

# CAPE JEWISH CHRONICLE

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## From photojournalist to fundraiser

If you've come across footage of a locked down Cape Town circulating social media in the last few weeks, you may have been watching Chad Nathan's content.



Chad, better known as *Ginger with a Gopro* on Instagram and Facebook, is also the owner and founder of *Wild Ginga*, a content creation agency that tells stories through social media. Since the beginning of South Africa's lockdown, Chad has also acted as one of the Cape Jewish Chronicle's two official photojournalists, documenting this unprecedented time through videos and photographs. What Chad saw during the first two weeks inspired him to start an initiative titled *Raising Hope*.

The day before lockdown commenced, Chad, a self-taught photographer and cinematographer since 2013, was looking for a legal way to capture the city on film and, to his delight, obtained the media pass he had been seeking and began documenting for the CJC. Chad recounts, "The editor said, 'Chad, you have our blessing; be safe, stay out of trouble and we can't wait to see your work.' I feel blessed to be able to document a time like this... I knew it was going to be history in the making."

For Chad, the most memorable part of capturing the lockdown on film was seeing the way in which communities rallied to help and care for those who so desperately need assistance. Indeed, he experienced, first-hand, the efforts of individuals such as Lucinda Evans, who is feeding 5500 people in the Cape Flats through *Breadline Africa*; David Froman who is providing food to Imizamo Yethu residents via *Courage Africa*; and Danny Diliberto of the ever-growing *Ladles of Love*. It was through observing these acts that Chad was inspired to begin his own initiative, *Raising Hope*.

After taking images and videos of Cape Town's usually-bustling-but-now-empty city streets during the early days of lockdown, he began entering areas where the country's inequality is the most visible. Chad explains, "I went to go and document what was happening in Culemborg, at the homeless shelter there, and I went into Khayelitsha. I started going into the more volatile areas. What about the less fortunate people? I started documenting that. And that's when I saw how South Africa, and especially the Western Cape, was going to have such a problem. I wanted to document it and hear their stories."

Continues on page 6

## WIZO Century City branch launches feeding scheme in Milnerton

WIZO recently announced the launch of a feeding scheme by its Century City branch, which is working to assist in the region of 1000 people living in the Joe Slovo Park, Phoenix, Summer Greens and Brooklyn areas, via the Milnerton Community Action Network (CAN).



Sue Lipschitz packing food parcels

The initiative supports vulnerable families who find themselves in dire circumstances due to the impact of the COVID-19 lockdown.

Janene Currie, Chairman of BZA WIZO Cape Town, said the feeding scheme is the brainchild of Sue Lipschitz, Chairman of WIZO's Century City branch. In the first week of May, Sue, with the help of two branch members Rochelle Bloomberg and Daphne

Cohen, as well as Vaughan Butler, packed over 1000 items into 100 parcels, each filled to the brim with food staples, hygiene products, fresh vegetables and bread.

"Sue is working closely with CAN's Janine McEvoy to ensure that the food parcels actually reach the families who need them. This is the WIZO way, and although our primary focus is to raise funds for our WIZO projects in Israel, we will always reach out when

there is such an enormous need locally, as there is right now," added Currie.

The food is purchased via the in-house store at Oasis Retirement Resort using funds that are donated either in a lump sum, or weekly.

For more information contact [sue@southafricanart.co.za](mailto:sue@southafricanart.co.za).

## Protecting the protectors during COVID-19

Over the last few weeks, a group of GPs based around the Atlantic Seaboard and the CBD have come together to form *Masks for Medics*.

The project was first envisioned by Dr Anthony Smith, who is now joined by fellow healthcare professionals, Sonia Hough, Sarahan Brophy, Lauren Lee, Julie Ettelin and Natalia Novikova.

*Masks for Medics* wants to provide Personal Protective Equipment (PPE) to healthcare workers across Cape Town and beyond — so that they can continue to provide efficient and safe care to patients during the Coronavirus pandemic. The group of doctors aims to cover Cape Town and it's surrounds including the Cape Flats, Khayelitsha and other areas within a thirty to forty-minute drive of the CBD.

Anthony Smith explains that this project is about "protecting the protectors. There's no discrimination between health-care workers.

If you're a carer looking after an old person or an doctor doing emergency calls. [We want to] provide the doctors with instruments and protective gear to be able to help in the care of patients in our communities."

The idea first came about in anticipation of the surge of cases that is expected in the next few months. Dr Smith explains, "We were given the advantage of time to organise by virtue of the pretty hard lockdown. And we saw from experiences overseas the degree to which patients struggled and hospitals were overwhelmed.

"Out of that came the understanding that hospitals were probably going to procure PPE and various other items which would be used for monitoring patients and that they would be looking after doctors in ICU wards. But who was going to look after the people out in the community, whether they be doctors, care workers, palliative care workers, wound sisters, emergency personnel or carers for old people in old aged homes?"

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# Lindy with a why

## Why we should be kind even when we are triggered



By Lindy Diamond, Editor Cape Jewish Chronicle

### I have an active Instagram account during lockdown.

Every day I add pictures of my kids doing wholesome activities that I thought of myself. Activities that stimulate their minds and their bodies, and often their taste buds. I curate the pictures I take into Instagram posts each day, with a counter of how many days it's been since my children last crossed the threshold of our property.

I am creating a visual diary of how we thrived through COVID-19. Every night I get into bed, take a breath and write my entry, as if it were a captain's logbook.

This isn't meant to be a brag, or meant to trigger other people who aren't doing these things. This is my coping mechanism. I'm trying to cope in the best way I can and this is honestly what it looks like.

Most people are trying to do the same, but it shows, and triggers others, in different ways.

People who manage to get a 10km run in every morning within the lockdown time restrictions? Triggering the ones who wore 'day pajamas' to their home offices today.

Those who complain about drowning in a sea of work? Triggering those who haven't worked in months.

Those who believe we should all be free to make whatever decisions we want regarding our bodies? Triggering the healthcare workers who may be overwhelmed with cases in a few months' time.

Those who just want to follow the rules? Triggered by mostly everything in Cape Town, and on Facebook, and Twitter.

And those who hate the rules and think them nonsensical? Triggered by them.

At the same time as this 'triggering and being triggered', 'naming and shaming' and 'pointing and laughing' have become tsunamis on social media. The other day Eastern Cape Health MEC Sindiswa Gomba allegedly farted during a television interview. Not ideal, I agree. But the relish with which people took to social media to shame her made me wonder if *alles is alright by die huis?* (And if all is normal in their own digestive systems).

And then I realised that this laughing at others is just another type of coping mechanism, albeit a not very kind one.

I want to start observing how I choose to spend my time and focusing on healthy coping mechanisms. You can too. Notice if you scroll through Facebook when you are feeling stressed or uncomfortable. Does it then lead you down a path that ends in guilt for hours lost to screen time? Or feelings of self-righteous rage triggered by other people's posts? Or, does it fill you with joy to have a connection with other people?

Take note of the way you feel and make adjustments. Think about how you want to feel when this is all over and work backwards from that.

I want to feel like I coped in the most positive way I know how. That we made happy memories despite the days filled with tears and uncertainty. I want to know that I was kind to those who triggered me too, because our responses to others says more about us than they do about them.

I know that out there is someone who, when they see my posts, is in real danger of their eyes rolling right out of the backs of their heads. And I hope that they'll remember to be kind to me too.

Visit [www.cjc.org.za](http://www.cjc.org.za) to read the Chronicle online and keep up with all that's been going on in the Cape Town Jewish community during lockdown. You can also email [editor@ctjc.co.za](mailto:editor@ctjc.co.za) to be subscribed to our digital offerings and never miss a story again!

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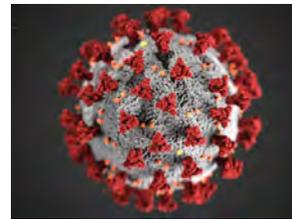


## Community Noticeboard



The CJC has collated a bunch of doable, fun resources, all in one place for you to keep kids busy during this time. Feel free to send suggestions that you come across to [digital@ctjc.co.za](mailto:digital@ctjc.co.za) and we will add them to the list!

Visit: <http://cjc.org.za/cjc-kids-resource>



As information comes in from our communal organisations about COVID-19 and the status of our facilities, we are adding it to our COVID-19 hub on our website. If you have information that affects the Cape Town Jewish Community that you would like to share here, please email [editor@ctjc.co.za](mailto:editor@ctjc.co.za).

Visit: <http://cjc.org.za/covid19-updates-for-the-ct-jewish-community/>



Follow us on Facebook and Instagram and visit our website for more information about digital events that may be of interest to our community members. Many of our local Jewish organisations are hosting amazing webinars and you don't want to miss out!

Visit: [www.facebook.com/capejewishchronicle](http://www.facebook.com/capejewishchronicle)

### Shabbat and Yom Tov Times

Date	Portion	Candle lighting	Ends
5 June/13 Sivan	Naso	5.26pm	6.21pm
12 June/20 Sivan	Behaalotcha	5.25pm	6.20pm
19 June/27 Sivan	Shelach Lecha	5.26pm	6.21pm
26 June/4 Tammuz	Korach	5.28pm	6.23pm

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

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The global COVID-19 pandemic has affected us all, causing great stress, concern, and grief for some. As a result, there are many amongst us who are struggling mentally and emotionally. There are also many who should stay at home, but who lack the support to be able to do so.

### THE COMMUNITY CORONAVIRUS HELPLINE

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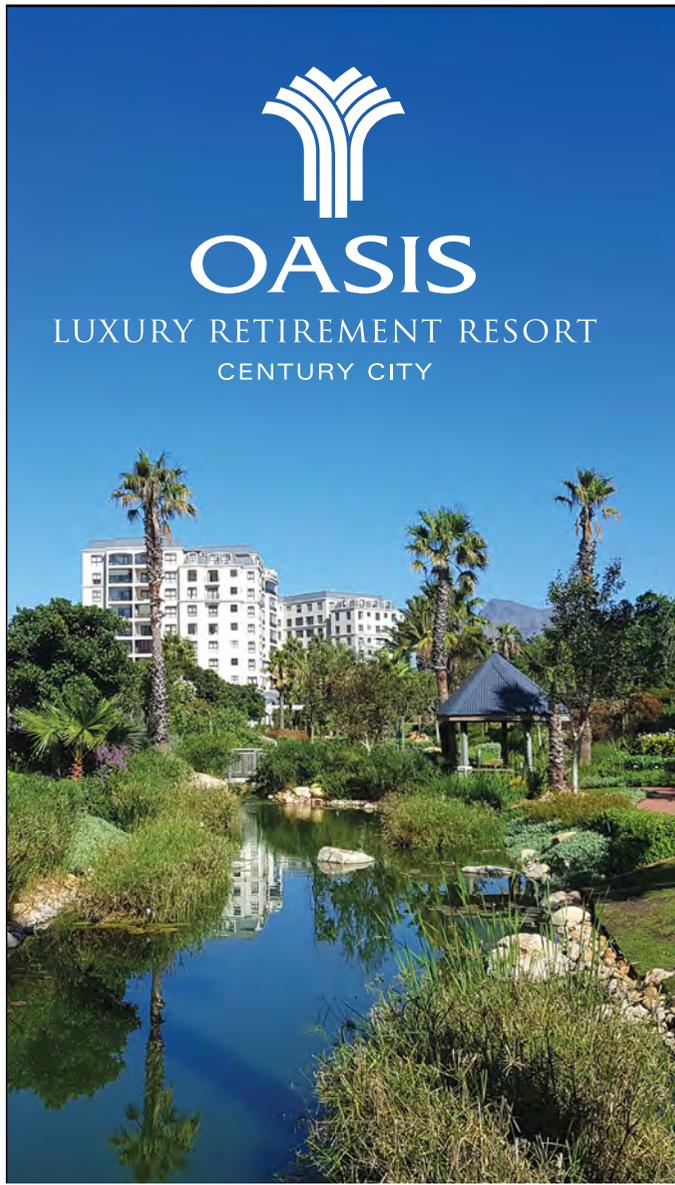


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## In solitude and solidarity — remembering our fallen in the midst of a pandemic

**At the end of April, as Israel mourned her fallen soldiers and victims of terror, families were unable to enter cemeteries to pay tribute to their loved ones, 96 ex-South African families included among them.**

Telfed's Fallen Soldiers Committee is committed to perpetuating the memory of our 87 Fallen Soldiers and nine victims of terror. Due to the lockdown, we sought a solution to pay our respects and invited residents in Telfed's Ra'anana building to gather on their balconies, in compliance with the government-issued guidelines, as the first siren sounded at 8:00pm on Yom Hazikaron. Telfed CEO, Dorron Kline, led a memorial service, culminating in the singing of Hatikva, with residents in neighbouring buildings joining in.

New Oleh and Telfed tenant, Gavin Epstein, shared his thoughts on this emotional day.

"I sat outside on my balcony on a Monday evening, in this strange time of solidarity. I watched people together with their immediate families, putting up their flags. By 7:55pm I noticed more people heading to their balconies.

"8:00pm Sirens. Nothing else. Everyone stood with heads bowed, deep in thought.

"All that I could think of during this two-minute siren is how lucky I am. We were paying respect to Israel's fallen soldiers. Two minutes to remember the soldiers who lost their lives protecting this nation, the country that a few months ago opened her arms to me. I stood in silence and thought about the families who were remembering their loved ones, and I felt more at home

than ever before. As the siren rang through our hearts and souls, it was an honour for me to stand together with my nation, in my home. A place where I belong because I am Jewish.

"8:15pm. Hatikva. I closed my eyes and joined in the singing of my national anthem. I thought about my days at Herzlia School, and reminisced about learning the anthem and singing along with my classmates.

"24 hours later the mindset changes. Yom Haatzmaut — Israel's birthday and a time for a celebration. Again, the venue was my balcony. I watched and listened and sang. The atmosphere was electric. Across the road, a band was playing, piano and all.

It is crazy to think that I am here. I am in Israel and living my dream. *Am Yisrael Chai!*"



Residents in Telfed's Ra'anana building gather on their balconies to pay tribute to Israel's Fallen Soldiers and Victims of Terror on Yom Hazikaron on 27 April.

