer. Front: Aubrey Miller, Valerie Capelouto, David Rosenberg and Tracey Frank



Wishing you a happy Hanukkah filled with joy and light.

CaRRoL BoYeS

USING MY NUDEL

Examining assessment or assessing examinations

By Craig Nudelman

Every six months, students in schools and universities around the country go into a frenzy. Anxiety levels peak as they worry about exams.

I think that we need to relook at how we approach assessing our students, especially in a world where more and more children are susceptible to high anxiety and hysteria.

The first issue that I have is that exams cater for one kind of learning. They are a test of one's ability to recall information using a defined set of parameters. Another issue which makes me upset about exams is that they happen on one specific day and time. We all function differently at different times. Also, something could have happened outside of school or university that affects our focus on the day.

Rob Bristow, head of Pearson Education in the UK, writing in The Telegraph, states that "That over-emphasis (on performing well in exams) leads to a 'pressure cooker environment' with students finding it difficult to cope with the extraordinary levels of stress associated with taking exams. Sometimes parents also contribute to this stress, albeit with the best of intentions."

I see more students becoming so anxious they have to get emotional support from the social workers when exams come around. In class, my students continuously ask me, "is it in the exam?". This shows how they are not driven to receive an all-round education, but learn just enough to do well at school. There is no room for extension; instead there is only room for getting the marks to please either themselves or their parents.

I have had students coming up to me in tears when they have not done well, saying that their parents will be angry with them. Is this the kind of environment we want our children to be in for a significant period of their lives? Another problematic area with exams is that we seem to think it measures intelligence. When you see the crosses and the comments written in red across the paper upon which you wrote, it has ever-lasting effects on your self-confidence. I know that when I performed poorly in exams, it was traumatic. I felt as if I couldn't achieve things, and it made me think of myself as stupid and inadequate. Perhaps the word 'intelligence' as we know it is problematic in itself. Intelligence is defined as, 'the ability to acquire and apply knowledge and skills'. However, there are many

synonyms related to intelligence which do not fit into that particular definition and exams do not cater to the creativity needed for important transferable skills like being savvy and having mental agility in a situation.

There are people who believe that exams are an important way to assess students' knowledge in a constructive manner.

Penny van Bergen and Rod Lane from Macquarie University in Sydney say that exams focus on breadth of understanding on certain topics, which promotes overall learning of a subject, instead of delving into one topic in a deeper way. They also suggest that in exams, it is much more difficult to cheat. Plagiarism is indeed a problem that needs to be addressed, and this does curb it. The final positive aspect of exams, according to them, is that it enhances the learning process. They state, "Studying is like exercising. When one exercises, the muscles in use grow stronger. (...) This means that when newly qualified teachers, doctors, lawyers, or accountants come to retrieve information they need, it is — as a consequence of having been practiced previously — now easier to access."

So what can one take out of this? How does one deal with the issues that exams cause, i.e. anxiety, inability to cater to different intelligences, and the fact it will affect our lives forever from one final assessment? In contrast, is there any other way to assess students which is not formalised for the entire student body for one specific subject, which can be marked, inasmuch as one can, in an objective manner?

I don't know the answers to these questions. However, we have to find a middle ground to ensure that we can rear successful, well-adjusted people with transferable skills for the new socio-economic environment in which we live.

And if you are a student reading this, just remember there is a light at the end of the tunnel! Exams will end for this academic year soon, and you will be free from the stress and anxiety that they bring — albeit for just a little while.

As it is in the middle of Chanukah, may the light of the Chanukah candles burst through any darkness exams may bring.

Chag Chanukah Sameach!



A challenging year,
but the journey
continues...



Enjoy the holidays

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KEEPING IT REAL

Spread a little light...

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

The festival of lights tells a story that resonates strongly with the opportunities and challenges we as a community face in Cape Town today.

As a father, this is not only a time to ensure my children understand the symbolic messages of Chanukah, but an opportunity for them to see a dad who thinks and acts according to the lessons of the season.

Our Cape Town community has seen an increase in hate speech and antisemitism and we must not allow ourselves to be complicit through our silence. Like in the brave Maccabean revolt, it is our voices that will ensure we build a society for all South Africans to live their best life. The Board's *No Place for Hate* campaign urges all of us to stand up and fight against prejudice and injustice, no matter where we find it. The chanukiah with its nine branches reminds us that as a community we may have differing views, but when we come

together, we can create one passionate burning light. We have the power to be the light among the nations.

I have been reminded through the Mensch Mitzvah Day and Akiva Tor's visit that we in the Cape Town Jewish community can be proud of our structures and organisations, and the important role that they play in achieving Jewish continuity in our region and a positive image in broader Cape Town. Our commitment to our student body will also be evident in the next phase of the Campus Impact Network.

As we light our chanukiah, may we be reminded that a little light has the power to overcome a lot of darkness.



Diaspora diplomat visits the community

Akiva Tor, the Head of the Bureau for World Jewish Affairs and World Religions, made an official visit to Cape Town with Israeli Ambassador to South Africa Lior Keinan. As a division of the Ministry of Foreign Affairs in Israel, the bureau's core mandate is to maintain contact with the Jewish communities throughout the world and encourage Israel-Diaspora relations.

The Cape Board's executive and communal leaders met with Mr. Tor to discuss both our community's challenges and gain insight from his vast experience in dealing with Diaspora Communities around the globe. He found that our challenges were similar to the San Francisco Jewish Community encouraging our community leaders to exchange ideas and connect with them.

Mr. Tor was impressed by the structures and support organisations within our community, and was highly complimentary on the important role that they play in achieving Jewish continuity in our region.

The SAJBD (Cape) together with the United Jewish Fund and the SAZF hosted Mr Tor and Ambassador Keinan at a cocktail party at Café Riteve where they were invited to meet members of the community in a relaxed setting.



Rowan Polovin (Chairman, SAZF), Rael Kaimowitz (Chairman, SAJBD Cape Council) and Akiva Tor (Head of World Jewish Affairs and World Religions)



Jonathan Silke, Julie Berman, David and Hilary Kaplan



Gillian and Rabbi Malcolm Matitiani and Roy Fine



Karen Sank, Shirley Freedman, Leaza Cowan and Tamar Lazarus



NO TO HATE IN OUR COUNTRY.



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Campus Impact Network



The Campus Impact Network helps Jewish university students address not only the changing face of antisemitism but other movements on campus such as #feesmustfall that have also set-off occasional racial tension.

This high-focus facilitated half-day session gives students the

skills and resources to respond to antisemitism, whether it be in the lecture hall, on social media or graffiti. These interactive sessions have been tailored to help you find your voice and respond strategically to conversations and experiences that may have left you voiceless in the past. In 2018, over 60 Jewish students received training through the Campus Impact Network.



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Race and racism in SA's faith sector

The Institute of Justice and Reconciliation (IJR) has embarked on an anti-racism project to challenge various forms of bias and abuse. As part of this, a round table on racism in South African's faith sector was held on 29 October with panelists representing Judaism, Christianity and Traditional African religions.

Gwynne Robins, Deputy Director of the SAJBD (Cape) who spearheads the intercommunity work at the Board, spoke about the Jewish community's understanding of its role in the fight against racism and whether Jews as part of civil society can take on a greater role within the Anti-Racism movement specifically, and in broader social justice generally.

In her remarks she told the group that "The Jewish community is particularly sensitive to racism because it resonates with our own exposure to antisemitism, and many of our members were involved in the struggle. It is well known that of the 156 accused in the 1957 treason trial, 23 were white, 15 of whom were Jews and that all five whites arrested at Rivonia in 1963 were Jewish.

"We are the victims of what is known as the longest hatred. Name calling, xenophobia, economic restrictions, second class citizenship, expulsion, forced removals, killings; been there, done that, got the t-shirt with the yellow star.

"And we are still the victims — antisemitism worldwide is nearly as bad as it was in the 1930s and it is becoming more acceptable to express this senseless hatred. 11 people were killed in an American synagogue by a white supremacist shouting 'All Jews must die'. Are we again victims of racism? Absolutely. We have Tony Ehrenreich calling for South African Jews to be killed in retaliation for Palestinians. He has been found guilty by the Human Rights Commission for hate speech and ordered to apologise, and he defies the court and refuses to do so."

She also spoke about the time Chief Rabbi Harris gave a presentation on behalf of the Jewish community to the Truth and Reconciliation Commission. He pointed out that the Jewish community did not initiate apartheid and many did not agree

with it. Almost everyone had a kind of awkward tension about apartheid, and most benefited in one way or another. Jews overwhelmingly and continuously voted against the governing National Party, more so than any other white group in South Africa. They also participated significantly as activists and in various protest groupings.

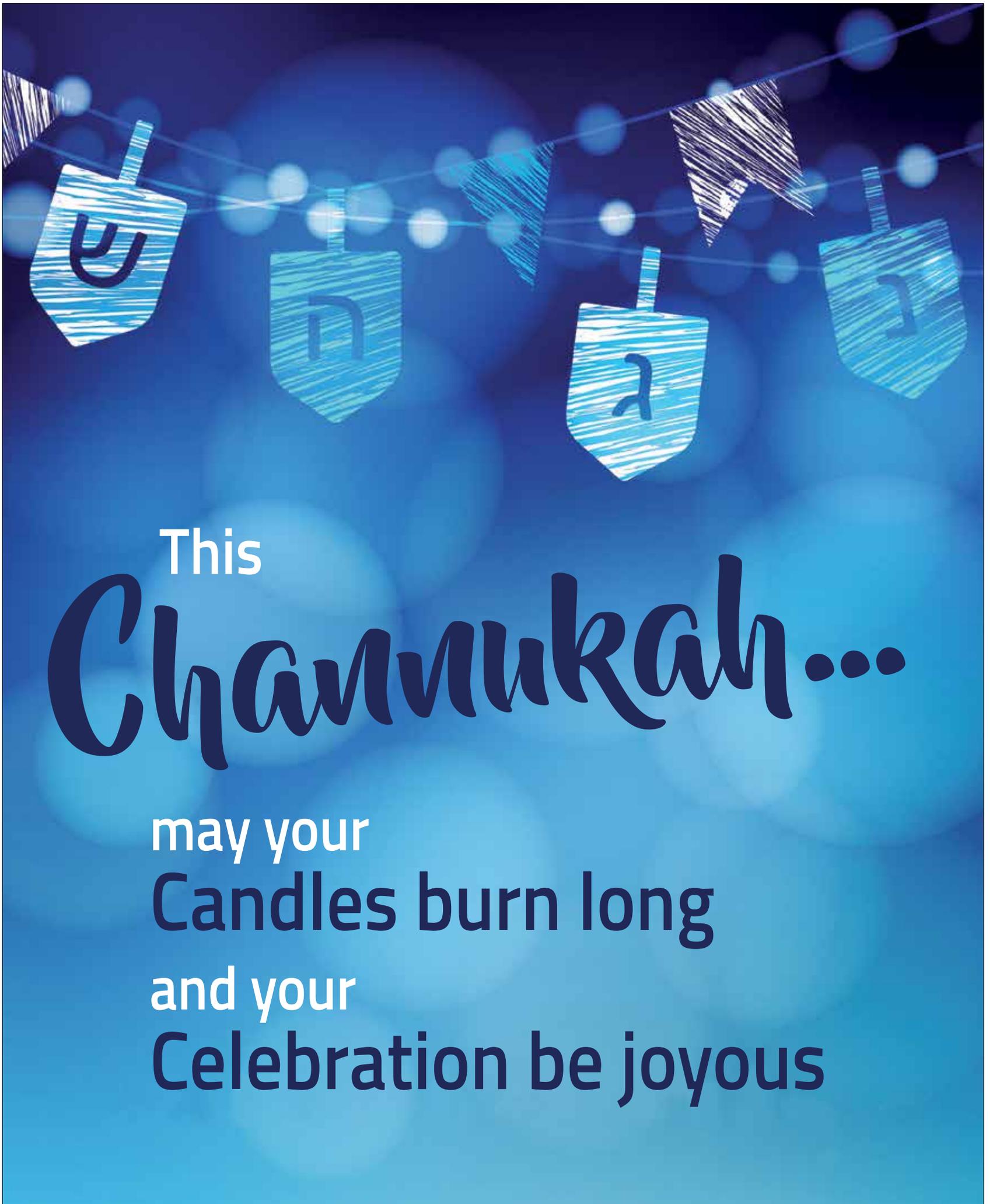
Apartheid's effect, he said, was to ensure that whites achieved a degree of affluence as a direct result of the fact that others were forced to live in penury. This created a profound personal and collective responsibility for every apartheid-reared Jew, for it raised the possibility that their present attainments might have been achieved only because of apartheid's role in denying to others what they now enjoyed. He thought that the 'haves' sharing with the 'have-nots' was not merely a political, economic or social certainty, it was a moral imperative.

She said that Chief Rabbi Harris had told the Commission that: "One of the great evils of apartheid was that it desensitised decent people to the suffering of millions. The Jewish community in South Africa, confesses a collective failure to protest against apartheid. We are trying to galvanise our Jewish community in order that we can actually help. It is our responsibility to be of help."

Gwynne told them that the Chief Rabbi responded by starting Afrika Tikkun with Nelson Mandela as patron in chief, to reposition our community to take on a greater role within the Anti-Racism movement specifically, and in broader social justice generally.

She explained that apart from a small but growing minority that is becoming more religious in our community, many of our younger generation show their Jewish identity through Tikkun Olam.

Finally, the Board's *No Place for Hate* campaign was presented and Gwynne concluded her presentation by saying "Our community works very hard to promote anti-racism. As people who have been persecuted because of our race for centuries, the harm that prejudice causes is something wired into our psyche and working to counter racism is very meaningful to us. We are a very small community, 15 000 Jews in a city of about 3.8 million so we try our best.



This
Chanukah...

may your
Candles burn long
and your
Celebration be joyous



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CUTTING-EDGE TECH PREVENTS BOTCHED PATIENT PRESCRIPTIONS AT SHEBA MEDICAL CENTER

BY KEN STEPHENS

An innovative med-tech start-up company, based in Central Israel is revolutionizing the way doctors and their patients deal with their medical prescriptions.

MedAware, a developer of Artificial Intelligence (AI)-based patient safety solutions has successfully implemented its flagship medication safety platform at Sheba Medical Center in Ramat Gan, Israel. In stark contrast to traditional rules-based approaches, MedAware is using big data analytics and machine learning algorithms to flag potential dangerous medication outliers to the learned profiles of the patient, physician, or institution, with high accuracy and low alert fatigue.

On average, MedAware has been able to flag one warning, per department, per day, for a total of approximately 50 unique interventions at the hospital on a daily basis. Due to the low alert burden and high accuracy of these clinical interventions, Sheba Medical Center's providers always pay attention to MedAware's warnings, and as a result, typically choose to revise their prescriptions when they are notified of such risks. This has resulted in unprecedentedly high physician acceptance rates, safer patient care, and improved clinical outcomes.

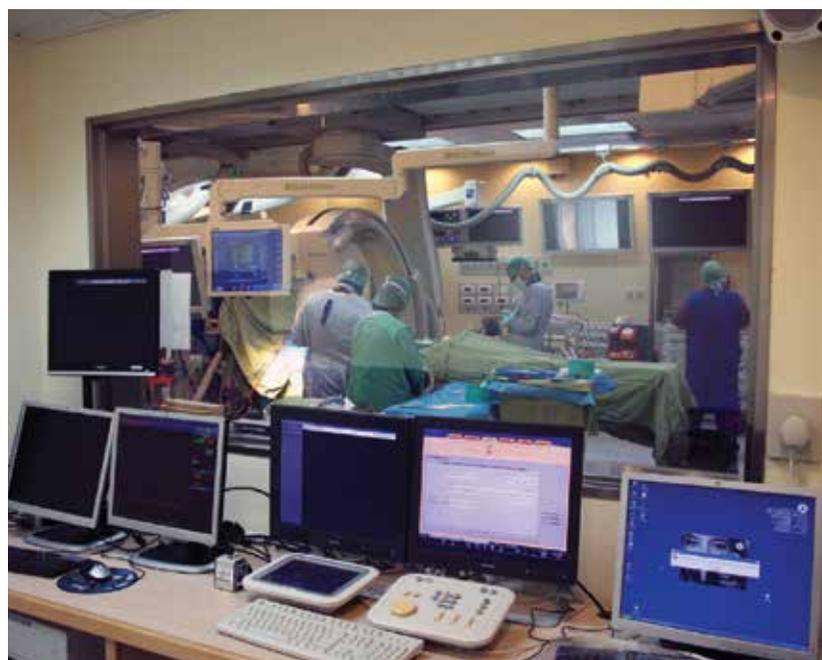
Sheba Medical Center at Tel Hashomer is the largest and most comprehensive medical center in the Middle East, which treats over one million patients every year.

"Within the medical profession there are shocking statistics when it comes to the growing number of medication errors," explained Dr. Eyal Zimlichman,

Deputy Director/ Chief Medical Officer and Chief Innovation Officer at Sheba Medical Center. "MedAware's technology was tested within our internal medicine department with very successful results, including 80 percent accuracy of MedAware warnings -- an impressive statistic. As a result, Sheba has decided to rollout the MedAware program across the entire hospital, within the various medical divisions, including surgical, pediatrics and OBGYN. MedAware has become a reality at Sheba and its' life-saving technology is an absolute essential in hospitals of all sizes."

MedAware's systematic and data-driven approach protects physicians and their patients both at the point of order entry and throughout the duration of treatment. In Sheba's initial results with MedAware, 39 percent of potentially dangerous medications were flagged by the software during the medication ordering process, while 61 percent were generated later, following a change in the patient's clinical status that rendered one of the active medications as unsafe. In the majority of these cases, physicians adjusted the prescription as a result of MedAware's warning.

"We have worked together with MedAware to hone its accuracy for our demographics and practice patterns by integrating new clinical parameters for analysis - all of which has led to even more impressive performance results," said Dr. Gadi Segal, Head, Internal Medicine "T" at Sheba Medical Center. "The true value of MedAware is evidenced by the high physician acceptance rate of its notifications. The numbers are impressive, and the results have exceeded our expectations."



Doctors using innovative techniques at Sheba Medical Center.

"After discussing with Sheba's leadership some of the drawbacks and challenges they experienced with their legacy decision support solutions, we were initially concerned that providers would respond reluctantly to our interventions. We quickly learned that this concern was unfounded, and we are beyond pleased by the continued positive daily impact of our work. Our accurate interventions are not considered a nuisance to physicians but rather

a benefit, and we are helping to create a safer prescribing environment for providers and their patients," said Dr. Gidi Stein, MedAware co-founder and CEO. "Sheba Medical Center has been a wonderful partner since the beginning of our journey, and this clear validation of our technology further proves how MedAware's platform can drastically improve patient safety and outcomes."

SHEBA – ISRAEL'S LARGEST MEDICAL CENTER

Sheba is the beating heart of Israeli medicine. Every year, 1 in 5 Israelis are treated at Sheba. Sheba's world-class innovation and medical research are changing the face of modern medicine, in Israel and around the world. With an emphasis on patient care and integrated medicine, Sheba is doing more than treating illness ... it is changing lives.

-  Sheba treats **1.5 million** people per year.
-  Sheba's staff of **9,000** includes **1,500** doctors.
-  Sheba performs **260,000** diagnostic imaging exams per year
-  Sheba conducts **1,600,000** lab exams per year

eng.sheba.co.il

Sheba Medical Center
Tel HaShomer
ISRAEL'S CITY OF HEALTH



 SOUTH AFRICAN FRIENDS OF
SHEBA MEDICAL CENTER



2018... IT'S BEEN A BRILLIANTLY BUSY YEAR
 living our Jewish change-maker values
 and making a difference in South Africa!



Mensch collaborated with ORTJet to highlight the work of Jewish social entrepreneur Kayli Levitan and her project The Street Store.

COLLABORATIONS



Mensch hosted Israeli Partnership Together group investigating social change projects in South Africa.

CONNECTIONS



Mensch introduced Israeli volunteer programme Heroes for Life - a post army service and travel organisation - to Mensch Network Member Barbara Miller and Etafeni Day Care Centre where they will now send volunteers annually.



