

★ JEWISH CAPE CHRONICLE

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Rosh Hashanah 5781

SEPTEMBER 2020

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Regular contributors

Features

Page 3 Lindy with a why
 Page 4 Jacob Gitlin Library
 Shabbat and Yom Tov times
 Page 10-13 Cape SA Jewish Board of Deputies
 Page 14-19 SA Zionist Federation (Cape Council)
 Page 21 Telfed
 Page 22 Limmud
 Page 23 Temple Israel
 Page 26 Cape Jewish Seniors Association
 Page 27 Family announcements
 Friends of the UJC
 Bnoth Zion WIZO
 Page 28 Jewish Community Services
 Page 29 United Herzlia Schools
 Page 30 SA Jewish Museum
 Page 31 Highlands House
 Page 32 Anton Katz on the new Kosher
 PJ Library
 Page 33 Mensch
 Page 35 Union of Jewish Women
 CSO
 Page 36 Craig Nudelman talks platitudes
 Melton
 Page 37 Cape Town Torah High
 Page 38 Eliot Osrin Leadership Institute
 Page 42 Chronic Ads

Page 4 Rosh Hashana 5781 – It’s a brave new year
Contributors:
 Tessa Epstein (page 4)
 Justin Asher (page 20)
 Greg Flash (page 22)
 Philip Todres (page 31)
 Kristy Evans (page 34)
 Rabbi Sam Thurgood (page 37)
 Tamara Davison (page 38)
 Steve Sherman (page 39)
 Page 6 Messages from Jewish leaders for Rosh Hashana
 Page 7 Shana Tova messages from the community
 Page 8-9 Shana Tova messages from our Jewish
 communal organisations
 Page 20 Oudtshoorn Cemetery vandalised
 Page 25 New Kosher cookbook (plus apple cake recipe)
 Page 27 Tribute to Irma Chait
 Page 31 *Displaced* at the Encounters Film Festival
 Page 34 Safety tips for Table Mountain walks
 Page 37 New Rabbi to revitalise Muizenberg Shul
 Page 38 Josh Rubin paddles to Robben Island
 Page 40 Letters to the Editor
 Page 41 The life and times of Selwyn Meyers



27



35



38

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Lindy with a why

Why I'll treat 5780 as a year of learning



By Lindy Diamond, Editor Cape Jewish Chronicle

This past year has been like no other.

The year contained all the usual emotions that people feel in any given year in their lifetimes, but everything seemed ramped up, extra. And we were suddenly all tied to a common vulnerability. We were all 'fellow South Africans'.

While I'm not here to argue about an upside to COVID, (I don't like looking on the bright side of other people's trauma) I will say that the lessons I've learned have been valuable, and I will be taking them with me into the new year.

We are not islands: Sometimes we get so caught up in our busy schedules and our independence that we forget how much we *should* need other people. During higher lockdowns we were borrowing from a friend or neighbour when something ran out because going to the shops required too much getting dressed, masking up and wiping things. We were negotiating swaps with family for items they could get on their shopping routes that we couldn't get on ours. We were making sure to connect on Zoom with people we worried were feeling isolated during lockdown (even though some of them have been feeling that way long before COVID-19 struck).

We are not invulnerable: Things we thought were non-negotiable are not so.

The April 2020 issue of the Chronicle was the 379th issue, and the first one ever to not have a print version. This July, in the month the Chronicle marked 20 years in the offices that we currently occupy, I had to be the editor who handed in notice on this space, to save on our monthly fixed costs.

We don't spend enough time in our homes: Our homes are generally our biggest investment, or if we rent, our biggest share of our take home salary. Yet, when it comes to spending time relaxing? We go out, socialising? We

go out, Shabbat dinners? You get the picture... I have become one with my home over the past six months. I have learned how the light hits my dining room floorboards at 10am on a weekday. This was information I didn't know before. I'm so grateful that I know it now.

We have to make do: Remember when it seemed like the whole of Cape Town ran out of yeast for baking challah, and we all shared recipes that used baking powder, or homemade yeast starter, or we found packets in the backs of cupboards and shared with friends? Good times. Or remember the dark days of alcohol (and cigarettes, if that's your thing) being *verboden*? (all our missing yeast had gone to homemade beer brewing projects) Who thought we would live to experience these things? Going without can be a privilege, for those with privilege.

We often don't prioritise our priorities: In the time it took to write this piece I was interrupted no less than 15 times. To smell freshly washed hair. To answer questions about bedtime. To remind people to use inside voices. To be asked what I was writing and have it be suggested that I know all the words in the dictionary (I certainly know many synonyms for frustration). To be hugged more than a person would think was strictly necessary in 45 minutes. But these little people should be interrupting me. They *should* be a priority as much as possible. Sometime in the future, who knows when, I will no longer be the editor of the Chronicle, I will 'just' be their Mom. And being asked to smell freshly washed hair will be the sweetest gift of all.

On behalf of the Chairman, Editorial Board, and my incomparable team, Tessa, Desrae and Lisa, I wish you all the joy your heart can hold. Shana Tova uMetuka. Here's to a year of mazel, good health, and happiness for us all in 5781.

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Standing together in times of adversity is what we have always done.

This year is no different.

Wishing you and your family a year filled with unity, strength and happiness. **Shanah Tovah.**

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It's a brave new year...

This year, for our Rosh Hashana theme, we asked a selection of community members to write us a piece on how they see themselves being brave in the new year.

Thank you to the contributors, who not only took time out of their schedules to write, but agreed to share their personal thoughts with us all.

Through the pages of this issue, you will read how a Progressive Jew, a cultural activist, an Orthodox Rabbi, a newly elected member of the Cape Board of Deputies, a Chief Imagination Officer, a children's book author, Cape Town's only Canadian First Nation Jew, and a near-three-decade Jewish community professional plan to step bravely into 5781. You may be surprised which reflections you most identify with, so give them all a read and then take a moment to reflect on everything that this past year has given you, and all your hopes for the year to come.

Shana Tova, Cape Town

Shabbat and Yom Tov Times				
Date	Portion	Candle lighting		Ends
		Earliest	Latest	
4 Sept/15 Elul	Ki Tavo	6.12pm	7.05pm	
11 Sept/22 Elul	Nitzavim/Vayelech	6.15pm	6.17pm	7.10pm
18 Sept/29 Elul	Rosh Hashana 1st day	6.15pm	6.22pm	
19 Sept/1 Tishrei	Rosh Hashana 2nd day	7.14pm	7.15pm	
25 Sept/7 Tishrei	Haazinu/Shuvah	6.15pm	6.27pm	7.19pm
27 Sept/9 Tishrei	Yom Kippur	6.15pm	6.28pm	7.21pm

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

A brave new year to...

Redefine relationships



By Tessa Epstein

COVID-19 has changed our lives, and those of many other families, and we feel these changes the most during the chaggim.

Like so many readers with children and grandchildren scattered around the world, we are deeply affected. Over the last 15 years, it has been Pesach and Rosh Hashanah in either Jo'burg or Sydney and now we were looking forward to Ra'anana as well. This has all come to a grinding halt. We were in Sydney in March for our grandson's Barmitzvah, and so had planned to be in Johannesburg this year for Rosh Hashanah, but it looks like Selwyn and I will be alone. We will of course Zoom or Skype our children on erev Rosh Hashanah.

We communicate with our children and grandchildren every weekend both with audio and video but it is not quite the same, and whilst we are young in spirit and heart, time marches on. I hope that with prayer and Hashem's blessing we will get back to normal and be able to be with our family once again, to hug them and do things together.

On the bright side, Selwyn and I are both working from home, (he even, for the first time, has taken an interest in the workings of the Chronicle) and after 51 years of marriage who thought that we could reconnect and enjoy each other's company the way we are?

In the past I was off to Hatfield Street in the mornings and Selwyn off to his offices in Woodstock, he would get home late afternoon with work still on his mind, but working from home is so much more relaxed.

We have divided up the chores at home; the washing machine does the washing, he hangs it out to dry and I do the ironing. He does most of the cooking and we both wash up. We love working at opposite ends of the dining room table, having a little *gesels* in-between tasks.

COVID-19 has brought out the worst in some people but thank G-d the best in others!

Tessa Epstein has been the voice you hear when you call the Chronicle offices for the past 29 years, and she is still going strong!

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לשנה טובה תכתבו ותתמו

Getting perspective

Chief Rabbi Warren Goldstein



Whenever I'm on Table Mountain – whether I scramble up Platteklip Gorge or take the cable car I'll leave you to decide – I'm always struck by the perspective it provides.

The entire city is spread out before you. You can see the lay of the land; what goes where, how everything fits together, how the different geographical landscapes relate to each other. In some ways, it looks very different from how you would imagine it to be when you're on the ground — when your more detail-oriented, micro-lensed perspective obscures the big picture.

Think about how the Torah was given to us on a mountain –

Sinai – with all it symbolises. When we stand on top of a mountain, we have a completely different perspective on the world. We see the big picture. This is the Sinai perspective – looking at the world and our lives from the lofty vantage point of God's values, which are as solid and eternal as a mountain. So often, we get drawn after fleeting fads, after en vogue values and the latest fashionable attitudes, after glittering objects and ephemeral experiences. It is so easy to forget what life is really all about.

COVID-19 and the ensuing lockdown has forced us to stop and think about the big picture. These big-picture moments bring our lives back into focus. What do we really want from life? What is our true purpose? What are our priorities? The answers to these questions will come when we go up the mountain of our Divine values. But how do we do that? To really know what the way of life of our Sinai values looks like, we need to learn more. One practical step we can all take in the coming year is to dedicate more time to learning what the Torah teaches us about life and our values. When we learn Torah, we climb up the mountain and see the world from God's perspective, and understand what we can do to become better people and achieve our purpose in this world.

Rosh Hashanah arrives this year at this poignant moment of introspection in our lives. Shul will feel so different, with all the safety protocols we must implement to protect our community from harm. But our Rosh Hashanah and Yom Kippur experiences can still be deep and profound, still be transformative and uplifting. We can use the time to pray to Hashem and really connect with Him emotionally and spiritually. As we do, let us all make one clear new resolution for the year ahead: let's learn the wisdom of the Torah so that we look at our lives from on top of the mountain of God's values for us.

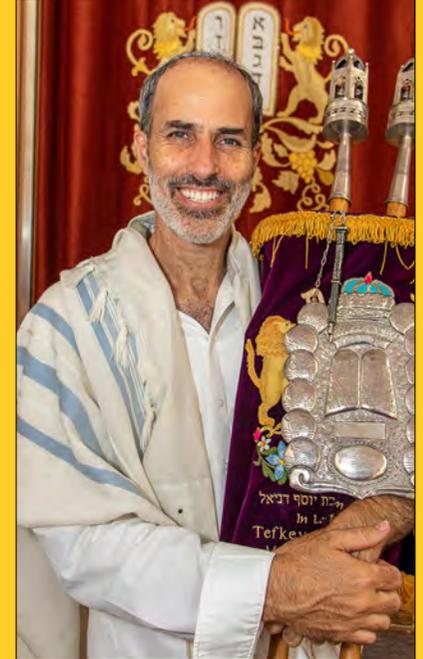
May Hashem bless our community and our country and our world with health and healing in the year ahead.

Whole – Broken – Whole

Rabbi Greg Alexander

When we blow the Shofar, we blow it in specific patterns, starting with a *T'kiah* — one long blast. That is followed by *Sh'varim* — a set of 3 small blasts, then *T'ruah* — a set of 9 very short blasts. And then to round off the pattern, we have *T'kiah* — one long blast again.

The 17th Century masterteacher, Rabbi Isaiah Horowitz, saw the blasts of the shofar as corresponding to the stages in the process of *t'shuvah*, spiritual turning and returning. He taught that the first *T'kiah* reminds us that we start out whole, but somewhere in our journey, *Sh'varim* — we become broken.



You see the word *Sh'varim* literally means 'breaks' or 'fractures', and that is what happens during our year as we move from the heightened awareness of the High Holy Days to the day to day challenges of eating, studying, earning a living, working on relationships with our family and friends and making our way through the tasks of each day. Due to lapses in our focus or external forces, through pain, mistakes, failure, illness, loss or weakness, we leave the path we would have wanted to walk until we look around at some point and wonder how we got there. The shofar wakes us, and in its broken cry, calls us back.

But the third call, *T'ruah*, breaks this down even further with a sound like sobbing. The distressed and miserable crying of a soul that desperately wants to be held, to be comforted, to be whole again. Sometimes we are utterly shattered and feel like there is no way back. Things could not be worse, or further from where we would want to be. And this year of 2020 has left so many of us in that place. But the first step to returning is just that awareness. That we want to come back.

And it is then that we hear the *T'kiah*. Calling out that the end will be whole again. There is hope. Through conscious effort and the support of loved ones, we can do this. Return, come back, be whole again.

Seen this way, blowing the shofar on Rosh haShanah is the most radical act of faith. Not faith that everything always turns out as we wish, because it won't, but faith that somehow through gentle compassionate love and huge forgiveness, we can achieve wholeness again.

A faith that *Sh'varim* and *T'ruah* are followed by *T'kiah* — and sometimes, even, followed by *T'kiah G'dolah* — one long uninterrupted blast of healing, fullness and completion.

May these High Holy Days bring us all the healing we need, and may the Shofar's sound call us back to return to wholeness.

L'shanah tovah tikateivu v'tichateimu.

לשנה טובה תכתבו ותתמו



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The Cape Jewish Chronicle wishes all our readers and their families Shana Tova u'Metukah
May 5781 bring peace to Am Yisrael

Lithuanian citizenship - Questions and Answers



DAINIUS AMBRAZAITIS
Advocate/Partner
Head of the Citizenship Practice at IN JURE Law Firm, Vilnius, Lithuania

Why is it matter whether my ancestor fled Lithuania prior or after 1918?

The first Lithuanian law on citizenship was signed on 2 November 1918.

Hence, if a person lived in Lithuania and fled prior to 1918, he/she was not a citizen, because there was no Lithuanian state at that time. During 1795 - 1915 Lithuania was considered a part of the Russian Empire and people who lived in Lithuania during that time held red Russian passports. During 1915-1918 Lithuania was occupied by Germany. Thus only people who still lived in Lithuania after 1918 became citizens of Lithuania and held green Lithuanian passports.

What is the long lasting benefit of reinstating my Lithuanian citizenship by descent?

Mainly that you can pass it on to your future generations. If you have children after you already got

your Lithuanian citizenship, your children would get Lithuanian citizenship by birth and will be able to pass it on to their children and grandchildren, etc. By obtaining Lithuanian citizenship now, you would be getting Lithuanian citizenship not only for yourself but for your future generations.

What does it cost to reinstate my Lithuanian citizenship by descent?

My legal assistance is based on the All Inclusive Success Fee basis. In other words, the client pays only after - and if - the application is approved. **Absolutely no upfront payment is required.**

The fee is as originally stated in spite of any unexpected difficulties requiring

additional time and effort. If the application is rejected, there is no fee. All expenses on the Lithuanian side such as archival investigation, government application fees, and document translation are covered by IN JURE with no obligation to compensate.

Clients incur additional costs only for the tasks we cannot carry out in/from Lithuania such as postage costs when sending us documents; the cost of sourcing and notarizing documents needed in the client's home country; and getting a passport at the local embassy.

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"The prospect of trying to have our Lithuanian citizenship reinstated seemed impossible as a concept. We assumed that we had no relevant papers and were doomed to forego this citizenship. But Dainius and his team worked with professionalism, efficiency and even when the process became challenging, with great encouragement to us, and here we are, four passports later."
- Meryl Urson, Cape Town

CLIENT REVIEWS <https://www.lithuanianjews.com/testimonials/>



CTTH wishes you and your loved ones a K'tiva V'Chatima Tovah, may you be written and inscribed for a good and sweet new year!



Wishing the Jewish community a happy, healthy and peaceful New Year and well over the Fast. ORT SA CAPE focuses on training and supporting teachers in disadvantaged communities in the Western Cape.

We thank our generous donors for helping us change lives through education.



On Rosh Hashana it is written... on Yom Kippur it is sealed. We wish you a New Year filled with health, peace and prosperity & a meaningful fast. As part of the global Jewish community, we stand strong with all our Friends around the world. Le Shana Tova Tikatevu from the Chairman and Committee, Friends of the UJC Cape Town.



Cape Town Jewish Community Centre and Hatfield Management Committee wishes the community a happy, healthy and peaceful New Year and well over the Fast.



The South African Jewish Museum wishes our guides and staff, friends and supporters a Happy and Healthy New Year, Blessed with Peace, and well over the Fast.



Wishing each and every one of our dear brothers and sisters a healthy, joyous and purpose-filled 5781.

Nissen, Ariella, Yankel, Esther & Nachum Shimon Goldman.



The Trustees, Director and staff of the Cape Town Holocaust & Genocide Centre wish the community, our benefactors and supporters a peaceful, healthy and blessed New Year and a meaningful Fast.



CSO Cape Town wishes you a happy, healthy and peaceful New Year and Well over the Fast. A special thank you to our donors and volunteers for your continued support which enables us to protect Jewish Life and the Jewish Way of Life in Cape Town.

L'Shanah Tova U'Metukah



The Chairman and Trustees of the David Susman Community Foundation wish you a healthy and peaceful New Year & a meaningful Fast. May we continue to be strong and safe, ensuring a vibrant Cape Town community for generations to come. G'mar chatima tovah.



At the heart of Judaism are three beliefs pertaining to leadership:

We are FREE. We are RESPONSIBLE. AND TOGETHER WE CAN CHANGE THE WORLD. (Rabbi Jonathan Sacks, Seven Principles of Jewish Leadership)

Wishing the community strength & recovery in the New Year. Shana Tova & G'mar Chatima Tova From Eliot Osrin Leadership Institute: Viv & Melissa & EOLI Advisory Board & Faculty.



"On this day, when G-d's sovereignty over all is revealed, on this anniversary of the creation of the world, we are commanded to contemplate our actions. ... On this day we refresh our faith in G-d." (R Yehuda Amital)

The Academy of Jewish Thought and Learning wishes the Cape Town community a blessed, sweet, and refreshed new year.



Wishing you a sweet New Year, Shanah Tovah U' Metukah שנה טובה ומתוקה from PJ Library in South Africa.



Hillel used to say: *The more Torah the more life, the more schooling the more wisdom; the more counsel the more understanding; the more righteousness the more peace. (Pirkei Avot Chapter 2:8)*

Invest in your knowledge – Experience the Melton way.

Wishing you a year ahead enriched by Jewish learning.



The Rabbis, Trustees, Board, Councils and staff of the Cape Town Progressive Jewish Congregation extend their best wishes to the Cape Town Jewish community for a happy, healthy and peaceful New Year 5781 and a meaningful Fast in these interesting and challenging times. Wishing you all Shana Tova U'Metuka.