From page 1

### Protecting the protectors during COVID-19

By Jaime Uranovsky

"At the moment everyone has sources for PPE with equipment coming in in dribs and drabs. But in the event of there being a disaster situation, there's going to be pressure and that's what we're preparing for.

In order to prepare for the surge, it is imperative that healthcare workers on all levels are equipped to care for patients — and not just at clinics and hospitals. There are various reasons for this.

Firstly, it is predicted that hospitals are not going to be able to deal with the high number of patients who require care — there will be insufficient space, and facilities will be overwhelmed. Secondly, COVID-19 positive patients at home can be with family whereas they often feel isolated in hospital. Thirdly, for healthcare workers (working in both hospitals and in communities) to deliver effective care and to keep up their morale, they need to be kept safe and prioritised.

The PPE that *Masks for Medics* is looking to provide includes items such as masks, visors, sanitiser, gowns, thermometers and pulse oximeters, which Dr Smith explains "tell you what your oxygen saturations are, which is one of the most vital items required to monitor whether people are deteriorating or not."

The group hopes to provide PPE based on healthcare workers' needs in any given situation, whether medical-grade or entry-level PPE is required.

Masks for Medics is also a disaster management fund, which will be used, as Dr Smith says, "to procure

in a systematic way, and then really provide in a systematic and diverse way to healthcare workers who are most needing across the board."

While this project arises out of adverse circumstances, Dr Smith says that the need for collaboration between healthcare professionals has broken new ground: "Family doctors who previously wouldn't have communicated with each other are now uniting and having boundaries broken in ways that couldn't, six months ago, be anticipated on any level. So, it's kind of united us as a group to work together which historically isn't something that's happened."

Moreover, the team is "invigorated by this because it really provides a challenge where we can all make a difference, and where it provides an opportunity for us to really do something worthwhile to truly help people, and to help navigate a very uncertain environment, so I think it's really full of opportunities to change some of the aspects of the healthcare system which don't work so well, to something that maybe works a little bit better."

The group also encourages other healthcare workers to reach out if they want to come onboard. Dr Smith adds, "If people want to be involved, if they are out there and representing healthcare facilities at whatever level and they want to be in touch with us, it would be good to link up. Because we've just begun really."

For more information, contact Anthony Smith on 082 468 4569

From page 1

### From photojournalist to fundraiser

By Jaime Uranovsky

Chad's large social media following meant that he began receiving hordes of comments from the public in response to his videos and photographs, with people asking how they could help the hungry and the homeless. It was then that Chad launched his initiative, "I didn't want to just film and photograph all these people; I wanted to help."

Chad named the campaign *Raising Hope* because "there is hope out there, and people do want to help, but they don't necessarily know how. People aren't really aware of all the feeding schemes going on outside of the Sea Point bubble. So, I feel like with my platform on Instagram, I know my work gets seen by a few thousand people; I knew I would be able to make an impact and just show the people 'look what's happening outside your bubble and just see how people are suffering,' and how it taught me you know don't take anything for granted. We're all blessed and very privileged. When I take these pictures of these kids holding that piece of bread that they'll get to eat, that's their food for the day. It's heart-breaking. So, that's why I decided to start *Raising Hope*."

Initially, Chad planned to donate the money received to four organisations: *Cans with Purpose*, *Ladles of Love*, *Breadline Africa* and *Courage Africa*. However, after only two days, his campaign had raised R150 000 and, in under a week, had reached R300 000.

The influx of donations has meant that Chad can distribute the money to additional charities, many of which are small and lesser known. For example, Chad has given R10 000 to *Africa Awake*, which helps refugees in Johannesburg; R10 000 to *One Bag Full*, which assists communities in Langa and Joe Slovo Park; and R50 000 to an initiative run by Claire Sochen to support homeless refugees in Cape Town. As of 14 May, over R400 000 has been raised but Chad's goal is to get to R500 000.

Chad also aims to give back to the Jewish community. He says, "I know how much funding is needed. I would also love to give back to the *JCS Foodbank* and to *Tikvah*. That's also on the list." Indeed, the photographer attributes his initiative to the idea of tikkun olam, 'repair of the world.' He notes, "It's definitely opened up my eyes to giving back and helping people because we all need to do our part and, if we all do our part and everyone thought this way, the world would be a much better place, and nobody would go hungry. It would just change the world."

For more information go to Chad's Instagram page, @gingerwithagopro. Chad has also partnered with various brands such as *OneDayOnly*, *Camelot Spa* and *MeMi Jewellery* and is hosting nightly giveaways on Instagram. To enter, go to the 'giveaways' tab on his Instagram page as mentioned above.

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## THE COMMUNITY CORONAVIRUS HELPLINE

has been launched to offer emotional support and logistical assistance to the vulnerable in our community.

### IF YOU ARE FEELING

- Isolated and alone
- Anxious
- Overwhelmed
- The need to talk to someone
- Depressed

### IF YOU NEED ASSISTANCE WITH

- Food supplies for you/ your family
- Collection of groceries or medication
- A COVID-19 related query

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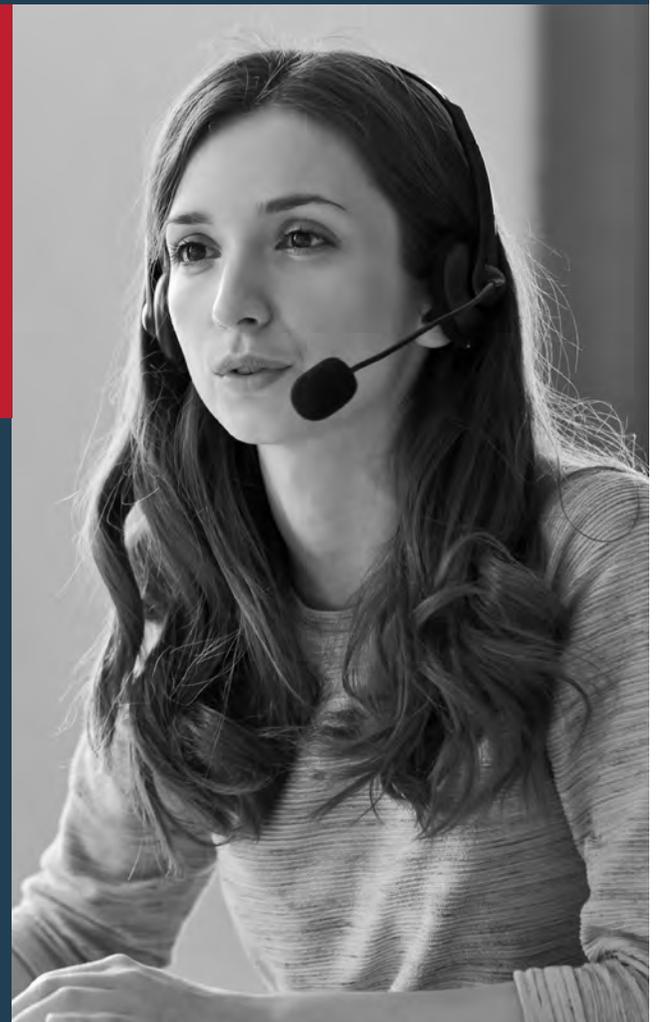
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OF DEPUTIES

## A call to you

By Rael Kaimowitz, Chairman, Cape SAJBD

**As our community, together with millions of fellow South Africans and people around the world, grapple with our new reality of pandemic, lockdown and uncertainty it has been striking how resourceful, cohesive and structured our community can be in the midst of a crisis.**

As the umbrella body of the community, the Cape Board has led the COVID-19 steering committee for the community. We have been overawed by the work performed at all levels by affiliate organisations.

This September, my extended term of office as Chair of the Cape Board comes to an end along with my fellow board members and current elected leadership.

In September this year we will hold elections based on a new set of electoral rules enshrined in a fresh, new constitution. One of the key new features is electronic voting. Another key change is how people will be voted on to serve.

- 5 board members will be elected via the public ballot, voted for by every Jewish adult over 18 years of age who appears on the communal register.

- 10 board members will be elected by delegates of affiliate organisations attending our conference.

It's all systems go... but we need YOU!

Now, more than ever, as our community faces challenges and changes it could never foresee, we call on you to step forward.

We call dynamic, experienced communal leaders to step forward. We call on talented individuals to step forward. We call qualified, bold, strategic thinkers to step forward. We call on women. We call on men. We call on you all.

This is a call for leadership. A call for responsibility. A call for participation.

This is a call to YOU.

If you have what it takes to help guide, lead and direct our community, please put your name forward, stand for election and make a difference in our community.



## In Pirkei Avot (Ethics of the Fathers) 2.5 Hillel the elder states

**“Al tifrosh min hatzibur” i.e. do not separate yourself from the community.**

Rabbi Berel Wein teaches from this: You are obliged to be involved in the community. It can be painful giving up part of one's ego and compromising in order to be part of the whole. At the same time, we must never give up on our principles and core beliefs. And the joy of being part of the community and achieving goals and solutions for the greater good will override the more painful times. Having served and led a number of our communal organisations over many years I can attest to this. The SA Jewish Board of Deputies is right at the heart of the community and I urge you to put yourself forward to serve and to lead, especially in these most challenging of times.

Owen Futeran  
Cape SA Jewish Board of Deputies Chairperson  
2009 -2011



## The board we want...

By Tyla Dallas, Legal Researcher Cape SAJBD

**In a recent report by the Kaplan Centre for Jewish Studies at the University of Cape Town, we were given a snapshot of the Cape Town Jewish Community and the results were astounding.**

What materialised from this report was that our community is not the same as it may have been 100 years ago, let alone 50 years ago.

Our community of roughly 13 252 persons is made up of Secular, Progressive, Traditional and Orthodox members — all of equal importance to the Cape SAJBD professional team and leadership.

Understanding that the community is not a 'one-size-fits-all' paradigm, there is still a certain ethos we share. Our members have a strong sense of communal connectivity and Jewish identity, support the right of Israel to exist, and prioritise giving back to the most vulnerable in our community. We want a board representative of our dynamic and diverse community!

The Cape SAJBD aims to connect Jewish identity to projects and activities that have a positive impact on local Western Cape communities, whilst also building a more inclusive society, encouraging networking, volunteering, advocacy and philanthropic opportunities.

We actively advocate for and ensure the rights, interests and values of the Cape Jewish community.

We are calling upon you to nominate a member of the Western Cape Jewish community to stand in the upcoming elections who fits the following criteria, someone who—

- Has a passion for the local Jewish community;
- Has the utmost integrity;
- Wants to make a meaningful difference in this community and our Cape society, and;
- Is a leader that challenges the status quo.

The board we hope to elect into leadership for the next two years should be able to listen to all the different voices in our community and make decisions that will benefit even the most remote or unaffiliated community member.

If you think you are ideal for this position or know of someone well-suited for this role, chat to them and fill in a Candidate Nomination Form on [www.capesajbd.org/elections-2020](http://www.capesajbd.org/elections-2020) before Friday 19 June.

Be the change you wish to see in the world (and in our community)!



### You may apply if you:

- Are a Jewish undergraduate or postgraduate student
- Are in need of financial assistance to study in 2021
- Live in the Western Cape
- Wish to attend a registered university, technical college or similar educational institution in the Western Cape

Applications open on 1 June 2020  
and close on 30 September 2020.

For further enquiries, contact  
Jodi Goldberg  
T: 021 464-6724  
E: [info@capesajbd.org](mailto:info@capesajbd.org)

## Cape SAJBD Bursary Programme

Apply now for financial  
assistance for your 2021  
tertiary education!



# Yom HaShoah 2020 — why is this year different from all other years?

By Gwynne Robins

**“I thought I had been through everything in the camps. I never thought I would be experiencing this,” a survivor confided to me.**

During the Holocaust — in which six million Jews and many thousands of others were killed because of disability, ethnicity, religion, sexual orientation or political beliefs — fear, uncertainty and death surrounded people all the time and was part of their daily experience.

Now, the whole world was faced with fear, uncertainty and death, all the time and as part of their daily experience, with more than a quarter-million deaths, but this time from an equally-unpredictable but invisible enemy called COVID-19. We are scared to go out, to touch a surface, to breathe in the air in case a virus is lurking there.



*Henia Bryer (née Fishman) (1925 - )*

On Pesach, the youngest child asks the Four Questions, “Why is this night different from all other nights?” On Yom HaShoah Ve’Hagevurah this year we asked, “Why is this



*Lina Kantor (née Amato) (1936 - )*



*Ella Blumenthal (née Frank) (1921 - )*

year different from all other years?” In all other years, more than 1,000 Jews gather at the Pinelands 2 cemetery to remember the six million men, women and children killed because they were Jewish. In all other years, we would watch six precious survivors, the surviving remnant, the *She’erith Hapletah*, light candles at the Holocaust Memorial. In all other years, we would listen to the choir singing *Ani Ma’amin*, and would recite kaddish along with the cantor. In all other years, we would watch people from the armed forces, from Machal, Nachal, SAJEX and the Jewish Maritime League pay tribute to those brave soldiers who laid down their lives fighting Hitler or for the independence of Israel.

Not this year. Our children will tell their children of the year in which the community stayed at home. The Jewish people, however, are resilient. It is our flexibility and adaptability that has ensured that we are still here, despite all the dangers we have faced over the centuries. This year, too, we have commemorated Yom HaShoah Ve’Hagevurah, but in a different way, still together as one community, but alone in lockdown, separated

in our homes, but united in spirit and feeling.

This year, we commemorated the ceremony online. We did not have to hassle with parking. The Jewish Board of Deputies put together a beautiful and appropriate ceremony, with all the accustomed programme items, but everything taken from recordings made in the pre-lockdown past.