Mensch has a home! Our new offices also have a space we can offer members as 'hotdesks' and host smaller events

THE MENSCH HUB



Mensch has launched Bnei Mitzvah 'Mitzvah Programmes' at The Gardens Shul and Temple Israel Cape Town. These are flexible programmes curated to the needs of the community Mensch works with.

BNEI MITZVAH PROGRAMMES



BUILDING RESILIENCE

Mensch was honoured to host Helen Lieberman, Charles Maisel and Dalit Shekel for discussion on personal and professional resilience in the work of change-making in South Africa.



Mensch Executive Director Gina Flash on a delegation to Ethiopia with Israeli President Rubin Rivlin and global Jewish social change organisations.

REPRESENTING SA GLOBALLY



Mensch Storytelling workshop with Mensch Network Member Lisa Cohen.

SKILLS DEVELOPMENT



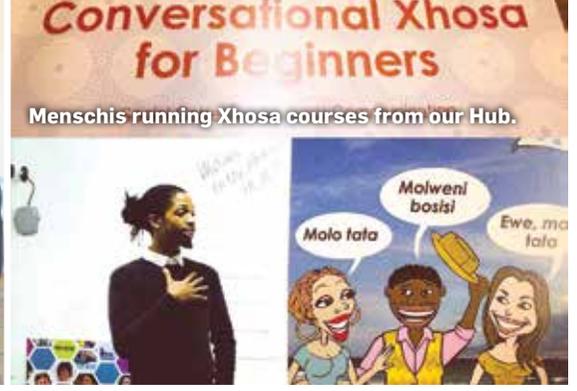
Mensch Theory of Change training with Mensch Network Members organisations Alacrity Development.

NPO GOVERNANCE



Mensch Mandela Day activities brought 200+ people together impacting 14 organisations and over 7000 beneficiaries all from one day!

COMMUNITY



Conversational Xhosa for Beginners

Mensch is running Xhosa courses from our Hub.



Mensch is a partner in creating the LaunchPad community of young Jewish innovators and leaders.

LAUNCHPAD



Mensch Mitzvah Day is being held for the first time this year with over 25 projects in Southern Africa!

MENSCH
Mitzvah Day
 18th November 2018

INAUGURAL BIENNIAL
GENERAL MEETING
4 DECEMBER 2018
 5.30pm for 6pm - 8pm
Gardens Community Centre
 88 Hatfield St, Gardens



Our Kidz Club

Our Kidz Club is a "HOME from HOME" environment, where your precious little ones spend many fun-filled, stimulating & happy mornings, under the expertise guidance of our loving, warm, friendly & nurturing team

We encourage their social, emotional, physical & intellectual development through play and include a LOVE of YIDDISHKEIT incorporating our strong values of Judaism, All Chaggim are celebrated and SHABBAT rings are held every week

We offer the BEST Teacher/Assistant to toddler ratio on the Atlantic Seaboard Our safe & happy environment enables your toddler to feel cared for with confidence.

Hours 8.30am to 12 midday
(choose between a 3, 4 or 5 day week)



Dearest Charlene to think that so many years have passed since you taught my son Darren who is now a father, and you've taught his son Logan (Logie), What a privilege it has been that you've taught two generations of my family including Logan's cousin, Levi. Moms out there, if you are looking for a playschool that gives the feeling of home away from home then look no further, as the choice is "Charlene". You will have piece of mind from day one and a very happy little soul. Thank you once again Charlene for making Logie's year such a fabulous one, lots of love, Hazel Goodman (the Granny)

If every teacher were as kind and dedicated as Sharlene is, the world would be a better place. I know my 3 boys learnt and incredible amount from her and for that my husband and I are very grateful. It was an amazing start to their school careers. Thank you Sharlene. Vanessa Gawronsky



How lucky can one person get??? I consider myself very lucky. 3 out of my 4 kids had the pleasure to go to school and stay with 'mom' away from mom. The love, the passion, the care that they got from Sharlene at kids club, is beyond what you will expect. Highly recommended!!! Sarit Sachs

Sharlene is not only a teacher but a second mommy to each and every child. She loves the children with all her heart and as a mom from years gone by but now as a gran there are no words. Watching my grandchildren glow under her special love is something I will forever be grateful for. Diane Bendix

All three of our kids (now aged 18, 16 & 10) went to Sharlene. It was the best grounding we could have given them. It was such a beautiful warm and nurturing environment. The staff were amazing too. We loved our years with Sharlene.

Martin & Lindsay Dibowitz

**For further enquiries and 2019 enrolments please contact:
Sharlene Katzeff | sharlkidz@gmail.com | 083 304 8875**



**SOUTH
AFRICAN
ZIONIST
FEDERATION**
CAPE COUNCIL



VIEW FROM THE CHAIR



A Synagogue in Budapest

By Rowan Polovin,
Chairman, SAZF Cape Council

In October 2018, I had the privilege of visiting Budapest to attend the World Zionist Organization's iVision Conference 2018: 'Asking, Challenging and Dreaming'.

iVision is an annual conference in Europe that is organised and run by the WZO's Department for Diaspora Activities. It is an important meeting place for Zionists of the Diaspora, as well as representatives from Israel, to gather together and talk about Zionism, Israel and the Jewish People. I met participants and Zionist federations from Bulgaria, Romania, Russia, Germany, Hungary and of course Israel.

Israel-Diaspora relations on the world stage are usually centered around Israel and the United States or Europe. Israel-Africa relations are rarely given the attention deserved,

nor is the history of Israel and Zionism in Africa well known or understood. I thus gave a lecture to the conference attendees on this topic and was pleased to represent Jewry of the African continent at this important conference.

It was symbolic and meaningful that the conference took place a few meters away from the Dohány Street Synagogue, the largest Synagogue in Europe, and the second largest in the world, and its adjoining Jewish Museum was built on the very spot where Theodor Herzl, the founder and visionary of modern political Zionism, was born. A simple plaque outside the Synagogue commemorates the startling fact of Herzl's birth on this spot that led to the revitalisation of the Jewish People and the establishment of the Jewish State. Max Nordau, another prominent Zionist intellectual and co-founder with Herzl of the World Zionist Organization, was born not too far away.

The Great Synagogue, as it is otherwise known, was built in a Moorish architectural style in the exterior, and includes an organ (on which Franz Liszt played), naves and a pulpit, and reflects the assimilationist tendencies of Austro-Hungarian Jewry of the era. This desire to integrate and assimilate unfortunately did not prevent the terrible persecution of the Hungarian

Jews in the twentieth century (nor the ten centuries of persecution beforehand) which led to the quarter being turned into a ghetto in late 1944, the Synagogue defining its border. One casually strolls past what was once the Synagogue's gardens, but now constitutes a cemetery of 2 000 mostly unmarked Jewish graves of people who starved or froze to death in the ghetto. This, mixed with the hundreds of thousands of Hungarian Jews who were murdered in the Holocaust, is too tragic to describe.

Herzl fondly reminisced about this Synagogue of his youth in a later speech. He references it as one of the awakenings in his being and

consciousness that moved him to write about the 'Situation of the Jews', which ultimately led to his vision for a Jewish State. How prophetic were his vision and his words, which enacted sooner may have prevented the later tragedies on the doorsteps of this very Synagogue and throughout Europe. Herzl famously said almost exactly 50 years prior to that, "it may not come in my lifetime, but 50 years from now, there will be a Jewish state". We should continually remind ourselves of the miracle of this State as a safe haven for Jews, and now also as a means for the fulfillment of Jewish life, genius and ethics, alongside our obligation and responsibility to promote Zionism in the Diaspora.



Dohány Street Synagogue in Budapest, Hungary

SAZF CAPE COUNCIL



"Rock in the Red Zone": A gripping afternoon at Nu Metro Cinema

By Olivia K,
Media and Political Liaison,
SAZF Cape Council

On Sunday the 21st of October, we hosted the unique viewing of 'Rock in the Red Zone'.

Filled with humour, drama and a comparative narrative, this documentary movie tells the story of life in Sderot during constant rocket attacks. The movie provides a powerful snapshot of the "real" Israel that shies away from politics but tragically focuses on the effects it has on the lives of people. The movie includes many musical scenes demonstrating the gripping encounter with life, resilience, choices, defeats and triumphs. If you wish to view this movie for your organisation, please contact us and we will endeavour to facilitate this.



Mark and Carole Levin eagerly await the screening



SAZF Chairman Rowan Polovin, Ambassador Lior Keinan and Akiva Tor

On Monday 5 November Akiva Tor, Israeli Head of Bureau for World Jewish Affairs & World Religions, together with Israeli Amb. Lior Keinan, were hosted to a working meeting with the SAZF, SAJBD and UJC.

Mr. Tor's genuine willingness to address our community issues were much appreciated. That evening Rowan Polovin, Chairman SAZF Cape Council, welcomed Mr. Tor to a cocktail party to introduce him to our communal leaders. Chairman SAJBD Cape Council, Rael Kaimowitz, closed the event thanking Mr. Tor for his visit to the tip of Africa. Mr. Tor spoke about the strength and unity of Jews in Cape Town and how Israel will always be our beacon of light.

SAZF CAPE COUNCIL



Akiva Tor comes to Cape Town

By Olivia K,
Media and Political
Liaison, SAZF Cape Council



SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL



SAUJS



SAUJS creates positive interest around Israel with 'Hummus Fest' event at UCT

By Nicole Lee, Director SAUJS WC

unfortunate that up until now, this pillar has primarily been seen by others to be associated with Israeli politics. More specifically, it has been perceived no further than the infamous annual 'Israel Apartheid Week', an anti-Israel, anti-Jewish hate fest, in which SAUJS' presence is defined on campuses nationwide as the 'colonial-settler camp', while what it actually does is defend the rights of and protect its members and affiliates.

However, is this really all what SAUJS' Zionist pillar should be about? As a result of these perceptions and assumptions, coupled with the easy access to misleading information on the topic of Israeli politics, so much negative bias is levelled against Israel, Israelis and Jews at UCT. As the official representatives of Jewish students at UCT, it is therefore up to SAUJS to do something proactive in introducing its members, and the broader UCT student community, to other sides of Israel, and, most importantly, in showing students that their connections to Israel can also be culturally, religiously and/or spiritually based; not merely politically based – and what better way to engage with and embrace Israeli culture than with something as simple as feeding hungry university students with hummus and pita!

As part of a new strategy to embrace Zionism, SAUJS hosted its first ever 'Hummus Fest' event at UCT. The event, which took place on Jammie Plaza during Meridian, attracted many curious students who were keen to stand in line for a taste of some Israeli culture.

Zionism is an important pillar upon which SAUJS is based. It is

BNEI AKIVA



Get Ready!

By Chanan Suiza, Chairman, Bnei Akiva Cape Town

Machaneh Ivri Anochi is just a few short weeks away, can you believe it?! We are all counting down the days and hours until we return to our favourite place to spend our December holiday!

With chocolate milk, popcorn, challah bakes and stickers, we have been spending a lot of time with our favourite people in the world, our amazing chanichim! Keep an eye out for us at the various schools in Cape Town. We will be there to make the breaks just that much more exciting.



Counting down the days!

DILLER TEEN FELLOWS



Fourth year

By Lee Lobel, Programme Co-ordinator

The Cape Town Diller Teen Fellows programme has begun its fourth year. This programme has been incredibly successful in Cape Town since it started.

As we begin with our fourth cohort, we have a lot of exciting things to look forward to. Sixteen young Jewish leaders will be a part of this incredible journey. This year we welcome two great Junior Counsellors, Dan Moritz and Saskia Todes, who join the staff in running the programme. We are very much looking forward to another successful year of Diller Teen Fellows in Cape Town.



Back Row: L - R Matthew Koton, Jethro Klitzner, Sarah Stein, Anna- Michaela Miller, Eva Maraney, Maya Behrman, Ruby Epstein, Sasha Rodenacker, Keshet Karidi, Gabriel Schlosberg. Front Row: L - R Sarah Katz, Giorga Katz, Michal Sacks, Bianca Curitz, Talah James, Samuel Castle.

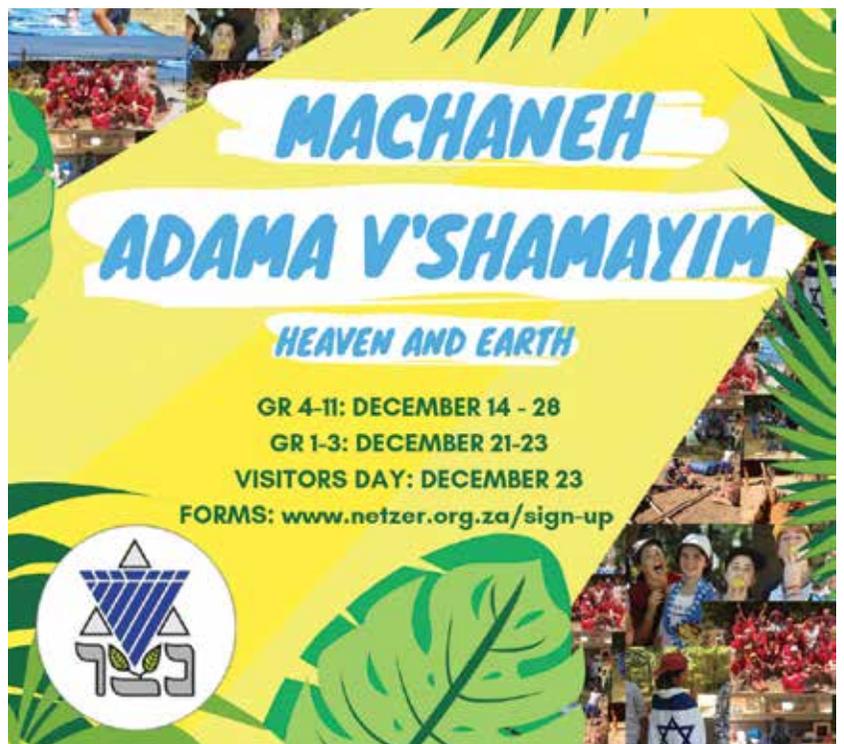
NETZER



Just 2 weeks left until the best 2 weeks of the year begin!

By Jason Bourne, Rosh Cape Town

During Machaneh we will be focusing on the actualisation of our ideas and thoughts, how to take what we so proudly believe in in Netzer and manifest it into the real world. Join us for Visitors Day on 23 December to see all the wonderful and amazing things our channichim have been getting up to. Don't forget about our camp for Grades 1-3 from the 21st - 23rd December.



Sign up before its too late: www.netzer.org.za/sign-up



THE ISRAEL CENTRE



Youth Movement Seminar in Israel

By Michal Ilan,
Community Shlichah

At the end of October, a month before the end of their Gap Year, seventy South Africans and Israelis from our P2G region got together for two full days. They had a chance to learn about each other's movements and interact with Israelis their age.

"It was great to meet with Bnei Akiva," said Hannah Fleishman from Habonim. "We're all working for the same things which is chanichim and chanichot going to youth movements and being inspired. We should be working together and not apart". Jarred Fisher said that he felt that the seminar was about getting to know people who

are different than oneself, "Meeting each other can mend the divide caused by ideologies". Jarred also commented about meeting the Israelis, "Our youth movements are about Israel, so hearing from them what it is like to live in Israel was important".



The youth movement seminar



Avraham Infeld speaking to the seminar participants

Find us SA Zionist Federation - Cape Council @SAzionfed

www.sazfcape.co.za



Highlights from Telfed: Science, education and the arts

Mauerberger Foundation Fund (MFF) Chairperson Dianna Yach and Director Jonathan Yach visited Telfed last month.

Long-term supporters of Telfed, siblings Dianna and Jonathan shared their vision for the ongoing projects of the MFF, one of which is the introduction of the Mauerberger

Research Award for Transformative Technologies for Africa, administered through the Haifa Technion. This is to encourage Israeli scientists to brainstorm solutions to development needs in Africa with African colleagues — and in doing so, also advance the role of women in science. Dianna observed that she hoped that this initiative will impact positively on millions of lives in Africa.

Another Telfed visit last month was to the city of Tel Aviv, under the umbrella of Telfed's Southern Africans Studying in Israel (SASI) programme, which offers needs-based housing grants to foreign SA students in Israel through the Eric and Sheila Samson Foundation. A group of South African students participated in an eclectic graffiti tour in Tel Aviv, learning about art and pop culture as they toured the Florentine neighbourhood. The morning ended with a typical Israeli breakfast ("shakshuka") ensuring the students had a 'taste' of the good life in Tel Aviv.

Another highlight included Telfed's 70th anniversary charity concert, led by internationally renowned baritone Colin Schachat



Following his performance in Italy with Andrea Bocelli, SA-born Colin Schachat wows the audience at a Telfed charity concert in Ra'anana, Israel.

following his return from Italy, where he performed with Andrea Bocelli. He was accompanied by the Ra'anana Symphonette, his sons Gabi and Micha and the Ofer Portugaly Gospel Singers, ensuring that the audience was mesmerized by a diverse repertoire ranging from gospel to opera, Sinatra to Sheeran. Batya Shmukler, Telfed Chairman, addressed the audience and spoke of the evolution of Telfed over the past 70 years adding that "we take

great pride in being one of the most productive and active Aliyah and Klita support organisations in Israel" before encouraging the audience to "join the Telfed family." At the end of the evening, as news came in about the attack at the Etz Chaim Synagogue in Pittsburgh, Batya spoke of the privilege of being a Jew in the Jewish homeland. The evening ended on a 'note' of gratitude, as the audience stood united in singing the Israeli national anthem, Hatikva.



SASI students enjoyed a graffiti tour through the vibrant Florentine neighbourhood of Tel Aviv.

The logo for Pick n Play, featuring the word "Pick" in blue, "n" in red, and "Play" in red, all in a bold, sans-serif font. The "P" in "Play" is stylized with a white square cutout.

WE WISH OUR JEWISH CUSTOMERS A
HAPPY CHANUKAH
FILLED WITH LIGHT





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

BURNING BRIGHTLY

Cape Town's on Fire

RABBI ASHER DEREN [The Shul – Chabad of the West Coast]

What do the V&A Waterfront, Dolphin Beach, Camps Bay Beach, and the streets of Cape Town all have in common?

They're all public government property where our community celebrates Chanukah, whether with public *Menorahs*, or police escorted *Menorah* parades – and thousands of people to benefit from the lights of the *Menorah*.

It's quite amazing stuff but someone asked me if I didn't think that perhaps all of this emphasis on publicizing the miracle outside the home can perhaps detract from the focus of celebrating Chanukah in the home.

He had a point. The *mitzvah* is to light the *Menorah* in your own home, every night of Chanukah, even if you participated in a public lighting or watched someone else do it at home.

And, if there's a conflict between home and Chanukah, home wins; In Maimonides' Laws of Chanukah he rules that if there's not enough money in the home to light the candles for Shabbat and for Chanukah, than Shabbat candles should be used, although there won't be any lights for the *Menorah*. Why? Because the whole purpose of Torah is peace, and the purpose of Shabbat candles is to bring peace in to the home, so they're a higher priority than the *Menorah*.

So, in addition to knowing that the Chanukah *Menorah* is supposed to be done at home, now Maimonides tells us that Shabbat which is an even greater expression of the home supersedes Chanukah in importance!

A closer look at Maimonides prioritizing Shabbat over Chanukah however, takes us to a deeper understanding in the relationship between Chanukah, Shabbat – and the home. He places the law about the greatness of the peace in Shabbat candles – in the laws of Chanukah! In that he is alluding to the fact that this is actually the ultimate purpose of Chanukah as well – to make peace; between husband and wife, parents and child, between darkness and light, and between our body and soul.

But why all of this emphasis on lighting *Menorahs* in public when the traditional parties were always at home?

Well, Chanukah is the only holiday when *Halacha* mandates the concept of 'spreading the miracle.' Ok, but still *Halacha* also says that the only way for the *mitzvah* to be fulfilled is by lighting it in your own home, and pulling aside the window shades so others can see. Sorry, going to a Chanukah Party, at the beach mall or Shul does not count. So then why on the cars? The boats? The Airport? The Beach? The White House lawn for heaven sake?!