The Chairman, School Committee, Staff and Pupils of Herzlia Schools extend warmest wishes for a Happy and Healthy New Year and Well over the Fast.



Wishing all Herzlia Alumni around the world and our Cape Town Jewish community a year of GOOD HEALTH and PROSPERITY. Wishing you Shanah Tovah and a meaningful Fast.



Wishing all our generous donors around the world and the Cape Town Jewish Community a year of GOOD HEALTH and PROSPERITY. Wishing you Shanah Tovah and a meaningful Fast.

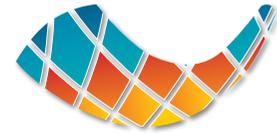


The Committee, Director, Staff and Children wish the community a happy, healthy new year and well over the fast.
A special thank you to the community for your continuous support.



Limmud South Africa wishes all of our presenters, participants and the entire Jewish community a happy, healthy and engaging Rosh Hashana and well over the fast.
May this New Year truly symbolise renewal, hope and health for us all.
Limmud South Africa is looking forward to taking one step forward on our Jewish journeys with our community in 5871!

L'shana Tovah



MAY YOU BE INSCRIBED & SEALED FOR A GOOD YEAR



ORT Jet wishes you a very healthy, happy and peaceful New Year and Well over the Fast.
A special thank you to our donors, mentors and network for your continued commitment to enable ORT Jet to facilitate business support and guidance within the Jewish Community.
L'Shanah Tova U'Metuka



The Chairman, Board of Governors, Staff and Pupils of Phyllis Jowell Jewish Day School wish you a Shana Tova U'Metuka.
A sweet and happy new year and a meaningful fast.



SHANAH TOVAH UMETUKAH
Wishing you well over the fast

From The President - Adv Jonathan Silke, Chairman - Esta Levitas, Executive Director - Julie Berman and all members and staff of the SA Zionist Federation Cape Council.



After a year filled with much reflection for us all, the team at Staffwise wishes you Shana Tova and well over the Fast.
May we be inscribed for a year of good health, opportunity and renewal.



The Chairman and Committee of CJSA extend warm wishes to the Cape Town Community for a Peaceful, Happy and Healthy New Year and an easy and meaningful Fast.



The Chairman, Honorary Officers, Executive and staff of the Bnoth Zion Association WIZO extend to the community and our members all good wishes for a Healthy, Happy and fulfilling New Year and well over the Fast.

SHANA TOVA

As we continue to weather the storm, the UJC wishes you a Shana Tova for a happy, peaceful and prosperous New Year & well over the Fast.

A special thank you to our many donors, volunteers and supporters for standing with our communal organisations, doctors, nurses, teachers, carers, social workers, support staff and first responders during these difficult times.

The Chairman of the UJC Board of Trustees, Chairperson of the UJC, Executive Committee and all UJC Staff



Warm wishes for a sweet New Year and well over the Fast.
May 5781 bring opportunities for us all to contribute to increased peace and equality for all people of South Africa.

Thank you to the Jewish community for co-creating a better country and world in 5780. To our donors, Network Members, community volunteers and all who contribute in different ways – thank you for your support and commitment.
Warm regards
The Mensch Board & professional team.



The Chairman, Executive Director, Council and staff of the UOS Cape Council extend their best wishes to the Cape Town Jewish community for a happy, healthy and peaceful New Year 5781 and a meaningful Fast.
Wishing you all Shana Tova U'Metuka.



The Chairman, Committee, Staff and Workers wish the community Shana Tova; a year of good health, happiness and peace, and well over the Fast.
Thank you Cape Town for your wonderful support and encouragement!

CEMETERY MAINTENANCE BOARD

The Chairman and committee wish you a Happy New Year
Le Shana Tova Tikatevu
May you be inscribed for a good year and a Meaningful Fast.



THE HIGHLANDS HOUSE
NEW BEGINNINGS
The Residents, Staff and Committee of Highlands House wish you and your families Shana Tova U'Metukah, Gemar Chatima Tova, may you all be inscribed for a long and healthy life.



UNION OF JEWISH WOMEN
The Chairman of the Cape Town Branch of the UJW, the Executive Committee and staff, wish all members and the community a happy, healthy and peaceful New Year and well over the Fast



Wishing all our borrowers a Shana Tova and well over the Fast from the staff of the Jacob Gitlin Library



The Chairman, Executive Director, Committee, Staff & Workers of JCS wish the community Shana Tova; a year of good health, happiness and peace, and well over the Fast. Thank you Cape Town for your wonderful support & encouragement

Opting in — consistently

By Rael Kaimowitz

As I come to the end of my term as chairperson of the Cape Board, I reflect on the community and the organisation I have had the privilege of leading. I am grateful and indebted to my executive, the board and the professional team for all they have done over the last three years.

It has been fascinating to observe and lead the community through some of the unforeseen challenges and crises it has faced. Abundantly apparent is that despite the significant talent drain our community has experienced over many decades, there remains a tremendous skill-set in so many fields. One example is the specific depth we uncovered in the area of infectious diseases, which has been so useful to our community and the country during the COVID-19 crisis.

Our community has changed. Some changes were inevitable. Some changes were sped up and arrived so fast that there has been little time to adjust, with unfortunate catastrophic effects. Changes also come with an opportunity to reflect.

I have observed that our community reacts and opts in when negative things happen, or when it threatens the status quo in some way. However, where do we find ourselves when things are just 'normal'?

I will use the unfortunate — but inevitable — decision to close the Herzlia Constantia campus as one

example. The school leadership faced understandable and passionate, yet at-times-aggressive-and-personal backlash in response. There is significant attendance at Zoom sessions, emergency meetings and special task team meetings. I applaud it all; it shows interest, passion, ownership and a desire to make a difference. I would take that response over apathy and disinterest any day.

However, where were we when our community called us? Were we at the annual AGM? Did we stand up and join the school PTA or nominate someone to serve on the United Herzlia Schools board? Did we sign up when CSO asked us to take a shift or join the eyes-and-ears programme? Did we react when SAUJS asked us to be a member of the Jewish representative body on campus? Where were we when the UJW asked us to join them in nation-building, or when Mensch asked for volunteers for Mitzvah Day? Did we choose to be a part of our shul minyan or join our rebbetzin's shiur? Did we choose to vote in the board's public ballot?

Where were we?

The strength of our community cannot be measured only by how quickly the CSO medical team arrives on the scene, or how we react in a crisis.

While all those measures are important, our strength surely must rather be measured by the way we opt-in daily, and how we assess



Khoisan Chief Autshumao Mackie speaks to Cape SAJBD chairperson Rael Kaimowitz at the Great Debate in 2019.

where our skills could best benefit an organisation, subcommittee or project. Whether we ask in advance if there is a challenge we may lend our skillset to in solving, or whether we simply rock up and join in on Yom HaShoah, Yom Ha'atzmaut, a Melton course, the Sinai Indaba, Limmud,

visiting someone's grandparent at Highlands House.

Joining and associating is sometimes the best leadership we can show.

Let's not only be the response team. Let's be the everyday Jew. Opt in — it's your choice how.

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L'shana Tovah



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ELECTION 2020

AFFILIATE BALLOT NOMINEES



**VIVIENNE
ANSTEY**

Vivienne Anstey is an elected member of the Cape SAJBD, where she serves on the Executive Committee as a Vice-Chair, and Advocacy and Generation Next sub-committees. Viv has been a driver on the Cape SAJBD COVID-19 Steering Committee and assisted in activating volunteers, mental health professionals and the Helpline. She was educated at Herzlia School; UCT (BSoc Sc, Social Work [Hons]); UNISA (Marriage Guidance & Enrichment Course, Course Work in MA Social Work) and Brandeis University in the US (MA Hornstein Programme in Jewish Communal Service). Viv is the Director of the Eliot Osrin Leadership Institute, where she ensures a leadership succession pipeline by upskilling lay and professional leaders. She is also Director of the Midrasha Adult Education Institute, incorporating the Florence Melton School of Adult Jewish Learning. She is a member of the recently-formed CTJCVision2040 Planning & Spearhead Teams, plotting the strategy of the Cape Town Jewish community. Her previous professional positions have included: Community Consultant at SAJBD (National), Consultant to the Union of Jewish Women and SAUJS, Founding Non-Executive Director of Afrika Tikkun (National), Founding Director of the South African Jewish Museum, Project Manager at Heritage Agency, Consultant at Gold of Africa Museum, Social Worker at Selwyn Segal Centre Johannesburg, and Social Worker at Child Welfare Society Cape Town.

Community Involvement: As a strong driver of numerous Jewish community startups, Viv has been an activist, activator and social entrepreneur: She helped establish Limmud South Africa, Jewish Literary Festival and PJ Library. She facilitated the establishment of Johannesburg Jewish Trauma Debriefing Network, was a member of Jews for Social Justice and Concerned Social Workers and chaired the Herzlia Constantia security committee. She is a trustee of Habonim Dror. She consults Jewish organisations on strategy, innovation, change management and lay-professional relations, and is passionate about Jewish education and social justice. She is married to Gary and they have two children, Dalit and Benji.



**LI
BOISKIN**

Li Boiskin is a member of the Cape SAJBD and actively contributes to its Advocacy, Social Change, Country Communities, Interfaith and Antisemitism subcommittees. She has twice served as the Chairperson of its board and was previously Vice-Chairperson of SAJBD (National). She is a docent at the Cape Town Holocaust and Genocide Centre and coordinated the establishment of the Beau Bassin Jewish Detainees Memorial and Education Centre in Mauritius. Li was educated at Good Hope Seminary School and UCT (BA STD), and Yad Vashem International School (accredited Holocaust educator's course). She is a former Religious Instruction and Hebrew teacher. Li has attended national and international conferences as a delegate for various organisations, and participated in

private meetings with influential communal organisations and leaders, including World Jewish Congress, Anti-Defamation League, American Jewish Committee, Joint Distribution Committee and American Jewish World Service. Li is married to Stan, and has three children and six grandchildren.

Community Involvement: Li Boiskin is the Chairperson of Mensch, an Executive Member of the African Jewish Congress and Bnoth Zion Association WIZO, a Trustee of Cape Jewish Chronicle and Albow Brother's Trust, and a Member of the Women's Zionist Council South Africa, the Union of Jewish Women and the Afrika Tikkun Cape Advisory committee, respectively. She is a past Chairperson of BZA WIZO and a recipient of its Rebecca Sieff Award for 40 years' service, a past Chairperson of Partnership Together, a past Executive Member of UJC Cape Town, a past Management Committee Member of Cape SAZF and a former Member of Herzlia Weizmann Primary, and Habonim Dror. Li Initiated discussions with community leaders and motivated for the recently-completed Community Needs Analysis, and initiated the Cape SAJBD's annual participation in the One to One event, and organised a community roster of volunteers to build a house in Khayelitsha through Homes for Habitat.



**TZVI
BRIVIK**

Tzvi Brivik is currently a co-opted member of the Cape SAJBD where he serves on its legal subcommittee. He was educated

at the University of Witwatersrand (BCom LLB) and has been admitted to practice as a lawyer both in the High Courts of the Witwatersrand and the Cape province.

Community involvement: He has served on the executives of Glendale Home and YAD (Young Adults Division of UJC) and was a member of the Cape SAJBD 2001-2002 and again 2013-2015. He has served on the executive of the Cape Town Association of the Physically Disabled and is a Member of the Global Justice Network. He is affiliated to the following professional organisations: SA Association of Personal Injury Lawyers Cape Town, SA Labour Lawyers Association (on which he served two terms as president), International Practice Division of American Association of Justice Executive Committee (past Governor), Pan European Organization of Personal Injury Lawyers and Association of Personal Injury Lawyers UK. He is also a past member of the Cape Town Chamber of Commerce, and past member of the Small Business Employer's Organisation. He is married and has three children.



PATSY FIVELMAN

Patsy Fivelman has been serving on the Cape SAJBD as Chairperson of the Union of Jewish Women and is a Rental Agent for Dogon Group Properties. She matriculated at Carmel College, Durban and has obtained qualifications from the Travel Training Institute Development Programme, where she attended courses on disciplinary and grievance procedures, presentation skills, computer packages, sales, change management, time management, and negotiation skills. Patsy served two terms on the Employee Representative Council and was the Strategic Account Manager for Rennie's Travel, being awarded Rennie's Travel Account Manager of the Year. Her formative career was in the banking industry, before she moved into travel management. As Member, Treasurer and later Chairman of the Union of Jewish Women's Simcha group, she was very involved in fundraising both for the Jewish community and their flagship Out Reach Project — Nolutu Soup Kitchen — for which she raised R370k in her personal capacity.

Community Involvement: Patsy credits being Chairperson of the UJW as a

"life-changing experience", which enabled her to work with Oranjia, Astra, Glendale Home, and JCS's Tikva and Malach Funds. In her time as Chairperson, UJW collected non-perishable food and toiletries for families in need and supported the Kensington Educare Centre. It also provided meals and events and facilitated the loan of medical equipment to Jewish seniors through Yad Sarah and still holds a popular annual Domestic Workers Day. It has refurbished Somerset Hospital's Women's Reproductive Health Unity and provided Thula Baby Boxes at its Kangaroo Clinic to help reduce infant mortality rates. It also runs a joining initiative with the Cape SAJBD, the U&I Project that provides support groups and basic counselling training to underprivileged women, and supports the annual One to One Event.



GLEN HENECK

Glen Heneck is an elected member of the Cape SAJBD. He is an Executive Director of Trading Concern at Melbro Holdings and occasional column writer for various newspapers. He sits on the board's Advocacy and Legal subcommittees. Glen was educated at Herzlia Weizmann Primary and Camps Bay High School and at the universities of Cape Town (BA, LLB) and Cambridge (LLM).

Community Involvement:

Glen is on the board of trustees of ORT and Highlands House. He was a former chairman of Highlands House and of The Open City Initiative and was on the committee of Jews for Justice. He is married to Vanessa and they have two children.



LESTER HOFFMAN

Lester Hoffman is the Treasurer on the Executive of the Cape SAJBD, serves on the antisemitism subcommittee and is a member of the National Executive Council. Lester was educated at Parktown Boys' High School, University of the Witwatersrand (CA) (SA), UCT (MBA) and Harvard Business School (AMP).

Community Involvement: Lester is a former Chairperson of the Cape SAJBD and Vice-Chairman of the SAJBD (National), and is Chairman of the Cape Jewish Chronicle Editorial Committee and of CSO Cape Town, as well as a trustee of CSO (National). He serves on the South African Jewish Museum board, the Kaplan Centre management committee at UCT, ORT JET's assessment panel and the Cemeteries Maintenance Board. He is past Chairman of the United Herzlia Schools' Board of Governors, and has served on the Priorities Board and the Union of Orthodox Synagogue's management committee. For a number of years, he was an Executive Member and Treasurer of the Western Cape Religious Leaders Forum and an Executive Member of the Electoral Code of Conduct Observer Commission.



ADRIENNE JACOBSON

Adrienne Jacobson was educated at Herzlia High School, the University of Cape Town (BA Hons Business Science, Human Resource Management), SACAP (Counselling Psychology Hons) and Trinity College London (Associate Teachers Diploma in Drama). She is a graduate of the Elliot Osrin Leadership Institute. Her background in industrial psychology, management and leadership development was honed at Gateways Business Consultants, where she facilitated workshops. Adrienne worked at FAMSA, doing family and relationship therapy and responding to domestic violence with Men Stopping Violence. Her other workshops include topics like conflict resolution, personal growth, relationship dynamics at FAMSA and for the Desmond Tutu Foundation. She is in private practice. She is a past Executive Committee member and Forum Moderator on YPO's Youth Portfolio. Her experience privileges her in bridging gaps between business sectors, NGOs, community leadership and the private sector while advocating for social justice, change, personal and relationship development.

Community involvement:

Currently serving on the Cape SAJBD and Chair of its Next Generation subcommittee, working closely with SAUJS, Moishe House, Chabad on Campus and student representation groups in addressing antisemitism and social justice on campus — for which a Student Helpline was

introduced. Recently, Adrienne embarked on collaborative projects on COVID-19 between youth organisations. She also serves on the Advocacy and Country Communities subcommittees and launched Cape SAJBD's Mental Health Community Volunteer Programme in response to COVID-19 in collaboration with JCS and CSO. She is a past member of Camps Bay Hebrew Congregation's shul committee. She is married to Ari, with two sons, Jamie and Mathew.



DAVID KING

David King is an elected member of the Cape SAJBD. He is currently the Financial Director of CGI Creative Graphics International. He chairs the board's Country Communities subcommittee. David was educated at Herzlia School and the University of Cape Town (BCom PGDA, CA).

Community involvement:

Current Member of Cape SAJBD, current Executive Member of WP Maccabi, former Treasurer of CSO, former Member of CSO executive and management committees, former Treasurer of Afrika Tikun Cape, former Participant in UJC P2K Leadership, former Volunteer at St John's Ambulance.



RAEL KOPING

Rael Koping is an elected member of the Cape SAJBD where he chairs its Advocacy subcommittee which has resulted in several successful initiatives. He is a Registered Dietician and has served on the provincial Dietetics Medical Board. Rael matriculated at King David High School Linksfield and obtained a Medical BSc at the University of Witwatersrand, an Honours in Dietetics at UCT and an MBA from the UCT Graduate School of Business (where he was MBA Class President). Working as both a health therapist and in the business services has given him a good insight into the circumstances of the broad spectrum of our community.

Community Involvement:

Rael worked as a volunteer assessing

Apartheid-era sport and exercise facilities in the township areas for new community programmes with the late Minister of Sport, Steve Tshwete in the mid-1990s. He was also involved with the establishment of Gugulethu exercise facilities under WP Bodybuilding, where for many years he was its Vice-Chairperson. He has been involved with the CSO for many years. Rael is married to Deborah and has two children. His daughter lives in Tel Aviv.



ROWAN POLOVIN

Rowan Polovin is a member of the Cape SAJBD and an ex-officio board member of the Gauteng and National SAJBDS. He is the national chairman of the South African Zionist Federation and the 2016 recipient of the World Zionist Organisation's Herzl Award for his commitment to the State of Israel and local Jewish communities. He was educated at Crawford College Sandton, the University of Cape Town (BA, Postgraduate Diploma in Enterprise Management), Stanford University (Human Computer Interaction course), Rice University (Investment and Portfolio Management) and Berkeley College of Music (Jazz Improvisation). He is a public speaker and media spokesperson on issues around Israel, Zionism, Jewish identity in the diaspora and Israel as a startup nation. Rowan is a serial entrepreneur and a classical pianist in his spare time.

Community Involvement:

Rowan is the national chairman of the South African Zionist Federation and in the past has been involved in online strategy assistance to Jewish Care Cape and Limmud South Africa. Rowan has attended the Eliot Osrin Leadership Institute and the UJC's Jewish Leadership Development Initiative.