We could not come together at Pinelands 2, but we could come together on the internet. We could not watch the survivors struggling in the wind to light their torches at the Holocaust Memorial, but we could watch survivors who had been filmed lighting lamps in previous years. We could not see the choir singing *Ani Ma’amin*, but could listen to a recording made another time. We could still hear Zola Piatka Shuman singing a song she had composed honouring her survivor parents, but this time it was from a YouTube clip. We could still listen to Isaac Habib reciting a Ladino poem he had written



*Miriam Lichterman (née Teitelbaum) (1922 - )*

We could still hear Zola Piatka Shuman singing a song she had composed honouring her survivor parents, but this time it was from a YouTube clip. We could still listen to Isaac Habib reciting a Ladino poem he had written



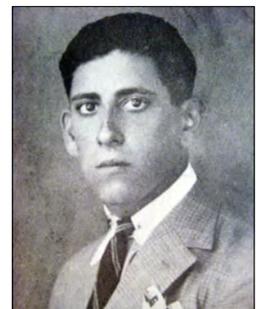
*Violette Fintz (née Maio) (1921 - 2007)*



*Stella Israel (née Sigura) (1926 - 2014)*

commemorating the deportation of the Rhodes Island Jews to Auschwitz including his mother, but this time he had been filmed standing in Rhodes Island, not in Pinelands.

And this year, through the magic of the internet and the work of Mary Kluk, Heather Blumenthal and the SAJBD, we could still participate as a community united in grief at the loss of our people, but — instead of wishing Next Year in Jerusalem — we are wishing a heartfelt Next Year at Pinelands in good health.



*Giuseppe Coné (1910 - 2005)*



*Helene Joffe (née Mindel) (1934 - )*

You can view the SAJBD’s national Yom HaShoah programme of 2020 on YouTube here: <https://www.youtube.com/watch?v=v3hg7RIF9KY>



**ANTON KATZ**  
Electoral Commission Chairperson

The newly constituted and independent Electoral Commission has been appointed for the Cape SAJBD to ensure free and fair elections.

The commissioners are required to be independent of all interest groups, whether they be secular, religious (orthodox and progressive), right or left-wing.

The mandate of the Electoral Commission is to ensure that the election of the Cape Board is credible, free and fair per the law and the Cape SAJBD's electoral regulations.

In the election process, the following values will dominate: respect, integrity, inclusiveness, accountability, and transparency.

The Cape SAJBD plays a significant role in communal affairs. It is the voice of the community, and as the community spokesperson, it campaigns against hatred. It is a voice against the scourge of antisemitism, and more broadly, racism. It interacts with government on all levels, and the larger community. It also plays a coordinating role within the community: the many Jewish organisations dedicated to so many worthy causes may, and often do, rely on the Cape SAJBD for practical, financial and other assistance. Thus each of the fifteen members who sit on the Cape Board plays a crucial role. They can enrich, stimulate and give meaning to many aspects of Jewish life in Cape Town.

The Commission encourages every member of the Jewish community to be interested in, and if possible, take an active part in the election process. The Electoral Commission has chosen to utilise the services of Stuart Diamond as the Electoral Operations Officer. He can be contacted on 082 387 7315 and [stuart@ctjc.co.za](mailto:stuart@ctjc.co.za) for any queries and all election issues.

# ELECTION 2020



**CAPE**  
**SA JEWISH BOARD**  
**OF DEPUTIES**

## HOW DO THE ELECTIONS WORK?

Five new members of the Cape SAJBD will be elected by public ballot election to serve for two (2) years (2020-2022), **the digital election of which ends on 18 August 2020.**

A further 10 members of the Cape SAJBD will be elected by affiliates of the organisation at the **Annual General Meeting on 6 September 2020.**

This will present us with a new Cape South African Jewish Board of Deputies, made up of 15 members, to be announced on 14 September 2020.

## HOW DO I BECOME ELIGIBLE TO VOTE?

To be eligible to stand for nomination, and/ or to nominate potential candidates, and/ or to vote in the upcoming election, you must be a Jewish person over the age of 18 and currently residing in the Western Cape, whose name and particulars appear on the Communal Register.

To register to vote or update your details on the Communal Register, please fill in a registration form available on our website: <http://www.capesajbd.org/elections-2020>.

To simply confirm that you are on the Communal Register and thus eligible to be nominated, to nominate and to vote, you can email Jodi Goldberg on [info@capesajbd.org](mailto:info@capesajbd.org). **You will be able to register up until 17 July 2020.**

## HOW DO NOMINATIONS WORK?

You can fill in a Candidate Nomination Form yourself, or a friend can fill in a Candidate Nomination Form on your behalf, provided they have the correct information at hand and your permission. They also need to know whether you want to be included in either the public or affiliate ballot.

Candidate Nominees may run on either the public or affiliate ballot, but not on both. No current sitting board member, or anyone who was a member of the board in the previous five (5) years may run on the public ballot. The affiliate ballot is open to anyone to run on, including those on the communal register, current board members and past board members who served on the board within the last five (5) years.

**Each Candidate Nomination Form requires the full names, ID number, residential address, email address and contact number of the Candidate Nominee, to be supported by the same details for two referees.** Thus, each Candidate Nomination Form lists three people: One (1) candidate, and two (2) people who support the nomination. Anyone making a nomination is responsible to gather this information themselves before filling in the form. If you are nominating someone else, be sure they are aware of your intention and accept the nomination before proceeding.

**The Cape SAJBD will Call for Nominations between Monday 25 May and Monday 15 June.** All current members of the Cape Board who want to stand must also complete a nomination form and may run on the affiliate ballot only.

**All nominations are to be received by the Cape SAJBD no later than 17:00 on Monday 15 June,** after which no further nominations will be accepted.

All candidates nominated, once they are vetted by the Electoral Commission and accept the Candidate Code of Conduct, will be placed on the Candidates Roll.

**Check [www.capesajbd.org](http://www.capesajbd.org) for election updates**

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# #Standing Up, #Opting In



## PUBLIC BALLOT ELECTION

The biennial election of 5 members to the Cape Council ['Cape SAJBD'] by public ballot election, as required in terms of Section 7(c)(ii) of the CJBD Constitution and s11(a)(i) of the CJBD Electoral Regulation, will take place between 27 July and 18 August 2020.

To be eligible to vote, you need to be over the age of 18, reside in the Western Cape and your name needs to appear on the communal database.

Registered voters will cast their votes online using a unique username and password and entering a unique voters code, which code will be communicated to you by 24 July 2020. You may vote for a maximum of 3 candidates.

After public ballots close on 18 August 2020, the 5 candidates who received the greatest amount of votes will undergo a vetting process, conducted by an independent Electoral Commission, to ensure they are indeed a member of the Western Cape Jewish community and otherwise fit to serve the board.

The 5 successful candidates elected by public ballot will be announced by 21 August 2020 on the Cape SAJBD website and social media platforms.

*Make change happen.  
Have your say in our  
community leadership  
and your views and  
values represented by its  
leadership.*

## HOW TO PARTICIPATE IN ELECTIONS 2020

**Are you registered to vote in Cape SAJBD's Elections 2020?**

**Exercise your democratic right in 3 easy steps and vote 5 new members into the Cape South African Jewish Board of Deputies.**

1

### REGISTER TO VOTE

You must register online to vote.  
**Registration runs from 4 May to 17 July 2020**  
and is completely confidential.

Register here:  
[www.capesajbd.org/elections-2020](http://www.capesajbd.org/elections-2020)

2

### NOMINATE CANDIDATES

Any Jewish person who is **over the age of 18**, currently **residing in the Western Cape** and is listed **on the Communal Register** is eligible to stand for elections. Ensure that your views on the local community, civil liberties and Judaism is represented on the Cape Board.

See segment dealing with  
'How nominations work.'

3

### VOTE IN THE ELECTION

Voting will take place between **27 July and 18 August 2020**, and the results will be announced on 21 August 2020.

All votes will be made digitally.

A link to vote will be made available to you in due course, along with your unique voting code.

## ELECTORAL COMMISSION

By democratic vote and with social input, we've elected three wonderful professionals to oversee the electoral process and procedures are adhered to, and remain fair and equal.

Our Electoral Commission is made up of three (3) Commissioners, of whom two (2) are people qualified in law with 15+ years of experience respectively.

Meet Doron Goldberg, Richard Freedman and Anton Katz below.

### HOW DOES THE ELECTORAL COMMISSION WORK?

The Electoral Commission functions as an independent and impartial body that oversees and regulates the elections for membership of the Cape Council in order to ensure the process is credible, free and fair. The Commissioners serve a term of five (5) years, which may be extended for one additional five (5) year period. These Commissioners do not stand for election to the Cape South African Jewish Board of Deputies nor assist in campaigning for a candidate standing for election. Their decisions are to be reached by consensus, failing which by a majority voting.

### OUR COMMISSIONERS

#### Doron Goldberg

Currently an Advocate of the High Court of South Africa, Doron is a member of the Cape Bar and also serves as Commissioner of the Small Claims Court in Cape Town. Doron previously acted for community entities in community-related issues, including for SAUJS, the Hermanus Hebrew Congregation, the Labia Theatre, the Cape SAJBD and Jewish Community Services. His practice largely focuses on commercial law. He is married with three children, who are all in the Herzlia system.



#### Richard Freedman

Retired in 2019, Richard has a particular interest in Holocaust and Human Rights education and has served on the board of various NPOs and associations. From 2006 until retirement, he was the director of the Cape Town Holocaust & Genocide Centre. Before that, Richard had a 30-year career in education, including as principal of a Herzlia school and serving on various national teaching bodies. He currently serves on the Faculty of the Florence Melton School of Adult Learning.



#### Anton Katz

Anton Katz SC was born in Cape Town in 1960, schooled in Sea Point and awarded a BSc in Mathematics and an LLB at UCT, and an LLM at Columbia School of Law. He is a member of the Cape Bar and New York Bar and has acted ad hoc as a High Court judge. He served on the United Nations HRC's Working Group on Mercenaries from 2011 to 2018. He has appeared in the Constitutional Court on more than 50 occasions, in all electoral constitutional issues, including floor-crossing cases, secret ballot cases, and motions of no confidence involving the President. He is married with two children.



**Public vote deadline: Tuesday 18 August 2020** **Affiliate vote at AGM: Sunday 6 September 2020**

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## VIEW FROM THE CHAIR

By Esta Levitas, Chairman, SAZF Cape Council

## Israel offers hope to all of humanity

**Whilst under lockdown it is difficult to visualise a return to some kind of normality, but like Jews throughout the ages, it is the hope of finding a way out of the current predicament that keeps us going.**

Out of the depths of despair of COVID-19, a unity Government of the Likud led by Benjamin Netanyahu and Blue and White led by Benjamin Gantz came into being, offering new hope after 17 months of uncertainty and political vacuum.

We need a vaccine and we need it now!

Israel is one of the top five contenders to find a vaccine. When it comes to health care research and innovation, Israel is a superpower and has an impressive list of health and non-health start-ups involved in the search for solutions to fight the COVID-19 pandemic.

Despite its own challenges in fighting the spread of the pandemic, which has affected nearly 14 000 Israelis, Israel is also very concerned about its neighbours, Egypt, Jordan and the Palestinian territories. The prospect of a health disaster, particularly in Gaza due to its failing health infrastructure and its high population density, is very real.

Yet, while Israel supplies protective gear and essential medical supplies to Gaza on an ongoing basis, Yahya Sinvar, the Head of Hamas, said that if breathing machines are not brought into Gaza, his group will “stop the breathing of six million Israelis”. However, Israel’s innovation may provide a new paradigm and an opportunity to break the logjam between perpetual foes and offer a new path to inter-regional cooperation. On 12 March, one of Iran’s highest religious authorities, Naser Shirazi, a Holocaust denying extremist, agreed to use a vaccine made by the ‘Zionists’ if there was no substitute. On 7 April, Omar

Barghouti, the founder of the BDS Movement, approved the principle that it was OK for boycotters to use Israeli medical breakthroughs like a vaccine for COVID-19, if it saves millions of lives.

So, hopefully reason will prevail and people will realise that humanity shares a struggle to survive against a common invisible enemy, and that after COVID-19 there will be other threats that affect everyone, like climate change, which overshadow people’s concerns about religious and ideological differences.



## Working together to help Cape Town’s most vulnerable

**Cape Town may be under lockdown but the spirit, heart and empathy of the city’s Jewish community is most certainly not.**

The SAZF Cape Council in conjunction with South African Friends of Israel and Bnoth Zion WIZO have been working hard to help alleviate the plight of some of Cape Town’s most needy and most hungry communities.

SAZF Director Julie Berman has been collecting food and monetary donations and has been overwhelmed by the generosity and compassion of the Jewish community here in Cape Town. All money has been used to purchase various food items, face masks and hand sanitizers. To date, we have delivered individual family parcels to 24 greatly impoverished families. Further, by working alongside local pastors 12 different church feeding schemes have received these amazing food parcels too.

Through this beautiful collaboration, we have been able to reach out and make a difference to those who need it most in several areas of Cape Town including Mitchells Plain, Kraaifontein, Guguletu, Philippi and Khayelitsha.

We would like to extend our thanks to Pick n Pay who discounted all the food that we purchased and donated carrier bags as well. We are also so grateful to Shelley Trope Friedman of the Elkin Charitable Trust for donating face masks and hand sanitizers.

We have just celebrated Passover, a time during which we are reminded to not forget the poor. Besides providing *ma’ot chittim* (funds for purchasing matzah and other holiday necessities) for the needy before Passover, during the Seder meal, we reach out to them: “This is the bread of affliction, which our ancestors ate in the land

of Egypt. Let all who are hungry come and eat. Let all who are in need come and celebrate the Passover.”

The Torah and Jewish tradition give clear instruction regarding feeding the hungry. “When you are asked in the world to come, ‘What was your work?’ and you answer: ‘I fed the hungry,’ you will be told: ‘This is the gate of the Lord, enter into it, you who have fed the hungry’” (Midrash to Psalm 118:17).

Through various outreach projects, Cape Town’s Jewish community has risen up and extended a hand of support and comfort to those who are struggling greatly through this lockdown period and we at the SAZF Cape Council feel privileged to be playing our part too.