Perhaps then, we have to take another look at what 'home' means. Today there are millions of people including fellow Jews who won't be passing by our house and won't see our window. So in addition to pulling aside the drapes of the window, the Lubavitcher Rebbe taught us to pull aside the curtains of the world's stage and make that our home too. Even if it doesn't fulfill our obligation of the *Menorah*, it will teach thousands of others of theirs. Wherever and whenever a *Yiddisheh Neshomo* might be, from Washington D.C. to Cape Town' beaches and everywhere in between, pull aside the curtains and bring the *Menorah* to them – welcome them home.

I still have a fond memory of late at night, long after the preferred sunset time of lighting the *Menorah* at home, my father would return from the long nights of lighting *Menorah* at homes,

malls, and public squares, and we would gather around the *Menorah* to kindle the lights. As the melody of '*Haneiros Halolu*' would slowly rise up from the *Menorah's* flames, in those few moments I knew that on Chanukah we have to light *Menorah* at home, and the world, every last corner of it, is our home on Chanukah.

Wishing you a Happy Chanukah and Shabbat Shalom – at home.

"...pull aside the curtains of the world's stage and make that our home too. Even if it doesn't fulfill our obligation of the Menorah, it will teach thousands of others of theirs. Wherever and whenever a Yiddisheh Neshomo might be, from Washington D.C. to Cape Town's beaches and everywhere in between, pull aside the curtains and bring the Menorah to them – welcome them home."



The changing landscape of community employment

By Tali Feinberg

“Getting a job in the community used to be easy, but this is no longer the case. Recruitment has become completely professionalised according to world class principles,” says Shelly Korn, director of Staffwise, the Jewish job centre that is driving this change in the Cape Town Jewish community and beyond.

Jewish continuity is dependent on its organisations being led by highly professional, committed and talented directors and staff. “People are the biggest asset in any service-based organisation. Whether working in education, welfare, advocacy or fundraising; community workers dedicate their careers to making Cape Town and South Africa a better place for Jews. Yet communal staff is often treated as an afterthought,” says Korn.

This is where Staffwise has stepped in, working closely with organisations like the Cape Board of Deputies, ORT Jet, Mensch and Jewish Community Services to make the Jewish community the ‘Employer of Choice’ for talented professionals.

Korn adds that from her experience, the younger generation is now viewing a professional career in the community as an attractive option. They actively seek positions in community and align themselves with communal organisations and Jewish causes they feel passionate about. New organisations like the Eliot Osrin Leadership Institute (EOLI) have tapped into this demand, offering in-depth, practical training for professionals wanting to work in the community sector.

Following an 18-month transformation process, Staffwise has revolutionised what it offers, now operating as a Jewish job centre. Working closely with community organisations, they recently concluded three high level placements: directors of the Cape SA Jewish Board of Deputies, the Cape Town Holocaust & Genocide Centre, and Jewish Community Services.

Their rigorous process includes everything a prospective employer or candidate could want: psychometric and skills testing, group and individual scenario-based assessments, competency-based interviews, reference checks and vetting services.

In addition, they support communal

organisations with all their HR needs, including on-boarding, probation performance and change management, and offer career coaching and mentoring as well as referrals, introductions and networking services to all job seekers through every age and stage of their career.

It is predicted that by 2020, 45% of the US workforce will be freelancing, and South Africa is expected to reach this ratio by 2025. Staffwise also assists this growing segment of the community with finding new opportunities providing advice, introductions and resources to freelancers, entrepreneurs and independent business owners.

“Staffwise has come into the new era of employment. It is not just a placement agency... they ensure that there is a deep understanding of the customer, the context of the organisation and its history, mission and vision,” says Cape Board Deputy Chairperson Viv Anstey.

In addition, she believes that the Jewish community can play a key role in ensuring experience and even employment for graduates in an increasingly competitive job market. “The Jewish business

sector is a valuable resource for job shadowing, mentorship, articles and workmanship, ensuring a future for our kids here,” she adds.

Staffwise recently placed Hazel Levin as the new director of Jewish Community Services (JCS). “When I was looking for a career change, Staffwise helped me create a professional CV when I hadn’t made one in 30 years,” she says. When she applied for the position at JCS, she had to do a psychometric test through the job centre, and was given guidance on prepping for interviews and exactly what the job entailed. “The application process was rigorous and intense, and Staffwise pushed me to articulate my vision for the organisation and its growth. Their attention to detail and professionalism was top quality,” she adds.

When selecting a new Director for the Cape Town Holocaust & Genocide Centre, Myra Osrin found Staffwise to have a deep insight and intuition about the organisation that she had founded. “The process they put the applicants through was practical and very thorough.

Continues on page 53



WISHING YOU
PEACE,
LOVE AND
JOY THIS

Chanukah

checkers also at **Checkers Hyper**

better and better

Maccabi Western Province has a busy last quarter of 2018

Maccabi Western Province continues to be active over the past couple of months with various sports activities, ranging from weekly Sunday training sessions, to friendly matches and social events. Some of the latest activities include friendly futsal matches against Futsal Academy, Grassboots FC and Brooklyn Sports Development, Dads & Lads indoor cricket social, as well as participation in the local Gun Run race event.

For more information on Maccabi WP, visit www.maccabi.co.za | Facebook: Maccabi South Africa | Twitter: @MaccabiSA or email WP@Maccabi.co.za



Maccabi WP Junior Futsal Girls vs Brooklyn Sports Development



Dads and Lads Indoor Cricket Social



Maccabi WP u13 Futsal Boys vs Futsal Academy



Maccabi WP Junior u18 Futsal Boys vs Grassboots FC



Maccabi WP Junior u16 Futsal Boys vs Grassboots FC



Stay
SAFE!
See It
REPORT IT!

REPORT!
ANYONE or ANYTHING that is
UNUSUAL in APPEARANCE &
BEHAVIOUR & STANDS OUT from
your immediate ENVIRONMENT





CAPE TOWN JEWISH
BUSINESS DIRECTORY

ORT JET Cape Town is excited to announce the launch of JAM – the NEW Facebook group, promoting JEWISH BUSINESSES.

www.facebook.com/JAM



Happy Hanukkah



**May your
HANUKKAH
be BRIGHT**



SEA POINT

WHO IS #PJPOWER



Chani Hecht

Chani is passionate about introducing and teaching Chumash. She makes the lessons fun and engaging, instilling in the children a lifelong love for Torah learning. After graduating from Beth Chana Teachers Seminary in Tzfat, Israel, Morah Chani went on to teach in Belgium, New York, Pretoria and now Cape Town.



Leah Silman

Leah is the Kodesh Co-Ordinator and holds a certification in Kodesh subjects from Seminary BMC Teachers College, Canada. Leah teaches Grade R and 1 and believes that teaching the consecutive years' enables palpable and sustained growth in her pupils. She sees PJJDS as a gift to her family and the community.



Rabbi Ziegler

Rabbi Ziegler has been involved in Torah teaching and education for over 19 years. His classes are centred on the texts of the Chumash and Rashi and often involve lessons in Derech Eretz and Torah Values. He completed 10 years of study at The Yeshiva Gedolah Of Johannesburg where he attained semicha. Rabbi Ziegler is the Rabbi of Camps Bay Shul.



Bev Coblentz

Bevs teaching Tanach is to see the captivation and fascination on the faces of the children when learning Torah, or specifically Navi. She always tries to parallel ancient and current times so that the lessons learnt from ancient times can be applied to our time frame. She is a qualified Limudei Kodesh and Hebrew teacher and also has a BA degree in Jewish studies and English.

The Kodesh teachers are the bedrock of Phyllis Jowell Jewish Day School. We choose teachers that are innovative role models of our values, team players and inspire a love of life long learning in our students.



Sandra Hoffman

Sandra believes that the students should feel comfortable trying to speak Hebrew and encourages them to do so as often as possible. As a young girl Sandra's parents made Aliya so she learnt Hebrew as a spoken language. After returning to South Africa and matriculating, she studied to be a teacher at the Johannesburg College of Education.



Nadia Saban

Nadia is the Pre-School Curriculum Coordinator. She strongly believes in the value of role play and integrated, experiential learning. She graduated from UCT with a Bachelor of Sciences, majoring in Psychology, and went on to complete her Post Graduate Certificate in Education from UNISA.



Rabbi Sam Thurgood

Rabbi Sam believes that true learning happens when enthusiasm, knowledge, positive attitude and commitment to hard work all meet. He has wide teaching experience from Johannesburg, Durban and now Cape Town. He is the Rabbi of Beit Midrash Morash at Arthur's Road in Cape Town. Rabbi Sam has a Post Graduate Diploma in Coaching from SACAP. He is currently enrolled for a Masters Degree in Jewish Education at the London School of Jewish Education.



Gavi Ziegler

Gavi strives to make his Kodesh classes as interactive as possible while aiming to instill a love for Hashem and Torah in all of his students. Gavi spent over 7 years in the Yeshiva Gedolah of Johannesburg as well as some time in Mir Yeshiva in Israel. Gavi will imminently be writing his final Smicha exams.

PLEASE CONTACT NATALIE ALTMAN @ 021 438 4545 / reception@pj.org.za
FOR ANY ENQUIRIES AND APPLICATIONS

KODESH DRIVES 21ST CENTURY LEARNING AT PHYLLIS JOWELL JEWISH DAY SCHOOL

Our core philosophy is Torah Im Derech Eretz. This concept guides the study of Torah in a way that provides a unique educational tool to empower our children for the modern world. It is foundational to our holistic educational offering that develops the mind, body and Neshama of every student.



"Studying the stories of the Tanach has taught us about leadership styles and models, the value of teamwork and how to be resilient. We also appreciate the value of middot and mitzvot"



"Learning Torah text and Jewish history gives us critical thinking and analytical skills. We're good at translating texts and we value scholarship"



"Discovering our Jewish heritage and culture and learning about Israel and the chaggim gives us a sense of belonging and purpose. We are a part of something much bigger than ourselves and embrace our national identity"



"Participating in the middot and chessed programmes, and studying the mitzvot and Halacha has helped us understand the meaning of ethics, and values and the importance of boundaries. It has made us aware of the need to make good choices and build strong relationships"



"Davening each day and learning Torah fills us with hope, a feeling of safety, emotional resilience, a sense of responsibility and the value of life. We recognise the G-dliness in every person and have a love of Hashem"



Eating out kosher in Cape Town — under Beth Din supervision

RESTAURANTS

AVRON'S PLACE 19-33 Regent Road, Sea Point Tel 021 439 7610. Restaurant and take-aways. Meat and Parev. avronsplace@mweb.co.za

CAFÉ B'TAYAVON @HIGHLANDS HOUSE 9 Gorge Rd, Highlands Estate Tel 021 461 1100. Snacks and Light Meals. Milchik.

CAFÉ RITEVE 88 Hatfield Street, Gardens Tel 021 465 1594. Restaurant and take-aways. Milchik. riteve@norriecaterers.co.za / www.caferiteve.co.za

COFFEE TIME 20 Breda Street, Gardens Tel 021 461 8414. Breakfast, teas and light lunches Milchik. coffeetime@jsec.org.za Functions: Steven Miller

GOLDIES DELI 176 Main Road, Sea Point Tel 021 434 1116. Restaurant and take-aways. Meat and Parev. goldiesdeli@gmail.com

KAPLAN CENTRE University of Cape Town Tel 021 650 2688. (Closed for renovations). Teas, lunches, take-aways and orders. Meat and Parev. Closed Dec & Jan

THE PRESS 176 Main Rd, Sea Point Tel 021 434 7724. Restaurant and Bar. Meat. david@thepresscpt.co.za

OTHER OUTLETS

BASKIN ROBBINS @ Mojo Market 30 Regent Rd, Sea Point. All ice creams, ice cream cones, milkshakes and waffles are kosher, milchik
Kosher Toppings: ONLY Crushed Almonds; Crushed Cashews; Fudge; Mini Astros; Mint Crunch
This is the ONLY Baskin Robbins store in Cape Town certified kosher by the Beth Din. NB: Cakes are NOT KOSHER

CRUMBS AND CREAM 16 Regent Rd, Sea Point. Tel 081 343 2761. All products sold in the shop are kosher, including tea, coffee, waffles etc. Biscuits and ice creams – Milchik; vegan ice cream and vegan biscuits Parev. This is the ONLY Crumbs and Cream in Cape Town certified kosher by the Beth Din.

NOA'S HUMUS BAR @ Mojo Market 30 Regent Rd, Sea Point. Parev.

ONE JUICE Shop 1, The Regency, 90 Regent Rd, Sea Point. Tel : 083 677 5735. Cold & fresh pressed juices, smoothies, herb elixirs etc Parev — with or without BD sign. info@one-juice.com

THE DAILY PRESS Shop 2, Ocean Breeze, Cnr St Johns and Regent Rds, Sea Point. Cold and fresh pressed juices, smoothies, herb elixirs etc Parev — with or without BD sign. Smoothies: Milchik

For times please check with the establishment

Information correct as of November 2018

This list is not extensive and for space purposes does not include caterers, takeaways, supermarkets and shops.

For further information, contact Kashrut Department 021 461 6310

Email kashrut@uoscape.co.za or

Cape Kosher Consumers Kelly (office hours) 021 461 6310

Esther Maizels 021 439 4430 Gillian Cress 021 433 2704

Email : kocosa@uoscape.co.za

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Nik Rabinowitz's *Dry White* comes to the Baxter in December

CJC editor Lindy Diamond caught up with Nik for a chat and in the spirit of very dry humour and his new show, *Dry White*, here's what he had to say.

(Disclaimer; you may want to hydrate before you continue)

What are we going to learn about the whole Cape Town drought experience from your show, *Dry White*?

Well let's see, I would say, if I really have to think about it and quantify it: next to nothing.

It seems you will be covering some other touchy subjects as well... Do you find people are less defensive when you discuss important issues using humour? Or is there always 'that guy' who takes offence?

I wouldn't know if using humour makes people less defensive because I've never tried it any other way. But

yes, there is always someone who is offended, often more than one someone.

You have a real talent for fluently, and with seeming effortlessness, teasing people using their home culture. How did you develop this?

Thank you. The key words there are 'seeming effortlessness' — the truth is that I make a huge effort. Writing, performing and understanding culture as well as understanding myself and how I fit in. And all that is literally my job — comedy is about working really hard to make it look like you're not doing much at all. But don't tell anyone I told you.

Are you funny at home or is it purely a work thing?

You'd have to ask my wife and kids.

Your show purports to be 100% vegan. Do you make fun of vegans in the show?

I hadn't considered it but since you've mentioned it, now maybe I will.

Nik's new show DRY WHITE returns to the Baxter Concert Hall from 18 December to 12 January. Tickets cost from R150 except the performance on New Year's Eve when tickets cost R255. Bookings can be made at Webtickets www.webtickets.co.za or at selected Pick n Pay stores.



Stanley Pinker
Puzzle Picture
oil on canvas and found objects
115 x 63 cm

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Consider This

Chanukkah – a question of identity

By Rabbi Malcolm Matitiani

Besides being a festival of light that marks the winter solstice in the northern hemisphere and a celebration of the victory of the Maccabees over the Seleucids, Chanukkah deals with the profound issue of identity, so fundamental to every individual.

According to the First and Second Books of Maccabees Chanukkah is a celebration of the re-dedication of the Temple after the triumph of the Jewish guerrilla army led by Yehudah ben Matityahu against the Seleucid forces sent by Antiochus IV Epiphanes to oppress the Jews of Judea. After ascending the throne of the Seleucid Empire in 175 BCE, Antiochus plundered the Bet Mikdash, massacred Jews and banned Judaism. In 167 BCE he dedicated the Temple to Zeus, inspiring the Jewish rebellion.

Scholars argue that Antiochus may have been interfering in a civil war between the Hellenised Jewish elite of Jerusalem and the more traditionalist Jews of the countryside who were embroiled in a violent contest over who would be anointed as High Priest. Traditionalists with Hebrew/Aramaic names like Onias were overthrown by Hellenisers with Greek names like Jason and Menelaus. The latter were willing to adapt Jewish worship to accommodate the beliefs and practices of the Seleucid rulers of Judea. As the conflict escalated Antiochus took the side of the Hellenisers which would explain his oppression of Judaism which was contrary to his policy elsewhere in his empire.

Thus the Maccabean revolt, the successful conclusion of which led to the celebration of Chanukkah, was the result of a dilemma faced by many nations and individuals — how to cope with a changing world and still retain one's identity. The Jews in Judea had to deal with the emerging Greek culture brought by Alexander the Great and they did so in two ways. The wealthier urbanised classes adopted Greek names, dress and mannerisms while the poorer rural Jews sought refuge from Hellenism by stricter adherence to the traditions of their ancestors.

It is fitting that we read the story of Joseph as the parashah for the Shabbatot leading up to Chanukkah as well as the Shabbat of Chanukkah. When Pharaoh elevated Joseph to the position of Viceroy over Egypt he dressed him in the garb of an Egyptian nobleman, decreed that he be known by the name Zaphenath-paneah and gave him Osenath, the daughter of an Egyptian priest as a wife. Joseph became so outwardly assimilated that even his brothers did not recognise him until he revealed his true identity: Ani Yosef, Ha-od Avi Chai?, "I am Joseph, does my father still live?" (Genesis

45:3). Indeed Jacob did not recognize Joseph's sons, Manasseh and Ephraim when Joseph brought them to their grandfather's death bed for a blessing because they were dressed in the attire of Egypt.



Yet despite outward appearances Joseph was still very much a Hebrew, worshipping the God of his ancestors and conducting himself according to the life-affirming principles of his tradition, so much so that he is known in rabbinic literature as Yosef ha-Tzadik, "Joseph the Righteous". Indeed, on his death bed, knowing that as an Egyptian nobleman he would receive an Egyptian funeral, he requested that his brothers make it known that he wished to be buried in the Land of Israel. In fulfilment of his request Moses himself carried Joseph's bones out of Egypt and they were buried at Shechem after the Israelites' conquest of Canaan. Joseph's request that he be buried in the land promised by God to Abraham, Isaac and Jacob is indicative of his strong sense of identity and his loyalty to God.

While the Hellenized Jews of the Chanukkah story were unable to retain the integrity of Torah tradition, becoming corrupted by the foreign culture which they adopted and allowing the Temple to be desecrated, the example of Joseph demonstrates the ability to adopt positive aspects of the dominant culture while still remaining true to the values, ideals and traditions of Torah.

Jews have faced the challenges of an ever changing world for millennia and our ability to adapt and change has enabled us to survive as a people, a culture and a faith community. We have been able to absorb the positive features of the dominant culture in which we have found ourselves while retaining the life-affirming values, principles and rituals of Judaism. This has not only ensured our survival, but has also enriched the Jewish experience, providing different traditions between, and within, Ashkenazi, Sephardi, Mizrahi and Yemenite Jews.

The twenty-first century brings its own challenges to being Jewish and the same two choices face us as individuals and communities. Do we shy away from modernity and seek refuge exclusively in our past traditions and way of life, shunning all technology and outside sources of information or do we embrace the world, absorbing the positive contributions of our age while filtering out its negative aspects? This is the question we need to ask ourselves as we read the saga of Joseph and light our chanukkiyot.

I wish you a blessed and enlightening Chanukkah. Chag Chanukkah Sameach.

Temple Israel's new rabbi

Temple Israel is so excited to welcome its first full-time female rabbi to the Rabbinic Team. We interviewed Rabbi Emma Gottlieb to get a sense of who she is as she starts what we hope will be a long association with us.



When did you know you wanted to become a rabbi?

Funnily enough, I didn't decide to become a rabbi until my second year of cantorial studies at the Hebrew Union College (HUC), in NYC. I had planned to become a cantor from an early age (about 12 or 13) as I was very passionate about music, prayer and the Jewish community. At HUC however, I began to realise how important it was to me to also be able to study Torah, midrash and theology, in particular, and how much I loved to teach others. After a year or two, it was clear to me that the rabbinic programme was a better fit for me and I changed programmes. I've been very happy with the decision since and I still use much of what I learned in the cantorial programme when leading t'fillah and working in partnership to strengthen congregational approaches to engaging and participatory music.

Do you have a mentor or person who inspired you when you were younger?