JONATHAN MORRIS SILKE

Jonathan Morris Silke is an elected member of the Cape SAJBD and serves on its Antisemitism, Advocacy and Legal subcommittees. He is an advocate of the High Court of many years standing. He was educated at Herzlia and the Hasmonean

Grammar School London, and the University of Cape Town (BA, LLM), the University of Witwatersrand (LLB), and the University of KwaZulu-Natal (M Acc). Jonathan is a member of the Cape Bar, specialising in income tax law, and author and editor of several leading publications in the field — including Silke on South African Income Tax, the SARS Income Tax Practice Manual, South African Tax Cases and Income Tax Reporter and the standard work, The Law of Agency in South Africa.

Community Involvement: He is the Honorary Life President of South African Zionist Federation and former Chairman of South African Zionist Federation Cape Council, a Member of the Cape SAJBD, Chairman of South African Friends of Labour Israel, Member of the Editorial board of the Cape Jewish Chronicle, Member of the Western Province Priorities Board, and a Member of the board of trustees for CEDD, the South Africa-Israel Forum and the Cape Jewish Chronicle, respectively. He was the recipient of the Jerusalem and Herzl awards.



SIMONE SULCAS

Simone Sulcas is a co-opted member of the Cape SAJBD. She is a practising attorney with a BA LLB (University of Witwatersrand) and a Higher Diploma in Tax Law (University of Cape Town). She is the Group Legal Advisor of Cape Union Mart and a member of the Tax Committee, Social and Ethics Committee, the Risk and Audit Committee, the Occupational Health and Safety Act Committee and the Pension Fund Management Committee. At the moment, she is busy with COVID-19 related queries.

Community Involvement:

Simone has assisted various Jewish organisations with legal matters over the years and is a 2018 Graduate of the Elliot Osrin Leadership Institute. Simone was a Springbok Ice-skater who has competed internationally. She enjoys hiking and had summited Mt Kilimanjaro. She is married to Rob with two children.

*#StandingUp
#OptingIn*



VIEW FROM THE CHAIR

By Esta Levitas, Chairman, SAZF Cape Council

Many voices, one people

Not for the first time Israel is threatened by both internal and external threats.

Hezbollah in Lebanon are threatening a war of reprisal and Israel has responded by calling up a battalion and raising the alert levels in the north. The usual threats from Iran continue to persist and an escalating cyber warfare is ensuing.



Internally, the coalition government is falling apart and threatening new elections. It seems that whatever course of action is decided on by Netanyahu to fight against the COVID-19 pandemic, which is threatening to get out of control, it is immediately undermined by the Knesset overturning the promulgations. Protests are occurring daily in the streets against Netanyahu and the cloud of corruption that surrounds him.

It is all the more important to reflect that during times of crisis we should double our efforts to talk and hear each other to try to find the common ground that we all share.

The words of Rabbi Jonathan Sacks ring truer than ever, that although Jews are an argumentative people this is a reflection of our diversity and part of our strength. No empire on earth has been able to defeat us when we stand together. On those occasions when we fought against each other we were conquered. When our differences are allowed to split us apart, then it becomes terribly dangerous.

With Rosh Hashana approaching, let us choose to remember that the shared history that we Jews have experienced over five millennia provides us with many commonalities that we should be focusing on.

During a time when the Cancel movement is rewriting history and cancelling out the past, we should be affirming our proud history of providing the world with a moral compass and doing mitzvot and Tikkun Olam to transform everyone's life for the better.

Up close and personal with *Fauda* star, Ala Dakka

Excitement was high as the opportunity arose to get up close and personal, albeit via Zoom, with *Fauda* star, Ala Dakka.

As part of the national Israel at Home campaign, the South African Zionist Federation, in conjunction with the World Zionist Organisation and the Jewish Report, was delighted to be part of the team that hosted Ala Dakka for a webinar on 23 July.

Fauda, which means chaos in Arabic, is an Israeli television series developed by Lior Raz and Avi Issacharoff, based on their real-life experiences in the Israeli Defence Forces.

Ala Dakka's character, Bashar, is the Season 3 star of the acclaimed Netflix series and the audience was treated to an open and honest interview with the Israeli actor. Dakka shared his insights and thoughts about the series and also spoke of his personal journey as an actor in Israel. There was no doubt of his popularity, as the well over 2000 people watching the event confirmed!

In 2016, the show took six awards, including Best Drama Series, at the Israeli Academy Awards. In December 2017, *The New York Times* voted *Fauda* the best international show of 2017 and in 2018, the show took 11 Israeli TV Academy Awards.

It was a real privilege and a definite highlight of the Israel at Home campaign to be involved with this webinar and to form a connection with one of *Fauda*'s engaging and talented stars.

In conversation with Israel's first Bedouin Ambassador, Ishmael Khaldi

By Galya Tregenza Hall

Ambassador Ishmael Khaldi is a true diplomat and a remarkable man who has a fascinating life story. For us at the SAZF, it was a massive highlight and a real honour to have the opportunity to host him for an interview via Zoom on 30 July.



The SAZF Cape Council Media Committee has worked hard to secure interesting and diverse speakers, all of whom highlight the pluralistic and dynamic nature of Israeli society. Ambassador Khaldi was most certainly one such speaker.

SAZF Cape Council Vice Chair and Media Chair, Rodney Mazinter, conducted the interview which proved to be most informative and eye opening. Ambassador Khaldi, who has served in the Israeli Foreign Ministry since 2004 was, in July of this year, appointed as Israel's first Bedouin Ambassador to take up post in Eritrea. The SAZF webinar was the first such event Ambassador Khaldi has done since his most prestigious and well deserved appointment.

The webinar, that as viewed from all over the world, garnered much attention, including members of the local South African media and over 1000 views on our social media sites. That was no surprise, considering the stature and calibre of the guest speaker. Not only did Ambassador Khaldi offer valuable political insights but he also shed light on the Bedouin culture in Israel. His honest and, at times, humorous anecdotes provided a personal touch and allowed the audience to better understand and appreciate this honourable man.



Talking Jerusalem with former Israeli Ambassador to the UN, Dore Gold

By Galya Tregenza Hall

The SAZF Cape Council's Media Committee secured an invitation from the Zionist Organization of America (ZOA) to join their Book Club Zoom Meeting with renowned diplomat and author, Dore Gold.



Dore Gold has a longstanding career in diplomacy, having served in various positions under several Israeli governments. Two such appointments include his tenure as the Israeli Ambassador to the United Nations and his role as Director-General of the Israeli Ministry of Foreign Affairs. He currently serves as the President of the Jerusalem Centre for Public Affairs.

The event took place on 15 July and was centred around the themes contained in Dore Gold's book, *The Fight for Jerusalem*. The webinar provided a special opportunity to hear first-hand from the erudite Dore Gold and to engage with him during the Q&A session.

We are most grateful to the ZOA for their kind invitation and for allowing us to join in on a robust and stimulating webinar.

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SOUTH AFRICAN ZIONIST FEDERATION
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CO-EXISTENCE IN ISRAEL

Part 2

Israel is a country of great diversity and a melting pot of religions and cultures. It is also a country full of initiatives for co-existence and mutual understanding. Numerous organizations unite ethnically diverse people, offering the opportunity to collaborate through various cultural and educational projects.

Rana (Arab-Jewish Women's Choir)

- ▶ Rana is a unique, Jaffa-based choir made up of Christian, Jewish and Muslim women who have found common ground and a sense of unity through music.
- ▶ The choir was formed in 2008 and seeks to promote peace and co-existence through song.
- ▶ The choir's objective is to provide space for women's voices and operates from the belief in the power of shared creation and song to foster intercultural dialogue and to form meaningful relationships.
- ▶ In singing together and expressing their hope for life and peace, the women of Rana choir present and represent co-existence at its best. The choir is a model to emulate on



numerous levels – gender, social and musical.

- ▶ The Rana Choir's repertoire include songs in Arabic, Hebrew and folklore from different cultures of the region.
- ▶ Rana Choir is one of the recipients of the International Hrant Dink Award for 2016 in the category of 'Inspirations'.

Beit HaGefen Arab Jewish Centre - Haifa

- ▶ Haifa is home to a mixed population and is a great example of successful co-existence.
- ▶ Beit HaGefen is a cultural centre that was established in 1963 with the goal of bringing Arabs and Jews together.
- ▶ Efforts for co-existence continue through the year through various educational, cultural and artistic projects.
- ▶ These include a multilingual library, an Arab troop theatre that performs plays by both Jewish and Arab playwrights and a local gallery featuring art that focuses on multiculturalism and open dialogue.



- ▶ Each year Beit HaGefen and the Haifa Municipality promote tolerance and mutual respect by hosting 'The Holiday of Holidays' – a festival commemorating Hannukah, Christmas and Ramadan.
- ▶ Thousands of visitors take part in the festival that combines art, music, theatre, conferences, concerts and local cuisine.

Givat Haviva

- ▶ Givat Haviva was founded in 1949 and is Israel's most veteran institution that promotes reconciliation between Arabs and Jews.
- ▶ It is dedicated to promoting mutual responsibility, civic equality and cooperation between divided groups in Israel.
- ▶ To this end, the Centre for a Shared Society at Givat Haviva serves as a catalyst in activating divided communities to work together towards achieving their common goals, while engaging in a process of interaction, support and empowerment.
- ▶ Givat Haviva boasts numerous departments such as Gender Studies, Research of the Holocaust, and The Peace Library. Championing education as the most powerful tool in eliminating stereotypes and creating social change, Givat Haviva offers numerous courses, workshops, and seminars for youth and adults.



- ▶ Opportunities range from formal studies, such as intensive Arabic courses, to more creative outlets. In the photography course 'Through Others' Eyes', Jews and Arabs learn technical photography skills while discovering each other's families and communities through the lens of the camera.
- ▶ A leader in its field, Givat Haviva is a recipient of the UNESCO Prize for Peace Education for its longstanding work in promoting Jewish-Arab dialogue and reconciliation and has been granted Special Consultative Status to the UN Economic and Social Council.

WOOLWORTHS



SHANAH TOVAH

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

W



SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL



In a year of change, Masa gap year programme grows in popularity

As high school graduates anticipate a highly altered year, with virtual university classes and a muted social scene, some are exploring alternatives. One increasingly popular one is Masa Israel Journey's gap year programmes.

Masa is a leader in immersive, long-term Israel experiences. Annually, the organisation welcomes 12 000 young adults from around the world for gap year, internship, study abroad, service-learning, and professional training programmes in Israel.

Gap year participants spend their time volunteering, studying a range of topics including Jewish studies, or interning, while they explore Israel and the fabrics of Israeli society. Known for its extensive travel options – from the Western Wall to the trendiest Tel Aviv art scene – Masa offers an opportunity for students to live independently and develop their interests before diving into university life.

Masa participants also have an opportunity to learn at the Masa Leadership Center, an innovative training programme that teaches adaptive leadership and provides tools for personal growth.

This year, demand is growing, as the organisation reports a spike in applicants for all their programmes, especially for gap year and internships.

"It's not surprising that as universities around the world remain closed for in-person classes, we are hearing from so many young people. A Masa experience is a meaningful way to prepare for university life and beyond. It's an opportunity to learn about yourself and discover your role in the international Jewish community, especially at a time of global change," said Masa Acting CEO, Ofer Gutman.

Since its founding in 2004 by The Jewish Agency and the government of Israel, the organisation has brought over 160,000 young adults from 62 countries to Israel for programmes that range from two months to a year.

For more information about Masa's gap year programmes and available grants, visit www.masaisrael.org or contact Masa's representative in South Africa, Livnat Katz, by email marketing@israelcentre.co.za or phone 011 645 2574.



It's up to us

So many things can happen in the space of a year.

You can get engaged and married. You can graduate high school or finish your degree. You can grow a few centimetres, grow in knowledge and grow in your Judaism. You can build relationships, whether it with your friends, family or Hashem.

In one year, your life could be set on an entirely new trajectory that you never expected to take. One year, though in the bigger picture seems short, is a very long time and can present to you endless opportunities for growth. Though HaShem has his plans for us, there is this idea of *Hishtadlut*. This is the idea that, though HaShem has his plans for us, we are still required to put in effort into what we do.

We are never going to earn our degree without putting in the work. We will not find our life partner by sitting at home and watching series. It is up to us to take advantage of the coming year and really put in our full effort to grow! Even with the Coronavirus keeping us locked at home, there are endless opportunities given to us to allow us to reach for the stars and make our dreams come true!

On behalf of Bnei Akiva Cape Town, we would like to wish Shana Tova to the entire Cape Town community! May we all have a year of good health, happiness, blessings and love!

Hayden Norrie, CT chairman



Adapting to an online world



Since the lockdown began in March, we have realised more and more the necessity to move online.

Thankfully, the chaverim of Habonim have been able to adapt and implement various initiatives to help keep our members busy and up to date with current affairs.

Our Rosh Bogrim and Rosh Channichim have been compiling newsletters, one aimed at bogrim and another for channichim, consisting of articles written by current or past members of HDSA, current affairs happening in South Africa and Israel and games to keep you busy at home.

Our Rosh Bogrim swiftly adapted to the online platform through hosting weekly meetings over Zoom since the lockdown began. These have consisted of educational debates around current issues in the world or simply an evening of kef.

Various educational resources have been compiled and shared to our community. These included a document which provided resources on becoming educated about the Black Lives Matter movement and videos regarding LGBTQIA+ pride.

Our Rosh Channichim have been helping all our madrichim host reunions, peulot and fun evenings on Zoom with our channichim. Our annual April seminar couldn't take place so our two Roshim for the April seminar moved this online to make sure our chaverim will still receive the same education.

Moving online has not been easy but we have been lucky enough to adapt quickly in order to keep our chaverim engaged!
Aaron Sher



Netzer symbolism explained

	THE MAGEN DAVID - THE 'SHIELD OF DAVID' HAS COME TO BE USED IN MODERN TIMES, AS A UNIVERSAL SYMBOL OF JEWISH NATIONAL IDENTITY.
	THE MENORAH - ONE OF THE OLDEST OF JEWISH SYMBOLS, THE MENORAH SYMBOLIZES LIGHT AND ALL THE SPECIAL ASSOCIATION WE HAVE WITH LIGHT.
	'ALEI NETZER' - THE LEAVES OF RENEWAL AND REDEMPTION. THE LEAVES ARE SYMBOLIC OF THE 'NEW SHOOT' (NETZER) REFERRED TO IN ISAIAH 11:2.
	NETZER - THE NAME OF THE MOVEMENT, THE HEBREW WORD 'NETZER' MEANS A NEW SHOOT, A TWIG, A NEW GROWTH, AND IS FOUND IN ISAIAH 11:2: "... AND A NEW SHOOT SHALL GROW FORTH FROM HIS ROOTS.."



A term coming to a close



I do not think that anyone on the SAUJS committee expected their term to be as unique and challenging as it has been.

The way the committee responded to the challenges that the COVID-19 pandemic has presented is truly impressive and demonstrates their commitment to our members. Throughout lockdown, online learning and examinations, they have been committed to creating events and campaigns, whilst ensuring these are both relevant and important to students on campus as well as the Jewish community as a whole.

As we approach the end of the 2019-2020 term, I would just like to thank the whole committee for their dedication and I can't wait to see where the next SAUJS committee takes us.

Grant Norrie

Uprooted – Jewish refugees from Arab lands

By Galya Tregenza Hall

The subject of how, from 1948 to the early 1970s, 850 000 Jewish refugees were aggressively forced to flee their homes in the Arab world and were essentially evicted from their countries, losing their homes and finances, is a subject that is disgracefully overlooked and a topic that needs to be addressed and understood.

Lyn Julius, author of the book *Uprooted*, did just that when she joined us via Zoom from London and addressed our community on 6 August.

The most interesting and informative evening with Lyn Julius, an event for which more than 150 people registered, focused on the theme of her book, namely the disappearance of 3000 years of



Jewish civilisation in the Arab world. Her presentation on this theme was both fascinating and deeply troubling.

There is unfortunately much ignorance regarding Jewish life in the Arab world but Lyn Julius showed most succinctly the very deep Jewish roots in the region, highlighting the fact that Jewish communities in

Arab lands were established as long as 3000 years ago, predating Islam.

The rich Jewish heritage in the Middle East has been mostly erased and the harrowing mass exodus of Jews from Arab lands is greatly overlooked. Lyn Julius has been successful in drawing attention to this important issue, and by providing historical clarity and integrity about the topic there is hope for international acknowledgement and justice.

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Happy Rosh Hashanah and we wish you well over the Fast



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A brave
new year
to...

Find your chutzpah!

By Justin Asher



I recently wrote an open letter to United Herzlia Schools and was incredibly overwhelmed by the encouraging and positive response I received from the alumni, teachers and current parents. It drove my desire to join the Cape Jewish Board of Deputies and reignited my will to influence our community.

But this isn't about me, or my letter. This is about the opportunity we have ahead of ourselves to go into the Jewish new year with a completely new mindset – one which is filled with tolerance, positivity and the ability to listen and be heard.

I have watched throughout the last five months as our country's (unexplainable) lockdown set our lives on fire. From losing jobs, income and even people of our country, you would be forgiven for waking up mid-August and thinking you were experiencing an apocalypse. Fair enough, we adopted the hard stance on our lockdown to save lives and we battled through everything life tossed our way. Some lost loved ones while others watched as years and years of hard work and savings dissipated before their eyes.

But through this unprecedented confinement, I have noticed how negative we became toward each other. I noticed how intolerant we were toward someone else's opinion – just because it didn't connect with our own. I became aware just how much we don't like to discuss and debate while most importantly, closer to home, where our own community began to turn on each other, I noticed that even at the most trying times of our lives — we wanted to be heard, but refused to listen.

So as we welcome in a fresh new year, and you dip those apples in honey, consider how you personally can approach the upcoming year with fresh ideas, fresh ways of thinking and fresh (but positive) attitudes toward your Jewish peers. Let's embrace the concept of tolerance and come together to build a society wherein everyone is included - and not divided.

Together, let's find our chutzpah.

Justin Asher is one of the new faces on the Cape SA Jewish Board of Deputies. He aims to use this opportunity to engage, acknowledge and represent the young (16 – 45) Jewish members of the Cape Town community.

Oudtshoorn Cemetery vandalised

In August, the Chevra Kadisha in Oudtshoorn discovered that the Oudtshoorn Jewish Cemetery had been vandalised, with a number of gravestones damaged in the process.

A spokesperson for the Oudtshoorn Chevra Kadisha, Bernard Herman said this is the first bad incident they've experienced at this cemetery.

"We intend to restore all the affected headstones at this stage. [approximately 25 gravestones]. We intend laying them flat, as has been the policy in the last couple of years, but this will be the next project once repairs have been done.

"Maintaining the cemetery over the years has been a costly affair. Our recent expenses were incurred working around the southern boundary wall, removing old trees which were damaging graves and recreating the many children's ground mounds, which date back to the flu epidemic.