*Galya Tregenza Hall  
Media Liaison*

*South African Zionist Federation (Cape Council)*



*Pastor Aaron Mhakile and his wife collect parcels from SAZF Cape Council Director, Julie Berman for his church feeding scheme in Khayelitsha Site-C.*



*A church feeding scheme in Mitchells Plain that benefitted from the food parcels*



## Commemorating and celebrating — apart but together

By Michal Ilan

As Yom Hazikaron and Yom Ha'atzmaut approached, I was getting nervous. Of all the Jewish dates on the calendar, these are the two I was really dreading spending in isolation. In the past two years I was amazed at how meaningful these two Israeli days felt for my family and I, here in Cape Town.

What made them meaningful was spending them with the community. It was always so moving seeing people come to the Yom Hazikaron ceremony, commemorating with us those who have been lost to wars and terror and feeling we are in it together because we are one people, no matter what ID we have.

A day later seeing thousands

celebrate Israel together at Yom Ha'atzmaut has been a highlight of our time here. This year, we knew it was all going to be very different and I was nervous. The SAZF and the Israel Centre spent a lot of time planning and preparing for those two days but I was nervous that even though there were different programmes offered, it was still going to be lonely and isolated and may not appeal to many people.

These Corona times keep teaching us new lessons about ourselves, the world and our assumptions. I am happy to say that I was so very wrong about how I thought I would feel during these two days.

On Yom Hazikaron we watched the Masa Global Ceremony. Yes, we were alone at home, watching a ceremony on screen, but we did not feel isolated. The ceremony was

broadcast on Facebook and while we were watching, we kept seeing messages from people from all over the world who were watching it with us. On WhatsApp, people from the community were commenting and sharing how powerful they found the ceremony and somehow, sitting on a couch surrounded by my family members alone, I felt surrounded by so many more.

On Yom Ha'atzmaut the feeling grew even stronger.

We started the morning with an art workshop led by Israeli artist Hanoch Piven. Hundreds of kids from all over South Africa joined us on Zoom and on Facebook, listened to Piven's story, learned his technique and created an image of 'What we are made of' placing items that signify their connection to Israel in their portraits.

Later in the day we joined different sessions designed to celebrate varied aspects of Israel. From food to fashion and from sport to music — things and people we could never have exposed the community to in normal days. We watched a music video featuring Matisyahu singing with eight singers from around the world, including two members of our Partnership2Gether, Mia Shaked from Cape Town and Layla Kagan from Beit Shemesh, who both sang on our Yom Ha'atzmaut stage just a year ago.

As the day was about to end, I was looking back at everything we did that day and realised that not only were we part of a community, but this year we felt part of a global Jewish community. One that cares, shares resources, commemorates and celebrates together.

**FILM CLUB**

**Film to be announced**

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

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

Should you wish to receive notice of these screenings send an email to [sazfevents@ctjc.co.za](mailto:sazfevents@ctjc.co.za)

**GOING ONLINE FOR NOW**

Contact Yvette for more details [sazfevents@ctjc.co.za](mailto:sazfevents@ctjc.co.za)

THE GEORGE ELKIN CHARITY TRUSTS

SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL

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**Join us for our 2020 Ulpan!**  
*Beginners, Intermediate and Advanced*

**x2 semesters**

January to June 2020

July to December 2020

*Must have own Laptop or Tablet*

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

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

For more information call: **SHARON 021 286 2130** or email: [israelcentre@ctjc.co.za](mailto:israelcentre@ctjc.co.za)

Snap here to pay

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SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL

Brought to You by **Ulpan**

# Israel

## Leading the way in Humanitarian Aid

Since her beginnings in 1948, Israel has been steadfast in embracing the Jewish principle of Tikkun Olam, repairing the world. Over the years, Israel has extended international humanitarian aid to more than 140 countries, even to those who do not maintain diplomatic relations with her. Response teams include medics, doctors, search and rescue teams and post trauma experts. Israel is often among the first to arrive following a disaster.

Isaiah 1:16-17 sums it up: "Devote yourself to justice, aid the wronged, uphold the rights of the orphan, defend the cause of the widow." These values permeate the heart and soul of Israel, a nation that is tireless in transporting 'tikkun olam' to nations in need.

### MASHAV

- » Established in 1958 following the first visit of Golda Meir to Africa.
- » Israel's Agency for International Development Cooperation.
- » Responsible for Israel's official humanitarian assistance programme.
- » Assists countries trying to alleviate global problems of hunger, disease and poverty.
- » Provides technical training and shares technology to improve quality of life.
- » Training courses have positively impacted the lives of millions of people living in poor nations.
- » Since 1959, MASHAV has been sending Israeli eye-doctors to countries throughout the developing world to treat preventable blindness and ocular disease.

### IsraAID

- » Founded in 2001.
- » An umbrella organisation of more than 35 Israeli and Jewish non-governmental organisations and individuals.
- » Focuses on disasters and long-term support and since its establishment has been on the ground in nearly every major humanitarian crisis in the 21st century.

### The Fast Israeli Rescue and Search Team (FIRST)

- » Israeli NGO that sends search and rescue teams to disaster zones around the world.

### Israeli Flying Aid (IFI)

- » NGO that provides life-saving aid to people affected by natural and manmade disasters worldwide.

### Save a Child's Heart (SACH)

- » Israeli-based humanitarian charity.
- » Provides life-saving paediatric heart surgery and follow-up care for children from developing countries, regardless of their religion or nationality.
- » Countries include China, Congo, Ecuador, Angola,

Ethiopia, Eritrea, Rwanda, Iraq, Jordan, Russia, Sri Lanka and Ukraine as well as to children in areas controlled by the Palestinian Authority.

- » Sends medical teams to partner sites around the world in order to diagnose, teach and perform heart treatments.
- » Trains medical personnel from partner sites worldwide in all facets of paediatric cardiac care. Founded in 1995 and to date has saved the lives of more than 5,300 children from 62 countries.

### LATET (Hebrew for 'to give')

- » An Israeli NGO that was established in 1996 and is devoted to assisting populations in need in Israel and around the world on a universal and equal basis.

### OPERATION GOOD NEIGHBOUR

- » Founded in 2016 with the Northern Command's Division 210 of the Israel Defence Forces being responsible for civilian aid to Syrian citizens who have been affected by the Syrian Civil War.
- » Has carried out over 100 types of aid operations. The goal of Operation Good Neighbour is to provide humanitarian aid to as many people as possible while maintaining Israel's policy of non-involvement in the conflict.

### Aid was given in 3 ways:

- » **Medical** - treatment of Syrian citizens in Israeli hospitals, transfers of medicine and medical supplies/equipment and helping to establish medical centres.
- » **Infrastructure** - transfer of 450,000 litres of fuel, transfer of 7 generators and helping to rebuild Syrian infrastructure.
- » **Civil assistance** - transfer of 225 tons of food, 40 tons of flour to bakeries, 55 tons of clothing, 12 tons of shoes and thousands of packages of baby products.

### ISRAEL HAS PROVIDED VITAL HUMANITARIAN AID AND RELIEF TO OVER 140 COUNTRIES INCLUDING:

- » Mexico Earthquakes 1985
- » Armenia Earthquake 1988
- » Argentina Terrorism 1992
- » Rwanda Civil War 1994
- » Turkey Fire 1997
- » Central America Floods 1998
- » Kenya Terrorism 1998
- » Kosovo War Refugees 1999
- » Indian Ocean Earthquake and Tsunami 2004
- » Hurricane Katrina 2005
- » Burkina Faso Floods 2009
- » Philippines Typhoons 2009 and 2013
- » Haiti Earthquake 2010
- » Turkey Earthquake 2011
- » Japan Tsunami, Earthquake and Flooding 2011 and 2018
- » Balkans Floods 2014
- » Middle East Migrant Crisis 2015
- » Nepal earthquake 2015
- » United Kingdom Floods 2016
- » Japan Earthquakes 2016
- » Ecuador Earthquakes 2016
- » Louisiana Flooding 2016
- » Italy Earthquake 2016
- » Haiti Hurricane 2016
- » Sri Lanka Flooding 2017
- » Montenegro Fires 2017
- » Sierra Leone Mudslides 2017
- » Texas Hurricane 2017
- » Mexico Earthquake 2017
- » Southern India Flooding 2018
- » Indonesia Tsunami 2018
- » Brazil Dam Collapse 2019

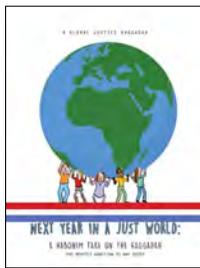


## Keeping busy in quarantine

During these uncertain times, HDSA has learned to adapt and improvise our programmes to help keep our chaverim involved.

During lockdown, we have taken the opportunity to hold many of our programmes nationally instead of separately in Johannesburg and Cape Town. We have had many weekly meetings over Zoom, engaging our Bogrim in many fun and educational activities.

We recently had our annual Third Seder over Zoom. This is where our Bogrim come together to have



The front page of our new haggadah

a Seder with a Habo twist. We used this as an opportunity to use our new HDSA Haggadah (available from our Facebook page) composed by Shauna Rosendorf and Amber Gordon with the help many fellow Bogrim.

Our Rosh Channichim (Daniel Flaum and Jesse Lees) have released the first edition of a newsletter for our channichim that includes many fun activities, interesting facts and lots of things to keep busy during the lockdown. They have also begun releasing episodes of a new show for our channichim. They have plenty more in store so keep your eyes peeled on our social media!



## Diller continued: the virtual chapter

Amidst these challenging and changing times, Diller Teen Fellows Cape Town has found creative ways to continue programming and making global connections with fellows from our 32 communities.



Diller Teens continue to engage over video conferencing

Diller Teen Fellows is more active than ever — supporting each other and using this time to learn, network and grow as a cohort.

Although our Israeli partnership, Shoham, was unable to visit us this year for our annual exchange, we have still ensured opportunities to create meaningful connections virtually. In one of these partnership sessions we participated in a song-writing workshop led by indie supergroup 'Distant Cousins.' Together we wrote and recorded a personalised song that reflects our partnership spirit.

### Some other exciting events that have taken place over the past few months include

- A Cape Town and Johannesburg virtual challah bake.
- Several 'Global Zoom Mixers' with various other international Diller

communities to share and compare Jewish experiences.

- Guest speakers sharing insights into world views including renowned motivational speaker and comedian Pamela Rae Schuller.
- A Diller style Yom Ha'atzmaut celebration — a virtual celebration of Israel's independence on a global platform.
- Fellows' Stage — A session prepared and run entirely by our Cape Town cohort, sharing their passions and teaching us new skills.

And much more!

We would like to take this opportunity to thank our Cape Town Diller family — parents and fellows — for their continued encouragement and support during this time! Because of you, our programme has been able to continue and to flourish during this difficult chapter.



## A time of separateness, together

Even though we have all been in lockdown, it has felt like we have all been together.

There has been an incredible sense of unity amongst the Bnei Akiva family, as well as the community as a whole. We were blessed to be able to listen to Ella Blumenthal on Yom Hashoah telling the Bnei Akiva family about her amazing, heart wrenching and brave story of how she survived the Holocaust.

On Yom Ha'azmaut we celebrated our beautiful homeland, Israel, by doing Hallel together with Morasha and a community in Jerusalem, thus bringing communities from around the world together! Despite the lockdown



Bnei Akiva Cape Town, Joburg, and Durban together for a shiur by Bnei Rabbi, Rabbi Kagan.

and all the separation, Bnei Akiva branches all over South Africa have had the chance to connect through shiurim, learning and celebrations over Zoom.

Together with our branches all over South Africa, we wish the community health, happiness and joy during this tough time.

*Kadima Bnei Akiva!*

*Hayden Norrie*

*Bnei Akiva Cape Town Chairman*



## Netzer keeps the good times coming during lockdown

Here are some of the things we did online during lockdown...

And there is so much more that can't be missed!



NETZER SOUTH AFRICA

Find out what other online events we are having by visiting our pages below:



netzer\_southafrica



Netzer South Africa



www.netzer.org.za

## Consider This

## We are all experiencing trauma. Right now.

By Rabbi Emma Gottlieb



**Trauma is the response to deeply distressing or disturbing events that overwhelms our ability to cope, causes feelings of helplessness, diminishes our sense of self and our ability to feel the full range of emotions and experiences.**

Dr Betsy Stone, a retired psychologist who currently teaches rabbinical students in North America, wrote recently that, “many of us are already traumatised — startling at sirens and afraid of the grocery store. We’re fighting with our loved ones and regressing into adolescent behaviour. Our sleep is disturbed and our moods are grim. And we live in fear of even more trauma and loss.”

Dr Stone introduces five basic principles to help keep us ‘grounded and sane’ in the face of ongoing trauma: safety, choice, collaboration, trustworthiness and empowerment. Safety is about ensuring that our basic needs are met. Choice is about making decisions that impact our lives. When our choices are limited by circumstances, naming and claiming the choices we still do have can make a huge difference to our emotional well-being. Collaboration is when we recognise that some of our choices impact others and decide to make those choices together. “Social distancing”, Dr Stone points out, “is a form of collaborative behaviour.” Collaboration, when done well, builds trust, which lessens our sense of trauma.

Empowerment, the fifth principle helps us to feel less out of control and powerless. Dr Stone writes, “We need to begin to think about the places we do have power. We have the power to see good in others, to act from our most generous and caring selves.” Dr Stone notes that meaning-making is a form of empowerment as well, so finding ways to identify what you are learning during this time and how it might change you, can help you to feel stronger and more in control of your future. “We know that naming bad feelings lessens their power,” she writes. “Talk about how you feel. Find meaning in rituals. Spend time with people you love and people who will listen to you, even over the phone. Don’t only use social media to connect. Reach out.”

In my relatively short time in South Africa, I’ve noticed that South Africans are very stoic when it comes to bearing up in hard times. Feelings are not always easily shared. I imagine this comes from already having lived through serious national trauma. Stoicism is what helps us to stay calm, to focus on what’s important and under our control, not wasting thoughts or time on what we can’t affect. But sometimes we are too stoic, thinking that emotions make us weak, not dealing with our feelings or addressing them. This is actually an unhealthy form of being stoic.