I've been incredibly lucky to have a plethora of rabbis and cantors in my life to inspire me. My father is a rabbi (Rabbi Danny Gottlieb, currently in San Francisco, CA) and so of course I have learned much from him over the years. When I was younger, I was particularly close to my cantor and as a teenager, I was very inspired by Rabbi Billy and Cantor Ellen Dreskin (in New York). In all honesty though, I couldn't possibly list all of the rabbis and cantors who have inspired and taught throughout my life. I continue to be inspired by my friends and colleagues and I am so excited to have new South African colleagues now, to inspire and teach me as well!

Continues on page 36

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



Henry Hahn
3 November



Joseph Power
10 November



Daniella Segal
17 November



Hedi Lampert
24 November

#Proudly Progressive Sherman Shabbat Project a roaring success



Matthew Cohen and Kate Hesterman

Temple Israel once again took the opportunity to show an authentic and meaningful alternative way of celebrating Shabbat with some wonderful programming.

It all started with the Challah Bake and Sherman Shiur with visiting Rabbi Charley Baginsky on the Thursday evening at which hundreds of people enjoyed the theme of "Ein Kemach, Ein Torah". Friday morning saw the early risers make their way to the Fine residence for a beautiful Shacharit service and t'fillin wrap, with a delicious breakfast thrown in for good measure.

Erev Shabbat saw services in all three centres at which the #Proudly Progressive theme was espoused by our rabbis and service leaders. Shabbat morning was a double celebration as we honoured our volunteers for their commitment to our congregation and welcomed Willow (Lior), daughter of Ross Levin and Nik Markowitz, as the youngest member of our congregation. Sherman Shabbat Project 5779 / 2018 concluded with a relaxing braai and Havdallah in Green Point.

We would like to thank all who contributed to making this such a special time, but especially to Rabbi Charley for bringing her unique brand of Torah teaching and enthusiasm to our shores and we look forward to welcoming her back in the future.



Rabbi Emma Gottlieb and Claudia Harrison



Rabbi Emma Gottlieb, Rabbi Charley Baginsky and Andi Kuti



Cathy Fortes, Mikael Garcia and Jeanne Livingstone



Elizabeth, Natasha and Ryan Jacobs



Greg Flash, Gina Flash, Emil Fourie, Jasmin Kuti-Alexander, Jesse and Gabriella Flash



Havdallah brings Sherman Shabbat Project to a close.



Richard Bloom, Rabbi Charley Baginsky, Aviya Walker, Gill Saks and Hagit Walker



Roy Fine, Rabbis Charley Baginsky, Emma Gottlieb, Greg Alexander and Malcolm Matitiani at the Sherman Shiur



Belinda Hiscock, Tina and Michelle Christian



Jason Bourne, Emma Schneider, Nina Gordin and Eric Capelle



Shabbat Project T'filin Wrap



Residents from Glendale join us for Shabbat Project

Theodore Yach leaves a legacy in his wake

By Tali Feinberg

In April this year, extreme swimmer and Cape Town Jewish community icon Theodore Yach wrote in the Cape Jewish Chronicle about what Pesach means to him: “As a swimmer, I thought about the possibility of swimming the Red Sea as the Jews escaped Egypt. The symbolism, as a Jewish South African, of being able to escape tyranny resonates as apartheid was defeated in the early 90s and our fledgling democracy starts to make its way on the African and international stages.”

He shared how Michelle, his wife of 33 years, brought so much Yiddishkeit into their home — a passion they both shared: “I am married to Michelle, a ‘boerejood’ from Worcester, a place steeped in tradition where her love of Judaism was instilled in her from a very early age. After her late father Sydney passed, Michelle took over the running of the Seders. The symbolism of Pesach therefore generally falling within International Women’s Month is not lost on us as we celebrate the Seders under Michelle’s leadership.”

But that deep respect, love and family unit was shattered on 17 October 2018, when Theodore passed away suddenly at the age of 60 from a pulmonary embolism while undergoing routine tests in hospital. His family, his community and people around the world reeled in shock, as if a tsunami had swept away everything that is stable and true. To many of us, Theodore Yach was the strongest, fittest person we knew, so for him to be taken so suddenly made no sense.

At the funeral, Rabbi Dovid Wineberg of the Green and Sea Point Hebrew Congregation described Theodore’s

passing as a true tragedy, telling the family that he had no easy answers. He shared that Moshe Rabeinu was given the name ‘Moses’ by the women who found him as a baby floating on the River Nile, and that it means ‘from the water.’ But what was Moshe’s name before that? It was Tuvia — Theodore’s Hebrew name.

He also reminded the mourners to take note of Theodore’s last lesson — that life is fragile, unpredictable and senseless at times, but that this should not make us fearful. Rather, it should alert us to make the most of every moment — as he did — for we never know when it will be our last.

To the hundreds of people from all walks of life who attended the funeral, his sons Daniel and David spoke of his “relentless pursuit of altruism,” and they wished all children could have a father like him. As men and women in the crowd openly wept, they shared how “We were at the centre of his universe, but his universe was huge” — including mentoring younger swimmers, raising millions for charity, and being deeply involved in both the Jewish and wider communities.

Theodore’s connection to the youth was evident in the number of young pallbearers at his funeral — part of four sets altogether. It is also highlighted in his book *In My Element*, in which he delights in describing how he mentored a group of waterpolo players to join him on his 50th Robben Island swim to raise funds for their upcoming tour to the Maccabi Games in Buenos Aires. The chapter concludes with a photo of him beaming alongside a team of track-suited teenagers, whose parents had trusted him to shepherd their sons across the sea because they knew he was simply the best.

Indeed, his accomplishments in the ocean cannot be underestimated:

He was a trailblazing cold-water open-sea swimmer, crossing the English Channel in 1996 (after his first attempt failed when he swam into an oil slick) and conquering the 10.8 kilometre swim between the Cape Town coastline and Robben Island 108 times in just a speedo and goggles. This is more crossings than any other human being. He completed his 100th swim in 2016, to raise money for a number of charities, and it was a landmark moment for both him and the city that he held so dear.

“Theodore Yach was one of the world’s greatest endurance swimmers,” said environmental campaigner and ultra-distance swimmer Lewis Pugh on his passing. “It is so sad that while he achieved greatness, he never reached his peak. Every year he got stronger and stronger. He recently shared his future swimming plans with me and they were incredible and would have firmly established him on the world’s stage.

“His Robben Island record is remarkable. There is no such thing as an easy Robben Island swim. They are all tough. It is a swim that challenges you to the core. Theodore respected it as such and developed a mental resilience to cope with any variable that might have presented itself,” he added.

What many people don’t know is that Theodore was also a legend on land — probably because he always stayed so humble.

He was the Cape divisional head at Zenprop, a commercial property development company, and the founder of the Cape Town Partnership, which led a R25 billion rejuvenation of the city’s CBD. “He said we cannot let the city centre degenerate.... It was his driving force that put the Central City Improvement District (CCID) together. He really



was a nation-builder — a social cohesive force across all kinds of boundaries,” said Western Cape Premier Helen Zille.

In the wake of his death, the number of tributes and the outpouring of grief left his family in shock. “I had no idea he knew so many people, or that he had connections with swimmers in Joburg,” said Michelle, after swimmers there gathered to pay tribute to him. His fellow Mother City swimmers who wanted to honour him met at Clifton Beach and made their way into the waves, where they gathered around a boat to talk about the three things he loved most — swimming, his family and the City of Cape Town.

“When an individual dies unexpectedly, especially at a young age, it is tragic and devastates those around them. When an icon that has achieved so much and has done so much for others and in so many spheres dies, it sends ripples throughout the community and beyond,” says Cape Board of Deputies Chairman Rael Kaimowitz.

“Theodore’s passing did just that. The entire Jewish community mourns his passing but at the same time we celebrate and acknowledge his life and his many achievements, not only the record breaking ones in the water but his wider contribution to his fellow South Africans. May his deeds inspire us to do more while we are still able. That would be the best tribute to Theodore.”



Theodore on the day he successfully completed his 100th Robben Island crossing

Photographs: Shawn Benjamin

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Strive for well-being in later life

We live in an extraordinary time: increasing numbers of us are living longer than ever imagined before. It is a major achievement of modern science and healthcare. The tough part of longevity is working out how to ensure those extra years are spent happy and financially secure and living independently engaged in activities we value.

Anyone with grandparents or older parents has seen that survival until a later age exposes people to vulnerabilities that can make the ingredients for a happy life a challenge to achieve. As a society, we cannot slack off in acknowledging and responding to these challenges.

The cost of looking after a rising number of older people raises serious concerns about the sustainability of current provisions of care, especially when there are competing claims on the limited resources of a country.

It is into this context that the UK has launched its Index of Well-being in Later Life, an authoritative reporting on what matters most for a good life in old age. It identifies how older people are doing in different aspects of their lives under five key areas — social, personal, health, financial and environmental. The knowledge it generates should take us a step closer to achieving greater well-being in later life, whoever we are and whatever our circumstances may be.

Well-being refers to the happiness and life satisfaction of an individual. It points to a stock of personal, familial, and community resources that help individuals cope well when things go wrong. Well-being is a state in which an individual is financially comfortable, healthy and engaged in meaningful activities.

Those who are not doing well are very likely to live on their own, do not have a strong friendship base and are largely disengaged from their local community. The vast majority have a long-standing illness or disability and are financially poor.

Counting your blessings

Among the key factors in your happiness in later years is an active social life. This might include going to a cinema, museum, historical site, taking part in arts activities, events or play, being member of a social or sports club, or being active in a community or voluntary group. What they all share is a social element which prevents isolation and loneliness — feelings very destructive for a state of well-being for all, but particularly for older people.

Who we live with, whether we connect with younger generations, and whether or not we have good cognitive skills are also strong determinants. It is interesting that factors such as good health or money are important, but not to the same extent as being socially engaged.

What about if you end up caring for a partner? Well, a higher intensity of obligations for family members does have a negative effect, and lower intensity of help and caring has a positive effect. It's not totally black and white: caring obligations in general can offer a sense of purpose. But it is damaging for other things such as maintaining a job when care duties become onerous.

Physical activity is very important to well-being along with an open attitude to trying things out and a positive outlook towards an active and engaged life. Sound advice for any age, you might think.

Really critical is just how important the social circle becomes for well-being among older people. According to the Age UK's WILL index, it counts for about a third of individual well-being. People can stomach poor health and financial poverty if they enjoy secure networks of family, friends and community.

Individuals who hold the key to understanding how well-being can be maximised, many of them are older than 70 emphasise how extreme old age is no barrier to experiencing happiness in later years.

It is true that where cuts in central and local government funding for older people act as a crucial obstacle, affecting provision of community and public services, and a particular consequence is the limiting of communal spaces for older people to socialise, participate and access essential healthcare and social care.

It is crucial to sustain decent services for older people, who, without alternative arrangements such as bus services are forced to stay at home and become cut off. An ageing population need not be an unhappy one. They deserve better and we must do more to help them.

CJSA Committee and staff work tirelessly to ensure that all senior members of our community remain part of, and not apart from, the community. It is so important to encourage the older members of our community to reach out and participate in what we have to offer so that they can be included in whatever we have to offer so that well-being in later life can be something that each one of us can strive for.

Diana Sochen

Executive Director

Out and about with members



JOY — a fun intergenerational morning. Batya Glezer with Alon Ashel learners



Super eats at the garden party

SOCIAL AND PERSONAL

We extend our warmest wishes on the following special occasions:

Births

David and Yvette Polovin — grandson
Collette and Barry Levin — granddaughter
Judith Resnick — great-grandson

Batmitzvah

Veronica Belling — granddaughter
Morris and Thelma Rozen — granddaughter

Engagement

Janine Caspar — grandson

Special Birthdays

Sarah Burnett 92nd
Harry Epstein 80th
Hymie Kaplan 70th
Irma Kessler 70th
Sally Schapiro 90th

Condolences to members who have lost family:

Lily Ageyev — Son-in-law
Debbie and Harry Epstein — cousin
Tanya Landsman — mother
Anita Shenker — sister
Frieda Tucker — son

Condolences to the family of members who have passed away:

Sheila Beder, Rhona Goldberg, Ada Kahn

We welcome New Members to the CJSA family:

Deborah Hayes, Eugene and Florence Weinberg, Dr Lawrence Leve, Hilda Wilck

Thinking of those members who are ill:

Lorraine Sher

Special Events and Outings December — booking essential

3 December: Outing for Southern Suburbs to *Brownies and Downies Restaurant*

4 December: Outing for West Coast to archives

7 December: Men's Schmooze Milnerton 10.30 David Hersch

10 December: Outing for Southern Suburbs to Muizenberg for a fish and chips lunch

11 December: Twilight Supper Sea Point 17h30 Chris Nissen of the Human Rights Commission R70

Outing for Milnerton to the archives

12 December: Outing for Sea Point to Suikerbossie

13 December: Twilight Supper Milnerton 18h30 End of year party with the band *Echo and the Merry Men* R70

18 December: Outing for Milnerton to Kalk Bay to Save our Sea Exhibition

Outing for Sea Point to Gangster Museum of Cape Town

19 December: Men's Schmooze Wynberg 10.00 Rabbi Greg Alexander

20 December: Southern Suburbs Lunch 12h00 Entertainment by the band *Echo and the Merry Men* R70

West Coast 10h30 End of year tea with Rosemary and June R10

Events Calendar FEBRUARY 2019



<p>Wednesday 6</p> <p>Sea Point 9.30 Outing to Glenenny Glass Museum. Transport R40. Tea for own account 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 Ageless Grace with Cathy R10 12.15 Art Classes with Karen Cohen R25</p> <p>Suburbs 10.00 Ageless Grace with Yvonne R20 10.00 Bnoth Zion 11.00 DVD Series <i>A place to Call Home</i> and tea R10</p>	<p>Thursday 7</p> <p>Sea Point 9.15 Joy Programme Intergeneration activity time with learners from Alon Ashel Pre Primary R10 10.15 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10 10.30 Anton De Beer demonstrates latest developments in Telecare Service R10 1.00 Kalooki R10 11.30 Nancy Krish <i>Hanging our Hat on the American Dream</i> R10</p> <p>Milnerton S/Suburbs</p> <p>West Coast</p>	<p>Friday 8</p> <p>Sea Point 10.15 Shopping with Malcolm R20</p> <p>Milnerton 10.30 Men's Schmooze Group A morning with Rodney Mazinter speaking on <i>The Lie that Will Not Die</i> R10</p> <p>S/Suburbs Shabbat Supper in Claremont R60 for members R170 for non-members Booking essential</p>
<p>Wednesday 13</p> <p>Sea Point 9.30 Outing to the Jewish Museum exhibition <i>Where is Kovno?</i> R30 Tea for own account 1.45 Bridge and Kalooki R10 10.00 Ageless Grace with Cathy R10 12.15 Art Classes with Karen Cohen R25</p> <p>Suburbs 10.15 Ageless Grace with Yvonne R20 11.00 DVD Series <i>A Place to Call Home</i> and tea R10 5.30 Twilight Supper with Ina Paarman R60</p>	<p>Thursday 14</p> <p>Sea Point 9.15 Joy Programme Intergeneration activity time with learners from Alon Ashel Pre Primary R10 10.15 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10</p> <p>Milnerton S/Suburbs 6.00 Twilight Supper with City of Cape Town Community Liaison Officer Charl Viljoen, talking on 'Broken Windows' R60 10.30 Nancy Krish <i>Hanging our hat on the American Dream</i> R10 1.00 Kalooki R10 10.30 Pop In: David Slingsby talks on the construction of the Boomslang at Kirstenbosch R10</p> <p>West Coast</p>	<p>Friday 15</p> <p>Sea Point 9.30 Shopping with Malcolm R20</p>
<p>Wednesday 20</p> <p>Sea Point 9.30 An interactive craft morning with Rebbetzin Sara Wineberg R25 1.45 Bridge and Kalooki R10 10.00 Ageless Grace with Cathy R10 12.15 Art Classes with Karen Cohen R25</p> <p>Suburbs 10.00 Ageless Grace with Yvonne R20 10.00 Men's Schmooze with Richard Mendelsohn speaking on Jews and Muslims R10 11.00 DVD Series <i>A Place to Call Home</i> and tea R10</p>	<p>Thursday 21</p> <p>Sea Point 9.15 Joy Programme Intergeneration activity time with learners from Alon Ashel Pre Primary R10 10.15 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10 10.30 Pop In: David Slingsby talks on the construction of the Boomslang Canopy at Kirstenbosch R10 10.30 Anton De Beer on latest developments in Telecare Service R10</p> <p>Milnerton S/Suburbs</p> <p>West Coast</p>	<p>Friday 22</p> <p>Sea Point 9.30 Shopping with Malcolm R20 10.30 Men's Schmooze Group with Rabbi Richard Newman R10</p>
<p>Wednesday 27</p> <p>Sea Point 9.30 Craft morning Yvette and Jeanette R15 1.45 Bridge and Kalooki R10 10.00 Ageless Grace with Cathy R10 12.15 Art Classes with Karen Cohen R25</p> <p>Suburbs 10.00 Ageless Grace with Yvonne R20 10.00 Bnoth Zion 11.00 DVD Series <i>A Place to Call Home</i> and tea R10</p>	<p>Thursday 28</p> <p>Sea Point 9.15 Joy Programme Intergeneration activity time with learners from Alon Ashel Pre Primary R10 10.15 Yiddish mit Veronica R10 11.15 Ageless Grace with Joycelyn R25 Booking Essential 2.00 Bridge and Kalooki R10 9.30 Kalooki R10 10.00 Birthday Pop In with David Jacobson and Heidi-Jane Esakov-Jacobson R10 1.00 Kalooki R10 11.30 Morning with Richard Mendelsohn speaking on Jews and Muslims R10</p> <p>Milnerton S/Suburbs</p> <p>West Coast</p>	





Cape Jewish Seniors

		<p style="text-align: right;">Tuesday</p> <p style="text-align: center;">New Year's Day OFFICES CLOSED</p>
	<p style="text-align: right;">Monday 7</p> <p>Sea Point 10.00 Welcome the year with a special tea with Elizabeth Triegardt, former CEO of Cape Town Ballet R10 2.00 Beginners and Development Bridge. All welcome R10 2.00 Reminiscing afternoon with Hazel R10</p> <p>Milnerton 10.00 Start the year off with a special tea and entertainment by Erez Shaked R10 2.00 Musical Appreciation with Doreen Kantor R10</p> <p>S/Suburbs 9.30 Outing to the Aquarium in the waterfront. Entrance and transport R40. Tea for own account. 2.00 Yiddish mit Rita R10</p>	<p style="text-align: right;">Tuesday</p> <p>Sea Point 11.15 Ageless Grace with Joycelyn R25 2.00 Beginner's Bridge with Irving R10 2.00 Yoga with Leina Sank R10</p> <p>Milnerton 9.30 Outing to the Aquarium. Entrance and transport R40. Tea own account. 13.30 Mosaic with Sonia Norrie R30 1.45 Line Dancing with Cathy Hudson</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;">Monday 14</p> <p>Sea Point 11.00 A morning of musical entertainment with Zola R10 2.00 Beginners and Development Bridge. All welcome R10 2.00 Reminiscing afternoon with Hazel R10</p> <p>Milnerton 10.00 Craft morning R15 12.15 Milnerton committee meeting</p> <p>S/Suburbs 9.15 Outing to the beautiful Tea Under the Trees Restaurant in Paarl R40. Tea for own account. 2.00 Yiddish mit Rita R10</p>	<p style="text-align: right;">Tuesday 1</p> <p>Sea Point 10.00 Talking Point with Colin R10 11.15 Ageless Grace with Jocelyn R25 2.00 Yoga with Leina Sank R10 2.00 Beginner's Bridge with Irving R10 1.30 Mosaic with Yvette R30</p> <p>Milnerton 10.00 Birthday Pop In with Sarah-Jane King R10 13.30 Mosaic with Sonia Norrie R30 1.45 Line Dancing with Cathy Hudson.</p> <p>S/Suburbs 09.30 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 De Fayebosch in Melkbos. Visit olive and lavender groves and enjoy tea.(own account). Transport R40</p> <p>Muizenberg 10.30 Café Europa with Elizabeth Triegardt, former CEO of Cape Town Ballet R10</p>
	<p style="text-align: right;">Monday 21</p> <p>Sea Point 10.00 A morning with Beryl Eichenberg <i>Being a Woman in Cape Town Uniting the Community</i> R10 2.00 Beginners and Development Bridge. All welcome R10 2.00 Reminiscing afternoon with Hazel R10</p> <p>Milnerton 10.00 Nancy Krish <i>The American Dream</i> R10 12.15 Milnerton committee Meeting 15.00 Shiur with Rabbi Bernstein R10</p> <p>S/Suburbs 9.15 Outing to De Fayebosch in Melkbos. Visit olive and lavender groves and enjoy tea (own account). Transport R30 2.00 Yiddish mit Rita R10</p>	<p style="text-align: right;">Tuesday 2</p> <p>Sea Point 10.00 Talking Point with Roni R10 Yoga Classes with Leina Sank R10 11.15 Ageless Grace with Joycelyn R25 17.30 Twilight Supper with Sarah-Jane King R60</p> <p>Milnerton 10.00 Guest Speaker Anton De Beer of Telecare R10 1.00 Kalooki R10 13.30 Mosaic with Sonia Norrie R30 1.45 Line Dancing with Cathy Hudson</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 Mariner's Wharf in Hout Bay R30. Fish and Chips for own account.</p>
	<p style="text-align: right;">Monday 28</p> <p>Sea Point 10.00 Pop in: Enjoy a reality TV morning with Hymie Liebman R10 2.00 Beginners and Development Bridge. All welcome R10 2.00 Reminiscing afternoon with Hazel R10</p> <p>Milnerton 10.00 Joy Wilkin speaks on families dynamics and conflicts and how to do things differently R10</p> <p>S/Suburbs 9.00 Outing to the duck parade at Vergenoegd Estate, Stellenbosch. R50 2:00 Yiddish mit Rhita R10</p>	<p style="text-align: right;">Tuesday 2</p> <p>Sea Point 10.00 Talking Point with Marcia R10 11.15 Ageless Grace with Joycelyn R25 2.00 Beginners Bridge with Irving R10 2.00 Yoga Classes with Leina Sank R10</p> <p>Milnerton 9.30 Outing to the planetarium, R60 1.45 Line dancing with Cathy Hudson.</p> <p>S/Suburbs 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</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 JANUARY 2019