"We also surrounded the entire boundary wall with hundreds of meters of barbed wire at great expense some time ago, and every inch has been removed and stolen since. We are fighting a losing battle in our small and shrinking Jewish community."

Bernard said people globally are connected to the Oudtshoorn Jewish Cemetery, which must be considered one of the oldest in South Africa. He hopes to soon make a list available of the names recorded on damaged stones, for families' ease of reference.

To get involved or find out more information, contact Bernard Herman on 078 053 6002 or 083 298 4326, or via email to debsher48@gmail.com. You can also get in touch with the Cape SAJBD office via email to info@capesajbd.org, as the Board continues to work to support our Country Communities.

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THIS WASN'T THE "SWEET NEW YEAR"
THAT ANY OF US EXPECTED.

That's why we believe in patient, consistent, big picture planning and we take it very seriously. It's how we ensure that whatever happens, no matter how unpredictable or unexpected, you're ready. As we go into Rosh Hashana and the High Holy Days, we wish you health, happiness, and planning – so that 5781 can truly be a sweet New Year.

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Lockdown, quarantine, cancelled flights: Can we get to Israel?

In recent months, Telfed received numerous calls from concerned community members anxious to learn whether Aliyah would be possible.

While Telfed's office remained open, the Israel Centre (our Aliyah partners in South Africa), switched to remote working. Their efforts in helping Olim reach Israel, no small feat during the lockdown, ensured a resumption of Aliyah after a 2-month hiatus.

In a recent meeting with Telfed's Directorate, Liat Arran, Director of the Israel Centre in South Africa, said that while "there has been greater interest in Aliyah since the start of the pandemic, the reasons for making Aliyah from South Africa are wide-ranging and include fulfilling a lifelong dream of living in Israel, joining family members and concerns for the future and economic prospects." One of the challenges the Israel Centre has had to work around has been limited flights. Olim have only been able to join repatriation flights at the eleventh hour – a deterrent for some. Australian Olim faced similar challenges, not quite sure how to actually get to Israel as airports closed and flights cancelled.

According to Shay Felber, Director General of the Jewish Agency's Integration and Aliyah Unit, COVID-19 has resulted in "a major increase in interest in making Aliyah, particularly from the USA, France and Argentina." The main reasons for this are: the increase in antisemitism; how governments responded to the crisis; Israel's

advanced, public medical system; and economic concerns within diaspora communities. Economic uncertainty is pushing Australians and South Africans to consider Aliyah, although Zionism remains the leading pull factor for Australian Olim. "Israel has the experience and ability to absorb large waves of immigration during a crisis," said Shay. "Together with the Ministry of Absorption, the Jewish Agency is working on a multi-year plan for the absorption of 250 000 new Olim over the next five years." Growing periphery communities (in the Negev and the Galilee) is central to this

strategy.

Liat offers cautionary advice: "Given the exchange rate and the financial difficulties facing many immigrants, adjustments to one's new standard of living compared to South Africa can be traumatic. Israel is dealing with a higher than usual unemployment rate, and those who arrive without employment must understand that they will need sufficient savings as a safety net."

"During the Corona Crisis, new Olim must prepare for unprecedented bureaucratic processes," warns Daniela Shapira, Telfed's Aliyah and Klita Advisor. "Upon their arrival, new Olim will first have to go into quarantine for 14 days and will not be able to visit any government offices. This affects receiving a *Teudat Zehut* ID, opening a bank account, finalising health insurance, applying for *Sal Klita* payments etc." Daniela continues: "It is important to be in touch with us when you arrive so we can help you plan your first steps more effectively."

Shay, Liat and Daniela all stress the importance of planning. "And," reminded Liat, "this is a long, long journey that needs to be taken step by step. It takes time to feel at home."

Future Olim in South Africa and Australia can reach out to Telfed to receive information and guidance about the job market, housing, schooling, army, communities, special needs, and other information. Daniela's advice to new Olim is to be flexible, "keeping in mind that the current situation is dynamic and the guidelines and procedures for Aliyah are, therefore, constantly changing."



MOST SA JEWS (BOTH, OF ASHKENZI & SEPHARDIC HERITAGE) ARE ELIGIBLE TO REINSTATE EUROPEAN CITIZENSHIP AND ACCORDINGLY AN EU PASSPORT

A common misconception is that European citizenship and EU passport can only be obtained if one has documents proving his/her lineage. The fact is that not having any documents proving lineage, doesn't lead to disqualification of eligibility! Jews of Ashkenazi heritage can rely on documents obtained in Lithuanian or Poland. Jews of Sephardi heritage need no proofs at all!

In his experience, majority of South African Jews are descendants of Jews whose European citizenship was illegally deprived, and therefore they are entitled to reinstate it, and accordingly obtain a EU passport!



Adv. Horesh has been operating in SA market with the Jewish community since March 2018. He arrives regularly to South Africa, and can meet in person with Jews who are interested to do so.

Ashkenazi: This ad refers to Jews of Polish & Lithuanian heritage only.

The most important things is the understanding that prior to the end of WW-I European map was very different than the one we know today. Countries like Poland & Lithuania did not exist as independent countries, and till 1918 these territories were only known as Lithuanian or Polish regions/counties of the Great Russian Empire who ruled all of north eastern Europe, and in accordance till 1918, residents of these territories were Russian citizenship, as Polish & Lithuanian citizenships didn't exist. Therefore, since applications for reinstatement of these citizenships can only be based once one's ancestor was a Polish or Lithuanian citizen, whoever is a descendant of an ancestor who left Europe prior to 1918- will not be eligible.

In addition, it is highly important to remember that since borders in Europe were shifted once again during and after WW-II, one's eligibility for Polish or Lithuanian citizenship depends on the city from which his/her ancestor hailed. Horesh explains: Shifted borders resulted in cities changing nationalities, and that the resultant effect for descendants of Jews left Vilnius is that their application for Lithuanian citizenship will be declined whereas a similar application for reinstatement of Polish citizenship may very well be approved!



Adv. Avi Horesh is an Israeli attorney, who lived 7 years in Poland.

Sephardi: This ad refers to all Jews of Sephardi heritage – that includes Jews who arrived from north Africa, Middle east, Turkey, Greece, Italy, Yugoslavia as well as many descendants of Jews arrived from Holland and the UK. Most of descendants of Sephardi Jews (who were exiled 500 years ago), are eligible to reinstate Portuguese citizenship and in accordance an EU passport. If applicable, Adv. Horesh will apply and obtain (on behalf of the applicant) for an official certificate confirming such an eligibility, on the basis of which, an application for Portuguese citizenship is most likely to be approved.

Horesh is recognized in Israel as one of the leading lawyers in the field of reinstatement of European citizenship. Horesh resides in Israel – a four-hour flight from Warsaw and Vilnius – enabling him to arrive easily to Poland and Lithuanian, as well as to Portugal, where he closely collaborates with local professionals who assist him in tracing documentation required for successful applications of reinstatement of European citizenship. Adv. Horesh closely collaborates with professionals who assist him in tracing in Europe documents required for successful applications of reinstatement EU citizenships.

Due to Corona Virus I'm forced to suspend planned visits to South Africa. You are most welcome to contact me on adv.avi.n.horesh@gmail.com or +48-783-953 223.

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THINGS YOU SHOULD KNOW ABOUT ME



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- I assist individuals and families with Lithuanian, Polish, German and Sefardi heritage and help them to reclaim their citizenship
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LEVERAGING YOUR FAMILY HISTORY FOR EUROPEAN CITIZENSHIP

ROSE LERER COHEN PhD
rlerercohen@gmail.com

THE GATEWAY TO YOUR FUTURE OBTAINING AN EU PASSPORT

A brave new year to...



By Greg Flash

A brave new year to appreciate. We all chalise for the things we can't have. When we finally exit lockdown, I will savour and be grateful for everything that was restricted.

A brave new year to hug. I remember reading about some doctors that said that the pandemic has changed how people will greet each other in the future.

Some of the more germaphobic noted that they would likely never shake a person's hand again. I will do the opposite; I will hug more. The lack of human contact with extended family and friends is likely a fundamental cause of mental health problems this year. I yearn for the time when I can again hug people on Shabbos at Shul.

A brave new year to sing together. Singing together on Zoom does not work. I am sure that communal singing was not high on the priority list when the developers designed the platform; after all, how often do

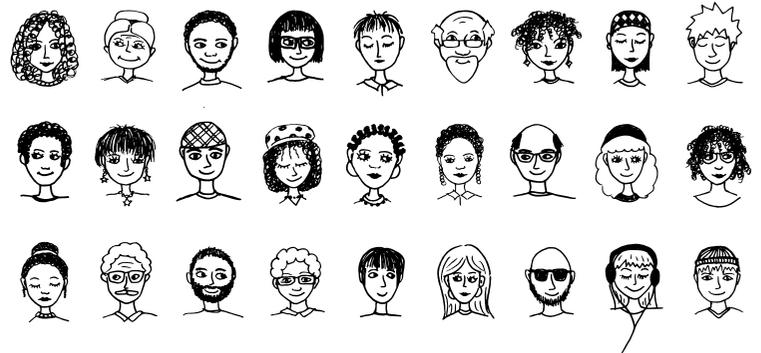
you sing in a business meeting? But in a social environment, communal singing is important, think of all the Zoom birthdays you have attended. If you have been to an online Shul service, you will know that you can't sing together and this is a real shame.

I also can't wait for the next time that I can go to watch the Bokke. Belting out *Nkosi Sikelel' iAfrika* together with tens of thousands of other South Africans will bring tears to my eyes.

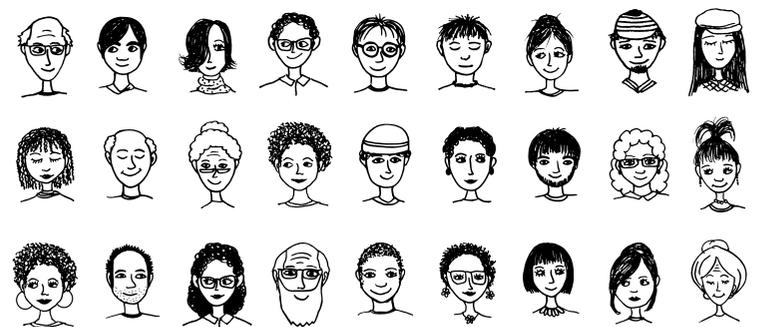
A brave new year to do. We have all done a lot of thinking this year. I, for one, have become far more focussed in my work, prioritising tasks and objectives. If this year has been the time of thinking, then the new year must be the time to implement and execute. "*Nilmad v'naaseh*", "We will learn and do."

Shana Tova!

Greg Flash is a husband, father and committed South African Progressive Jew, working in the field of asset management.



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Consider This

By Rabbi Emma Gottlieb



As we begin to prepare ourselves to enter into the Jewish year 5781, we might all understandably be more than ready to say "good riddance" to 5780.

The *Yamim Nora'im* (Days of Awe) are often a time when we list our woes and question whether there is a connection between our fate and our choices/behaviour. We might reasonably be focused on how the coming year might and can be better. And yet, it would be unfair to leave 5780 behind without also acknowledging that it hasn't been entirely bad.

Recently, a friend shared with me a blog post from, of all places, a company that makes and sells women's shape-wear (which I, personally, would add to the list of evils in this world). In this post, titled *Redefining Success*, were written the following words about how we may be feeling about this past year:

"Perhaps you're approaching a milestone age and feel cheated out of an extra year. Maybe you were working towards a big life transition that had to be put on pause. Instead of taking a risk to fulfil a dream, maybe all your energy is now spent on simply maintaining what you have. If this sounds like you, you're not alone — and it's okay."

The post goes on suggest how one might redefine success in difficult times, and reminds its readers that there has been good experienced along with the not so good. Among a long list of 'things that are successful' this year, shared within the post, are: reconnecting with loved ones (virtually or in person), adopting animals, investing in and

perhaps redefining self-care, discovering new hobbies or rediscovering old ones, slowing down, learning new skills in the kitchen, getting involved in your community, becoming more politically active, appreciating the outdoors, learning to be more self-reliant, getting to know your neighbours, and getting to know yourself. I'm sure we all could think of things to add to this list, and it's important that we do so — that we name our blessings along with the curses we might feel are raining down upon us.

While we pray for a clean slate in the coming year, we also know there is no magic 'reset' button and that the first day of 5781 won't look radically different than the last day of 5780. Our outlook however, can be radically different. I was recently reflecting on the beautiful text from our morning liturgy: *Ashreinu, Ma Tov Chelkeinu, U'ma Nayim Goraleinu, U'ma Yafa Y'rushateinu*, "We are happy! How goodly is our lot, how pleasant our fortune, and how beautiful our heritage!" We don't choose to say these words only on the good days of our lives. We say these words on all days, knowing that some days we have to work harder to find the good in our lives than we do on others.

This is the way we must approach the departing of 5780 and the arrival of 5781 — for surely, no matter what the future holds, there will be days when it is easy to count our blessings, and days when it will be hard. In truth, that can be said of every year, whether we are looking backward or ahead. And so as we begin to set intentions for ourselves for the coming year, let us

focus not on the parts of our lived experience that we cannot control, but rather on the things we have agency over — including our outlook on life and our commitment to lift up our blessings, even in the midst of riding out a world-wide curse. 5781 can be a year where we continue to take care of one another, of ourselves and of our world, because if 5780 has taught us anything, it's that even in the worst of times, such things are not only possible, they are more necessary than ever.

May each of us look toward 5781 with optimism and with fortitude and may we bid farewell to 5780 with gratitude as well as relief.

Kein Yehi Ratzton, May it be God's Will.

JBC Class graduates bring joy during a difficult time

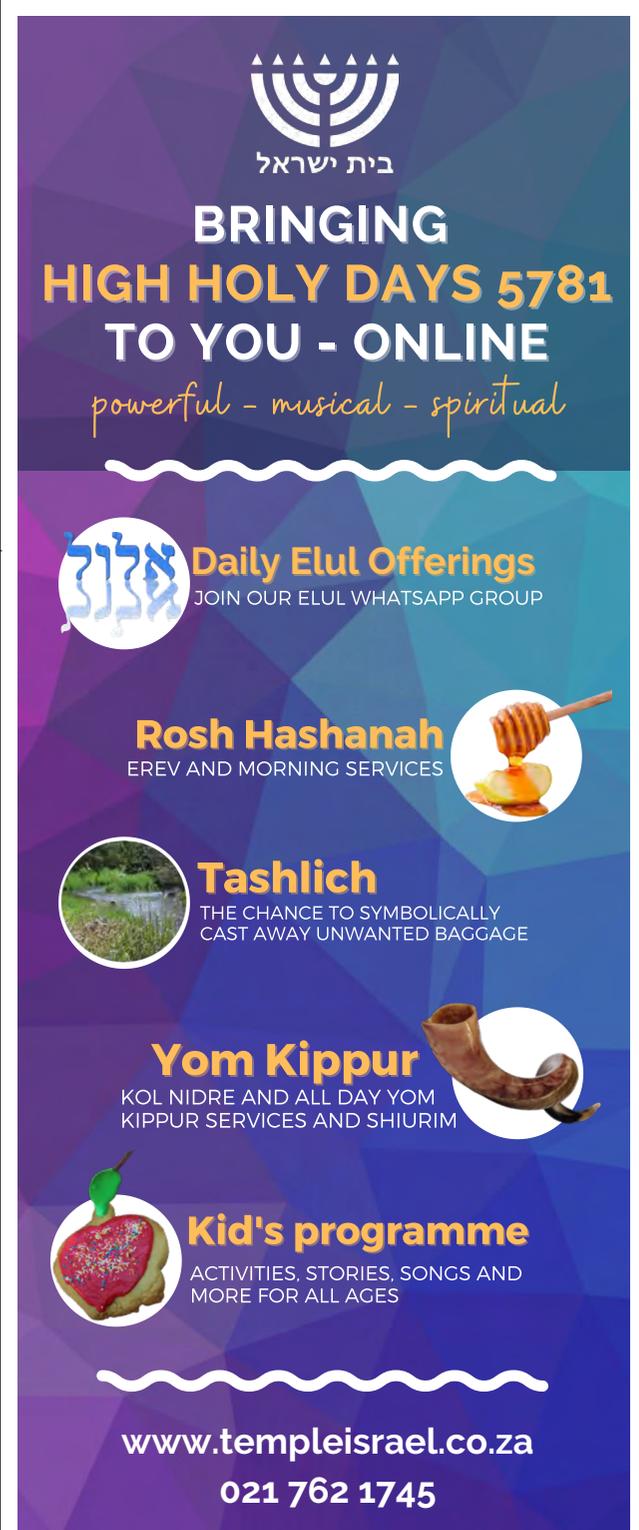
Every Shabbat is special, but Shabbat Ve'etchanan (31 July / 1 August) was even more special as we celebrated the Jews By Choice Declaration and Graduation in our online shul.

Having had to cope not only with the disruption of the COVID-19 crisis which meant that classes had to be delivered online, but also the tragic passing of one of their class members just before the course was completed, the 15 graduates participated in our services for the first time as fully-fledged Jewish people and our congregation rejoiced with them.

The JBC class has always made a huge impact on our congregation after graduation and we look forward to what this amazing group will bring.