There is a Midrash which teaches that despite all the miracles God had performed before the Exodus, no one had ever sung a song of praise until the splitting of the Red Sea. Rabbi Yosef Yehuda Leib Bloch, who founded a new branch of Jewish ethics that he named Shiurei Da’at in the early 1900’s, taught about this midrash that, rather than this being a failing on the part of our patriarchs and matriarchs, it was actually, “a demonstration of their immutable faith”. Rabbi Bloch felt that true faith in God means that we accept whatever comes our way as the will of God.

This is a form of Religious Stoicism. But Moses himself presents us with another option, by refusing to accept the suffering of his brethren. Time and again, Moses advocated for his people when God was angry with them, even when they had sinned against God. Moses’ capacity to be stimulated by the distress of his people, was the flipside of his ability to be moved and therefore rejoice in song when he witnessed their miraculous salvation. As the greatest prophet ever known, Moses models for us the importance of sharing our feelings — those that we like to feel, as well as those we may wish not to feel.

Though we are physically pent up right now, it is vital that we not allow our emotions to be pent up as well. We must empower ourselves and one another to battle our collective trauma by sharing with one another in conversation, in poetry, in song, or perhaps in prayer with God.

## Shiurim go online

**One of the gifts of this crisis is our inter-connectivity and the ability to link not just our shul but the entire world online.**

So a programme to offer online shiurim by our rabbis has now included rabbis from all over the world, sharing their Torah with Temple Israel and all those who connect with us on our website and social media.



*We have been reaching out to our community to connect meaningfully, learn and grow over this time.*

Besides our talented team of rabbis offering shiurim, meditations and online services, we have heard so far from Rav Tamara Schagas in Jerusalem about the mystical power of *Shirat Ha’Omer*, the counting of the Omer and from Rabbi Charley Baginsky from London about the history of the Liberal movement. Rabbi Emma recounted the important story of Regina Jonas, the first woman to be ordained as a rabbi and then tragically killed in the Shoah.

We also offered a unique double-act when Rabbi Mark Goldsmith from London co-taught a shiur with our own Rabbi Greg on Zoom for a class made up of congregants from his synagogue and ours. You can follow our shiur programmes on Wednesday evenings and Thursday mornings by clicking on the links on our website, [www.templeisrael.co.za](http://www.templeisrael.co.za) or liking our page on Facebook.

## Temple Israel Youth keeping busy during lockdown



**Our Hebrew School has continued with weekly online lessons, with tasks to complete at home and Hebrew and Jewish Studies happening over Zoom.**

Our young families have been meeting regularly for story time, music and activities to keep their young minds inspired by Jewish thoughts under the guidance of Andi Kuti. We also held a young family Pesach Seder on Zoom which was an absolute hit!

Netzer, our Progressive Jewish Youth Movement, have run an array of afternoon activities, including, yoga, pilates, exercise routines, origami and other crafts, story times as well as a weekly ma’ariv service (and more). Netzer also ran an online Shabbbaton in place of the annual mini-mach in April.

## Temple Israel cares

Our Temple Israel care programme is hard at work making sure those in need are being looked after by keeping in contact with the elderly, arranging groceries and delivering meals. We are also running various social action projects.

If you know of someone in need or if you can help, please don’t hesitate to contact Gill on 0217621745 or [care@templeisrael.co.za](mailto:care@templeisrael.co.za).

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



**Kiran Bloom**  
9 May



**Cole Rubin**  
16 May



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## JCS@WORK Dealing with The Crisis

**RHITA RUSSON**  
Social Worker, JCS Cape

**The COVID-19 pandemic is putting new and unforeseen pressures on all of us, whether it is trying to work remotely while the kids are screaming in another room, or dealing with the possible loss of a job, this new normal is taxing our inner resources.**

**“All of us as individuals, depend on many other systems for our resilience. I think what we are seeing right now, in the midst of this catastrophic pandemic, is that we all depend on the resilience of many systems in our lives. We are learning how interdependent we are, and how much we depend on the support of people, our health-care system and many other emergency systems in our community.”**

Let me offer some insights and tips on how to tap into our inner resilience and build it in our own family.

Let's start by defining the term resilience – there is general agreement that resilience refers to positive adaption to adversity. We also need to think of resilience as the capacity of a system, whether that system is a person, a family, an economy or a community to adapt successfully to challenges that threaten the functioning, the survival or the development of the system. All of us as individuals, depend on many other systems for our resilience. I think what we are seeing right now, in the midst of this catastrophic pandemic, is that we all depend on the resilience of many systems in our lives. We are learning how interdependent we are, and how much we depend on the support of people, our health-care system and many other emergency systems in our community.

How fortunate we are to be part of a community that is displaying such resilience under the current situation. From CSO/EZRA, the Board of Deputies, our religious leaders, Rambam Trust, Jewish Community Services and the list goes on, who have stepped up to

the plate to provide us all with what is needed at this time.

### SOME HELPFUL TIPS

Be open – this refers to being able to accept challenging private experiences including thoughts and feelings instead of trying to suppress or change them. Acceptance does not mean resignation to these thoughts and feelings but recognising we have those experiences and seeing them for what they are – a thought is just that, while a feeling is just that. These thoughts and feelings, including the difficult ones, are a part of being human. When having a challenging

present moment, using the senses if possible. In the midst of every-thing going on, engaging in the senses can be a helpful way to ground oneself in the present experiences.

Be engaged and active – take this time to consider those areas of life that are important to you, or your values. Values may include domains of life (for example, being a parent, leisure, relationships or community) as well as ways in which you may wish to live your life (connection, integrity, humor, kindness). It is also critical not simply to determine these valued domains, but to engage in actions that bring you closer to that valued

thought or feeling, acknowledge it for what it is instead of struggling with it.

Be aware – be fully present in the moment with all five senses. In time of stress and challenge, it can become very easy to be caught up in our thoughts, feelings, as well as the past or the present, rather bring awareness to the

domain. For example, if you wish to have more connection in your life, take the time to call, text, email a family member or friend. Keep safe and let's fight this invisible enemy together. Should anything in this article resonate with you or you would like to discuss any concerns with a social worker, contact **021 462 5520** or email [info@jcs.org.za](mailto:info@jcs.org.za).



Photo by Martin Sanchez on Unsplash.

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ORTHODOX SYNAGOGUES  
OF SOUTH AFRICA  
איחוד בתי הכנסת האורתודוקסים  
בדרום אפריקה



**COVID-19 is more than just a health crisis. With the majority of the world's population in lockdown to curtail the spread of the disease and "flatten the curve", the way of life we all took for granted has been put on hold. This has engendered financial, social, political and spiritual upheaval on a scale not seen in decades.**

Amidst this upheaval, the Office of the Chief Rabbi, under the auspices of the UOS, has been hard at work helping the South African Jewish community navigate the crisis. The work has involved engaging with government and President Ramaphosa, as well as leading medical experts; pursuing initiatives to bring financial relief to small businesses; working with other community organisations to ensure a unified response to the crisis; putting plans in the place for maintaining Jewish life under lockdown; and being a source of emotional support and spiritual guidance.

**One of the most devastating aspects of the COVID-19 crisis is the financial hardship it is imposing on people around the world. From the beginning of lockdown, Chief Rabbi Dr. Warren Goldstein identified a need to provide extra support to businesses within the South African Jewish community. The Chief Rabbi brought together various philanthropists**

discussions, various communications were sent out to the community, urging adherence to the safety precautions that were being called for at the time – including social distancing, regular handwashing and other protocols.

**Before government was able to find its feet in the crisis, Chief Rabbi Goldstein led community efforts to set up our own protocols, in relation to shuls, weddings, kosher establishments, brisses and other social gatherings. The Chief Rabbi issued notices for the closure of shuls, calling it "one of the most difficult decisions I've ever had to make."**

The Chief Rabbi worked with legal experts to coordinate plans for the preservation of Jewish life under lockdown. This involved creating plans for mikvah and brit milah to continue (under strict health and safety protocols); creating a

## THE OFFICE OF THE CHIEF RABBI AND THE UOS Navigating the COVID-19 Crisis

**and business leaders to set up a fund to assist these businesses. The community rallied together behind The Chief Rabbi's idea, with a number of prominent individuals and organisations coming forward to provide funding and administrative support. The outcome of these collective efforts is the Geshar Fund, offering interest-free loans to ensure Jewish businesses weather the storm – so they can get back on their feet when the COVID-19 crisis subsides. The need is enormous.**

**Tens of millions of Rands have been made available to local businesses to fund short-term working and operating capital requirements, including staff salaries. A board of directors, led by Martin Sacks, includes senior Cape Town businessmen such as Ronnie Stein, Len Sank and Marco Van Embden.**

Looking to the future, the ongoing vibrancy of this community is dependent on having well-established, growing businesses. Importantly, support for these businesses will translate directly into less financial pressure on our schools, shuls and welfare organisations.

A series of government engagements began in early March, when Chief Rabbi Goldstein, alongside fellow national religious leaders, met with the president and senior cabinet ministers, including the minister of health, in Pretoria. This was followed by a more intimate meeting around the breakfast table at the President's official state residence. The Chief Rabbi assured the President that the Jewish community were committed to upholding the lockdown not just as state law but as a mitzvah, since preserving and protecting human life is one of the highest Torah values. Chief Rabbi Goldstein has also had productive personal discussions with the minister of health, minister of justice and minister of social development.

The Torah places the preservation and protection of human life above almost all other values. It was this that inspired Chief Rabbi Goldstein to get involved early on in the crisis. To get deeper insight into the nature and seriousness of COVID-19, The Chief Rabbi consulted with leading experts in the field – including Dr. Richard Friedland, the CEO of Netcare, and Professor Barry Schoub, the Founding Director of the National Centre of Disease Control. From these

promotional website to assist kosher restaurants; and addressing the numerous halachic questions with the Beth Din that have arisen over the course of the crisis (for example, the halachic parameters of employer/employee relations during a time of economic duress).

From the beginning, the Chief Rabbi and UOS worked with the country's Rabbis, and in partnership with the Board of Deputies and other Jewish organisations, to ready the community for lockdown and ensure a unified response to the crisis. Chief Rabbi Goldstein also worked with leading law firm ENSafrica to map out the various legal ramifications of lockdown, how it might impact the community, and how to mitigate that impact. Chief Rabbi Goldstein also led a global campaign centred on COVID-19 – putting together an unprecedented joint letter signed by chief rabbis from across the world.

Various measures have been undertaken to bolster community morale. Regular messages of encouragement and support have been sent out, and the community kept informed of various initiatives and new developments. Communication platforms include a WhatsApp group with around 6000 subscribers, regular emails, and a series of op-eds in the Jerusalem Post and South African Jewish Report. Chief Rabbi Goldstein also coordinated various prayer initiatives – including a half day fast, and national prayer campaign championed by President Ramaphosa.

Without the customary crowds at this year's seders, and some literally doing seders on their own, Chief Rabbi Goldstein invited rabbis and rebbetzins throughout the country to put together South Africa's first Unity Haggadah Companion. More than 60 rabbis and rebbetzins contributed original ideas and insights to the booklet, which people printed out to discuss at the seder.

**As the COVID-19 crisis continues unabated, challenging us as a country, as a Jewish community and as individuals in unprecedented ways, the Office of the Chief Rabbi and the UOS will continue to do all in our power to navigate the crisis, protecting the Jewish community and the values we all held dear.**

## COVID-19 and the command of the law

By Anton Katz



### An attorney colleague of some gravitas recently died during the Coronavirus lockdown.\*

He had endured some health challenges for some time. I was not able to attend the funeral; but I attended the one evening of shiva prayers on Zoom. The Orthodox rabbi led a meaningful service for about 30 people, who joined the Zoom prayers. Also, joining was a rabbi from a synagogue in Perth and family members of the late colleague who live in London.

I found the prayers particularly meaningful. All the mourners were on mute until after the rabbi had completed his eulogy and sang the Hebrew prayers. After he had completed his part any of those who attended could say a few words. The hour had a power and spirituality different to all the shiva prayers I have attended in person. I was able to concentrate and reflect on the life of the colleague in a special and unique way. And there was a sort of strange intimacy in that we could through our screens be in each other's home spaces. Although I was physically alone at home with my memories and thoughts about the departed attorney, my 'aleness' was in a strange metaphysical way in the company of those attending on Zoom.

We could use our computer instruments to 'chat' during the hour by typing up comments, which all of us could read and respond to. You may wonder what this has to do with the law? Well, the law banned us from attending prayers in person. So we were forced to attend through digital means. Secondly, I thought the rabbi made an incredibly powerful point during his meditations. He reflected something along the lines that a hundred years ago the Spanish Flu of 1918 killed so many millions and millions of people; and those who lived during that pandemic 100 years ago would not have believed it if it would have been suggested to them that prayers after a funeral could have been held like we were doing. People's reality had changed unimaginably in a short time. And we on Zoom were in our seemingly different realities; I at my house by myself just a few physical steps away from others at the shiva prayers, yet I was also in the company of those many thousands of kilometres

away. From the colleague's family in London to the rabbi in Perth in a different time zone.

The rabbi's point went further. He explained that just as our reality is so different from those who lived through the Spanish Flu, so was the attorney's reality different to ours. We are on this earth as living humans, whereas the late attorney had moved to another reality. Who knows, the rabbi mused: perhaps one hundred years from now a person who had moved to another reality through death would be able to somehow join our Zoom prayer meeting. Wow!

**People's reality had changed unimaginably in a short time. And we on Zoom were in our seemingly different realities; I at my house by myself just a few physical steps away from others at the shiva prayers, yet I was also in the company of those many thousands of kilometres away. From the colleague's family in London to the rabbi in Perth in a different time zone.**

And where does the law fit in. Does the law follow our human reality or do our lives play out through the commands and dictates of the law? I think the answer is a mixture of both. In some instances, scientific and human development require the law to accommodate the newly established reality. For example, just like the creation of the printing press forced the law to move in ways it otherwise would not have, so climate change and digital technology requires States all over the world to develop the laws to recognise our new reality. But the law also leads.