	Wednesday 2	Thursday 3	Friday 4
1	OFFICES CLOSED	OFFICES CLOSED	OFFICES CLOSED
8	<p>Sea Point 9.30 Outing to the Aquarium in the waterfront. Entrance and transport R40. Tea for own account. 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 Ageless Grace with Cathy Hudson R20 12.00 Art Classes with Karen Cohen R10</p> <p>S/Suburbs 10.00 Ageless Grace with Yvonne R20 10.15 Bnoth Zion 11.00 DVD Series <i>A Place to Call Home</i> and tea R10</p>	<p>Sea Point 10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs A morning with Beryl Eichenberg <i>Being a Woman in Cape Town Uniting the community</i> R10 1.00 Kalooki R10</p> <p>West Coast 10.30 Joy Wilkin speaks on families dynamics and conflicts and how to do things differently R10</p>	<p>Sea Point 9.30 Shopping with Malcolm R20 10.30 Men's Shmooze morning with Rabbi Newman R10</p>
15	<p>Sea Point 9.15 Outing to the beautiful Tea Under the Trees Restaurant in Paarl R40 Tea for own account. 1.45 Bridge and Kalooki R10</p> <p>Milnerton 12.15 Art Classes with Karen Cohen R10 10.00 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R20 10.00 Schmooze Group with Rabbi Newman R10 11.00 DVD Series <i>A Place to Call Home</i> and tea R10</p>	<p>Sea Point 10.00 Yiddish mit Veronica R10 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 Prof George Branch speaks on <i>Living Shores: Adventures of two marine biologists</i> R10</p> <p>West Coast 11.30 Café Europa with Elizabeth Triegardt, former CEO of Cape Town Ballet R10</p>	<p>Sea Point 9.30 Shopping with Malcolm R20</p>
22	<p>Sea Point 9.30 Craft morning with Judi R20 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 Art Classes with Karen Cohen R25 10.00 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R20 11.00 DVD Series <i>A Place to Call Home</i> and tea R10 17h30 Twilight Supper: enjoy an evening with UCT campus rabbi Nissen Goldman R60</p>	<p>Sea Point 10.00 Yiddish mit Veronica R10 11.30 Exercises with Mariamre R10 1.45 Bridge and Kalooki R10</p> <p>Milnerton 18.00 Twilight Supper: an evening with Philip Todres R60</p> <p>S/Suburbs 10.30 Joy Wilkin speaks on families dynamics and conflicts and how to do things differently R10</p> <p>West Coast 10.30 Author Maxine Case speaks on her award winning book <i>Softness of the Lime</i> R10</p>	<p>Sea Point 9.30 Shopping with Malcolm R20</p> <p>10.30 Men's Schmooze Group A morning with Rodney Mazinter speaking on <i>The Lie that Will Not Die</i> R10</p>
29	<p>Sea Point 9.15 Outing to De Fayebosch in Melkbos. Visit olive and lavender groves and enjoy tea (own account). Transport R40 1.45 Bridge and Kalooki R10</p> <p>Milnerton 10.00 Tile Rummy, Scrabble and Bridge games. R10 10.00 Art Classes with Karen Cohen R25 2.00 Ageless Grace with Cathy Hudson R20</p> <p>S/Suburbs 10.15 Ageless Grace with Yvonne R20 11.00 DVD Series <i>A Place to Call Home</i> and tea R10</p>	<p>Sea Point 10.00 Yiddish mit Veronica R10 1.45 Bridge and Kalooki R10</p> <p>Milnerton 9.30 Kalooki R10</p> <p>S/Suburbs 10.30 A morning with occupational therapist Claire Dudley, from Helen Keller Society, talking on age-related eye conditions and coping with low vision R10 1.00 Kalooki R10</p> <p>West Coast 10.00 Art with Michelle R35</p>	<p>Please note that the annual subscription for membership to CJSA is now due. We do not send out invoices so this serves as notification to pay your 2019 membership. R120</p>

PROFESSIONAL STAFF: **S/Point:** Lara Stein 021 434 9691; **Milnerton:** Hajjera Safidien-Maloon 021 555 1736; **S/Suburbs:** Monique Nieuwenhuys 021 761 7960; **W/Coast:** Melanie van Emmenes 074 405 5186

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Cape Jewish Seniors



Monday 4

Sea Point 10.00 Pop In: David Slingsby talks on the construction of the Boomslang at Kirstenbosch R10
2.00 Bridge R10

Milnerton 2.00 Reminiscing with Hazel R10
10:00 Birthday Pop In: Debbie Epstein talks on her travels R10
2.00 Musical Appreciation with Doreen Kantor R5

S/Suburbs 9.30 Outing to the Jewish Museum to view the exhibition *Where is Kovno?* R30 Tea for own account
2.00 Yiddish mit Rita R10

Tuesday 5

Sea Point 10.00 Talking Point with Colin R10
11:15 Ageless Grace with Joycelyn R25
2.00 Beginners Bridge with Irving R10
2.00 Yoga with Leina Sank R10

Milnerton 9.15 Outing to De Fayeboosch in Melkbos. Visit olive and lavender groves and enjoy tea (own account). Transport R40
1.45 Line Dancing with Hannah Seinik R10
2.00 Mosaic with Sonia Norrie R30

S/Suburbs 9.30 Social Bridge R10 New members welcome
10.00 Kalooki R5
2.00 Knitting Group. All welcome R10

West Coast 9.30 Outing to the Jewish Museum exhibition *Where is Kovno?* R30 Tea for own account



Monday 11

Sea Point 10.00 Birthday Pop In: Denise Bremridge R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10

Milnerton 10.00 Craft R15
12.15 Milnerton Committee meeting

S/Suburbs 10.00 Outing to the water taxi in the docks (Booking Essential R45 if ticket bought online) Transport R30. Snack for own account.

Tuesday 12

Sea Point 10.00 Talking Point with Colin R10
11.15 Ageless Grace with Joycelyn R25. Booking Essential
2.00 Yoga with Leina Sank R10
2.00 Beginners Bridge with Irving R10
5.30 Twilight Supper: Advocate Steven Powell on Anti-corruption efforts in South Africa R60

Milnerton 9.30 Outing to the Jewish Museum exhibition *"Where is Kovno?"* R30 Tea for own account
1.45 Line Dancing with Hannah Seinik R10
2.00 Mosaic with Sonia Norrie R30

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



Monday 18

Sea Point 10.00 Pop In: Anton de Beer on Telecare R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10

Milnerton 10.00 A morning with Dr Sydney Cullis speaking on Simonstown's link with the Antarctica R10
3.00pm Shiur with Rabbi Bernstein R10

S/Suburbs 10.00 Outing to Montebello. Enjoy walking around their craft stalls. R30 Snack for own account.

Tuesday 19

Sea Point 10.00 Talking Point with Roni R10
11.15 Ageless Grace With Joycelyn R25. Booking Essential
2.00 Mosaic classes with Yvette R30
2.00 Beginner's Bridge with Irving R10
2.00 Yoga with Leina Sank R10

Milnerton 10:00 Movie Morning: *Molly's Game* — The story of an Olympic Skater, a crime drama R10
1.00 Kalooki set tables R10
1.45 Line Dancing with Hannah Seinik R10
2.00 Mosaic with Sonia Norrie R30

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

West Coast Muizenberg 9.30 Outing to the water taxi in the docks R75
10.30 Pop In: David Slingsby talks on the construction of the Boomslang at Kirstenbosch R10



Monday 25

Sea Point 10.30 Adv. Joy Wilkin speaks on families dynamics and conflicts how to do things differently R10
2.00 Bridge R10
2.00 Reminiscing with Hazel R10

Milnerton 10.00 Birthday Pop In: David Jacobson and Heidi-Jane Esakov-Jacobson R10
2.00 Musical Appreciation with Doreen Kantor R5

S/Suburbs 9.30 Outing to Bonheur Crocodile Farm R100. Tea for own account
2.00 Yiddish mit Rita R10

Tuesday 26

Sea Point 10.00 Talking Point with Marcia R10
11.15 Ageless Grace With Joycelyn R25. Booking Essential
2.00 Mosaic classes with Yvette R30
2.00 Beginners Bridge with Irving R10
2.00 Yoga with Leina Sank R10

Milnerton 9.30 Outing to the Aquarium in the Waterfront. Entrance and transport R40. Tea own account
1.45 Line Dancing with Hannah Seinik R10
2.00 Mosaic with Sonia Norrie R30

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



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Family Announcements

CONDOLENCES — THANK YOU

MARLENE KLEINBERGER

We would like to express our heartfelt thanks to Rabbi Feldman and Rabbi Wineberg, family, friends and organisations for their love and kindness shown to us on the very sudden passing of our beloved sister, sister-in-law and aunt, Marlene.

A very special thank you to Dr Saville and Shelly Furman for all their support and caring at this very difficult time.

Marlene will be in our hearts forever.

Anita, Maurice and Nadine Shenker, Nico Heroldt and Aura, Adam and Allegra Zartz.

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

FRANK KAMINER

We would like to express our heartfelt thanks to family and friends, to Rabbi and Nicole Green and members of the Constantia Hebrew Congregation, acquaintances, colleagues and ex-colleagues, to Frank's staff and clients and to so many others who reached out to us on Frank's sudden passing. We have been overwhelmed by your warmth, love and support which has been a great source of comfort to us.

Frank was a kind, considerate and compassionate human being and was a wonderful husband, father, father-in-law and grandfather to us as well as a loyal friend to so many. We will miss him greatly, but he will be in our hearts forever.

Shirley, Debbie, Umesh, Bevan, Lisa, Philippa, Justin, Jacqui and families

Continues from page 26

Temple Israel's new rabbi

What are any highlights you want to share of your rabbinic life until now?

Coming to Cape Town to be Temple Israel's first full-time woman rabbi is a definite highlight and it's hard to think of anything else I've done that's quite as exciting as that! I am particularly proud of the years I spent as the Rabbi of Temple Beth David in Canton, MA. In each year of my rabbinate so far, however, the real highlights are the moments I am blessed to share with individuals in the most sacred moments of their lives — weddings and conversions, b'nai mitzvah, welcoming babies into the Jewish community — and even participating in the mitzvah of consoling the bereaved.

What is your favourite Jewish text at the moment?

My favourite Jewish text at the moment is Esa einei el h'harim — I lift my eyes to the mountains, from where does my help come? Every time I look out at the beautiful scenery of Cape Town, I hear these words and feel God's presence as a powerful force in my life. The mountains here really have helped me to relate to the Psalmist(s) and to the awe that such nature can inspire in every age.

What are your aims or hopes for your work in Temple Israel?

I am very excited to think about creative ways of bringing Jewish experiences into public spaces, as a way to engage those less likely to come into shul. I'm excited to celebrate Shabbat on the beach or on a beautiful hike, and to study Jewish texts and ideas in cafes and parks and people's homes. Opportunities for Jewish learning and engagement abound and can often be as meaningful out in nature or in cultural spaces as they are within the wall of our shuls.

Cape Town is a long way from Toronto — what do you think will be similar and what different in your new city?

I am surprised at how similar the Progressive Jewish community in Cape Town is to the Reform communities in North America - we even use the same siddur with many of the same melodies! Of course, there are many differences between Cape Town and Toronto and I am just beginning to learn them all! So far, there have been lots of new words to learn (in Canada we call stop streets, 'stop signs' and robots are 'traffic lights' and that's just for starters!). I am amazed at how friendly Capetonians are and of course, the weather and scenery are MUCH nicer here!

You didn't fly over on your own — tell us about your fellow traveller.

I couldn't leave Canada without bringing my dog Manny. While he is also adjusting to his new environment, he is enjoying the sunshine and getting to know our new Temple Israel family.



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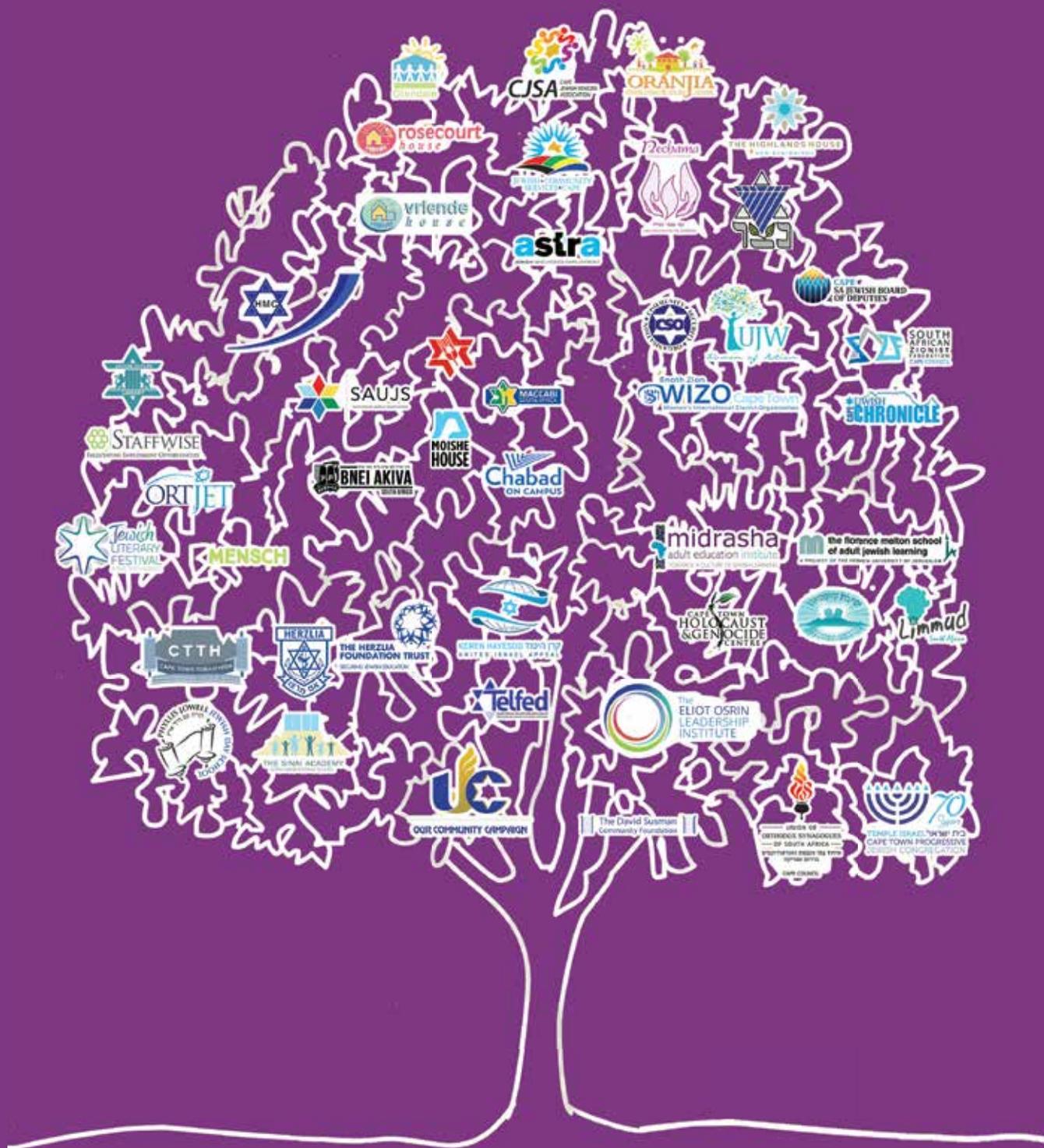
City Bowl 021 423 4488 | Sea Point 021 433 1555 | Camps Bay 021 437 1790

Milnerton 021 551 1312 | Paddocks 021 555 0044

You followed the seed. Let's keep watering it.

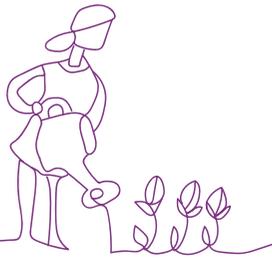
A huge thank you to each of these incredible organisations who support our community members, religiously, socially, emotionally, and developmentally, from year one 'til year 120.

Here's to an even bigger and better 2019.



#FollowTheSeed

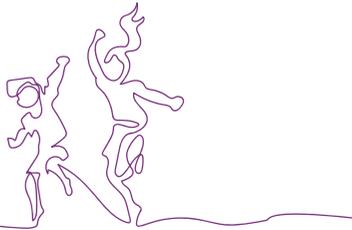
THE UMBRELLA



The primary purpose of the UJC is to ensure the community's network of schools, welfare organisations, and other communal bodies have the funding they need to create real, meaningful change.



YOUTH



A range of youth and young adult organisations offers young people of every age, background, ability, and interest, ways to enrich their lives and expand their minds.



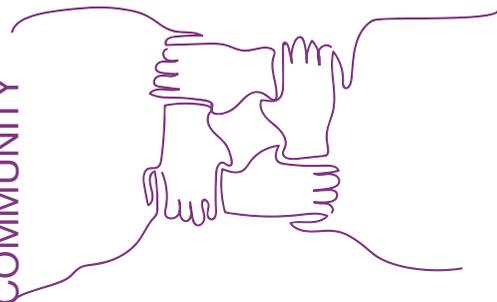
FOR WOMEN



By empowering and supporting women, they're given a platform to effect positive social transformation both in Israel and South Africa.



COMMUNITY



Every strong community needs to be actively developed, protected, represented, enriched and educated around its shared ideas, beliefs and values. Luckily, we have many support structures that do just that.



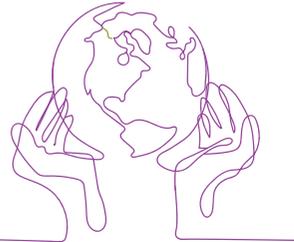
WELLBEING



Jewish Care Cape has one of the most sophisticated and comprehensive welfare systems in the Jewish Diaspora, which secures the wellbeing of the more vulnerable community members.



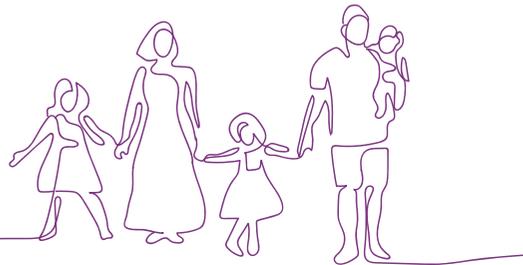
THE GROWN UPS



An array of adult education and development organisations who support, guide, and enrich the endeavours of thousands of Jews from all walks of life.