Liza-Jane Saban, Chantelle van Wyk, Maxine Sa Couto, Stella-Dee Kousouros, Helena Anastasopoulos, Levi Maritz Emma Maritz, Kate Lewin, Dee Moore, Alex Lee, Rafael Saban, Marcello Marcia, Samuel Berrill, Esther Rossouw, Liezl Solomon, Kirsten Berrill, Mahlodi Montlha and Nicole Lamberts



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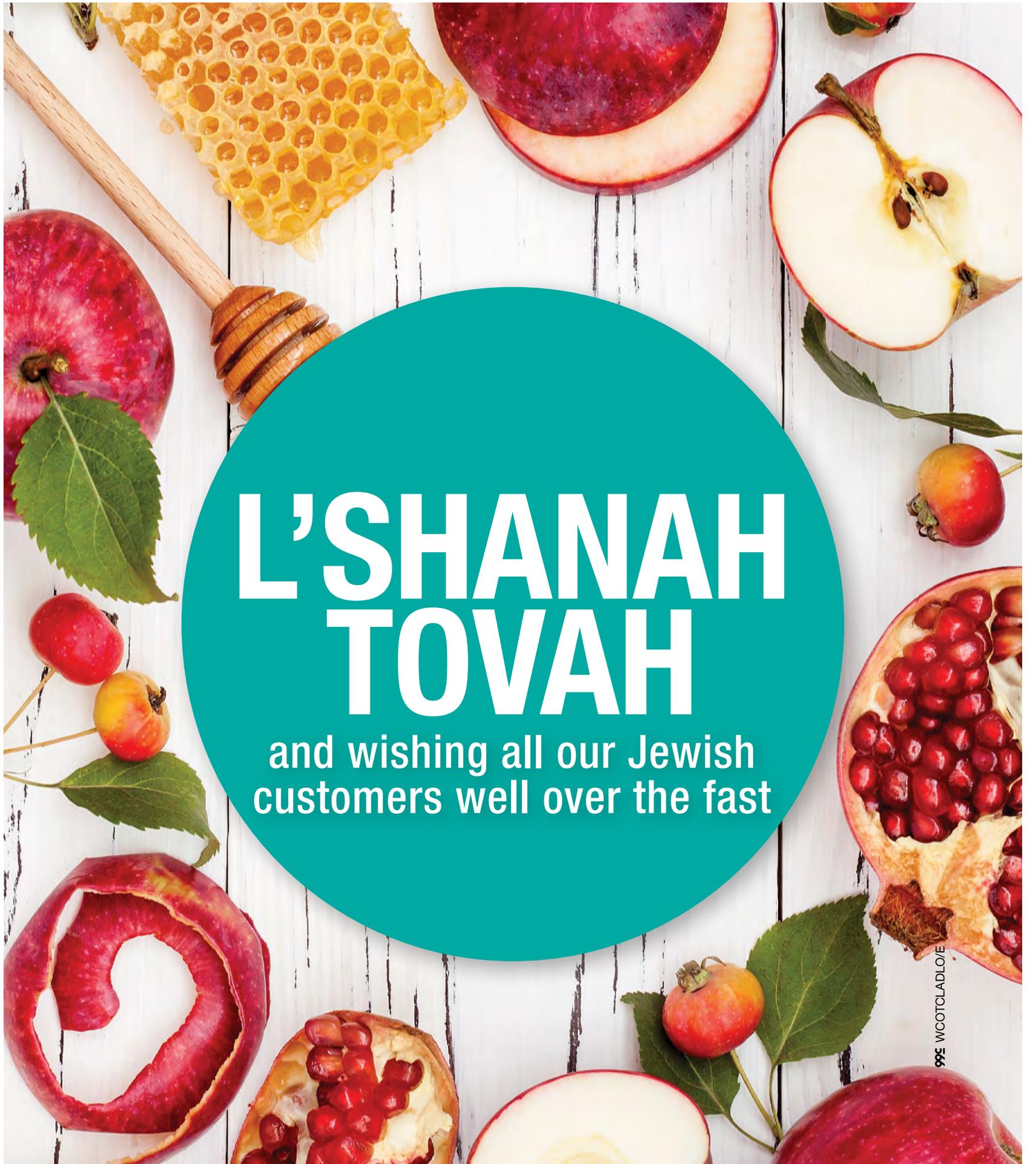
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Deep Flavors makes delicious kosher cuisine accessible for home cooks

If you love cooking kosher or simply enjoy trying new foods and creating memorable meals in your home kitchen, *Deep Flavors: A Celebration of Recipes for Foodies in a Kosher Style* from Kenneth M. Horwitz offers an abundance of tempting dishes designed for cooks, whether Kosher or non-Kosher, with helpful tips for proper preparation.

“Cooking is worth some effort and attention to detail,” Horwitz writes. “The positive reactions from family or guests, as well as your own enjoyment, will make it worthwhile.”

“Effort” and “attention to detail,” however, don’t have to equate with “difficult.” In fact, throughout *Deep Flavors*, Horwitz shares his wisdom for sourcing ingredients and breaking recipes into simple steps — and how to do some of this prep work well in advance so that delicious meals can be served in spite of hectic schedules.

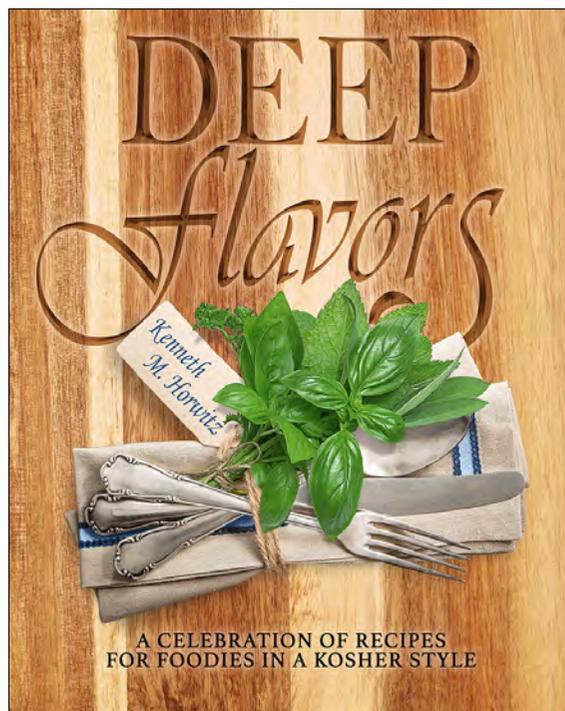


Between the covers of *Deep Flavors*, Horwitz offers an eclectic menu that includes traditional Jewish dishes plus other regional and international favourites reinterpreted to observe some or all of the rules for kosher foods. The result is a diverse anthology of recipes that will appeal to broad audiences everywhere — Jewish and otherwise.

Horwitz’s ultimate goal was to create recipes that are easy to read and easily followed by anyone with a basic knowledge of cooking. He provides detailed instructions with enhanced explanations and alternatives, beneficial to both the

novice and the more experienced cook.

The CJC asked Horwitz what he would be serving for Rosh Hashana this year. He says, “for these events we tend to tradition, not modern — for Rosh Hashanah it is always chicken soup with matzo balls, brisket with roasted/ braised carrots and potato kugel plus a vegetable such as cauliflower roasted with garlic or a mixture of room temperature grilled vegetables (eggplant/zucchini/ carrots/etc.) and fresh such as cucumbers/ field-grown tomatoes and a lemony aioli or my ‘pink’ salad dressing. Dessert could include a non-milk apple pie (see recipe for milchik version). Erev Yom Kippur we would make meat kreplach for the chicken soup. And *break-the-fast* always includes my salmon gravlax with bagels/cream cheese/sweet onion slices/capers/muenster or American cheese plus a



The book can be purchased online here: <https://www.amazon.com/Deep-Flavors-Celebration-Recipes-Foodies-ebook/dp/B07X75Z2Z1>

cheese noodle kugel.”

Copyright: Kenneth M. Horwitz 2014

To learn more, please visit www.deepflavorscookbook.com, or follow the author on Facebook at <https://www.facebook.com/kenneth.horwitz.73>.

FRESH APPLE CAKE

I have had many apple cakes over my lifetime. This one is absolutely the best, moistest, most apple-flavoured and most redolent of cinnamon anywhere. It is also perhaps one of the tastiest and most appreciated coffee cakes of any type that I have ever eaten. Bobbie got this recipe from a friend many years ago. This rendition may be the only remaining version.

INGREDIENTS:

4 large (300g or more each) cooking apples (Honeycrisp variety preferably, or other good cooking apples)
1 cup pecans, toasted and chopped
7 teaspoons cinnamon, split use
2/3 cup unsalted butter
½ teaspoon salt
2 cups granulated cane sugar, plus sugar for topping
2 eggs
2 tablespoons vanilla extract
1 heaping teaspoon baking powder
1 teaspoon baking soda
2 cups flour all-purpose, unbleached

Preheat the oven to 180C

Peel, core, and chop apples into ¼-inch cubes. Chop the nuts — mix them with about 2 teaspoons of the cinnamon, stir them with the apples, and set aside. By adding the cinnamon, you will not see as much browning on the apples.

Cream the butter, salt, and sugar with the food processor and continue until the butter changes color — 1 to 2 minutes. Do not overbeat, because the goal is only to whip air into the butter mixture.

Add eggs and vanilla, and beat until fluffy, scraping the bowl to ensure even mixing.

In a separate bowl, whisk the baking powder, baking soda, and 2 teaspoons of cinnamon into the flour. Add the flour mixture to the butter mixture in 3 or 4 additions, mixing well. The batter will be thick. Remove from mixer. Pour into a very large mixing bowl. Then add the apples and nuts, and mix using a large spatula until well mixed. The batter will be a very thick mixture, but you want the batter well distributed among the apples and nuts.

Pour into a 13x9x2-inch Pyrex pan that you have lined with aluminum foil and well-oiled or buttered ahead.

The topping is a most important part. Make a mixture of cinnamon and sugar totaling about ½ cup. Make the topping mixture look really dark brown. The ½ cup will contain 3 teaspoons of cinnamon. Sprinkle it liberally and evenly over the top of the raw apple cake.

Bake in the preheated oven for 50 minutes. (Depending on your oven, it may need to be cooked longer if it turns out too moist; trial and error testing may be required.) The mixture will still be moist when done, so the toothpick test does not work. Let cool on top of stove, and serve either warm or cold. I like it frozen. It will not matter; even somewhat undercooked, it will be yummy. It will get eaten any way it is served. Enjoy!

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Cape Jewish Seniors Association

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

Helping people to feel less alone

As lockdown continues and the days seem to blend into each other, many of the senior members of our community are even more isolated and alone than usual.

Our team continually keep in touch with as many of our members via phone and email, and we know that there are many others that also keep in touch with each other on their own, but often this is just not enough. Each one of us has the capacity to help making people feel less alone by showing compassion and empathy.

Compassion

Compassion is a quiet, unassuming 'being there' for someone else when they are experiencing a difficult time. It is the ability to listen with all of our attention to someone else, without judging, without interruption and without thinking of what we are going to say next. It is absorbing what they are saying, trying to understand as far as possible what they are experiencing at the time, and showing them that you understand, with warmth, love and very little comment. Just listening is often enough.

Compassion encompasses a love of life and of humanity, a genuine concern and respect for all others, no matter what their background or circumstances. In essence, it is a humility about oneself and one's own place in this magical thing we call life, and a feeling of kindness towards others and the ability to completely and selflessly transport oneself into someone else's life experience, to adopt their frame of reference, without being tempted to give advice or solve that person's problem for them. It is allowing them the space and time to find solutions to their own difficulties, and facilitating the process for them, simply by showing them you care. And although you are not going through what they are at the time, you understand them.

Empathy

Everyone knows empathy is important, but recognising it in real life can be a challenge.

Showing empathy is an important way to build strong relationships and be a good friend. Ultimately, people feel less alone when they know others understand their perspective, and that's what empathy is all about. Part of being empathetic is reserving judgement, so you set aside what you think should happen and focus on feelings instead. Listening attentively, reserving judgement, and setting aside what you think should happen whilst focusing on the feelings of the person you are with instead.

Being empathetic can take different forms, and is often confused with Sympathy. When you are being empathetic, you are doing more than feeling sorry for another person; you are actually trying to imagine the situation from that person's point of view.

There are three different types of empathy, and it's possible to have more than one type at a time:

Emotional empathy is when you feel something because someone else does. You may have noticed this when you cried watching a very sad scene in a movie.

Cognitive empathy involves thinking more than feeling, cognitive empathy means putting yourself in someone else's shoes. When you talk to a friend about something that is bothering you and feel understood by that person, it's often because your friend was using cognitive empathy.

Compassionate empathy is any kind of empathy that leads to action. When you see someone in need and offer that person some food or money, that is compassionate empathy.

During this excessively hard and isolating times we can all certainly show compassion and empathy to whoever needs to be held.

One of the ways the CJSA team and our wonderful band of volunteers have shown compassion is the way in which our Shabbat Meals have been organised and delivered. At the time of writing this article, 1184 Shabbat meals have been delivered. Special thanks to Berkies and Merle Rubin for initiating this much appreciated and enjoyed initiative.

Please note that we will be providing an extra special Rosh Hashanah meal delivered to your home as we know that many will most probably not be able to enjoy the usual family celebrations that are the norm when heralding the New Year.

We take this opportunity to wish each one of you a Happy and Healthy New Year, an easy and meaningful Fast and may the year 5781 be one where there is health, happiness and the opportunity to rekindle warm and loving relationships with those we love.

Sincerely

Executive Director CJSA



CJSA is working hard to bring you amazing entertainment while you stay at home during lockdown. Follow us on Facebook and look out for our email newsletters advertising upcoming events.

Social and Personal

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 any losses:-

Births:

Ella Blumenthal – great grandson
Sadie Graziani – great grandchild
Ernest and Estelle Kaplan – great grandson
Barbara Kahn – grandson
Miriam Lichterman – great grandson
Judy Resnick – great granddaughter
Jessie Trackman – great granddaughter
Rabbi and Rebbetzin Wineberg – granddaughter

Marriages:

Becky Joffe – grandson

Special Birthday:

Ella Blumenthal – 99th birthday

Welcome to new members:

Eric and Sandra Cohen, Barbara Kahn, Darryl Kaimowitz, Marlene Lyons and Patricia Swelling

Condolences:

Ethne Abromowitz on the passing of her mother
Marge Gurwitz on the passing of her sister
Darryl Kaimowitz on the passing of his brother

Family Announcements

BEREAVEMENT

IRMA CHAIT (nee Spilkin)

Our darling wife, mother, granny, sister and dear friend Irma, passed away on 24 August 2020. She was the centre of our lives.

Deeply missed, mourned and loved always.

Noah, Norman, Lisa, Robinne, Jodi,
her seven grandchildren and family.

To place a family announcement, email: chron@ctjc.co.za



FRIENDS OF THE UJC CAPE TOWN
sustaining our community forever

On behalf of the Friends of the UJC Cape Town we pass on our deepest condolences on the recent passing of Roy Sable who passed away in San Diego in June, to his wife Joan, son David, daughter Jane, and family. We wish his family Long Life and comfort during this difficult time.



Obituary Annette Milliner (27 April 1932 -15 July 2020)

By Janene Currie, Chairman, BZA WIZO Cape Town

The chairman, executive, members and staff of Bnoth Zion WIZO Cape Town, were saddened to learn of the passing of our beloved and highly respected past Chairman, Annette Milliner, in Israel.

Annette was a passionate Zionist from her early days in Saldanha Bay, while she lived in Cape Town, and in Israel after making Aliyah many years ago. Annette was Chairman of our organisation from 1977 to 1979, and received her Rebecca Sieff Award for 40 years of dedicated service to WIZO in 2008.

Whenever she visited Cape Town, Annette would be sure to attend BZA WIZO meetings. On these occasions, she would enthral and enthuse us with her passion, her feistiness and her wonderful inspiring stories of WIZO's work in Israel, effecting social change and positively influencing the very fabric of Israeli society.

Annette 'lived' Israel. She 'lived' WIZO, as well as the various community bodies on which she



sat, with wholeheartedness and professionalism. Annette was a role model, and all who knew and loved her, learned what dedication, commitment and activism really meant. In 2017, she received an award from the Israeli Minister of Immigration and Absorption for outstanding volunteer activity spanning more than 60 years.

We wish Annette's family long life and strength in their time of mourning and adjustment to their sad loss.

Sent with love, and sincere condolences.

Tribute to Irma Chait

By Myra Osrin



Irma Chait passed away on 24 August 2020 at the age of 79. Editor of the Cape Jewish Chronicle (CJC) for 26 years, there is no better place to pay tribute to her than on these pages.

Married to Noah for over 57 years, Irma was a devoted mother and much adored granny. A Latin teacher by profession, she taught for many years at Herzlia. She also wrote regular articles and newsletters for the school's PTA. But it was in her role as editor of the Cape Jewish Chronicle from 1984 until the end of 2010 that she will be remembered with great affection and esteem by the entire Cape Town Jewish community.

On Irma's retirement, as founder of the CJC, I was asked by the Chronicle's Editorial Board to write a few words of tribute to Irma from which I quote: "Whilst I perhaps was the midwife who brought the Chronicle into the world, it was Irma who nurtured the young infant through its early childhood, with the usual accompanying teething troubles. It was Irma who, over the years, meticulously, skillfully and with great dedication raised and moulded the CJC to reach the maturity and well-regarded status it so enjoys today."

The Cape Town Jewish community is greatly indebted to Irma for her invaluable work in bringing the heart and soul of the community to every Jewish household in Cape Town for over two decades.

Irma's knowledge, words and wit made the Chronicle into the popular publication that it was, not only for Capetonians but also for many expats living in other parts of the world.

Irma worked closely with hundreds of chairpersons, lay leaders, rabbis, staff members and people in the community, and she always had time for them all. She treated everyone equally and always with great interest in their lives, perspectives and backgrounds.

She formed close friendships with many colleagues, especially the Cape Jewish Chronicle team that she so valued. In particular, Irma worked together with Tessa Epstein, Desrae Saacks and the late Anita Shenker for decades, creating a dynamic community paper every month.

While she was the face and voice of the Chronicle, she had other busy aspects of her life, from raising four children with Noah by her side to writing a number of children's books. Young at heart and with and zest for life, she was unforgettable to everyone who encountered her. Her legacy will live on in the annals of the CJC, in the memories of family and friends, and in the Cape Town Jewish community that she loved so much.

On behalf of the Cape Jewish Chronicle Editorial Board, staff and colleagues, we extend our deepest sympathy to Noah, Lisa, Robinne, Norman, Jodi and their families.



**JEWISH
COMMUNITY
SERVICES
CAPE TOWN**



SUPPORTED BY **JCS** CAPE TOWN

JEWES IN CAPE TOWN ARE HUNGRY!

COVID-19 has exacerbated the needs of all of our Jewish Community Services clients. At the end of 2018, we were distributing food hampers to 155 people. Our numbers steadily increased to supporting 205 people by the end of 2019. Three months into 2020, the COVID-19 pandemic struck our country and left our already stretched budget in an extreme situation. The depressed economy came to a dead halt, leaving our Community crying out for even more. The numbers at the end of July 2020 are at an all-time high, distributing food parcels to 500 recipients.

As you can see, OUR Community are just not able to put food on their table. The Tikvah Foodbank provides basic necessities of bread, challah, milk, eggs, fresh fruit, vegetables, non-perishable items, toiletries and cleaning materials to our Clients every two weeks. We are blessed with incredible volunteers that assist with packing, distributing and

supporting this incredible initiative. With Rosh Hashana on our doorstep we would like to provide all our recipients with cooked meals and provisions to ensure that this chaggim are celebrated to the fullest.

JCS invites you to PULL UP A CHAIR AT OUR VIRTUAL ROSH HASHANA TABLE by sponsoring a Yomtov meal at a cost of R180/person, prepared by Merle Rubin. We know that the COVID-19 pandemic has made it very difficult to celebrate #TogetherApart, but these High Holidays, we will celebrate in true Cape Town style. We have no restrictions on how many people can sit around our table and everyone is welcome!

The Cape Town Jewish Community, with its dwindling numbers, is a community like not many others in the world, and one that we are very proud to call home. We remain focused on the well-being of our own; always wanting to bring relief in the most dignified and respectful way possible.