MPs enact laws and the executive make regulations to 'protect' and advance the interests of society and its members. These laws and rules force people to change their behaviour. The laws are put in place hopefully for the purpose of making a better society. Some call this social engineering. Obvious

examples of ugly social engineering are the Nazi laws and apartheid. But there are other legal commands that may be regarded as making society safer and more decent. The ubuntu charter of the Constitution requires all members of society to respect and be "nice" to each other. Hate speech is not to be tolerated. But, of course, freedom of expression must be respected. How to balance so many competing and contradictory rights is a tough task ahead.

And that is where the Zoom prayers come in. Clearly the right to freedom of movement, the right to religious freedom, the right to privacy, and particularly the right to dignity are all violated by the legal bans imposed by the disaster lockdown. But if there was no legal lockdown and we could all carry on our lives as usual without the command of the disaster laws, would many thousands of our neighbours, colleagues, friends and family get sick, and possibly die? None of us want that dire situation. So the law commands all of us to behave in a certain way to protect all of us. Some would suggest that this draconian controlling approach is desirable to make society a better environment. Others may claim that

laws seeking to implement social engineering, even for a short time, is an unacceptable intrusion into our private autonomous lives.

And what happens if the state starts putting micro-chips in every person's arm. The state's argument could be "we need to know where you are at all times to protect you and all others." Would that be a bridge too far? That is what the anti-vaxxers claim on religious grounds about compulsory measles vaccinations. But then consider the sadly high outbreak of measles in the anti-vaxxers community. The law always has and will have tough choices in the coming years. A balancing of so many competing interests will be the golden thread. These new, interesting and in many ways difficult times will demand so much from the courts, lawyers and the law.

\*Attorney at law Maurice Phillips passed away on 14 April 2020.

Anton Katz SC, a senior counsel practicing at the Cape Bar, was a member (2011-2018) of the UN Human Rights Council working group on mercenaries.

### LEVERAGING YOUR ANCESTRAL LINK TO LITHUANIA AND POLAND



#### OBTAINING AN EU PASSPORT

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# #HERZLIA80



## Diary of a School under Lockdown

### By Geoff Cohen

#### COVID-19

What was

our

response?

How did we

deal with

the challenge?

Dates

Events

Media

#### Herzlia

- leaders in  
online education  
and learning  
platforms!

"Sometimes you  
need a little crisis  
to get your  
adrenaline  
flowing and help  
you realise your  
potential"

- Jeanette Walls,  
The Glass Castle.

#### SUNDAY 15 MARCH

A community leaders forum is created and a Covid-19 Community Committee is set up. This includes representatives from all sectors of our community including a panel of medical experts.

Who would have thought on the morning of 12 March 2020 that our lives would be so irrevocably changed? Would terms like lockdown, social distancing, COVID-19, Zoom be words that become so common in our everyday lives/vocabulary? Sensing that we would be in a life changing moment I decided to record a Lockdown Diary.

#### DAY 1: THE OUTBREAK - THURSDAY 12 MARCH

We received notification that a Herzlia parent had tested positive for COVID-19. His children had unwittingly and unknowingly been sent to school. The Herzlia Executive and Chairman immediately convened to deal with the situation. We contacted the MEC of Education and alerted her that we were closing for two days.

We also made contact with the Head of the National Institute of Communicable Diseases (NICD) as well as the Corona Virus Helpline to inform them of the situation. When the word got out, calls started coming in from a large number of local, national and international media and Television cameras arrived at our gates. A decision was made not to talk to any media but to release a statement that was sent to all media. This immediately calmed the media frenzy.

We called all the principals together for a meeting to plan for the next two days and beyond. The principals got their teachers to immediately start working on preparation for the continuation of online teaching and learning, immediately.

#### DAY 2 - FRIDAY 13 MARCH

On the first day of online teaching, we experienced very few problems, as our teaching and support staff worked rigorously to ensure that the educational process could continue. A number of glitches were found and corrected. Our IT department came to the fore and worked incredibly hard to fix any IT issues, as well as advise us as to what we would need to have in place should the two day closure extend to weeks.

We learned late on Friday evening that a Middle School pupil had previously returned from overseas and had contracted the virus while on the plane. She had attended school before becoming symptomatic. We were forced to communicate over Shabbat that we would be closing all our schools for the following week.

#### MONDAY 16 MARCH TO FRIDAY 20 MARCH

Online teaching across all phases continues successfully with huge efforts from principals, teachers and support staff. A decision was made to use Sea-Saw, Google Hangout and other age appropriate platforms for Foundation Phase and to use Google

Hangout from Gr 4 through to Gr 12. The feedback we received during this time was hugely positive.

#### THURSDAY 19 AND FRIDAY 20

Filming commenced on the Herzlia Storytime series and the Pre-Primary Pesach Seders, songs and activities. Additional stories

were commissioned with Highlands Primary Librarian Sharon Geffen reading a selection of stories for Grades 1-6. Ring Times were filmed along with lessons demonstrating fine and gross motor skills, making play dough and of course a Shabbat ring.

The government announces that they will close all schools, both Government and Private, until the 14 April. This announcement meant that Herzlia would return to school on 20 April, after Pesach. Dates changed again when the President announced a 21-day lockdown. This meant that all schools could only reopen on Monday 20 April.

#### MONDAY 23 - FRIDAY 27 MARCH (School Holidays)

The President addresses the nation on Tuesday 23rd March but does not mention return to school.

Online learning continues with Herzlia extending its offering: Chess lessons with Howard Goldberg, Practicing fine motor skills with our Alon Ashel teachers, Ring time for each Pre-Primary Grade and Xhosa lessons with Luvo.

#### MONDAY 30 MARCH

This would be the time we commenced with our Pesach preparations. Songs were recorded and produced and our Pre-Primary online Seder was shared on Facebook. Our sports coaches begin producing videos teaching pupils old fashioned games like hopscotch and musical chairs as well as Netball and Water Polo coaching tips.

#### TUESDAY 31 MARCH

We launched our fantastic Pesach Toolkit: a collaboration of our JLL Formal and Informal Departments and Ivor Joffe, Head of Jewish Music. Our principals and their teaching staff adapted the delivery of their educational process and our support staff enabled the schools to run efficiently and uninterrupted.

Our school days are different now. Everything is online, principals have daily online meetings with their staff, schedule meetings and Exco meetings continue online, principals meet together online using Zoom platform, admin staff meeting online every day at 12H00 for a check-in, directors meet regularly online using Zoom or other platforms, the school executive meet online using Zoom and surveys are sent out for parents to give feedback.

#### WEDNESDAY 01 APRIL

Online social media content increases with daily story times, exercises from our sports coaches, messages of support from our principals and SLC.

#### THURSDAY 02 APRIL

First online barmitzvah in Cape Town, maybe even in the world. A huge Mazaltov to the Marks Family. The Herzlia family was so excited to be able to share this Simcha with the world. The Pesach resource pack is available online.

**Manishtanh!**

Who would have thought on the morning of March 12, 2020 that our lives would be so irrevocably changed? Would terms like lockdown, social distancing, COVID-19, Zoom be words that become so common in our everyday lives/vocabulary?



Note: Music Movie auditions poster to go out to pupils and alumni by 12pm, 6 May.

NB. AGM Zoom Slide backgrounds formatted for presentation – 13May.

Add tea, coffee and sugar to shopping list for Paula.



\* Watch Unorthodox on NETFLIX.

COVID-19



Herzlia Schools (online) are closed from 9th April till 17th April for Pesach break. Posting on Facebook continued during Chol Hamoed including a virtual concert from the Herzlia Music Department on Tuesday 14th and a magnificent Kabbalat Shabbat by Ivor Joffe for our primary School Grades 1 -3.

**MONDAY 20 APRIL**

Herzlia Schools reopen (online). During this period of lockdown, we had our first Board of Governors meeting via Zoom that proved

to be effective, efficient and professional. The Directors and Chairman, meet regularly to evaluate, regulate and plan for the future. Numerous scenarios were discussed, and plans made to deal with the many options that may present in the coming weeks. Preparations commenced for the upcoming Yammim.

**TUESDAY 21 APRIL**

Yom Hashoah commemoration. Ivor Joffe sent us a video of the VE singing at the 2019 Pinelands Cemetary service. All our schools participated in age appropriate tekkes which we shared on Facebook.

**WEDNESDAY 22 APRIL**

Celebrating World Earth Day, pupils were encouraged celebrate by taking virtual tours of national parks, aquariums, Cara from Kerem taught us all how to make paint when we run out of supplies.

**THURSDAY 23 APRIL**

Celebrating world book day – Shakespeare’s birthday. Getting ready for the Etgar Quiz for Yom Ha’atzmaut.

**FRIDAY 24 APRIL**

We starting posting articles on supporting your teens and tweens during this time. We saw Menschlichkeit in Action with Jesse Scher riding 200km for the Rohan Bloom Foundation. Our wonderful Bachur, Yedidya Darshan, starts recording special Shabbat stories from Israel and sending them to us for sharing on Facebook.

We did not neglect our physical education with a full body workout from Coach Tina.

Professional Zoom package purchased to enable online conferences and to facilitate Zoom meetings taking place across the campuses.

**TUESDAY 28 APRIL**

Yom Hazikaron is always a sad day in Israel, and was beautifully contextualized by Rabbi Cannon and the JLL team. Our pupils wrote letters to soldiers and Ivor prepared a beautiful version of Hazkarah for us to share.

Met with the school psychologists and social workers in order to brainstorm ideas for pupils and parents to engage coping mechanisms – too little exercise time.

**WEDNESDAY 29 APRIL**

The Highlands Primary Yom Ha’atzmaut talent show went ‘live’ at 13H30. Pupils were asked to send in a 40sec video of their talents and the finalists were presented at a live broadcast. The worldwide Etgar Quiz took place and our pupils participated.

**THURSDAY 30 APRIL**

Keeping our sports going with the school wide keepy-uppy football challenge. We wait to see who the winners are.

Sharing Shabbat was a delightful initiative from the JLL Department – families were asked to share pics of their Shabbat table.

Minister of Education Angie Motshekga, addresses the nation on the issue of schools reopening.

**FRIDAY 01 MAY**

Meetings take place throughout the day with principals of Pre-Primary, Primary, Middle and High Schools to work on solutions for

return to school. The Board of Governors meet with principals to discuss the possible solutions.

During this week we continue to communicate with all our stakeholders in order to keep them updated on our processes and procedures. No agreement is made on the return dates for our pupils or our teachers. We continue to wait for decisions from government and the education ministry.

**SUNDAY 03 MAY**

Principals of Jewish schools across the country convene to compare notes and brainstorm ideas regarding return to school.

**MONDAY 04 MAY**

First working day of lockdown level 4 – people allowed to exercise between 06H00 and 09H00. Timetables change so online school starts at 09H00 instead of 08H00.

**TUESDAY 05 MAY**

Music teachers send out practice tips. Herzlia Radio Broadcasts take place on Facebook. Storytime for our young kids continue. Pupils create thank you messages for our teachers on Facebook and a Sport Scoreboard is displayed.

**WEDNESDAY 06 MAY**

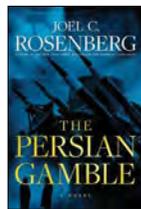
Survey goes out to all parents asking for feedback re: views on returning to school. Lots of positive feedback comes in from parents across the various phases.



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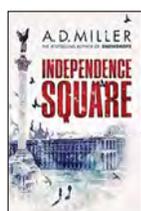
## FICTION



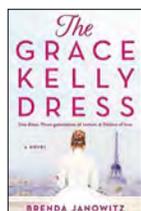
**THE PERSIAN GAMBLE** by JOEL ROSENBERG. The Russian president has been assassinated with the head of Russia's secret service. The killer is his son-in-law Oleg Kraskin. Marcus Ryker, a former US secret agent, is in Moscow to help Kraskin defect and both are helped by CIA agent Jennifer Morris. Ryker tries to convince his contacts about the dangerous deal that places nuclear weapons inside Iran's grasp.



**THE GERMAN HOUSE** by ANNETTE HESS. In this historical novel Eva Bruhn is hired as a German interpreter to translate at the Frankfurt-Auschwitz trials. Eva's growing awareness of the atrocities perpetuated by the Auschwitz defendants leads her to question why her parents, owners of the German House restaurant, did not care about the trial. She slowly begins to uncover buried family secrets.

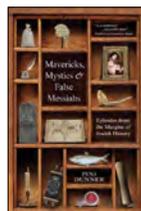


**INDEPENDENCE SQUARE** by A.D. MILLER. A story of corruption and political betrayals during the Orange Revolution in the Ukraine. British diplomat Simon Davey stationed in Kiev gives aid to dissidents in Independence Square with fatal consequences. Years later after being abandoned by his family he sees his former contact Oleysa Zarchenko on the London subway and is plunged back into his past.



**THE GRACE KELLY DRESS** by BRENDA JANOWITZ. It's 1958 in Paris. Rose a seamstress has been entrusted to sew a Grace Kelly look-alike gown for a wealthy bride. When she finds herself falling in love with the bride's brother, she makes a decision that puts her career at risk. Sixty years later Rachel is encouraged to wear this dress by her mother without realising the secret that changed her mother's life.

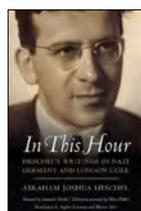
## RELIGIOUS INTEREST



**MAVERICKS, MYSTICS & FALSE MESSIAHS** by RABBI PINNI DUNNER. Renowned Orthodox Rabbi Dunner details sages together with sinners and charlatans. He includes Shabbetai Tzvi who claimed to be the Messiah; rabbis searching for subversive meanings of Amulets; the Get of Cleves case from 1766 and Hungarian born con man Avraham Schwarz, the ultimate Jewish maverick of modern times.

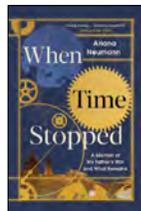


**INCREDIBLE! 2** by RABBI NACHMAN SELTZER. This book is filled with more inspiring personalities from Rabbi Wallis's dynamic life. We read about his first steps to Torah observance where he experiences mysterious encounters. He writes of the African prince who became a religious Jew, the reporter who went to an Arachim seminar to prove it was a scam and the 89-year old 'bar mitzvah boy.'