SPIRITUALITY



This network drives identity, vibrancy and dynamism of our community, which has been named one of the most engaged, proudly Jewish, cohesive, and welcoming communities in the world.



EDUCATION



Education is the key to any thriving community. These world-class educational institutes provide rich, fertile soil in which the next generation can grow.





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December is a time of Chanukah candles burning bright and the end-of-year holidays. Traditionally holiday times can be a sad period for those with no family or whose family are far away.

Here at Glendale we invite the community to think of our many residents who have no or little family. Please consider visiting Glendale and creating meaningful connections this holiday season.



Glendale residents Gavin Cohen, Dale Barlin and Ari Weis enjoying the start of summer



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

tel: (021) 712 0270 fax: 086 559 6640

10 Galway Road Heathfield

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www.glendalehome.co.za

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



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B'H



Thank You!

Thank you to the hundreds who supported our annual campaign and empowered us to **#DareToDream** of even greater academic and spiritual heights!



I want to always be reading quality literature and grow in my awareness of the world around me



I want to always be prompt and prepared



I want to build great relationships with the CTTH families and create an air of positivity and possibilities

I don't just want to be a teacher that inspires students, I want to show them how to inspire themselves and to work hard in every learning area of their lives



I love seeing students understand and enjoy learning Hashem's holy Torah

I am dreaming of students living an eternal truth and thriving in a state of the art venue at the foot of Table Mountain



I want to live healthily - eat healthy, and take care of my body

I dream of one day teaching Torah at the highest level to teens in Cape Town and then I open my eyes and begin that day every day



I want to seek out new challenges to grow as a person

I dream of inspiring students who themselves become lamp-lighters to inspire others



I dream that the trees and fruits of these young saplings we teach today will grow to become a veritable Garden of Eden

I want to be involved in Jewish outreach and inspiring others in their Judaism



I want to help the underprivileged and those that lack the basic necessities we take for granted

I want to empower students to take agency over their learning, and dream to become lifelong learners



I want to manage my time well, stay on top of projected work, and meet my deadlines

I want to make the world a better place through acts of chessed

I want to know how to write clearly and persuasively, and author valuable written works



I want to help each of my students reach their full potential

I want to express creative talents and maximize my potential

I love to learn both in and out of school



I want to exercise, play sport, and engage with nature

I want to influence others positively and make a difference in their lives

I want to learn how to daven, and to find meaning and expression in the timeless words

I want to belong to a community of people who maintain moral and ethical integrity both in school and out

I want to have solid mentors who I can ask for for guidance when faced with tough decisions

I want to have regular shulim in Torah, and complete chumashim, inasechtot and seforim

I want to support and love Israel and feel connected to the land and its people



I want to love Torah and Yiddishkeit, and truly appreciate its depth and profundity

I want to be able to speak confidently in public, with a clear and positive message

I want to always challenge myself to grow as a person, and learn from my mistakes

I want to present myself confidently yet modestly as a representative of Torah in dress, with dignity and class

I want to continuously grow in my knowledge and skill sets

I want to be a good and loyal friend I want to be someone who is sensitive to others and makes peers feel included

I want to be optimistic and solution driven

#DareToDream

powered by Shapiro Creations



HERZLIA IN FOCUS

תג חנוכה שמח

Farewell Matrics

As we eagerly anticipate another fine set of Matric results it is appropriate to look back at the achievements of our Class of 2018. Three events held recently, Valedictory, The Sports Awards and the Matric Art Exhibition pay a fitting tribute to the wonderful academic, sporting and cultural involvement of our pupils in all facets of school life.

In the words of our Chairperson, Natalie Barnett, "Your year group will be leaving its own special legacy, and regardless of whether you are the recipient of an award tonight; you have contributed as individuals and as a group, and we are proud of each and every one of you and your achievements." The premiere awards at the Matric Valedictory were presented to:

Jered Shorkend – The Achvah Award to the Grade 12 pupil who best exemplifies the menschlichkeit for which HERZLIA stands, by showing exceptional generosity of spirit and awareness of human connectedness.

Peter Oki – The Helen Zille Award for the promotion of Democracy.

Claudia Greenberg – The Principal's Award for outstanding Commitment and Service to the School.

Maddie Wingerin – The Union of Orthodox Synagogues Cape Council Award for significant contribution of the Judaic Life of HERZLIA.

Anna Valkin and Skye Zive – The Rossouw Van Zyl Memorial Award in recognition of having achieved an average of 90% or more in the 2018 prelim exams.

Anna Valkin – The Award for the Top Academic Pupil in Grade 12.

Jade Spiro – The Zalman Avin Memorial Award for the Best All-Rounder.

Excerpt from the Valedictory Speech by Natalie Barnett

This is a significant occasion and one of contrasting emotions for us all - excitement and apprehension, sadness and joy, nostalgia and pride.

Supported by your parents and guardians, you have all been shaped and nurtured by committed and caring teachers and staff, and by the unique and inspiring experiences that HERZLIA has granted you. I am taking this opportunity to acknowledge, congratulate and thank all those school professionals who have walked alongside you during your HERZLIA journey. I would like to make special mention of one of those unique individuals, Gail Simon, who sadly passed away this week, and remember her too, with love and gratitude.

The awards reminded me of the story told about Alfred Nobel by the United Kingdom's Chief Rabbi Mervis, who also happens to be a HERZLIA graduate, when he visited our school a few years ago.

Eight years before his death, Alfred Nobel read an obituary written about his brother Ludwig, which mistakenly listed Alfred's achievements, making it seem as if it were he who had actually died. It highlighted his spectacular but heinous invention of dynamite and the suffering this had caused, and labelled him as Europe's richest vagabond.

Not wanting to be associated only with something as destructive and deadly as weapons and implements of war; Nobel set out to leave a more positive and life-affirming legacy.

He decided that how he will be remembered would be determined by how he lived his life. This sentiment ties in so beautifully with the values of Herzlia's pillar of Menschlichkeit which promotes decency, kindness and respect, integrity and compassion towards oneself and towards others. It encourages individuals to have a positive outlook, and to always behave with humility and gratitude.

Menschlichkeit is also exemplified by those who show resilience and great responsibility towards their community. Such qualities are difficult to measure versus academic achievement, but without them our lives would be less well-rounded, less enriched, and less complete.

You have taken on your responsibility as role models with confidence. You embraced the opportunities to engage and listen to one another when offered the student forums introduced by the SLC, opening up dialogues around pupils' experiences in the school and respecting diversity, and the strength that comes from it.

I quoted this last year, and feel it's worth mentioning again – One of our wisest sages, the Rambam teaches that "We each decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No one forces us. No one decides for us, no one drags us along one path or the other. We are responsible for what we are."

"I encourage you all to pursue life paths that you'll be proud of and to make decisions you won't regret. That everything you decide to do is done with kavanah – good intention. And that the stories you decide to live, don't disappear after just 24 hours like on Instagram and Snapchat, but sustain you and inspire others for years to come. I wish you all the strength and wisdom to make the right choices in your lives, and to become the people you aspire to be."



Excerpt from the Valedictory Address by Head Student Alexander Korber

It is a wonderful privilege to be able to share with you today something of what HERZLIA has done towards shaping each of our lives and helping us prepare for what is to come in the world out there. Having been a member of the HERZLIA family since the days of Gan Aviv, I stand here this evening humbled by the opportunities, nurture and care that I have received over the course of my school journey. Today, the Matric class says goodbye or perhaps more colloquially, 'Cheers', to all we have known growing up and to our comfortable HERZLIA home as we go to seek new adventures. It is said that valedictories serve as farewell events. But as author Melody Beattie said, all endings are inexorably tied to new beginnings. This is the nature of the journey. You have seen and felt much in life so far, but still, the best is yet to come. Our journey as a Grade began in 2013 when as mighty Grade 6 students, our reign as 'the big kids' in primary school came to an abrupt end as we made our way past the blue gates to the Middle School parking area. With myself as the exception, we were small people in small uniforms awaiting eagerly to begin our Middle School journey.

“Today, the Matric class says goodbye or perhaps more colloquially, ‘Cheers’, to all we have known growing up and to our comfortable Herzlia home as we go to seek new adventures.”

The introduction of Middle School life offered us an opportunity for growth. Despite what many of us may remember, it was not only a time of orange season tickets to the principal's office but rather a time where values such as perseverance, commitment and open mindedness would be instilled in us: values which we would carry through to our High School careers. As we moved on to High School we were once again the new kids on the block: this time, however, with new goals, objectives and ambitions. High School brought with it a new-found sense of seriousness, a sense of the grit and determination required in order to achieve our goals.



Alexander Korber, Head Student, addresses the Matric Class of 2018.



Claudia Greenberg – The Principal's Award for outstanding Commitment and Service to the School.



Jade Spiro – The Zalman Avin Memorial Award.



Peter Oki – The Helen Zille Award.



Maddie Wingerin – The UOS Cape Council Award.



Jered Shorkend – The Achvah Award.

I want to take this opportunity to thank all the staff. You have not only succeeded in changing the lives of your students but you have also changed the face of education as a whole. Matric is daunting but as Mevrou Botes always said; with grit, determination and hard work, anything is possible. From the moment we take our final steps out past the blue gates, I know that we will pursue our future endeavours with the knowledge, confidence and humility that only a Herzlia student can have. Now is a time where we must harness our anxious excitement and forge our futures; take risks; look over the horizon and don't be afraid of life outside school. And above all remember what Winston Churchill once said: "Success is not final, failure is not fatal: it is the courage to continue that counts."

“Hold close your school time memories and friends. Seize opportunities; approach each day with enthusiasm and a passion to learn; and go through life with compassion and humility.”



Skye Zive and Anna Valkin – The Rossouw Van Zyl Memorial Award.

And Now Farewell to the Matrics of 2018 by Marc Falconer

Ann Gregg says that 'a good education should leave much to be desired' and I sincerely hope that this is true of your HERZLIA experience. Education is, after all, what will stay with you after what you have learned has gone. Reaching matric is no more a guarantee that you are educated than living in a cave indicates that you are a bat.

Here is your choice. Your education should not be to answer questions but to ask them. Thinking educationally, we would hope that each one of you is ignited – with an incandescent curiosity. So be curious, expansive and take risks. And be optimistic. As cognitive psychologist Steven Pinker, also Jewish born, and author of *Enlightenment Now* says: "Remember your statistics: an anecdote is not a fact; and remember your history: because something seems bad now, it does not mean it was any better in the past. Not every problem is a crisis, a plague or an existential threat – Don't confuse pessimism with profundity - problems are inevitable."

“Here is your choice. Your education should not be to answer questions but to ask them. Thinking educationally, we would hope that each one of you is ignited – with an incandescent curiosity.”

Too much social media and too many news reports are about what is wrong, what is broken and diseased. News is the stuff that happens, not the stuff that doesn't and we only hear about the bad stuff. It's what Pinker calls the 'availability Heuristic' – the easier it is to bring something to mind, the more likely we are to be convinced by its ubiquitousness. Pinker's advice is good: don't generalise from anecdotes – check facts, be rational. WH Auden, one of my favourite poets, in his poetic musical exercise *Look stranger, at this island now*, invites his readers to reconsider what they know to be true and to imagine creating a different reality, a different narrative and so a different world:

Far off like floating seeds the ships
Diverge on urgent voluntary errands;
And the full view
Indeed may enter
And move in memory as now these clouds do,
That pass the harbour mirror
And all the summer through the waters saunter.

The speaker asks the reader to view from a distance the busy and suddenly 'now' beautiful world, rather like the world you are about to enter, bearing the 'floating seeds' of future life, each of you separate and diverse, urgent but bound in a past of 'clouded memory' (as all memories are) as you travel to the summer waters beyond – inexpressibly beautiful, just needing you to be alive to the opportunities and the joy of life. For each of you now, you are about to cast off on your own journey, to cast your own light, to make your own shadows. I and the staff wish you farewell. We wish you to be strong, to be healthy, to be grateful and to be happy – tomorrow and forever.

Matric Art Exhibition

The Matric Visual Art pupils showed their artwork at the SA Jewish Museum from 17 - 31 October. This remarkable exhibition showcases the extraordinary investment and engagement of 22 students working across a range of media from oil paintings to mixed media and unconventional materials.

Excerpt of speech by Lauren Palte – Head of Visual Arts

Our work this year began with an exploration of artists engaging with the holocaust – artists who use art making as a place to try make some sense of an unthinkable past, to try to understand what it means to be alive, using art making to touch up against our humanity. This is not easy.

To make meaning in the art class, you have been asked to take risks, to sit with difficulty, to embrace uncertainty and to trust in an often unclear process. I applaud you for your willingness to do so. And so tonight is to celebrate each of you and your work. I would also like to think about how you carry your lessons from the art class with you as you go out into the world.



Kayla Dibowitz - Self Portrait.



Gabriel Lipschitz.



Lila Kibel.



Leah Gluckman.



Highlights of the JCC 10th Annual General Meeting



Guest Speaker Sheryl Ozinsky



Harris Burman presenting Delia Kaplan with the Eliot Osrin Award for Professional Leadership

On 29 August, Jewish Community Services celebrated the 10th year of their combined AGM. The Organisations under the umbrella of JCC are, Astra, Glendale, Cape Jewish Seniors, Highlands House, Jewish Community Services, Nechama and Oranjia.

The Guest Speaker last year asked: "Where are all the young people"? Well this year, encouragingly, there were many more young people than before and this is also due to the participants of the Eliot Osrin Leadership Institute attending. The formal proceedings went well and were efficiently handled by Chairperson Harris Burman.

The Cell-Video project performed by Grade 11 learners from Herzlia High School was next on the Agenda and was hugely successful. The learners were tasked with preparing two-minute videos that showcased the work done by the various organisations. This was the second year of running the project and it was both a dynamic and amazing experience, thanks to Philip Todres, Shifra Jacobson, Gretl Maree and Geoff Cohen who facilitated the process. The two-minute presentations were filmed with cell phones. TV producer and film maker, Heather Blumenthal, had been requested to pick the winners and she gave intelligent and informative feedback on each video, choosing the first three winners who won monetary prizes. The screening took place of all 65 videos and there was much excitement and appreciation for the quality of the videos.

First place went to Nechama, videoed by Jenna Isserow & Josh Lerner. Second place went to Jewish Community Services, videoed by Samuel Kurgan. Third Place went to Astra, videoed by Aviel Zieff & Samuel Finder, The remaining participants all received vouchers for their efforts and participation. You can view the winning videos by going to the Jewish Care Cape Facebook page, or www.herzlia.com

Harris Burman was thanked by Esta Levitas for his term at JCC which has now ended, and for the progress he made in taking the organization to the next level.

Well-known personality Sheryl Ozinsky was the guest speaker. Philip Todres introduced Sheryl and explained she had helped and pioneered in establishing Cape Town as one of the world's most desirable tourism destinations in the world. Sheryl gave the history of the Oranjezicht City Farm, a non-profit project celebrating local food, culture and community through urban farming in Cape Town, her current community-based project. She told how it started, describing a fascinating history of Oranjezicht and the story leading to the successful and sustainable market, her and her co-workers facilitate. Her overall message was 'Growing Food with Purpose' — which tied in neatly with the UJC motto of 'follow the seed'. She is the person responsible for establishing the farmers market now held at Granger Bay, V&A Waterfront every Saturday and Sunday. Sheryl is passionate about bringing community together and this was excellently and warmly promoted in her presentation.

The last event of the evening was the presentation of the Eliot Osrin Awards as is our tradition, and the following recipients were presented with the following awards:

Community Service — Peter Greenberg, Community Leadership — Avigail Popack, Professional Leadership — Delia Kaplan, Professional Service — Rhita Russon, Chairperson's Award — Bernard Osrin.

For further information please contact Shifra Jacobson on 021 462 5520.



CEO of Sygnia wows WIZO audience



Adele Saven, Adrienne Judes (Chairman of WIZO Cape Town), Magda Wierzycka, Shelley Friedman and Ros Lewenson

At a sold-out event in early November, BZA WIZO's Gilah branch presented a personality morning with guest speaker straight-talking billionaire Magda Wierzycka.

Magda is CEO of Sygnia Group, and the most successful female entrepreneur in the financial services industry in South Africa, breaking through the 'glass ceiling' without allowing her values and integrity to be compromised.

Since taking the helm in 2006, Magda has grown Sygnia's assets from R2 billion to R154 billion by 2015.

Well known for her chutzpah and

bravery, Magda is an outspoken critic on corruption, state capture and the Guptas. True to form, there were no sacred cows as Madga gave a riveting account of her personal experiences and insights into the state capture roller-coaster South Africa has faced over the past decade, as well the challenges of being a woman in what is traditionally a man's world.

Co-Chairmen of WIZO's Gilah branch, Ros Lewenson and Adele Saven, thanked Shelley Friedman of the George Elkin Trust for her generous sponsorship of the event, enabling proceeds to go towards the important projects for the upliftment of women and children that are supported by WIZO SA.

**CALLING ALL JEWISH YOUTH EDUCATORS!
THE DILLER TEEN FELLOWS PROGRAMME
IS LOOKING FOR THE NEXT COODINATOR**

in Cape Town



The Diller Teen Fellows programme is a 12 month immersive experiential education programme for grade 10s designed to inspire and promote leadership among Jewish teens, social activism, Tikkun Olam, creating active agents of change for Israel and the Jewish people. This global programme operates in 32 communities all around the world.

Requirements:

- Experience in experiential education, group facilitation, and programme development/management addressing Jewish identity development, leadership, community service & Israel education.
- Strong facilitation, education, organization, and communication skills required to effectively interact with, lead and inspire a diverse body of teens, parents and local community leaders and staff.
- Ability to collaborate with a partner overseas and to work with and contribute to a global peer network of Diller Teen Fellow Coordinators
- Availability to works nights and weekends; including travel to Israel for 3 weeks during the summer as well as additional travel during the year to a variety of conferences and trainings.



CVs together with covering motivational letters email to diller@ctjc.co.za

Closing date for applications: 28 February 2019
Only short-listed applicants will be contacted.





THE HERZLIA FOUNDATION TRUST

SECURING JEWISH EDUCATION



MAKING DREAMS COME TRUE

2018 – The Year in Review

By Amanda Zar

The Herzlia Foundation Trust's vision is to future-proof UNITED HERZLIA SCHOOLS by building the Endowment fund to ensure that no Jewish child is denied a Jewish education for genuine financial reason; and that HERZLIA remains an affordable Jewish community schools providing educational excellence with worldclass facilities.

2018 has been an incredibly successful year for The Herzlia Foundation Trust. We are very proud to share with you how our generous donors have made Jewish children's dreams come true at HERZLIA.

Below is an overview of the various projects and upgrades that have had an incredible impact on all 10 campuses and across the five pillars of HERZLIA:

ACADEMICS

In line with our vision and objectives we continue to raise funds for our Endowment which provides bursaries to Jewish children whose families genuinely require this critical support. Funding towards HERZLIA's Extension Programme was raised, as well as for staff training and development sessions focusing on differentiation, extension and learner support. Funding was also raised for the purchase of resources to facilitate diverse extension programmes across all 10 campuses. We continue to raise funds towards facilitators to meet the needs of HERZLIA's Inclusion Programme.

JEWISH LIFE & LEARNING

Jewish Life & Learning offer a variety of formal and informal programmes throughout the year. The Foundation through its generous donors assists with funding of these programmes, which include the Israel Encounter Programme, JLL Discover and more. In addition to these programmes The Foundation funded siddurim for the three Herzlia Primary Schools.

MENSCHLICHKEIT

The Herzlia Foundation Trust in partnership with PJ Library® was an active partner in facilitating the fundraising for this outstanding project.

Together, Herzlia and PJ Library® endeavour to broaden menschlichkeit and Jewish values, and engage parents and grandparents in the partnership between school and home.

SPORTS

The Herzlia Foundation Trust supports Sport at HERZLIA. This year we raised funds for a Special Purpose Sports Fund, which allows students who are in need of financial support to participate in various sports tours.