We at JCS invite you to become part of our support system where you will make a tangible difference to those within your own community!

Your help will improve the lives of our vulnerable with respect, dignity, honour and most of all...Tikvah.

The numbers at the end of July 2020 are at an all-time high, distributing food parcels to 500 recipients.



R1100.00

Cost per month for a Tikvah Foodbank parcel for an **individual recipient**.



R2800.00

Cost per month for a Tikvah Foodbank parcel for a **recipient family of 4-8 people**.



R1600.00

Cost per month for a Tikvah Foodbank parcel for a **recipient couple**.

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#HERZLIA80



"While the Herzlia education is outstanding, what ultimately makes Herzlia extra-ordinary, is knowing that my children are part of a larger family."

Aubrey Miller, Herzlia Alumni and Parent



"With such a positive personal experience there was never a doubt as to where my two children, Marc and Lauren, and my six grand children would be educated."

Michael Sternberg, Herzlia Alumnus and Grandparent



"Herzlia, for me, is a place of warmth and support, a place of community and security, a place of kindness, values, Yiddishkeit and Menchlekeit..."

Hayley Landau, Herzlia Alumnus and Parent



When I see the incredible education they receive at Herzlia and how they develop from such an early age, it is clear to me that the decision was the right one.

David Chait, Herzlia Parent



"Herzlia is not only about being Jewish – It's about creating a deep and lasting sense of belonging to a community. It's about roots. Herzlia gives us those."

Richard Goldstein, Herzlia Parent

Shana Tova.

The SAJM Gift Shop has everything you need to make your Rosh Hashanah celebration extra special. From honey dippers & candle sticks to Kiddush bechers & Machzors. There is something for everyone.

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MOST SA JEWS (BOTH, OF ASHKENZI & SEPHARDIC HERITAGE) ARE ELIGIBLE TO REINSTATE EUROPEAN CITIZENSHIP AND ACCORDINGLY AN EU PASSPORT

A common misconception is that European citizenship and EU passport can only be obtained if one has documents proving his/her lineage. The fact is that not having any documents proving lineage, doesn't lead to disqualification of eligibility!

Jews of Ashkenazi heritage can rely on documents obtained in Lithuanian or Poland.

Jews of Sephardi heritage need no proofs at all!

In his experience, majority of South African Jews are descendants of Jews whose European citizenship was illegally deprived, and therefore they are entitled to reinstate it, and accordingly obtain a EU passport!



Adv. Horesh has been operating in SA market with the Jewish community since March 2018. He arrives regularly to South Africa, and can meet in person with Jews who are interested to do so.

Ashkenazi: This ad refers to Jews of Polish & Lithuanian heritage only.

The most important thing is the understanding that prior to the end of WW-I European map was very different than the one we know today.

Countries like Poland & Lithuania did not exist as independent countries, and till 1918 these territories were only known as Lithuanian or Polish regions/counties of the Great Russian Empire who ruled all of north eastern Europe, and in accordance till 1918, residents of these territories were Russian citizenship, as Polish & Lithuanian citizenships didn't exist. Therefore, since applications for reinstatement of these citizenships can only be based on one's ancestor was a Polish or Lithuanian citizen, whoever is a descendant of an ancestor who left Europe prior to 1918- will not be eligible.

In addition, it is highly important to remember that since borders in Europe were shifted once again during and after WW-II, one's eligibility for Polish or Lithuanian citizenship depends on the city from which his/her ancestor hailed. Horesh explains: Shifted borders resulted in cities changing nationalities, and that the resultant effect for descendants of Jews left Vilnius is that their application for Lithuanian citizenship will be declined whereas a similar application for reinstatement of Polish citizenship may very well be approved!



Adv. Avi Horesh is an Israeli attorney, who lived 7 years in Poland.

Sephardi: This ad refers to all Jews of Sephardi heritage – that includes Jews who arrived from north Africa, Middle east, Turkey, Greece, Italy, Yugoslavia as well as many descendants of Jews arrived from Holland and the UK.

Most of descendants of Sephardi Jews (who were exiled 500 years ago), are eligible to reinstate Portuguese citizenship and in accordance an EU passport. If applicable, Adv. Horesh will apply and obtain (on behalf of the applicant) for an official certificate confirming such an eligibility, on the basis of which, an application for Portuguese citizenship is most likely to be approved.

Horesh is recognized in Israel as one of the leading lawyers in the field of reinstatement of European citizenship. Horesh resides in Israel – a four-hour flight from Warsaw and Vilnius – enabling him to arrive easily to Poland and Lithuanian, as well as to Portugal, where he closely collaborates with local professionals who assist him in tracing documentation required for successful applications of reinstatement of European citizenship.

Adv. Horesh closely collaborates with professionals who assist him in tracing in Europe documents required for successful applications of reinstatement EU citizenships.

Due to Corona Virus I'm forced to suspend planned visits to South Africa.

You are most welcome to contact me on adv.avi.n.horesh@gmail.com or +48-783-953 223.

DISPLACED: A Film by Sharon Ryba-Kahn

By Jaime Uranovsky

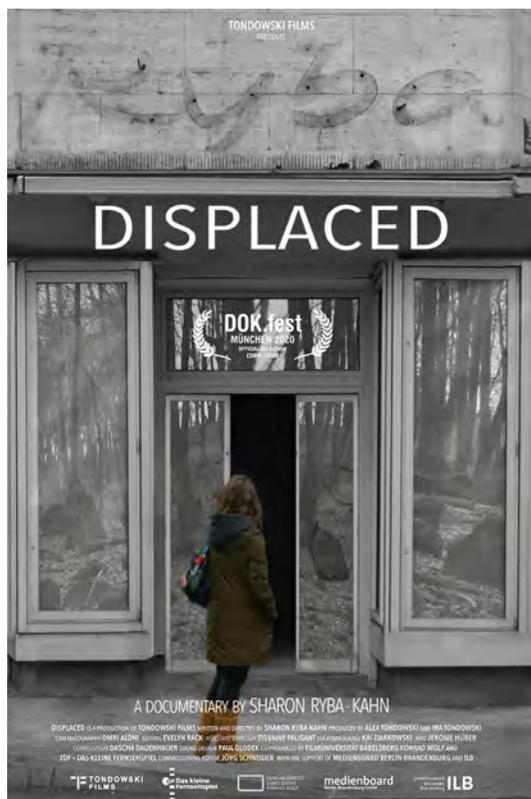
As a result of COVID-19, the annual Encounters South African International Documentary Film Festival went virtual this year. The festival ran from 20 to 30 August and had more than 50 films available for online viewing. One such film was **DISPLACED**, written and directed by Sharon Ryba-Kahn, originally from Munich.

The documentary, which is roughly an hour-and-a-half in length, centres around transgenerational trauma stemming from the holocaust and the sometimes-unspeakable feelings and experiences of Jewish survivors and their descendants.

Ryba-Kahn interrogates how this played out within her own family, in which both her paternal and maternal sets of grandparents are or were (respectively) holocaust survivors. Indeed, displacement and the feeling of being lost pervade the film; Ryba-Kahn searches for a sense of belonging as well as for answers and accountability from her non-Jewish German contemporaries and from her own family. Whether she finds what she is looking for is left to the viewer to decide. Often, she is met with silence, denial, deflection, and avoidance. She confides early on, "Even though I was born in Germany, I often feel the need to forget where I am so that I can feel free... The truth is, being here, I feel first and foremost Jewish".

In this intimate film, Ryba-Kahn confronts her father, with whom she did not speak to for seven years, about his relationship with his own father, a holocaust survivor, who struggled to speak about his ordeal until late in his life. The filmmaker cites this silence as one of the key reasons why her relationship with her own father is so stunted: the trauma, unspoken but continuing to fester, travels down the generations, as another type of silent killer. Even she was affected, having felt like she could not converse with her late paternal grandfather in German because, when she tried, "It all sounded very German suddenly."

Indeed, often this documentary is about omissions and the damage that they can cause in relationships and in society. Ryba-Kahn does



not only confront her previously estranged father. She also attempts candid conversations with friends with whom she grew up who are not Jewish. Desperate to understand their lack of engagement with their own German families' dark histories, their ignorance regarding anti-Semitism and their inability to understand Ryba-Kahn's own identity as a Jewish woman searching for meaning, she begs them for truth, for an earnest dialogue about how they connect themselves, their families' pasts and their friendship with Ryba-Kahn, a Jew. One such friend asks the filmmaker if she wants to investigate her reality as a Jew simply because she is afraid of forgetting. An exasperated Ryba-Kahn retorts, "No, because I carry it inside". The privilege of forgetting, for the director, is simply impossible.

The documentary follows Ryba-Kahn through parts of Germany to track her family's pre-WWII movements as well as to Israel, where her father now lives after renouncing his German citizenship. The film is at once deeply personal as well as relevant to and relatable for the global Jewish community, blending interactions in German, English, Yiddish and Hebrew.

DISPLACED is about the collective failure to heal from the past because of the inability to engage in dialogue, to talk, and to confront one's own demons. It is a beautiful, touching film, created by a courageous and fiercely determined filmmaker, who, through her own journey, encourages viewers to face their own pasts and the traumas that come with it. Until then, we all remain unsettled, displaced.

A brave
new year
to...

Get involved

By Philip Todres



The lockdown seems to have had the infectious power to unlock a spirit of compassion and a willingness to reach out and help. It's been heart-warming and humbling to witness.

In the welfare organisations that fall under the Jewish Care Cape umbrella, Directors and their professional teams have gone more than the extra mile to provide care and support, at times on a 24 hour basis.

The spirit of togetherness, amongst the seven welfare organisations, has been extremely effective to best meet the harsh realities of the pandemic.

Volunteers have come forward to help Jewish Community Services deliver food parcels and Cape Jewish Seniors to deliver Shabbat suppers Noam Honig in Israel, reached out to make his app available to enable these deliveries to be made super efficiently.

Ladles of Love, a non-profit organisation, broke the world record for the most sandwiches made in an hour by volunteers this past Mandela Day. There are many other examples of people, throughout the Jewish and broader community, getting involved in meaningful ways that reflect that we truly are a caring community.

Our Jewish values compel us to support both our own community and the poor and vulnerable around us and it has been particularly inspiring to witness the response.

The community certainly goes into Rosh Hashana having actively been involved and committed to the essential task of tzedokke. May we go into the coming year in good health and with the same commitment to get involved in good deeds and acts of charity.

Philip Todres is the outgoing Chairperson of Jewish Care Cape, Chairperson of Cape Jewish Seniors, and a cultural activist in the community.

Please note the official notice of meeting below. It is essential that you register early so that you have a chance to study the amendments, which have become necessary as a result of changes in the tax act, as well as to update the constitution to reflect the current operations and governance of Highlands House.



THE HIGHLANDS HOUSE
NEW BEGINNINGS

SPECIAL GENERAL MEETING

Highlands House also known as The Cape Jewish Aged Home.

Notice is hereby given that a SPECIAL GENERAL MEETING in terms of clause 10.2 of the constitution, of members will be held via electronic video conferencing (ZOOM) on 30 September 2020 at 13h00 to approve and adopt a new constitution.

You are invited to register your intention to attend this Special General Meeting by contacting Highlands House at residents@highlandshouse.co.za. Once your membership has been verified you will receive an electronic copy of the proposed revised constitution together with the current constitution for comparison, as well as the link for the meeting. Registration closes on Wednesday 23 September 2020

PLEASE NOTE: in terms of clause 5 of the constitution the following are entitled to vote:

Honorary life members, resident members being persons resident in the home, ordinary members – any Jewish person over the age of eighteen (18) years who has contributed to the United Jewish Campaign (UJC) in Cape Town.

Michael Novis

A VIEW FROM THE BAR

The new Kosher



By Anton Katz

The laws relating to food, and what humans may or may not consume, concern health, morality, philosophy and religion.

In fact, food choices impact nearly every aspect of our lives. Without food there is no life and we die. And if we eat the 'wrong' foods we will get sick and maybe die. Whether or not the theories about bats, and their droppings in wet markets in Wuhan and COVID-19 have any validity what we all know as fact by way of experience is that to eat old fish, which has gone off, is a disaster health-wise.

Also, if we choose to eat other living creatures there are the laws, rules and protocols that government and religions may and do impose. And how do the laws regarding Kosher or Halaal food fit into secular government regulation? So, may government enact laws that effectively prohibit kosher foods? These thoughts occurred to me while reading about a recent case in the European Court of Justice involving Belgium.

The case is about whether certain decrees of the Flemish and Walloon Regions (in Belgium), which prohibit slaughter without pre-stunning, are a violation of European Union law. The International Association of Lawyers and Jewish Lawyers argued before the Court against the imposition of the outright ban. [IJL-Amicus-Brief.pdf](#)

In the IJL's written argument it explained that in the interest of animal welfare, some jurisdictions require that prior to slaughtering for the purpose of human consumption of certain animals (e.g. cattle, sheep, swine) the animals be 'stunned'. Stunning is performed in a different ways, such as electric shock or shooting of a metal bolt through the brain of the animal. The stunning renders the animal insensate before a knife is put to its flesh and the actual butchering takes place. The stunning procedure itself causes pain to the animal but it is of a very short duration.

Jewish (and Muslim) religious law prohibit such stunning prior to the actual act of slaughtering. The animal to be slaughtered must be alive, whole and without blemish. Stunning prior to the slaughter would compromise all three requirements. The slaughtering, which must be performed by a person specifically trained, consists of single incision which severs the carotid arteries. Animals not slaughtered in the required manner may not be consumed. When performed correctly, the massive drainage of blood from the head of the animal

also renders it insensate, though this will occur over a longer period of time compared to pre-cutting stunning. The argument is that application of the legal pre-stunning requirement violates the strictures of Jewish and Islamic law and amounts to a legal and factual outlawing of religiously permitted slaughtering. It would have the collateral effect of forced vegetarianism (fish may still be consumed) on these communities of faith, and may force these communities to eventually emigrate, leading to the end of Jewish life in European Member States which will impose such an absolute ban. The IJL submitted that to forbid a community of faith to prepare their food in accordance with their religious obligations is a prima facie violation of the freedom of religion.

One of the government's defences is that such religious communities could import their meat from countries which do not impose such a ban. But the IJL counters that such a defence is no more than an instance of hypocritical 'moral dumping' onto other societies. And moral dumping has long been denounced in the context of environmental policy. 'We will ban coal burning in our society, but import our electricity from countries which allow coal burning'. Also there are no adequate solutions for the importation of fresh meat to all Jewish (and Muslim) communities.

Under South African law animals have no rights. Animals are regarded as objects, just like furniture and other inanimate possessions. Where does cruelty to animals fit in? Animal mistreatment is dealt with in terms of the Animals Protection Act 71 of 1962. Any person who ill-treats, neglects, infuriates, tortures or cruelly beats, or maims goads or terrifies any animals; or confines, chains, tethers or secures any animals unnecessarily or under such conditions or in such a manner or position as to cause that animal unnecessary suffering or in any place which affords inadequate space, ventilation, light, protection or shelter from heat, cold or weather; shall be guilty of an offence and liable to be fined or to imprisonment for a period not exceeding twelve months.

Because animals have no rights the purpose of the Animals Protection Act is not to protect animals, but rather to protect against human suffering at seeing or experiencing the animal suffering. Canned hunting, the cruel transport of animals, dog fighting

and poaching horns are some issues that have drawn media attention. Bearing the purpose of the animal protection in South Africa it is unlikely that an absolute prohibition on slaughtering without stunning could come into effect in South African law.

Under South African law animals have no rights. Animals are regarded as objects, just like furniture and other inanimate possessions.

It would be amiss were I not to refer to the developing idea that veganism is the new kosher. Rabbi David Rosen, former Chief Rabbi of Ireland was a rabbi at Marais Road and on the

Beit Din in Cape Town. During the 1970s he visited the Cape Town slaughter houses and checked up on the slaughterers to ensure that their knives were perfectly sharp and that the slaughtering was taking place in accordance with Jewish law. His experience began a journey to what has become a driving mission to promote veganism as a fundamental aspect of Judaism. He and about 70 other rabbis world-wide in 2018 encouraged fellow Jews to transition toward animal-free, plant-based diets. Their declaration claimed

this approach to sustenance is an expression of shared Jewish values of compassion for animals, protection of the environment, and concern for our physical and spiritual well-being <https://www.jewishveg.org/rabbinic-statement>. Interestingly, other rabbis, such as Rabbi Moshe Tendler hold the view that "the Torah will not allow someone to be a strict vegetarian." <http://www.ivu.org/religion/articles/jewishveg.ivu.revised.3.05.doc>

Whatever the merits of the arguments for or against veganism, vegetarianism or meat based diets from a religious, health, philosophical and moral basis may be what is certain is that the debates between secular and religious authorities will continue. And indeed arguments and discussions within religious communities will persist as perhaps new and different interpretations of ancient texts are generated.

And as new technologies come to light and science advances, altered and distinctive insights may give rise to interesting and wise views on the laws, both religious and secular concerning what may be eaten, and in what circumstances.

LIQUID CRYSTAL 6004



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South African Board of Jewish Education
ועד התיאום הישראלי בדורות אפיקים







SA Jewish Response
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H18 FOUNDATION FEEDING FAMILIES IN JOE SLOVO

JEWISH SOUTH AFRICANS CO-CREATING POSITIVE CHANGE FOR ALL



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SHANA TOVA
U'METUKAH!
שנה טובה ומתוקה!



MASKS FOR MEDICS PROVIDING LIFE-SAVING PPE

5780 brought challenges we could never have imagined.

And with challenges, there are always lessons and opportunities:

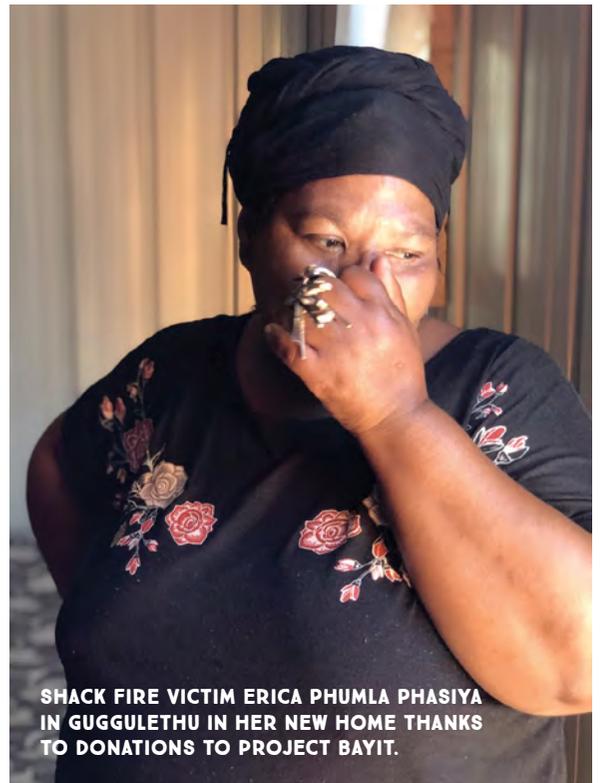
COVID-19 has burst open our hearts, brought us closer as we face the unknown together.