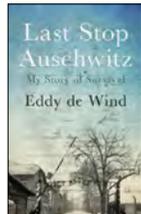


**IN THIS HOUR** by ABRAHAM JOSHUA HESCHEL. A collection of English translations of Heschel's writings from his time in Nazi-ruled Germany to his exile in London before finding refuge in the United States. It reflects this superb historian's teachings; essays on rabbis of Mishnaic period; biography of Don Yitzhak Abravanel and four recently found meditations on suffering, prayer, spirituality and God.

## HOLOCAUST MEMOIR

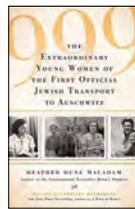


**WHEN TIME STOPPED** by ARIANA NEUMANN. After her father Hans's death in Venezuela Ariana receives a file of documents, letters and diaries revealing his Jewish roots. She never knew this before. Correspondence from Terezin reveals that many family members perished. She opens with images of his 297 pocket watches, his metaphorical attempt to replace time stolen by Hitler.



**LAST STOP AUSCHWITZ** by EDDY de WIND. The author, a young Dutch doctor was sent to Auschwitz with his young wife Friedel in 1943 from Westerbork in the Netherlands. Being a nurse she worked in the block where medical experiments took place. A touching theme throughout are the appalling things de Wind witnessed daily while risking his life to see her. An eloquent account of love and suffering.

## HOLOCAUST



**THE NINE HUNDRED** by HEATHER MACADAM. In 1942 almost one thousand young and unmarried Jewish women boarded a train in Slovakia believing they were going to work in a factory but were on the first 'official transport' to Auschwitz. Using copious interviews with survivors, historians, relatives and Shoah archive testimonies, Macadam tells their tragic story as only a few were able to survive.

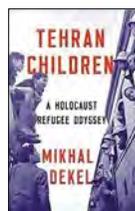


**THE UNWANTED** by MICHAEL DOBBS. The small Jewish community of Kippenheim in Germany were interned in concentration camps in France. They desperately sought visas to escape but only one in four gained entry to America. Dobbs intersperses text with haunting pictures- a shattered synagogue, Germans deporting Kippenheim refugees, a father's final scribbled message to his daughter in 1942.

## HISTORY

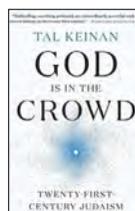


**RED SEA SPIES** by RAFFI BERG. An in-depth look at the Mossad's daring undercover operation in the 80's using a holiday resort in the Sudan to rescue Ethiopian Jewry. Berg bases his book on interviews with operatives involved in the mission and offers insight into Menachem Begin's anguish over the fate of the Ethiopian Jews and key decisions of Mossad. A heroic mission that reads like a spy novel.

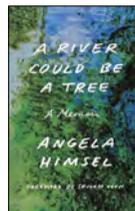


**TEHRAN CHILDREN** by MIKHAL DEKEL. An absorbing account of the refugee children evacuated by the Polish military to Iran during the Holocaust. They became part of the Persian Jewish community. A group of Zionist caregivers brought them via India to Palestine in 1943. They were known as the 'Tehran Children', amongst whom were Mikhal's father and aunt. Dekel blends memoir with history.

## JEWISH IDENTITY

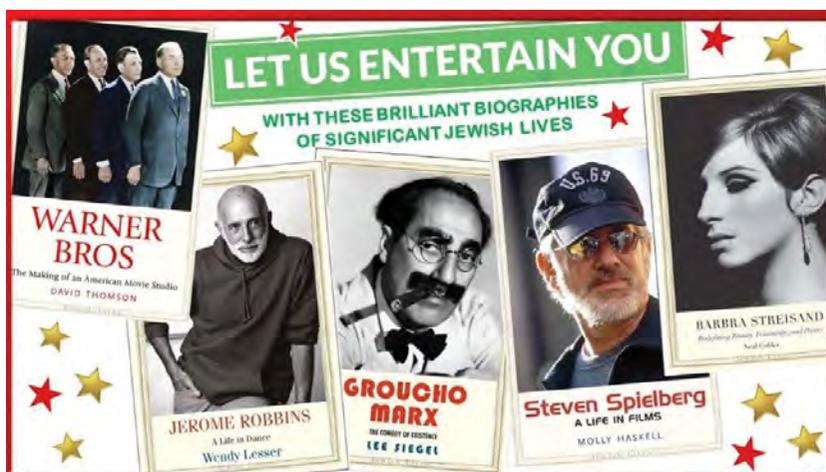


**GOD IS IN THE CROWD** by TAL KEINAN. A thoughtful assessment of the current state of Judaism. Kienan provides the intimate story of his Aliyah and service in the Israeli Air Force. Jews today face different threats such as dwindling Jewish population, complacency, fundamental divisions and intermarriage. These may change our survival. He hopes that by redefining Judaism we will keep it alive.



**A RIVER COULD BE A TREE** by ANGELA HIMSELF. Raised in Indiana as a fundamentalist Christian, Angela celebrated the Sabbath, Passover and Sukkot without knowing they were Jewish holidays. Her connection to Judaism grew through Jewish friends and her faith in her parent's church waned. A Jewish boyfriend and a pregnancy forced the issue of her conversion, leading to a new spiritual journey.

## JEWISH BIOGRAPHIES





## New Education for a New World

By Rabbi Avi Shlomo

**Starting this school year, no one could have predicted the global crisis that would soon force school closures with barely a warning.**

Campus closure has provided a fascinating case study that put Cape Town Torah High's unique methodology of independent and progressive learning to the test, and in a way, lockdown closed a circle — it returned the school to its homeschool origins. Despite the obvious challenges, what actually occurred surpassed our most optimistic expectations. Learning continued with barely a glitch, and the feedback has been remarkably positive. Students are showing tremendous discipline and motivation, producing excellent work, and continuing to achieve, in some ways more than before!

Here are a few lessons that we have learned from our experience:

**School did not close — it migrated:** We made it clear in all communications to stakeholders that only the campus closed. The school had migrated to an online format. This set the tone for students and parents that attendance, accountability, and assessment would continue as before.

**Consistent and familiar schedules:** One of the great challenges of studying at home is the lack of structure, setup, and schedule. Keeping a fixed and predictable timetable helps provide a sense of stability and discipline in the chaos. At CTTH, we kept our exact daily and weekly times tables providing familiarity and stability.

**All curriculum resources are on the cloud:** Migrating an organisation as complex as a school online cannot happen in a day, a month, or a year. Over the last seven years, CTTH has always ensured that every aspect of the curriculum was available online via Google Education Suite and that all students and parents were equipped and set up to access them.

**Social learning and classroom dynamics:** Online interaction can never replace the relationship between teachers and students, and between students and their friends. That said, Zoom is an incredible teaching tool, and allows teachers to recreate the classroom dynamic somewhat. It is important to balance Zoom teaching with project-based independent and off-screen learning, and at CTTH we have found that balance by making *Kodesh* subjects primarily social (live on Zoom), and General Studies more independent.

**Learning guides and projections:** An integral aspect of remote teaching is the manner in which content is packaged, and it is not sufficient to simply transfer the curriculum onto a learning platform, the content needs to be delivered in a language that speaks to the child. The CTTH curriculum has a day by day outline laying out the expectations for each lesson embedded with links to every resource needed, and the projected deadlines for the work in the module. The language adopted in these guides is the teacher's voice addressing each student as if they were in the same room.

**Academic results in lockdown:** Fascinatingly, we have found many students performed better on tests in the remote learning system than before! In unpacking this, teachers felt that this was due to students taking the time to do less, better, and the new impetus placed on relationships.

**Parental support:** Another silver lining is that as learning is taking place at home, parents become more aware of what learning looks like on a day-to-day basis, providing an uncommon but hugely valuable keyhole view into their child's academic lives. This allows them to listen in on lessons, engage their children in discussion and debate about what they are learning, and provide positive feedback and praise for a job well done.

**Challenge of excessive screen time and 'extra murals':** While technology provides many answers to the problems created by distance learning, it also raises new ones. With children spending more time on devices and on the internet, internet security and filtering is of paramount importance for their physical and spiritual wellbeing. One big challenge is keeping kids active so extramurals were exchanged for 'student societies' to find creative outlets in confinement, like online yoga classes, baking and creative writing. The school's weekly outreach programmes (*Chessed*) were switched to helping out with chores at home, and weekly calls to a senior who may be feeling isolated or lonely.

**Our new normal:** As schools begin to tentatively re-open their campuses, and resume in-person teaching, it is clear that so much has changed, but that many of the lessons from lockdown, and the effective and creative new teaching modalities will continue long after Coronavirus is a distant memory. Hopefully, school communities will emerge from this with newfound appreciation and solidarity, and we pray that the 'Brave New World' we are entering should be one with more kindness and sensitivity, with more good and more G-dliness.

## MENSCH CHANGE-MAKER OF THE MONTH

Dalia Katz

### Insights from a volunteer

**Like so many others, community involvement is not unfamiliar to me.**

This is why when approached by Mensch to write this piece and share my new experiences and learnings during COVID-19, I found it difficult to differentiate between my old and new experiences.

I didn't see my immersion in the ever-growing needs brought about by this surreal and unimaginable pandemic as something new. They are an extension of what has always driven me and so many others with whom I've collaborated.

A good place to start my story is my connection with *The Angel Network* — a national voluntary organisation and registered NPO, founded by the wonderful Glynne Wolman, and run via the power of social media. The goal of *The Angel Network* is to create a gateway for accessible giving. To facilitate and mobilise acts of kindness. Their virtual structure and technology together with their committed team and networks has enabled an immediate scalable response to COVID-19. This NPO supported by an amazing group of women has collaborated, dovetailed and networked with organisations like *Ladles of Love*, Mensch and various CANs (Community Action Networks).

Community work has always taught me to access underutilised resources. So, when *Ladles* began their sandwich drive, I co-opted my willing husband as my Uber driver. We went door-to-door collecting lovingly made sandwiches and hard-boiled eggs. The kindness and generosity of this initiative necessitated *Ladles* to automate and move to the CTICC.

The 54 people I've collected from have certainly brightened my Tuesdays and Fridays as we exchange warm greetings and brief anecdotes, making these collection trips longer than they should be, but certainly worthwhile!

The CAN initiative started to pair suburbs across the Western Cape with those impoverished communities in need, has rolled out successfully far and wide. I joined the Gardens CAN (paired with Nyanga), and have been blown away by the passion and dedication of the group. Being action orientated, I soon became part of the subcommittee made up of a group of highly competent and skilled individuals. A GBV human right's activist, a journalist for



Ground Zero, a Professor of African studies, NGO professionals, many in the film industry, and others. Very soon our spare garage became the distribution hub for the generous donations received from the 'Food for All' non-perishable and toiletries drive that have drop off points at the various shopping centres in our area.

My learning curve from our regular Zoom meetings has been exponential. We share best practices and brainstorm ideas on how we can make a difference. And we have, through supporting four soup kitchens, a drive for woman exposed to domestic violence in need of data, and the feeding of ± 200 families with food parcels in collaboration with Yebofresh.

As Vice Chair for Oranjia, the children within our care became our priority. The staff and committee rallied together to ensure the safety of our precious cargo. It was beyond heartfelt. I am enormously proud to be involved with such an amazing organisation with such immense commitment, leadership and heart!

Whilst for me, this pandemic has only exacerbated the already existing disparity of the need in our beautiful city, it has also united many into action. The growing needs, inequalities, hunger, unemployment and uncertainty of our future, can no longer be ignored.

I have witnessed the unbelievable symbiotic dovetailing of partnerships develop, and many selfless communities mobilise together to make a difference. I look at my role in this web of connections and realise more and more that 'the whole really is greater than the sum of its parts, and that 'involvement is good, but making a difference is better'.

I am reminded of the parable about the starfish washed up on the beach. Everyone has the power to do something small, to make a big difference for someone else. A concept that if each of us adopts, creates a culture of sustainability.

*Dalia Katz is a valued member of Mensch, an NGO that supports Jewish change makers in South Africa. Contact gina@mensch.org.za to join the Mensch Network of change makers. www.mensch.org.za*

## Connecting to a therapist online

By Daniel Rabinowitz

**A lot of people are finding it difficult to connect right now. Many are isolated and alone, or trapped in a confined space.**

Many are forced into quarantine with people with whom they have toxic relationships. Many are cut off from their work colleagues, class mates, or their communities. As the gravity and seriousness of the COVID-19 outbreak grows, people are increasingly feeling despair and uncertainty about the future. Rabbi Yonatan Cohen of Congregation Beth Israel in San Francisco says, "I think people in these kinds of situations [of COVID-19] are looking for facilitated connection. There's a profound thirst for meaning right now ..." If you are looking for a meaningful connection, you may consider reaching out to an online therapist. Whether you are in an emotional crisis, or want to learn some skills, there is no better time to start looking after your mental health.



### Does online therapy work?

Many of the potential clients that I've welcomed into therapy in the last few weeks have asked me if online therapy will be beneficial or not. I tell them that it is the quality of our relationship that matters. Together with your therapist, you will decide on the best way to conduct the online therapy such as Skype, Zoom, or WhatsApp video chat. All of these have built-in end-to-end security, so you needn't worry about a breach in confidentiality. So, can you really develop a quality relationship sitting behind a screen? Well, think of some of the movies that you have watched which have touched you or moved you. Online therapy can be just as profound. And, won't it feel weird or strange? Well, think of what it is like to see your children or other relatives online who live far away from home. In a flash, you forget about the screen, and you become completely immersed in the conversation. Of course, there is bound to be a bit of nervousness or awkwardness when you are meeting someone for the first time. But, hey, who said that sitting in a psychologist's office for the first time isn't just as nerve-wracking or awkward?

### What are the benefits of online therapy?

There is a lot of emerging research that suggests that online psychology is just as effective as traditional in-person psychology. Some research suggests that online therapy is actually more beneficial in many ways. For example, it can save you time and money. You don't need to take a chunk out of your day to drive to the therapist's office. You won't need to sit in the waiting room where you might see someone you know, or risk contracting (or spreading) COVID-19. At the agreed-upon hour, you'll log in to your computer or press the application on your cell phone and, *voila*, say hello to your therapist, just as if you were sitting in their office. There are some clients who prefer meeting their therapists online, such as those with a phobia of elevators, or those with an obsessive-compulsive disorder who struggle with germs. Some of my clients who travel regularly get benefit from the continuity of the online experience — no matter where they are in the world, their therapist is right there with them.