ARTS & CULTURE

The Herzlia Foundation Trust continues to support the Arts & Culture pillar at HERZLIA and was active in raising funding from donors for the Middle and High School Vocal Ensemble Tour to Israel in 2018.

CAPITAL PROJECTS

The Herzlia Foundation Trust remains committed to raising funds for major capital projects and infrastructure improvements for UNITED HERZLIA SCHOOLS. Through the committed support of donors, we are able to ensure that all of HERZLIA's campuses reflect our vision of HERZLIA providing educational excellence with world-class facilities. This year the Foundation has been involved in many upgrades across all our schools and we are proud to share with you some of these highlights.

Kerem Playground Project

In order to ensure that HERZLIA campuses remain world-class, Kerem Pre-Primary, located at Herzlia Constantia implemented an exciting playground refurbishment project. The project has been divided into three phases. The idea is to upgrade the entire Kerem playground with AstroTurf, modern playground equipment and recycled fencing. We have completed Phase One and are in the process completing Phase Two of this project.

Water Wise Campaign

The Western Cape is currently experiencing its worst drought in more than a decade. Day Zero, was postponed twice and the urgency for HERZLIA to make provision for this began in earnest in the middle of 2017. The Directors of the school realised that immediate plans needed to be put in place to ensure that HERZLIA can remain open and make provision for this state of emergency. HERZLIA is committed to securing the well-being of every student, teacher and staff member on every campus. The support of our donors has ensured our sustainability and allowed us to safeguard our facilities, infrastructure and the changing demands of the world we live in today here in Cape Town, South Africa.

Gan Aviv Playground Project

The playground on the upper campus of Gan Aviv is being upgraded in time for the start of the 2019 school year and integration of Sarah Bloch. Upgrades and innovations to the new playground include: New AstroTurf, a cycle track with tunnel, sandpit, landscaping with treehouse elements, a stream, fairy garden, mud kitchen, activity wall, wooden swings, nests and educational play elements.

Highlands Primary School Hall

The Herzlia Foundation Trust successfully raised funds for this project during 2018. Further funding is still required for the proposed new school hall, which will enhance the facilities available to pupils on this growing campus.

The JJ Glick Learning Centre

Over the past several years, The Tamric Trust has been committed and generous supporters of HERZLIA's Inclusion Programme. Through their generosity the JJ Glick Learning Centre at Herzlia Highlands Primary received a new look which has already proven to be a game changer in this world-class learning centre.

The Abe Barron Atrium

Thanks to the generosity of the trustees of The Abe Barron Charitable Trust, a magnificent new play area was created at Dafna Pre-Primary in Milnerton. A new multi-functional educational space creates a connection between the classrooms for children aged four to seven years. It provides a beautiful outdoor covered space for concerts, discussions and meetings with parents. Furthermore, it allows children to engage in family groupings and for the older children to mentor the younger children through educational activities like 'shared and paired' reading or activities using building blocks and constructing with Lego.

Weizmann Primary

Through the generous support of various donors to The Herzlia Foundation Trust as well as the outstanding efforts of the Weizmann PTA the school has recently gone through a number of facility upgrades. Sport netting has been applied to the AstroTurf soccer field area and down the entrance of the school pathway and in the downstairs hall. With the drought impact on the shared soccer fields Weizmann utilise, there were concerns about the space available for the schools winter extra mural programme. A sliding net screen has been erected at the back of the Weizmann Hall in front of the classrooms, along with the floor being marked for Futsal. The entrance and pathway garden were upgraded and the seating extended around the walkway into the school. This has provided the perfect space for children to enjoy break time as well as an appropriate space for parents to wait while collecting children from school.



For more information about the work that we do at The Herzlia Foundation Trust, contact **Amanda Zar** on +27 21 286 3472 or email azar@herzlia.com



The PJ Library® Project was rolled out across all Herzlia Pre-Primary and Primary schools.



Herzlia High School – New Principal's Suite.



Weizmann Primary – The entrance and pathway garden with the seating.



Weizmann Primary – New AstroTurf netting.



The Kerem Playground on the Herzlia Constantia campus.



The Abe Barron Atrium at Dafna Pre-Primary.



The JJ Glick Learning Centre at Herzlia Highlands Primary.

EJC President meets with SA Jewish leadership

Challenges throughout the Jewish world and questions of Jewish identity and continuity formed the backdrop for a fascinating private meeting with Dr. Moshe Kantor, President of the European Jewish Congress (EJC), a representative body of democratically elected European Jewish communities throughout Europe and the Chairmen of the Cape and Gauteng Jewish Board of Deputies, Rael Kaimowitz and Marc Pozniak respectively.

Dr. Kantor also founded the European Council on Tolerance and Reconciliation, a non-governmental organisation that fights xenophobia, extremism and antisemitism. In the private meeting, initiated by Dr. Kantor, through the National Board office, the challenges that various European communities are facing were juxtaposed with the landscape and challenge of the South African Jewish community. These included antisemitism, Jewish identity, communal funding, advocacy and relationships with government and other communities. A fascinating discussion ensued



Rael Kaimowitz, Moshe Kantor and Mark Pozniak

around the balance between security and tolerance and its impact on global politics. Opportunities with the European Jewish Fund were explored for local projects making a difference in how the Jewish community interacted with and were seen by the non-Jewish world.

The importance of alliances and partnerships with Jewish communities and international bodies like the EJC from around the world is a key objective of the SA Jewish Board of Deputies. It serves to bridge our community, geographically isolated at the tip of Africa, with those countries in Europe, The US and the world over.

Dr. Kantor also had a private tour of the SA Jewish Museum with Director Gavin Morris and the Holocaust and Genocide Centre with Director Richard Freedman.



Simcha Club fundraises for Noluntu soup kitchen

The Simcha Group of the Union of Jewish Women Cape Town recently held a very successful fundraiser Card Day Event which was held at the Western Province Bridge Club.

About 70 people joined in with an array of card and board games, the most popular being bridge. The morning began with enthusiastic ladies (and a few brave men!) arriving and filling up raffle sheets before settling into a serious game of cards.

This was followed by a delicious lunch and prize winning moments from the raffles drawn. The day was thoroughly enjoyed by all.

The proceeds of the event will go towards the Noluntu Soup Kitchen, the Simcha group's pilot project. Noluntu provides a safe environment where children can go after school and is a place of hope, nurturing and safety. The children receive breakfast daily and on weekends they have cooked meals and a place to learn, eat and play. This project is driven by a very committed and dedicated woman Ria Boweni who has initiative and purpose and has created a community facility for the children in Khayelitsha.

This wouldn't have been possible without the generosity of our exceptional sponsors and the dedication of the Simcha Group UJW Cape Town.



Heidi Furman, Rosemary Nathan, Joan Rabinowitz, Emma Ress



Cecile Barnett, Lorna Novis, Ethel Klein, Zeld Lowenberg



Marion Glasstone, Serena Arnoni, Adrienne Epstein and Zafra Katz



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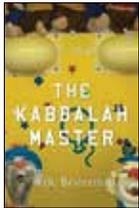
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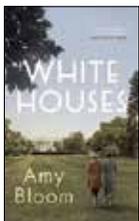
FICTION



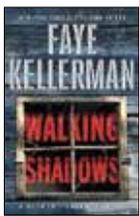
THE HOUSE OF GOLD by NATASHA SOLOMONS. A wealthy banking family, the Goldbaums, are the bankers of governments and emperors with their influence stretching across Europe. Their daughter Greta is forced to marry her cousin Albert to strengthen family ties between Austria and Britain. When the First World War begins, Greta has the additional problem of being stuck in the middle of opposite sides of the conflict while trying to save her marriage.



THE KABBALAH MASTER by BERLE BESSERMAN. Sharon Berg, a divorced Jewish woman, with two children is infatuated with the charismatic spiritual leader Rabbi Joachim from the Centre of Spiritual Judaism. When he disappears, she meets a young war veteran and has to decide to move from the gravitas of mystical Judaism to allow her relationship with a man from a different background to flourish. A rich portrait of ethnic life in New York.



WHITE HOUSES by AMY BLOOM. A tender, heart-warming exploration of the hidden love between Eleanor Roosevelt and celebrated journalist Lorena Hickok. Lorena grew up poor in South Dakota and this is the story of her journey from there to the White House. Lorena's status as "first friend" to Eleanor was an open secret. Bloom's well-researched work draws on letters between the two women filled with fascinating scandals of the era.



WAKING SHADOWS by FAYE KELLERMAN. The murder of Brady Neil brings Detective Peter Decker to a quiet college town. As he digs deeper, he learns that Neil's father was doing time for a double homicide and probes whether he was connected to these murders. When one of Brady's closest friends vanishes, leaving a pool of blood as the only clue, Decker realises that a ruthless killer needs to be stopped. With his wife Rina, he solves this puzzle.



PARIS IN THE PRESENT TENSE by MARK HELPRIN. Jules Lacour, professor of music, leads a "seemingly idyllic" life near Paris. Still mourning the death of his beloved wife, he falls in love with a cello pupil one-third his age. He remains confronted by his past when the Nazis shot his parents and his present in which his grandson is dying of leukaemia. When an insurance company rescinds on payment for his jingle, he risks fraud for his grandson's cure.



PLUS ONE by VANESSA RAPHAELY. In her debut novel Rappaely takes an insightful look into a world of glamour, power and the psychology of fame. Two best friends, magazine editor Lisa Lassiter and up-coming actress Claudia Hemingway spend a weekend in Mykonos partying aboard a luxury yacht. After a traumatic incident on board, their stories are intertwined. Ten years later, leading seemingly perfect lives, neither can escape the secrets of their past.

MEMOIR-BIOGRAPHY



FOR SINGLE MOTHERS WORKING AS TRAIN CONDUCTORS by LAURA ESTHER WOLFSON. In her memoir, Wolfson opens with her marriage to a Russian who did not want children. Later in Paris, she meets her second husband while battling with a collapsed lung. She amusingly tries to come to terms with her own identity within a family of non-observant Jews by studying Yiddish. Her evocative prose engages us on a contemplative walk through her life.



HARVEY MILK by LILLIAN FADERMAN. Born to a Jewish family and being gay, Milk struggled to find his place in society. Faderman takes us on the controversial journey from his early days in the navy to his experiences in New York in the 1970's before his arrival in California. Much of the text is devoted to his ground-breaking political accomplishments. He was eventually elected to the San Francisco Board of Supervisors in 1977 and assassinated one year later.

BOOKS OF THE MONTH

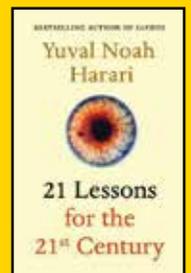
DESIGNING REALITY by NEIL, ALAN AND JOEL GERSHENFELD

MIT professor Neil and his brothers Alan and Joel explore the promise and the perils of the third digital revolution. On the one hand, it promises self-sufficient cities, the end of the way we work and the ability for each of us to design and create anything imagined, on the other it could lead to wealth in a few hands. The Gershenfelds teach us to prepare for the future individually and as a society.



21 LESSONS FOR THE 21ST CENTURY by YUVAL NOAH HARARI

As technology advances and hacking becomes a war tactic Harari addresses the challenges of life in the face of constant change. In twenty-one accessible chapters, he builds on ideas explored in his previous books offering advice on how to prepare for a very different future where we need to consider values, meaning and personal engagement. He states that human ingenuity is needed to guide our thoughts.

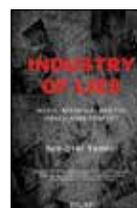


FINAL DRAFT by ROSEMARY FRIEDMAN. This valedictory collection of essays on life is by prolific author Rosemary who is eighty-eight. Her memoir shares her reflections on sex, marriage, technology, beauty, grief and happiness. Through her vast experiences, she often views the present through the lens of her past. Friedman helps us know the world and ourselves that little better. A perceptive, moving and witty exploration of language and ideas.



MIDDLE EAST / JEWISH INTEREST

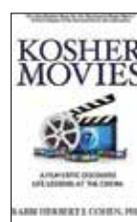
HARPOON: Inside the Covert War against Terrorism's Money Masters by NITSANA DARSHAN-LEITNER. The riveting story of the intelligence task force that launched a new front in the war of terror. A look at how spies, political leaders and lawyers waged a campaign to dry up the financial streams that funded terrorism. Through unconventional warfare, they disrupted money pipelines that paid for the bloodshed perpetrated by Hamas and Hezbollah.



INDUSTRY OF LIES by BEN-DROR YEMINI. The book draws a distinction between legitimate criticism of Israel and the lies that have emerged from the media and academia. Yemini refutes each accusation made against Israel and includes nuggets of historical and current information. He includes the lie that Zionism is based on ethnic cleansing and the true context behind the flight from Israeli controlled areas. He invites us to rethink the Israeli-Arab conflict.



DAYS OF THE FALL by JONATHAN SPYER. This is a personal account by British-Israeli reporter Spyer on the disintegration of the Middle East over the past decade and the life threatening missions he undertook in pursuit of the human reality behind these conflicts. He takes the reader into the heart of the terrible wars in Syria and Iraq exemplifying its descent into physical and moral chaos. Contains interviews from all sides — Shia militias in Iraq and ISIS member.



KOSHER MOVIES by RABBI HERBERT J. COHEN. Being a rabbi and film critic makes Cohen's collection of essays on movies different. He garners his choice of films as autobiographical life lessons revealing his love of Torah. The movies he reviews highlight the Modern Orthodox approach to engagement with popular culture. He elicits each one, whether on relationships, aging, ethics and adversity as divrei Torah, as opposed to frivolous entertainment.

Israeli NGO sends aid to California in wake of unprecedented wildfires

By Nicky Blackburn for Israel21c

Israeli NGO, IsraAID, is sending an emergency response team to California to help communities affected by the unprecedented fires that have killed 80 and destroyed over 13 000 homes and buildings. More than 1 300 people are still listed as missing.

The two blazes broke out 10 days ago in both north and south California and quickly spiralled out of control. The Camp Fire wildfire, which wiped out the town of Paradise in Butte county (population 27 000), is already the deadliest and most destructive fire in California history, torching an area the size of Chicago.

The Woolsey fire has burned over 98 362 acres in southern California near the border of Ventura and Los Angeles counties.

After a request from local communities, IsraAID is to conduct a needs assessment of the population in affected areas, promote community resilience and recovery, and distribute relief items to families currently staying in temporary accommodation after losing their homes in the fires.

Yotam Polizer, the co-CEO of

IsraAID, told ISRAEL21c that a team of four Israelis have already flown out to California, and plan to set up operations in Chico, where many evacuees are now living in tent cities, shelters and even sleeping in their cars. "We've seen a lot of disaster zones over the years, but this is a whole different level of devastation. Everything has been burned to the ground, and there are so many people still missing," said Polizer, who has just returned from California.

"The search and rescue teams aren't looking for survivors; they are looking for remains. From a psychological perspective it's on a whole different scale. When we talk to local people we see they are getting support, but there's very little psycho-social support there. That's where we are planning to focus our efforts."

IsraAID's team will include Israeli and US-based mental health specialists, who will work with partner organisations on-the-ground to support affected communities as they recover and promote community resilience.

"We were devastated by the tragedy of these fires in California," said Polizer. "It's a place very close to our hearts. We have an office there,

lots of staff members and volunteers. A lot of local people asked that we come and help. We are planning to be there to support the people as long as we are needed."

This is not the first time that IsraAID has sent aid in the wake of deadly fires in California. In October last year, a team of seven aid workers — including Polizer — helped out in evacuation centres in Napa Valley, after a series of wildfires swept the state killing 44, causing \$14.5 billion in damages, and forcing 90 000 people to evacuate. The Israeli team were stationed in Santa Rosa, California, and helped coordinate and provide relief supplies and stress management to the affected community.

Even today, IsraAID continues to work with the community there to



Smoke billows from the Woolsey fire in California. Photo by Shutterstock

help them build resilience.

IsraAID has extensive experience responding to disasters in the US and all over the world. This year alone, the organization provided aid to victims in Florida in the wake of Hurricane Michael, North Carolina, after Hurricane Florence, to the Philippines, Indonesia, India, Kenya, and to Guatemala after the volcano.

Nicky Blackburn has worked extensively as a journalist and editor both in Britain and Israel for a range of national and international publications.

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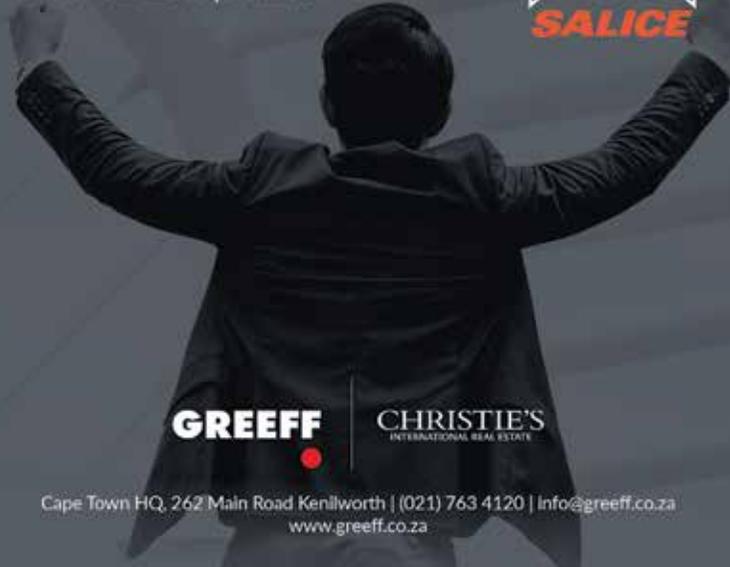
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COUSINS REUNITED AFTER 55 YEARS

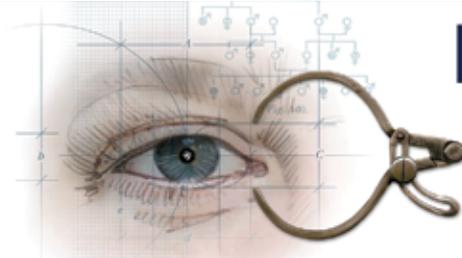


Cousins Roselyn Smith and Markus Hawlik-Abramowitz reunited, October 2018 (Roselyn Smith)

Postcard from Max Abramowitz in Sachsenhausen to his mother Selma Abramowitz, 14 December, 1938 (Abramowitz collection, SAHGF Archive)

The archive of the South African Holocaust & Genocide Foundation is a repository for papers of survivors and refugees who made South Africa their home during and after the war. This includes the Abramowitz Collection, donated in 2010 by Roselyn Smith, the daughter of the late Martin Abramowitz. In the late 1930s, Martin had fled Halle in Germany and sought refuge in South Africa alongside two of his brothers, Hermann and Kurt, and their mother, Selma. His brother Max was arrested by the Nazis on 8 November 1938 and deported to the Sachsenhausen concentration camp. He was incarcerated throughout the war until finally being liberated from the Terezin concentration camp in 1945. After the war he settled in Soviet East Germany, never able to visit his family in South Africa.

In February 2018 the Archive received a request from Markus Hawlik-Abramowitz, the son of Max Abramowitz, seeking any information on his long-lost South African relatives. We were delighted to put him in contact with Roselyn Smith, his first cousin. Markus and Roselyn were recently reunited when he visited her in Langebaan. She wrote to us to share this experience: "He lived in East Germany for so many years and he had so many stories and documents and pictures to share with me ... I cannot tell you how emotional it was... thank for your help in bringing us together after almost 55 years."



DEADLY MEDICINE

CREATING THE MASTER RACE

A provocative exhibition exploring the Nazi regime's "science of race" and its implications for medical ethics and social responsibility today

Returning to the Cape Town Holocaust & Genocide Centre 10 December to 6 March 2018

The public is invited to these special events

10 December 6pm Re-opening by Professor Jeffrey Prager

Jeffrey Prager is a Professor of Sociology at UCLA and Training Analyst and former Dean at The New Center for Psychoanalysis in Los Angeles, California.



22 January 2019 6pm Disability Public Conversation
Professor Leslie Swartz (Psychology, University of Stellenbosch) on his book "Able Bodied".

19 February 2019 6pm Panel on Medical Ethics
Prof Leslie London (Public Health, University of Cape Town) and Prof Keymanthri Moodley (Medical Ethics, University of Stellenbosch).