May the apples we dip bring us healing and renewal.

May the honey revive us and lift our spirits to continue our work.

May the shofar's cry awaken us, make us present to the challenges of our world and country.

From the Mensch Board and professional team, we wish you all Shana Tova Umetukah!



SHACK FIRE VICTIM ERICA PHUMLA PHASIYA IN GUGULETHU IN HER NEW HOME THANKS TO DONATIONS TO PROJECT BAYIT.



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[back to contents](#)

A brave
new year
to...

Invite me for Shabbat dinner

By Kristy Evans



I'm hoping for a brave new year to Friday Night table hop.

(Disclaimer: That probably sounds really weird.)

What I actually mean is that I want to visit, eat, drink, dance(?) at as many Friday night tables as possible this upcoming year. Clearly, I'm not observant — which gives me the opportunity to even contemplate doing this.

But, my reason for wanting this is that I have a lot of 'in-person' connecting to do. And this is my strategy.

I'm sure I'm not alone in feeling like I've done way too many 'not in person' Zoom calls in the last six months. During these calls, I've often had to make very difficult and serious decisions with regards to our community alongside some

unbelievable people. These have not been easy meetings. There has been lots of laughter. And many, many tears (not just by me).

One thing all of my Zoom meetings have had in common is the caliber of people who I have had the privilege of working alongside. Don't get me wrong, I've worked at the UJC for the last six years — and I have unbelievable staff members, lay leaders and volunteers. But the last six months has forced me (and the entire community) who has tended to work in silos, to come together and survive one of the most difficult times in recent history — and it was only possible in collaboration.

I can tell you something without a shred of doubt — those that have been involved in steering our communal 'ship' (especially during the last six months) are the most dedicated,

passionate, hard working individuals I have ever met. I can't tell you the number of late nights, Sundays etc. that I have been on calls, hosted webinars, looked at PPE quotes and COVID expense sheets, prepared community 'update' mailers. I also can't tell you the number of children, wives, husbands, cats, dogs that have made 'appearances' in these meetings.

I have seen into the homes of colleagues who I probably never would have gotten the chance to before. I know what mugs people drink their tea out of. I know what art is hanging, whether you're a 'plant person' or not, and what color you paint your walls.

So, for my brave New Year, all of you whose homes I have 'virtually' been in over the last six months... I'm coming over! And instead of waving

to your spouse, child, cat as they whizz by the screen, I'd like to share a meal. I'd like to eat, drink, laugh (hopefully not cry) over a glass of wine and breaking of bread. Because there is a time to work hard with our heads down and our cameras on, and there is a time for cameras off and to look at each other, and maybe even share a hug.

So the answer is 'yes'. All you have to do is invite me.

L'chaim to 5781 — we've got this!

Kristy Evans is the Canadian-born, Metis-tribe descended, Jewish-converted Director of Strategy and Operations at the United Jewish Campaign. She has lived in Cape Town for 20 years — so no, she's not on holiday. But yes, she does love Cape Town and plans on staying.

Stay safe while enjoying Cape Town's beautiful outdoors

Cape Town boasts some of the most beautiful places in the world to hike and enjoy nature.

During lockdown, many Cape Town Jewish community members have taken to walking the trails as a form of outdoor, socially-distanced exercise. As with all outdoor activities, staying safe and being responsible are integral parts of enjoying the experience.

SanParks offers 10 basic rules of mountain safety on their website:

- Don't hike alone; four is the ideal number.
- Choose your route carefully and stick to it. Allow yourself enough time — start early. Inform someone of your route and what time you're expected back.
- Choose a hike leader and walk at the pace of the slowest member.
- If lost — don't split up. Rather try to



Last light on Table Mountain in Cape Town photo by: @thomasbennie_ (instagram)

retrace your steps. Remember that climbing down is more difficult than climbing up.

- Always take waterproof clothing, even in mid-summer, and wear walking shoes or hiking boots. Wear a hat or cap and sun block in

summer. Weather changes rapidly.

- If lost or forced to stop because of bad weather, stay together and remain in one place. Find the closest shelter from wind and rain.
- In case of injury, take time to

assess the situation. Then send two people for help and let the third remain with the injured person. If possible, mark the position on a map and send it with those going for help.

- Stick to well-used paths, which will be indicated on the Park's hiking map and read the warnings on this map. Don't take shortcuts and especially don't wander into ravines.

- Always take enough water, especially in summer, and food in case of a delay. Watch the weather and time, and turn back before you start running late or if bad weather threatens.

- Take a fully-charged cellphone. Some parts of the Park do not have cell phone reception, but you will always be able to reach a place where you can use a cell phone more quickly than you'll get to a landline.

CSO recommend signing up for the SafetyMountain WhatsApp-based service that tracks hikers and other mountain users, giving them instant access to assistance in case of an emergency.

Visit <http://hikersnetwork.co.za/safetymountain/>

Emergency Numbers to put into your phone: Main emergency number: 086 110 6417 Emergency SAPS (South African Police Service): 10111 (02110111 on cell) Emergency CT Emergency Services: (021) 480 7700 Emergency CT Central OPS Centre: (021) 467 8002

All of these call centres are primed to respond to incidents on TMNP and investigate suspicious activities.

Other numbers which could come in handy: Emergency NSRI: 082 911 Emergency TM Cable Car Company: (021) 424 0015

[back to contents](#)



UJW looks back on a busy quarter

April was spent launching our COVID-19 food and Baby Bag appeal.

Due to the COVID-19 Crisis and the fact that pre-school children could not go to school, we had to close down our educare centres and crèches. We were painfully aware that most of the children at our centres received the mainstay of their food from us and were now not receiving food at all. Many of their parents had lost their jobs and the situation was dire. Most of the new moms at Somerset Hospital and the communities we support around Cape Town were leaving the hospital with nothing at all for their newborn babies.

Energy was put into mobilising all our resources and we immediately started collecting funds for our children, their families, the community members and the new moms. We have been distributing family food packs, community food packs and baby bags to the children from our crèche's, the 6 communities we are assisting around Cape Town and moms from Somerset Hospital and surrounding communities ever since and will continue to do so for as

long as we possibly can. July was a busy month for us at the UJW, we partnered with some incredible NGO's to raise funds to carry on feeding and supporting the members of the Cape Town community we had been helping.

We were so grateful to have been chosen by Mensch as a beneficiary for their COVID-19 and beyond campaign. Our first event was a Zoom cook-a-long which was an incredible success, thanks to Jodi Ramsay and Gina Flash for organising such an inspiring event. People from all over the world, joined together to cook one of Madiba's favourite dishes — all of this to honour Mandela Day and collect funds to help feed our very hungry nation. We look forward to working with Mensch again in the near future.

July also saw the UJW collecting for the amazing One to One event. UJW has proudly supported the One to One Fair for the intellectually disabled annually for the past 38 years. We supply thousands of cupcakes which are generously donated by our community and bring a smile to all those that receive them. Due to COVID-19, the fair has been cancelled this year. One to One has decided to assist by distributing

'Health Packs' to all the families of the people who would have attended the Fair. The packs consist of water, hand sanitizer, face cloths and/or handtowels, soap and rice. UJW collected 'cakes' of soap instead of cupcakes and we are so grateful to have collected 1570 for them.

We put out an appeal for wool and knitters to support our Baby Bag project and blanket project. The response has been very positive but there is an ongoing need so if this is something that interests you we would appreciate your contribution.

August being National Women's month, we launched a Facebook tribute showcasing UJW women of the past, UJW beneficiaries, our local heroes, women around the world making a difference with regards to COVID-19 and an awareness campaign highlighting the very important issue of Gender Based Violence.

And now it's September and we are as motivated and committed to care for and support our community as ever before. It is only by coming together that we are able to help and uplift those in our community that need our help. Thank you Cape Town Community for supporting us and allowing us to continue our vital work.



Yael and Eitan Robins Kallmann packing for One-to-One. 'Cakes' of soap were donated instead of cupcakes by the UJW for this exceptional, long running and meaningful project.



Team member Rika Van Der Merwe helping to get the various family/community food packs prepared at the UJW offices



5780 has been a challenging year, but CSO Cape Town has been with you throughout.

We will continue to be there protecting and saving your lives, now more than ever.

Thank you to all our dedicated volunteers and all those who have supported us in our mission.

We wish you Shanah Tovah U'Metukah & well over the fast.

Emergency no: 086 18 911 18 • Non-emergency office no: 087 820 4949
www.csocape.org.za • www.facebook.com/csforlife



USING MY NUDEL

Plagued by pandemic platitudes

By Craig Nudelman

During the past few months we have had to deal with many things. Isolation, quarantine, homeschooling, a lack of exercise and a lack of recreational activity.

But we have also had to deal with a plethora of platitudes, memes and motivational quotes. There are three, in particular, that I hate. The first are four words that fill me with dread: "My fellow South Africans..." Even typing them makes me feel ill. But there are two other which irritate me to no end.

The first is "this too shall pass". Now, I understand that we need to be hopeful, but I don't need to be constantly reminded that this will happen at some unknown point in time. "But WHEN will it pass? When?", I want to ask every kind-hearted person who gently reminds me that "This too shall pass".

The second, and more frustrating for me, is those who say that this is "the new normal". I do not like this for a several reasons. The first is that it is suggesting that there was a normal to begin with. This is not a normal

time for me, or any parent who goes through any life changes. And growing up and dealing with existential issues aren't normal either. I am not sure how to do anything normally, so when people say there is a 'new' normal, I get irritated.

Why do people always have to coin phrases to make us feel better? And do motivational quotes make us actually feel better? Some people would say yes. Words and thoughts are extremely powerful and can affect one's mental and emotional health. In fact, they can even change the way we act.

However, we need to stay away from motivational quotes which can maintain the negative thoughts that we are trying to get rid of.

These are the following 'thinking styles' which can reinforce negative emotions. Black and white thinking is when you only think in extremes, usually using negative phrases motivate, like this from Beverley Sills, "You may be disappointed if you fail, but you are doomed if you don't try."

Another is 'Compare and despair' — comparing ourselves with others

to make ourselves feel inferior. To reinforce this, here is a nice quote from Jim Rohn, "Successful people do what unsuccessful people are not willing to do. Don't wish it were easier; wish you were better."

The third is called 'high and inflexible rules' — when people hold themselves to sometimes unachievable aims. A quote for this would be one by James Cameron, "If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success."

There is also a lot of research into how motivational quotes have become a social media industry. In an article on wired.co.uk, Victoria Turk demystifies how people make money from just posting motivational and inspirational quotes.

Many people have been able to quit their day jobs by just being a presence on social media and writing inspirational quotes.

One such person is Laura Belgray, who wrote a piece published on Money.com with the headline, "I Get Paid \$6 000 a Day to Write Inspirational Quotes for Instagram."

Here's how I perfected this dream job." (I'm obviously in the wrong job!)

Life is hard and it doesn't get easier — when we adapt and change the world changes again so we have to adapt and change. It's a never-ending cycle of recreating ourselves.

But we do need to stay motivated, especially during a pandemic that has crippled South Africa's economy, education system, and brought corruption back into the picture. I am not putting a blanket ban on inspirational or motivational quotes. If something really gets you going, I'm happy for you. But I prefer to find my happiness in music, literature, art, friends, family, theatre, and film.

But if I could give one word of inspiration, if you want to hear it after my rant, it is this, courtesy of Monty Python's 'The Life of Brian':

"Always look on the bright side of life".

Chag Sameach and G'mar Chatima Tova. May your 5781 be much, much better than 5780!



Student Voices

FOR THOSE SEEKING A MORE MEANINGFUL JEWISH LIFE



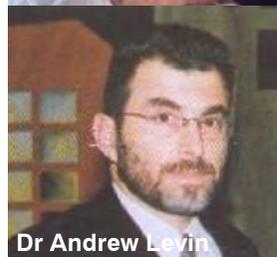
The Cairo Genizah

Barbara Flax

I've become a Melton junkie these past two years and the lure of catching a glimpse into everyday life and social history of Jews in medieval society was irresistible. The Cairo genizah archive is a collection of fragmentary Jewish texts, sacred and secular, stored in the Ben Ezra synagogue in old Cairo/Fustat.

Under the enthusiastic 'stewardship' of Bryan Opert, with the added insights of Ann Harris, we examine the 'sacred trash', looking back into the private and public lives of the writers and observe interactions with people of other faiths, communities and countries.

Our romantic and nostalgic exploration of the forgotten world (not much different to ours), has made us aware of culture and traditions of the Jews of the period and region who held fast to their values and identity.



Jewish Medical Ethics

Dr Andrew Levin

As in all Melton courses, this is text-based. The lesson structures are carefully thought out, with source texts representing multiple viewpoints within Judaism and are not prescriptive.

I like that the texts are unaltered; some disturb, some resonate. The feeling I get is 'WOW', I am interacting with centuries of Jewish texts and thought. As a medical professional, it enhances my understanding. I have been surprised as the topics don't shy away from very awkward, embarrassing realities of modern-day living, enabling even non-medical participants to understand.

This thought-provoking course sparkles because it is apparent that Judaism has been grappling with clarifying contemporary medical technological issues - significant relevance in our troubled times.



Jewish Mysticism

Nicole Martin Sorrell

Jewish Mysticism One of the gifts of the pandemic has been the ability to partake in Melton courses again, from London. My sister, Michelle and I, feel privileged to participate in 'Jewish mysticism & Kabbalah' under the superb tuition of Nachi Mendelow. It has been deeply stimulating and thought provoking. I admittedly have the highest standards being involved in the world of learning and development and my expectations have been significantly exceeded.

Nachi was raised in Safed and being steeped in kabbalah has great wisdom. Yet he remarkably also has the ability to lead a large group of eager students through the joys and complexity of kabbalah with both grace, humility and discipline.



האוניברסיטה העברית בירושלים
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Viv Anstey, Director: vivanst@iafrica.com 0828095414
More Info: www.meltoncapetown.org



[back to contents](#)



CTTH Societies: Nurturing school spirit through a pandemic

By Mrs. Daniella Conibear, General Studies Principal

The school year, along with every aspect of our daily lives has been disrupted by the COVID-19 pandemic and the subsequent lockdown.

In education, the greatest challenge has been the transition to providing a rigorous and holistic online education while meeting our school community's social and emotional needs.

While screens provided the answer to many problems they also raised new ones. A challenge to keep children active and social during this time arose and with that the need to take a deep look at the role that schools play in the wider social fabric. In society today schools are needed to meet not just children's academic needs but also their social and physical needs too. This time of crisis affirmed that schools need to teach children to be balanced, active and healthy individuals that can in turn contribute to their wider community.



Batsheva Popack on Mandela Day



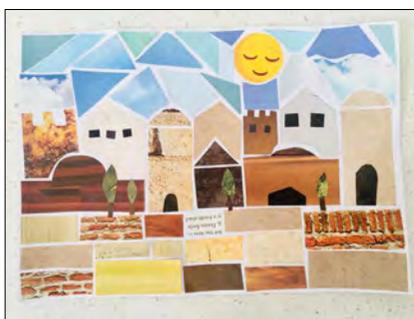
Baking at CTTH

It is within this context that Cape Town Torah High launched an initiative called Student Societies, an effort to engage children on a physical, creative and emotional level to support and extend them through this challenging time. They say that calamity is a great inventor and there have been many additions to school life that will be maintained even once our school life looks a little more like it used to. Student Societies covered an intentionally diverse spectrum of areas so there is something for

everyone to get involved in. These include yoga, baking, comic book creation, creative writing, origami, debating and public speaking, fitness and art, online and on campus.

Each society provides a chance to get children off the screen and active in the hours after the school day is complete, learning new skills and finding opportunities for growth despite confinement.

The intangible spirit of a school is something that is integral to the school experience and in 2020 we have learnt new and creative ways to develop this necessity. Without classroom walls to stick words of encouragement on, we held online positivity sessions, wellness mentor groups and when we could not meet in person



Mosaicing at CTTH

for our weekly chessed lessons, we each went out into our own communities to give back in ways that we could, culminating on Mandela Day, taking these acts of giving to the streets of Cape Town.

With each Student Society session we hope to be teaching our children that we can grow through this challenge and emerge equipped with creativity and resilience.



The Miracle Box Project

A brave
new year
to...

... to build!



By Rabbi Sam Thurgood

In December 2018, our beautiful Shul burned down, placing us as a community – and me as a Rabbi and part of the community – in a situation we could never have imagined.

The Shul, which had served as a spiritual sanctuary, a place of peace, connection, inspiration and comfort, was suddenly no more. The next 16 months were inspiring (to see the community come together, and the wonderful friends we have), overwhelming (each time the scope of the project of both keeping us together, and restoring what we had, became clear), sad (when we thought of what we lost) and joyous (as we began to build together). And then in March we all received the 'corona-curveball'.

Suddenly, building work had to stop in lockdown, building details were re-evaluated, and even our temporary venues for services closed as we – together with most of the world – moved our weekday (and Erev Shabbat) services online.

It has been a dark time for many, and as a Rabbi much of my time and focus has been spent on helping members of my community however I can – calling to check in on people, facilitating practical help and financial assistance, creating social portals and working to allay anxiety. But our building work resumed! And a light shone again in those dark days.

Each time I saw photos of the rebuilding, saw the plans and drawing from the architectural team, walked past the construction itself, I was inspired and uplifted anew. At the time in which so much in the world seemed to be failing, here something was rising. At a time in which so much news was doom and gloom, here was hope and a bright future. I am so looking forward to the rebuild, to having my spiritual home back, to being together again with and for one another in mutual support, in sharing and in growth. Shana Tova!

Rabbi Sam Thurgood is a husband to Aviva, father to four beautiful children, and Rabbi of Beit Midrash Morasha at Arthur's Road.

New Rabbi ready to revitalise Muizenberg Shul

Many years ago, Muizenberg was a premier Jewish holiday destination, and there was a large permanent Jewish community as has been documented in books, such as Hedy Davies' *The Shtetl By The Sea* and the travelling exhibition *The Golden Medina*, that has been seen in many places throughout the world.

The once dynamic and vibrant Muizenberg Hebrew Congregation has been shrinking slowly over the last decade or so, as the existing membership ages, and the community has been without a permanent rabbi for over 20 years since the last incumbent Rabbi Rockman retired. In spite of this, the community has continued to function with regular Friday night and Shabbat services, splendid brochas every week as well as services over all the major chagim, with minyanim about 90% of the time, run by a selection of different local rabbis and spiritual leaders.

Muizenberg itself has been undergoing a revival in the last five years or so, and since the

redevelopment of the beach front, it has transformed into a very popular tourist and surfing destination.