### Why can't I just phone a friend?

Unlike a friend, you are not in a reciprocal relationship with a therapist. That means that therapy is all about you. A friend is subjective and could tell you what you want to hear, subtly keeping you in the same ineffective patterns of thinking or behaviour. Though friendships allow for safety in many ways, there are things that we would disclose in therapy that would be deeply unsettling for them to hear. Therapy is an objective, safe, supportive, and empathetic space to explore the aspects of yourself that you could never reveal to a friend. A conversation with a friend is just that — a conversation. Therapists, however, are trained professionals who have had years of training in advanced human behaviour, relationship dynamics, and effective interventions.

### How do I contact an online therapist?

It might be as simple as doing a Google search, or asking for word-of-mouth recommendations. Finding a therapist is relatively straightforward as most therapists who offer in-person sessions also offer virtual sessions. Remember that different therapists have different approaches (compare CBT and psychodynamic) and different specialisations (compare depression, anxiety, OCD, trauma etc.). The most important criterion is to make sure that your chosen online therapist is qualified to practice psychology and that they are registered by a recognised body such as the Health Professions Council of South Africa. You may find out that your Internet connection is the best way to establish a meaningful connection in these disconnected times.

*Daniel is in private practice as an associate clinical psychologist at Cape Town Psychologists in Sea Point.*

## Family Announcements

### CONDOLENCES — THANK YOU

#### HERTZOG AND LOUISA BERZEN

Dad, aged 91 (Harry, Hertzie, Hertzog, OOM, Oupie, Yaya or our Dad) passed away on Sunday evening 26 May, from complications of age and lymphoma.

Mom aged 89½ (Lou, Louisa, Louise, Granny or Mom) followed him 36 hours later in the early hours of Tuesday 28 May from an epic battle with cancer among other things!

Dad always wanted her to go first, but she hung on for him to go.

The Cape Chevra Kadisha were unbelievably kind (with special mention of Benny Sandler and his team).

They managed to get permission for them to be buried not only together but in the same grave.

So not only did we get to bury them on Tuesday 28 May, but Dad will always be able to protect her.

Our gratitude to those able to attend this laying to rest on such a beautiful day especially the comforting words and guidance from Rabbi Ryan Newfield of Muizenberg.

We missed all those family, friends and colleagues who would have traveled to be there if it wasn't for COVID-19.

This was especially hard for our extended family around South Africa and the world.

We take strength in knowing that they are at peace and they are together.

Mourning by Len, Anne, Robyn and their families.

To place a family announcement, email: [chron@ctjc.co.za](mailto:chron@ctjc.co.za)

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# Cape Jewish Seniors Association

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## Getting used to the new normal

Six weeks into lockdown it is a sobering reality that life as we knew it will not be returning for a long time, if ever.

The good news is that the CJSA team is not taking this news lying down and we have been working at full tilt throughout this period to ensure that all our members remain part of our community in every way possible.

Members receive regular phone calls from their social workers and this interaction has been much appreciated. Every one of our members who have internet access receives daily news items, exercise rituals, virtual tours of art galleries and cities and a host of excellent talks, videos and shows. Telephonic counselling has been ongoing to our vulnerable members and we know that this lifeline of being able to speak to a social worker at any time, is greatly appreciated.

We are trying to upskill our members and enhancing their lives as our most vulnerable members of the community remain indoors. Especially with the cold weather just around the corner, it is important that those who are infirm or have pre-existing medical conditions stay safe and indoors and we are planning a variety of programmes to assist in alleviating boredom and isolation. We have already started zoom exercise classes and will shortly begin our weekly Pop In sessions via zoom. We are assisting members to become proficient in using the internet and zoom and although it is time consuming, many of our members are managing fantastically.

We managed to deliver over 200 special Seder Meals to our CJSA members and also have been reaching out to the community by partnering with Berkies and Merle Rubin to provide weekly Shabbat meals to our members. These meals have been so appreciated and, thanks to our great team of volunteers, we have reached members from Tableview to Muizenberg and every suburb in between. Berkies have truly gone the extra mile and it has been a pleasure to deal with them. Thanks to our ever-willing Malcolm and Emmanuel who are assisting members with shopping, and Emmanuel is also driving the Glendale carers to and from work on a daily basis.

Unfortunately, our calendar of events, the centrefold of the Chronicle, will be paused during this lockdown period as none of the events are possible. We hope to reintroduce this as soon as possible.

Our Social and Personal Column is much shortened at this time but we share in the joy of those who have had any celebratory occasions and feel the pain of our members who have endured losses.

Sincerely

*Diana Sochen*

Executive Director CJSA

## Social and Personal

**Birth:** Edie Busch 6th great-grandchild

**Special Birthday:** Lilian Sheldon 90

**Welcome to new members:** Abe Casper, Denise Frank, Hillel Goodman, Mel and Val Goot, Pat Josephson and Shelley Trope Friedman

**Condolences:** Maureen Sacher on the passing of her husband Jackie  
Rita Wagenheim on the passing of her grandson Jaron  
Family of our member Doreen Kantor

## Take a trip down memory lane — pictures of events that took place before lockdown



Marge Lee, Anna Glass, Freda Farkis, Cecily Kaplan, June Benjamin and Pearl Selikowitz enjoying a morning at Chart Farm



Southern Suburbs members receiving roses on Valentine's Day



Members enjoying Goudini Spa

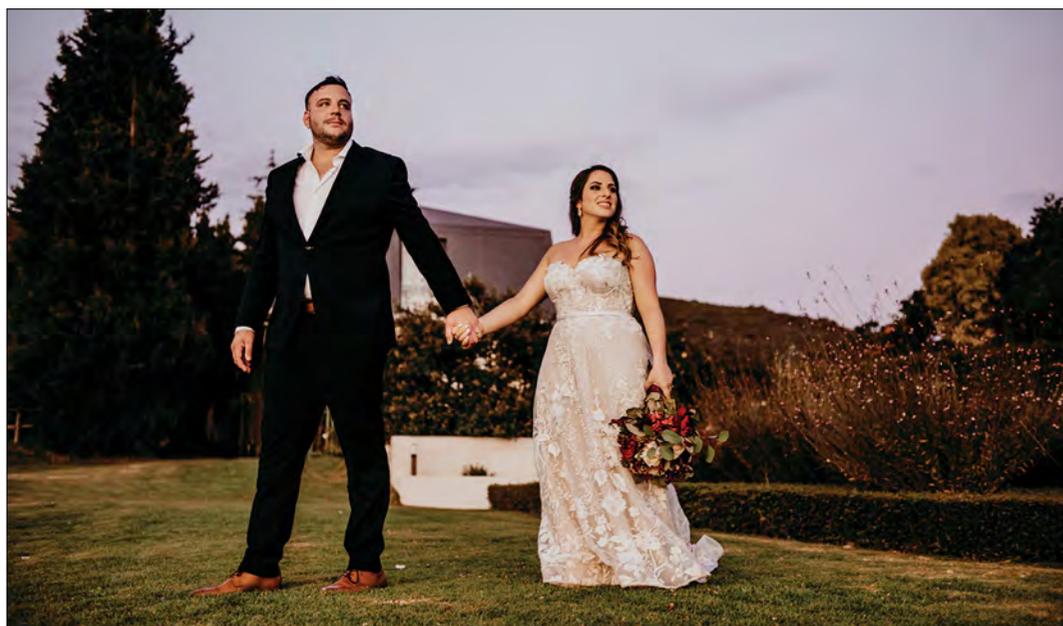


Milnerton Members enjoy an outing to Little Stream



Southern Suburbs members enjoying Babylonstoren

# SIMCHA PAGE



Sheri-Lee Winik to Saul Witz Photo: Shireen Louw



Carrie Furman to Ian Norden Photo: Blanche B Photography

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## USING MY NUDEL

## Teaching without technology

By Craig Nudelman

I'm writing this on day 47 of the lockdown.

My alcohol supply is nearing its end. A trip to the Woolworths up the road is exciting. Schlooming around in my tracksuit pants and slippers around the house is not the worst thing in the world. I have become used to many things during this global pandemic.

I have also become used to teaching online. It's been a fascinating experiment, one which has become the new norm. Herzlia was really on top of online teaching from the get-go. All the systems were in place for this to happen. I am lucky enough to sit on the Ed-Tech committee for the school and the feedback from every principal and teacher so far has been incredibly positive. From Seesaw to Meets, Zooms to video tutorials, and everything in between, we really have been able to keep the standard of teaching at the same level as before. Yes, it has taken staff hours to put material together (I think that we have worked harder than ever to achieve these results!) but it has paid off.

Technology, once seen as a luxury, is now a necessity. Teacher training in basic computer literacy is also not acceptable. The teacher today has to become adaptable to change. The basics of being able to use Word and PowerPoint and being able to turn on a projector, is not enough. Teachers must be lifelong learners who can access key skills to enable their learners to engage with adequate learning tools.

But the acquisition of tablets and other devices is not available to most. Wifi is not free, and even though learners and teachers can use data, South Africa has some of the highest data costs in the world. The universities have made deals with network providers for their sites to be zero-rated (meaning access of these sites and their data are free to access). However, similar deals have not been made with schools.

So, what is to become of 2020 and the school year? Minister of Basic Education Angie Motshekga has held numerous press briefings, and as I write this there is no formal guideline of when learners are going back to school. If schools have been closed for this long, and perhaps will be for even longer, what kind of education can the majority of South African children be receiving?

The Bua-Lit Collective has pointed out that this is a time where actual learning can take place. Instead of schools having to cover the curriculum set out by the Curriculum Assessment Policy Statement (CAPS), they

can focus on the development of a child's learning and the potential of that child. One example they give is that of young girls, who are often burdened by domestic work, being offered self-paced learning.

Other things that children can focus on now are the arts. Science, Technology, Engineering and Math (STEM) education has been a priority area for many years. Perhaps now we can develop children's linguistic skills, such as listening, reading, writing, and performing other activities that the school day does not have time for. A creative child is often left behind if they do not excel in the structure of the curriculum as set out by the Department. Schools now have an opportunity to support children who have different ways of learning. Another critical issue is that of language in education.

Language is key in children's understanding of a concept. If the children of 2020 cannot access education via electronic means, perhaps it is an opportunity for the children to learn in their mother tongue. Now that there are no longer ties to the formal curriculum, there is the potential that they will be able to learn with their families in a language that they understand. This will give African languages a priority. No child should be forced to learn in a language they do not understand, which is an unfortunate by-product of the South African school system in post-apartheid South Africa.

These ideas might seem idealistic. In reality, parents and grandparents are being called on to teach their own children and access to devices and technology seems crucial. Also, formal assessment is still understood as necessary, even though children are not at school. However, none of these are possible. We cannot expect something to be done in an impoverished community which is not even possible in many middle-class communities.

Lockdown may look like it has damaged the 2020 school year beyond repair. However, it might be the perfect opportunity to rebuild the South African education system; for children and their parents to reclaim something which to date has not catered to them. This is the moment for the State to ask for advice, for grassroots organisations to formulate ways for the South African education system to advance the education of all its children and begin a system which is sustainable for future generations.



## Postponement means more time to train!

The 21st Maccabiah Games, scheduled to take place in Israel in 2021, has been postponed for a year due to the ongoing Coronavirus outbreak.

The Games will now take place from 12-26 July 2022. The main reason for the postponement of the event was the separate postponement of the Olympic Games from 2020 to 2021. Although our preparation plans have been changed, it gives us an extra year to work hard and ensure all our sporting sides are in better shape, enabling us to win more medals for team SA.

We encourage all juniors, currently aged 13-16 to get involved in Maccabi as we continue this journey together.

We hope everyone stays safe and healthy during this time and we look forward to resuming Maccabi activities in the near future.

WP Maccabi Sports Director, Saul Jackson, sauljackson1997@gmail.com

## Q &amp; A with the Maccabi coaches

What age group are you coaching?  
Favourite Maccabi Games moment as a player/coach?  
What are you most excited about for the next Maccabi Games?



REON SIYAYA

I am coaching the u18 boys Futsal Team. I feel very privileged to coach this bunch of boys.

This will be my 3rd Maccabi Games. I would say a couple of my best moments were when all the nations sing the Israeli Anthem together, proper goosebump moment. Also from an on the pitch perspective, when we won Bronze at the 2017 Maccabi Games.

Firstly, to be as successful as we can as a team. Also to see those people from different countries I have met over the years and lastly the sight-seeing.



ZACH ISRAEL

Dylan and myself are the coaches of the u16 Maccabi South African futsal team.

My favourite moment from my Maccabi Games experience was the ability to captain the South African futsal team and walk us out the tunnel for our opening game in Germany in 2015. This was a much-awaited milestone for me and it gave me great pride to have this opportunity.

I am most excited to be able to relive many of my experiences through those of the u16 players. I remember my experience in a very positive light, so will make sure to allow for the team to experience the Maccabi Games in a similar manner. I feel very privileged to be offered the chance to be back at the Maccabi Games and look forward to another competitive and enticing affair.



JADE SPIRO

I am the U18 Boys Futsal Manager...

The most memorable parts of my 2017 Maccabi games experience were the interactions I had with people from around the world — trading badges and curios at the opening ceremony, as well as being a proud young Jew representing South Africa and of course, the special bonds I made with my teammates.

I am most excited to be able to...  
It's a once-in-a-lifetime experience that they will take with them forever.



DYLAN GREENBERG

I am currently a Co-coach of the U16 futsal boys.

My favourite moment would be representing South Africa at the European Maccabi games in Berlin, in 2016.

Since 2016, there has been a dramatic improvement, specifically in futsal within the South African junior delegation. I am excited to see our team compete and hopefully return with some silverware.

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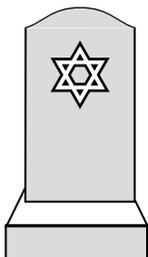
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