6 March 2019 7pm Disability & Citizenship: Book launches & Discussion
Prof Leslie Swartz *The Palgrave Handbook of Disability and Citizenship in the Global South*
Dr Michael Robertson (University of Sydney, Medical School) *The First into the Dark - the Hempel Sisters and the Nazi Persecution of the Disabled*
Book launches In conjunction with Jacob Gitlin Library

Deadly Racism: Science and Other Casualties

Professor Prager explores the common system of racist thought flourishing in Nazi Germany, in pre- and post-Apartheid South Africa and in the United States.

RSVP essential to Dianne at 021 462 5553 or admin@holocaust.org.za.
No charge. Refreshments will be served.

Two photographic exhibitions will also be mounted
'Disability & Sexuality' created by Dr Xanthe Hunt
'The Mark of the Life Esidimeni Decanting' by Graeme Williams

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The Convention on the Rights of the Child, ratified in 1989, is the most-signed human rights legislation in the world.

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- To maintain contact with both parents if separated from one or both.
- To be reunited with parents when possible.
- To express an opinion, and to have that opinion taken into account.
- To obtain appropriate information.
- To meet with others and to join or set up associations.
- To privacy.
- To access information and material from a diversity of media sources.
- To protection from abuse or neglect.
- If not with family, to appropriate care, taking into account the child's cultural background.
- If mentally or physically disabled, to special care, education and training.

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- To the enjoyment of the highest possible standard of health.
- To an adequate standard of living.
- To education that develops the child's personality and talents.
- To enjoy their own culture, to practice their own religion and to use their own language.
- To rest and to engage in leisure, play and recreational activities.
- To participate in cultural and artistic activities.
- To be protected from child labour.
- To be protected from illicit drugs.
- To be protected from sexual exploitation or abuse.
- To be protected from trafficking.
- To protection from all other forms of exploitation prejudicial to their welfare.
- To be protected from torture, cruel, inhuman or degrading treatment or punishment.
- To not be made a soldier.
- To be protected from armed conflict.
- To be protected from pornography.
- To rehabilitation if a victim of violation of the rights.
- To have a due process of law.

Continues from page 19

The changing landscape of community employment

By Tali Feinberg

They also offered excellent advice and solutions. They were spot on! It's amazing to have such a service in our small community," she says. She also found them very helpful in guiding the application process of the new Eliot Osrin Leadership Institute.

Along with its work in the community, Staffwise has become a key player in the commercial space. "The quality of engagement was incredibly robust," says Andrew Davies, CEO of Signapps Catalyst, a start-up technology company in Cape Town. After struggling to find the right candidate to suit a specific role, his wife suggested he contact Staffwise, and he hasn't looked back.

As a small business, he found Staffwise's low costs, attention to detail and "super professional" service to be hugely beneficial. "They drove the whole process — translating the brief, short-listing and analyzing the candidates, and providing feedback. They accessed a very interesting pool of people and certainly found the right one. I would definitely use Staffwise again."

Amazingly, the Jewish job centre model cannot be found anywhere else in the country. This demonstrates the future-focused, professional nature of the Cape Town Jewish community, and the outlook definitely looks bright. With resources like these, everyone from the most vulnerable to the most experienced has a chance to put their best foot forward, and make the community the best it can be.

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SAJM
South African Jewish Museum

Acclaimed violinist, Yevgeny Kutik, performs at the SAJM

Violinist Yevgeny Kutik's 5 November performance at The Old Synagogue in The South African Jewish Museum held the audience spellbound.

His musical interludes were interspersed with anecdotes and introductions to each piece. Kutik mentioned that he had been inspired to play at The South African Jewish Museum after a previous visit to Cape Town.

Originally from Belarus, 33-year-old Kutik immigrated to the United States at the age of five. He has performed internationally as well as alongside America's top orchestras. Known for both his expressive artistry and brilliant command of his instrument, Kutik illuminates the work of masters and appeals to contemporary audiences. Highlights from the night included compositions by Prokofiev and Bach.

The Jewish background of the artist



Photo credit Philadelphia Makwakwa

could be heard in compositions such as Ravel's *Kaddish*, Bloch's *Nigun* and Warshawsky's *Oifin Pripetchik* (On the Hearth).

Audience members will remember Kutik's haunting, joyful musical arrangements for a long time to come.



WHERE IS KOVNO? *kaddish* a prayer for the dead

Created by artists Yda Walt and Cheryl Rumbak, 'WHERE IS KOVNO?' explores the tragedy of the Second World War genocide of Lithuanian Jewry, many of whom shared ancestral links with the South African Jewish community.

"It happened, therefore it can happen again and it can happen everywhere"
Primo Levi

6 December 2018 — 28 February 2019



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Robynne Hurwitz to Seth Rubin

Photographer: Kristi Agier



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A visual feast for Chanukah in Israel

One of the unusual architectural features found in the outside walls of many Israeli homes is a small, glass-covered enclosure prominently located next to the front door.

Designed to shelter the interior from wind and rain, these peculiar stone cubicles lay idle most of the year, springing to life for exactly eight days beginning on 25 Kislev on the Jewish calendar, the first night of Hanukkah.

It's an ideal location to place the menorah in adherence with the custom of *pirsumay nisa*, publicising the Hanukkah miracle, when the oil burned for eight days instead of one during the rededication of the second Jewish temple in 165 BCE.

This custom is widely observed in Israel and Jewish communities around the world. For eight consecutive nights, the illuminated menorah (*chanukiyah*) is placed at one's doorstep, gate or inside a large picture window facing the street where it can be seen by passers-by.

The public display of *chanukiyot*



A woman and child observe Hanukkah lights aglow in the front window



Menorahs in protective glass housings outside a home in Jerusalem.

turns the Festival of Light into a spectacle of sight. Many families have the custom of each member lighting his or her own menorah, and it is not uncommon to see seven or eight menorahs glowing brightly in a window or glass case outside the home.

The best places to view *chanukiyot* are the observant neighbourhoods beginning right after sundown, when most residents do the lighting ceremony.

In Jerusalem, the Jewish Quarter of the Old City, Mea She'arim, Geula and Nachla'ot are excellent destinations to view many unique *chanukiyot* in full view to the public. The Jewish Quarter has become a popular destination, especially on the eighth night, with some residents offering hot drinks, stories and explanations of their distinctive menorahs.

For a more enlightening treat of the holiday's visual delights, visit a hotel lobby where guests often light candles on a single table in the lobby and one can gaze at a dozen or more menorahs ablaze simultaneously.

A winter stroll is also likely to generate a little appetite, but not to worry. The metaphor of the oil outlasting its

normal expectancy has seeped into other traditions of the holiday, such as eating foods fried in oil.

In Israel, donuts are not generally consumed year round, but on Hanukkah, bakers become artists and genially compete to see who can design the most colourful and scrumptious *sufganiyot*. The quantity and variety of donuts are sure to please any palate and, along with the flickering oil lamps and candles, shed a little light and warmth on a long winter night.



The Hanukkah dreidel game features a spinning top with four Hebrew letters — *nun, gimel, hey and pey* — which stand for 'a great miracle happened here'.

Courtesy Israel21C
Photos and story by Yehoshua Halevi



A baker applies the finishing touches to a freshly baked tray of donuts.



Hanukkah oil lamps burn brightly in a glass housing during a rainstorm in Jerusalem

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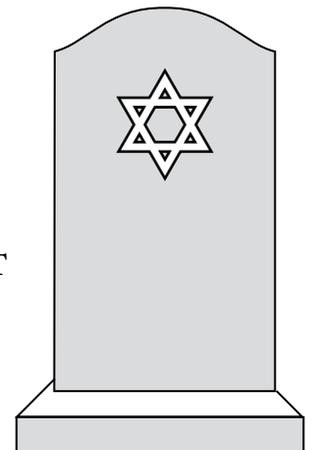
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A VIEW FROM THE BAR

How does freedom of expression work?

By Anton Katz

President Trump's taunts at racial and religious minorities are constitutionally protected forms of speech under the First Amendment to the US Constitution.

Hateful speech that is illegal in Canada and Europe, such as racial slurs, brazen bias, and Holocaust denial, is permitted in the US. The mailing of pipe bombs and the killing of Pittsburgh Tree of Life congregants are said to have been, if not directly caused by Trump, at least enabled by his tweeted words. Would Trump's rhetoric be permitted and/or prohibited under the South African Constitution?

American democracy is based on the idea that one can combat evil expression with education, argument, and evidence rather than censorship. But South African history is so different to the United States. The South African Constitutional Court has commented: "The United States constitution stands as a monument to the vision and the libertarian aspirations of the Founding Fathers; and the First Amendment in particular

to the values endorsed by all who cherish freedom. But they paint eighteenth century revolutionary insights in broad, bold strokes. The language is simple, terse and direct, the injunctions unqualified and the style peremptory. Our Constitution is a wholly different kind of instrument."

The South African Constitution has three foundational values: human dignity, equality and freedom. The right to freedom of expression does not automatically trump the right to human dignity. The right to dignity is as worthy of protection as is the right to freedom of expression. Freedom of expression does not enjoy superior status in our law. The pluralism and broadmindedness that is central to an open and democratic society can, however, be undermined by speech which seriously threatens democratic pluralism itself.

So, when the following words are published online may a South African court sanction the publisher? (trigger warning for sensitive readers)

"I want to cleans this country of all white people. we must act as Hitler did to the Jews. I don't believe any

more that the is a large number of not so racist white people. I'm starting to be sceptical even of those within out Movement of the ANC. I will from today unfriend all white people I have as friends from today u must be put under the same blanket as any other racist white because secretly u all are a bunch of racist fuck heads. as we have already seen." [sic]

Noo seriously though u oppressed us when u were a minority and then manje u call us monkeys and we suppose to let it slide. white people in South Africa deserve to be hacked and killed like Jews. U have the same venom moss. look at Palestine. noo u must be bushed alive and skinned and your off springs used as garden fertiliser." [sic]

(Velaphi Khumalo January 2016)

The High and Equality Court rejected the explanation as to why the comments were made. The explanation included a weak apology, a promise not to make such utterances again; and that they were made in a state of anger and agitation reacting to Penny Sparrow's Facebook reference to Black people as monkeys.

The Equality Court stated: "South African society is, manifestly, a community that exhibits significant social strains in which, amongst other social distinctions, we are marked off and categorised by race and personal appearance. A significant inter-racial tension exists, derived from several circumstances, not least from inequality and the persistence of some degree of inter-racial hostility. This unhappy and regrettable condition is our historical legacy. The Constitution has proclaimed that we recognise the fractured character of our community and set about transforming our society towards a goal that unequivocally repudiates inter-racial hostility so that we may build a nation upon a consensus that every South African deserves dignity and that our whole community, through sharing resources and through respect for one another, can experience social cohesion."

"Different laws in other countries frame the debate about values and policy differently because, not only are their statutory provisions different to ours, but their value choices are often different too. In Germany and France it is a crime to question the occurrence of the holocaust, yet in the USA neo-Nazis may freely parade their swastikas deliberately through predominantly Jewish neighbourhoods or threaten revenge if the state does not stop the so-called oppression of Whites. Those societies frame laws to

address their social circumstances as do we. The 'othering' of whites or any other racial identity, is inconsistent with South African's constitutional values.

These utterances, in as much as they, with dramatic allusions to the holocaust, set out a rationale to repudiate whites as unworthy and that they ought deservedly to be hounded out, marginalised, repudiated, and subjected to violence in the eyes of a reasonable reader, could indeed, be construed to incite the causation of harm in the form of reactions by Blacks to endorse those attitudes, reactions by Whites to demoralisation and ratchet up the invective by responding

...the murder of the first Jew forced into a gas chamber commenced years before Jews were demonised in the media and in politics. The Rwandan genocide commenced when politicians started calling Tutsis cockroaches...

in like manner, and thus by such developments, on a large enough scale, derail the transformation of South African Society."

The Court declared the comments to be hate speech, issued an interdict against repeated utterances, ordered a written apology to South Africans, and required the prosecuting authority to consider a prosecution.

It has been persuasively argued that the murder of the first Jew forced into a gas chamber commenced years before Jews were demonised in the media and in politics. The Rwandan genocide commenced when politicians started calling Tutsis cockroaches, and called for their extermination. Some were jailed for long periods for such 'speech.'

Freedom of speech is vital to any decent society. But decent societies also require mutual tolerance and respect for every individual. Each society and members of communities must at all times strive to achieve that tough balance.

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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A bucket-list trek through the Himalayas

By Stephen Jaffe

When my California-based nephew, David Greis, phoned me from Bangkok, suggesting that we trek together in Nepal, I immediately agreed. In October we flew from Kathmandu to Lukla, 'the most dangerous airport in the world', in the heart of the Himalayas.

After a hair-raising landing in misty weather, we began our eleven-day trek up to the turquoise Gokyo Lakes, culminating in our ascent of Gokyo Peak (Ri) at 5 360 metres above sea level.

On our route we saw Tibetan snowcocks, Himalayan chugh (birds), and caravans of fully-loaded yaks and dzopkes (a cross between a cow and a yak). We trekked through forests of blue pine, rhododendrons and bushes of aromatic juniper, which the locals burn in special containers, in order to purify and sanctify their homes.

As the sun slowly rose over the adjacent Cho Oyu peak (8 188m), the temperature at Gokyo dropped

to minus 12 degrees centigrade, freezing the water in our bottles!

From the summit of Gokyo Peak we enjoyed spectacular views of some of earth's greatest peaks: Mt Everest (8 848 m), Lhotse (8 516 m), and Makalu (8 485 m), with the lakes and the huge Gokyo glacier below us.

The first and last sections of this breath-taking trek are along the 'Everest Highway', which is the route trekkers take en-route to Everest Base Camp. Accommodation was in 'teahouses,' where a variety of traditional and non-traditional foods are available, ranging from Nepalese Dal Bhat to Indian curry and Italian pizza!

Our guide, Bhim Simkhada of Active Everest Treks, ensured that we were well looked after, while our porter, Man Kumar, carried our gear, thus allowing us to focus on the awesome surroundings without the burden of heavy packs on our backs.

For anyone who enjoys trekking in the most spectacular scenery on earth, this Himalayan adventure should be on their bucket-list!



On the trek, Thamserku in background



David and Stephen at the Gokyo Lakes



Sunrise on Cho Oyu (8 188 metres)

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SPORT

Jonty Rhodes and Ryan Maron to train Nepal cricketers

Eminent South African Cricketer Jonty Rhodes, and internationally renowned cricket coach Ryan Maron are set to implement a high intensity cricket training for young Nepali cricketers in Kathmandu.

The duo was unveiled on 12 November in the capital city of this emerging cricketing nation, at a press meet organised by Sports ED (a private sports consulting firm) and Nepal Cricket School (an established cricket academy).

They were invited to Nepal as part of 'Rise of the Cricketing Stars' cricket development programme, which the organisers believe could potentially lay the foundation for sustainable grassroots cricket in Nepal. Nepal Cricket School has been implementing regular training through established local coaches, including exchange tournaments for its youngsters, whereas Sports ED has begun advocating for equal importance to sports and education in young students.



Ryan Maron and Jonty Rhodes delighted with the High Performance Camp in Kathmandu

Speaking at the programme, Jonty Rhodes expressed his delight at the opportunity to train young Nepali cricketers, noting that Nepal had a strong u19 team that has been successful in various tournaments. He however hoped that the pool of talented players could further improve with more game time, in the absence of the structures required to develop cricket in Nepal. He highlighted the importance of also training the local and national coaches so as to achieve an exponential impact on the development of cricketing techniques in the small nation.

Coach Maron shared briefly his



Shashank Pokhrel, Karan Ghimire, Ryan Maron, Jonty Rhodes, Abhisekh KC, Dipesh Sharma (left to right)

experiences working with national teams of Afghanistan and the West Indies, founded the Cricket School of Excellence powered by Ryan Maron in 1999 and works with local clubs and school teams in South Africa, expressing the belief that this could be a stepping stone for a longer-term development programme.

The duo arrived in Nepal on 10 November, and will implement the trainings from 13 to 23 November, and leave the country on 25 November. The programme will introduce a

number of innovative coaching and playing techniques through one-on-one and group sessions, as well as provide young emerging cricketers with sessions on fitness, nutrition, sports medicine and injury management, performance tracking and grading, and winning mentality. The training will be organised at the Tribhuvan University cricket ground, the only cricket facility in the capital.

The press meet was attended by a total of 47 journalists representing all the leading TV, print and online media of the country.

From page 1

Local runners aim for Six Star Finishers medals

by Jaime Uranovsky

For many people around the world, running is a way to keep fit, spend time outdoors and to enjoy some self-reflection.

Not many runners, however, go on to become Six Star Finishers. A 'Six Star Finisher' is the title given to those who complete the prestigious Abbot World Marathon Majors, a series of six of the world's biggest and most celebrated marathons. Once an individual completes the BMW-Berlin Marathon, the Bank of America Chicago Marathon, the TCS New York City Marathon, the Tokyo Marathon, the Boston Marathon and the Virgin Money London Marathon, he or she obtains the Six Star Marathon Medal. As of April this year, 3786 people around the globe have earned their Six Star status since the advent of the series in 2006. Currently, 29 South Africans hold the title, but Lance and Kim Katz of Cape Town are fast sprinting towards upping that number.

Kim, has completed the Berlin (2017), London and Chicago (both 2018) Marathons, while her husband has run five of the six (between 2015 and this year). He hopes to run the Boston Marathon in April 2019, the completion of which would see him awarded the Six Star Marathon Medal. While Lance has been running for most of his life, he completed his first full marathon in 2014, when he ran the Jerusalem Marathon, and has not looked back since. He recalls, "As a kid I ran quite long distances, because I used to run with my dad who was training for the Comrades... never a marathon but almost: at eleven years old I ran 32kms."

Kim on the other hand began running a bit more recently: "I've been running for the past five or six years but not these kinds of distances. I thought, well, if other people can do it within the cut-off time,

I'm going to give it a go." Like her husband, Kim's first marathon experience was running the Jerusalem Marathon in 2014, except that she completed the half-marathon, which she generally favours to full marathons. "I can't say marathons are a passion of mine. I prefer half marathons for enjoyment... My incentive has been to try keep up with my husband... he wanted to do the Six Majors and I insisted I come as a support... I realised that I'd be supporting him throughout the other[s], so I decided I might as well get on the road."

When asked about their favourite of the series marathons, Lance and Kim had different highlights. For Lance, "The New York Marathon was the best vibe. It's just an amazing race. You run through all five Burroughs of New York, the crowd support is incredible and then it finishes in Central Park." Kim recounted, "The Berlin Marathon [w]as my first international and... I felt like I was walking in my ancestors' footsteps. Every time I wanted to give up I thought, well my pain pales in significance to our ancestors' and the struggle that they endured through the Holocaust... very emotional and very powerful.... It was kind of like we'd come back after they tried to exterminate us."

Even though the Jerusalem Marathon is not part of the Six Majors, Kim noted that "the comradeship among your own people [in the race] is really special." Lance added that marathon running has "enabled us to go and visit some amazing places.... Berlin was very significant for us and I might not have gone [there] if it weren't for the marathon."

If Lance and Kim's past running exploits are anything to go by, there can be no doubt that soon they too will have their names added to the list of Six Star Finishers.

A bobbe's letter to Rassie Erasmus

Date: 10 October 2018
To: Rassie_
Erasmus@SARugby.
co.za
Subject:
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ON SATURDAY
- FROM OU
NAMAQUALANDER



Dear Mr Erasmus

Mazaltov to you and your team! You have done wonders with the Springboks.

I have watched rugby since the 1940s — walked all the way from the top of Oranjezicht and caught the train to Newlands rugby ground every Saturday. I watched Okie Geffen, James Small and all the super rugby commentators on TV. I am aged in the 90s and nearly landed in the Pinelands cemetery on Saturday.

How the HECK could you change your perfect team, 10 minutes before the end against New Zealand — you know they always win in the second half. Don't you ever, ever do that again! — I would come and give you a good patz if I was your mother. However, all forgiven!

Lots and lots of good luck for the next four games overseas If I am not here for the world cup and we win, I'll send you a postcard from above. Totsiens en alles van die beste, Ek is 'n ou Namaqualander

Jessie Trakman

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