The Muizenberg Shul has appointed Ryan Newfield, a young and dynamic rabbi, as the spiritual leader of the shul since the beginning of March this year. Unfortunately, his appointment coincided with the onset of the COVID-19 pandemic, but he has already begun to reach out online to Jews in the area.

In addition, there are a large number of country members primarily from Gauteng, many of whom have holiday apartments in the area who swell the size of the community during the summer holidays, at which time there are daily services with minyanim. Furthermore 'Camp Keshet' owns a campsite in the area, where a large number of underprivileged Jewish children from around South Africa enjoy a lovely holiday during the summer.

If you live in the area and are interested in connecting with the Muizenberg Shul, you can contact Rabbi Ryan Newfield on 062 183 8404 or email rnewfield@gmail.com

A brave
new year
to...

Keep it sweet and simple

By Tamara Davidson



I am a chronic over-caterer. And have never encountered an event that didn't warrant a table festooned for a festivity.

If I'm truly honest, adapting to roll out smaller scale celebrations for my immediate family alone, has been as much of a relief as it has been a valuable learning on how to embrace moderation.

A life-long fan of the adage 'more is more', it's been surprisingly liberating to raid the plastic storage tubs in the garage and use whatever there is at home or growing in the garden to make a family member or neighbour feel special on a birthday or holiday. My children and I took the same approach to decorating the Pesach Seder table this year: homemade, reworked and recycled. I'm sure that Rosh Hashanah will be done in a similar style: small, intimate and easy.

Table settings and catering menus aside, I aim to emulate this simplified

approach in the rest of my life. By sheer force of Covid chaos, our lives have already been pruned to the stems and the notion of a 'full life' has been completely redefined.

It's been wonderful and inspiring to see communities rally together during this time in support of each other with little more than the natural talents that they possess – one of the upsides to people having had the time to explore long-forgotten aptitudes! I hope that this spirit of creativity and collaboration continues and that the ability to trim things down to the basics while reinventing and repurposing existing goods becomes a permanent fixture post-pandemic.

Quality over quantity will be a strong takeaway from the past few months of lockdown living for my family... and I'm quite enjoying a more sedate pace of life!

Tamara owns a small creative consultancy, Schmooze Design, and is currently completing her second children's book.

Father and son build a raft and sail to Robben Island

By Jaime Uranovsky



Josh Rubin, best known for his photojournalism and short documentaries, such as his recent documenting of Cape Town under lockdown, has just completed a new project.

Josh recently launched a YouTube channel and, at the end of July, uploaded his most exciting video yet: Josh and his father, Tony, constructed a raft and sailed it to Robben Island.

Of his YouTube channel Josh says, "The work I was doing was getting a bit much and I needed to do something more light-hearted. That was the idea behind the YouTube channel. It's just a place where I can have fun and make fun videos and make people laugh for a change".

The idea to build a raft was not entirely serious at first, but stayed afloat long enough for the father-son duo to turn it into a reality. Josh explains, "During level four and five I was documenting lockdown and then after that period I had a lot of free time, and my dad was working much less as well, so I thought of starting a YouTube channel and we were thinking of ideas and I threw it out there. I said, 'Why don't we make a raft and paddle to Robben Island', and at the beginning it was a bit of a joke but it slowly became a real idea."

Continued on page 41



Empowering and invigorating community leadership

Eliot Osrin Leadership Institute's Leadership Development Programme is a journey of personal growth, exposure to community, experiential learning and acquisition of skills and knowledge. All with the aim of stepping up to lead.

The 2019/2020 Cohort of 26 participants is mid-way through their programme, facilitated by faculty of excellence. This juncture marks their immersion into their Action Learning Module, which will focus on exploring interventions to core community challenges.

Leaders need to renew their own way of thinking before they can hope to transform their organizations. As we approach Rosh Hashana and reflect on our opportunity to recover and lead in this time of Covid, we must apply ourselves as leaders to behaviours that innovate, invigorate, inspire, and empower.

Hear the reflections in the voices of 3 EOLI 2020 Cohort participants:

Over several months, I have been privileged to be part of the EOLI leadership development program and afforded the opportunity to rev my personal and professional development into top gear. The theory has been meaty and challenging, covering a wide spectrum of intellectually stimulating and practical topics. My knowledge and understanding of Cape Town's Jewish community has expanded enormously, delving deeply into ideas around ethics, leadership, values, communication, coaching and systems theory, impacting me on cognitive and emotional levels; I am not the same person I was when I started this journey. The incredible calibre of those I work with and learn from is amazing. I am challenged, supported, and come to really know myself and my skills better. I feel more confident and empowered to set and achieve strategic goals for myself and my organisation and am enthusiastic about better serving the CT Jewish community. *Janine Rodgers*

What has struck (and pleasantly surprised) me is the diversity – the make-up of the cohort, and the breadth of initiatives there are to get involved in. You can be religious or atheist, orthodox or progressive, rich or poor, young or old, Jewish or Jew-ish. Whatever you can do to contribute, there's a need. However you want to help, there's a way. The programme has shown how much there is to do, and being done. It's also a great introduction to new people and new ideas. As a group, we have different experience and expertise, persuasions and perspectives, which makes for rich collaboration. The programme content has been a stimulating combination of philosophy, theory, practicality, and utility. There have been new insights and new tools which I'll apply widely, and beyond the programme. *Sasha Sanders*

EOLI has exposed me to powerful ideas delivered by accomplished teachers. Each module has taught me skills to apply in my personal and professional life. Beyond this, EOLI has introduced me to fellow community members from diverse backgrounds, committed to their leadership journey. EOLI has created a platform to ask difficult questions. In confronting "wicked" problems, with other EOLI participants, I have learnt that solutions are not the sole purview of an inspired leader. Solutions develop through collective hard work. Rosh Hashanah is a time to engage with "big picture" questions. It is about living with responsibility. A responsible life includes periodic engagement with big orienting questions, for individuals and communities. From these questions we develop our future and forms the basis for our vision. EOLI provides a community platform that encourages us to engage in hard work required to ask questions and formulate our best responses. *Shimpa Moch*

Wishing our community renewed energy in good health. From The EOLI Team, Faculty, Cohort & Advisory Board.

info@osrinleadership.org

[back to contents](#)

A brave new year to...

Leap out of your comfort zone



By Steve Sherman

I run an educational NGO (livingmaths.com) and we teach in around 30 schools.

We run an extra-mural program where we make young kids fall in love with maths and science. Up until March, things were going well. I was working in classrooms, presenting workshops and the plan was to make 2020 a year of growth. Well let's just say that on 27 March those ideas came to an abrupt halt. I essentially became unemployed overnight!

When lockdown commenced, I was unable to earn an income and this became a problem! With the new year almost upon us, it is usually a time of introspection and a time to reflect on how the past year has worked out and what we can do to make the new year even better. 2020 is ironically the year that we have been gifted 2020 vision. Introspection and self-reflection did not arrive gently. It kicked down the front door!

As luck would have it, problem solving is what I do for a living! Now I get to put this all into practise. I made a brave and conscious decision to take the proverbial truckload of lemons that were dumped on me and turn them into lemonade. I am going to fight to make this a brave new year! I signed up to as many online conferences, online course, workshops and Facebook groups as I could so that I could learn what others were doing during this difficult time. I then offered to run FREE maths enrichment classes for K-8 at two different time zones. Yes I was even teaching from 2am to 5am for the Australian children!

During this time, I began testing the integrity of various software platforms to find the one that met my needs. I had over 1200 children sign up for the 6 weeks. This allowed me to develop an online extra-mural programme that I am very pleased to write is already into its second 8-week cycle. I have opened it up to children all over South Africa, and in September I will be looking to offer opportunities for international students to join in.

My virtual birthday parties are now all the rage. I have done parties for children as young as six up to an adult who turned 82. Parties 2.0 have many benefits. You can invite whoever you want — irrespective of where they are in the world, no cleaning up, no catering bill, they all actually leave at the end of the party plus you get a recording and screenshots from the event. Can you imagine a party with

no 'farribles'? I am busy with a couple of parties each week.

I then initiated projects with international partners in order to run STEM summer camps in the USA and UK. With international partners, I would be able to run quality events with an established organisation and this allowed me to a foot in the door with international markets. Two weeks of Astronaut camp were so successful that we are already planning events for Autumn and winter in the USA.

Finally, I began offering corporate team-building. Many businesses have got their staff working from home. Business has changed and no one knows how long this will last! In order to keep staff motivated and committed, activities that build team morale and foster unity are essential!

With my years of experience running Bingo for charity within the community, I was easily able to adapt to virtual bingo. Scavenger hunts and online Kahoot quizzes are a speciality of mine. Many years of involvement with youth movements in South Africa helped me to develop strong people skills, group games, ice breakers and the know-how to run activities. All I had to do was make the digital translation. Judging by the bookings and the feedback, the transition has been successful.

With the New Year on its way, I have growing optimism for the exciting new life trajectory. I feel that the pandemic gave me two choices. Either give in and hope for the best or be brave and put on my "walk the talk, big-boy pants", climb out of my comfort zone and start embracing my potential.

My advice to those of you that are suddenly unemployed or going through difficult times — have faith and belief in your own abilities. Focus on what you are good at. Look at ways to monetise your skills. In the virtual market, you no longer have to think local — you can access the world. True growth occurs when you climb out of your comfort zone and take control of the things that you can control.

Be brave! Maybe the pandemic is not your greatest challenge but rather a catalyst for who you were meant to be?

Steve is the Chief Imagination officer of livingmaths.com. He gets people to fall in love with Maths and Science. He has a black belt in buffet.

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Annexation article problematic

In her View from the Chair in the August issue of the Cape Jewish Chronicle Esta Levitas provides a false narrative supporting Israeli annexation of illegally settled areas of the West Bank.

Levitas maintains that the entire West Bank belongs to the State of Israel. Supporting Israeli sovereignty over the West Bank via manipulated narratives is a dubious position. Many Israel supporting South Africans are concerned that the SAZF has adopted this illegal proposition which places our community at a disadvantage in defending Israel.

Although annexation has currently been withdrawn as an active policy option, the Settler Movement in Israel remains a strong political force and the Government continues to provide substantial resources to Israeli settlements designed to create 'facts on the ground' by displacing Palestinians. It is therefore important to understand that illegal settlements pose an ongoing threat to the standing and security of the State of Israel including its democratic nature.

There is no question that the Israeli occupation is illegal.

Here are the facts: -

The internationally recognised borders of the State of Israel are the armistice lines of 1949. (Green Line)

In 1967 Israel occupied the West Bank and began to illegally establish settlements in violation of the 4th Geneva Convention. This despite its own legal advice, (The Meron Opinion) as well as UN Security Resolution 242 of 1967, which made clear the "inadmissibility of the acquisition of territory by war".

More recently UN Security Council Resolution 2334 of 2016 affirmed that the settlement on all land occupied by Israel in 1967 is illegal. UN Security Council Resolutions are binding under international law. Any discussion regarding the West Bank has to take this reality into account. Levitas ignores this reality. Her story reverts to post WW1 treaties where victorious Colonial Powers divided up territory from the defeated Ottoman Empire. Incongruously, she interprets these agreements to assign ownership of the West Bank to Israel. This is inaccurate. Then and now.

The Balfour Declaration (1917) espoused "the establishment in Palestine of a National Home for the Jewish people" without prejudice to "the civil and religious rights of existing non-Jewish communities in Palestine". Balfour was incorporated into the San Remo Conference. The result was not a Jewish state. It gave Britain a sole Mandate to govern Palestine. In fact, the British government confirmed that the words "in Palestine" meant that the Jewish National Home was not intended to cover all of Palestine. The British Mandate ended in 1948, the State of Israel was born and thus superseded all prior colonial arrangements including San Remo and Balfour. Levitas' reference to post WW1 treaties as applicable to the present day is disingenuous to say the least.

Perhaps the most glaring failure of the Levitas View is the dismissal of Palestinian rights by asserting "there is no Palestinian nation, nor has there ever been". Dismissing Palestinian rights violates Balfour itself. As Jews we must reject this terrible denial of the identity of another people. JDI requests that the SAZF disassociates itself from this particularly egregious comment.

The State of Israel represents all Jews. Facts matter, human rights, equality, justice and dignity matter.

JDI looks forward to a time when we can support the Fed without compromising these values.

Basil Dubb – on behalf of Va'ad Poel, JDI (Jewish Democratic Initiative)

Right of reply by Ben Levitas

In her View from the Chair, Esta Levitas quoted me and therefore I will reply.

The SAZF Cape Council agrees with JDI that "facts matter" and that "human rights, justice and dignity matter". I hold that the historical facts I presented are correct and that at no time has the SAZF undermined the rights of any group or religion in Israel or elsewhere. When I say "that there is no Palestinian nation nor has there ever been" I mean what I say. Before 1948, when 'Palestine' was mandated to Britain the Jews living in 'Palestine' were considered 'Palestinian' and many of the founding fathers of Israel carried 'Palestinian' identity documents. The notion of 'Palestinian' referred to all the inhabitants of British Mandated Palestine, inclusive of Jews. The riots against Jews in 1929 and 1936 were known as 'Arab' riots not 'Palestinian'.

In fact, the first Palestinian independence movement (PLO) was only created in 1963, by Yasser Arafat, who was born in Egypt. The PLO was formed well before 'the occupation', which proves that the conflict has nothing to do with the 'occupation'. This does not mean that I, or the SAZF in any way deny or diminish the rights of the 'Palestinian' citizens of Israel to full participation in Israeli society, or even deny them the right to their own future statehood. In fact, the official standpoint of the Zionist Federation is for a two-state solution to preserve the very democratic and judicial rights that JDI are concerned about.

When Balfour, the British Foreign Secretary in 1917 promised the Jews a home 'in Palestine' the area of Palestine included the East and West Banks of the Jordan River. The East Bank was ceded to the Hashemite Kingdom for political reasons in 1921. JDI allege that 'in Palestine' was meant to exclude the 'East' and 'West Bank'. The 'West Bank' was illegally occupied by Jordan after the war of independence in 1948 and not recognised by any states. Jordan immediately destroyed the Hadassah Hospital on Mt Scopus, the Jewish Quarter in the 'Old City' and razed all the synagogues to the ground.

Our major divergence of opinion with JDI relates to the way they view the areas which Israel conquered during the Six Day War. JDI sees them as 'occupied' whereas I prefer the appellation 'Judea and Samaria' which recognises the only times in their history when they existed as sovereign entities. JDI doesn't even acknowledge them to be 'disputed territories'! JDI only acknowledges the views of the United Nations, which is anything but democratic and known for its anti-Israel agenda. The General Assembly of the United Nations is a tyranny of the majority, which overlooks

and crushes the rights of minorities, like the Kurds, Crimean's or Tibetans and therefore it is hardly an example for JDI to uphold as a protector of human rights.

JDI ignores all the many offers that Israel has made to surrender the 'occupied territories' in return for peace. JDI ignores all the negations of Israel's right to exist. JDI blames only Israel, and keeps encouraging the 'rejectionists' by continuing to appease them. The 'Palestinians' have walked away from the negotiating table every time there have been peace talks and been rewarded for their steadfastness to make any concessions on the critical issues, such as the rights of Palestinian descendants to return to Israel.

JDI states as a categorical fact that "there is no question that Israeli occupation is illegal". I challenge this. The Trump administration does not think it illegal. Many International legal experts do not think it illegal, particularly because the 'West Bank' belonged to no state. The majority of Knesset members do not think the 'territories' are illegal. Why does JDI challenge the democratic wishes of Israeli citizens?

JDI claims that the internationally recognised borders of Israel are the armistice lines of 1949. Can they name one Arab state that recognised these borders before 1979? JDI twists the interpretation of the 4th Geneva Convention to apply to Israel's 'occupation' which is entirely erroneous, as Israel was attacked and inadvertently ended up being an occupier while defending itself.

Surely JDI needs to acknowledge that unilateral withdrawal as Israel did in Gaza, has had catastrophic consequences for Israel? While JDI professes to love democracy, I would presume it supports Israel negotiating with a corrupt Palestinian faction Fatah, whose leader denies the Holocaust. The other faction, Hamas, denies Israel's right to exist, and is committed to Israel's destruction. Israel has been struggling for eight decades to find a brave and credible partner amongst the Palestinians, with whom it can negotiate.

JDI fails to give credence to Israel's Declaration of Independence which acknowledges the human and democratic rights of all its citizens. The SAZF views Zionism as a human rights movement and is fully in sync with Israel's commitment to democracy and civil liberties. Israel has remained committed to preserve and defend these rights through great adversity and will continue to do so.

JDI should sing Israel's praises as it is undeniably the only democratic state in the Middle East that upholds all the human values that our proud Jewish tradition teaches us.

The Cape Jewish Chronicle deems this matter to have been adequately handled with fairness to all parties concerned and no further letters on this topic will be published at this time. The CJC remains committed to ensuring that all voices are heard and that all our communal organisations feel they have a place in our publication.

Opinions expressed in this paper do not necessarily reflect the views of the Editorial Board or its sponsoring bodies. Letters submitted anonymously will not be printed. However, by agreement, the name may be withheld in the publication. Letters are published subject to space being available.

[back to contents](#)

The life and times of Selwyn Myers

By his nephew, Gerald Musikanth

Selwyn Myers was born on 11 March 1933.

He was the youngest of four brothers and two sisters. At the age of nine his eldest sister Hannah Musikanth (née Myers) gave birth to me, on 23 October 1942. Selwyn was so excited to be an uncle at the age of nine that he took the day off from going to school, as "uncles don't go to school!"

For Selwyn, growing up in Muizenberg with his friends was like living in a mini paradise.

The Balmoral Beach and the Snake Pit were like home to him. Playing on the beach, swimming, ball games, beach bats and Bok-Bok were all that were needed to turn Muizenberg into heaven and integrating with the holiday makers in the season pushed his 'home' up a notch. Playing pranks on the locals in the neighbourhood was fun but never destructive.

Selwyn, with his permanent open 'ipana' smile and friendly persona always won them over. He got away with murder and was labelled a *vielda* and a *zuliek* (wild and naughty).

Selwyn continued to develop a magnetic personality and always had a crowd of admirers around him. Playing rugby on the beach carried on for generations to this day.

This rugby on the beach turned out to be the precursor to the establishment of the Phillip Herbstein False Bay Rugby Club in Constantia (as it is still known today). Selwyn and others went on to play for False Bay while always retaining the camaraderie and friendships from the beach rugby which lasted for a lifetime.

Selwyn's family bought a house named Casa-Madre in Thaxter Road, Lakeside. The older family members moved on and married, leaving his grandmother, his brother Rube and himself living in Casa-Madre. His brother Rube, an actor, tried to teach his 'guttersnipe' younger brother Selwyn, the Classics, while making plans to go to Hollywood. Selwyn on the other hand would have none of this. He advised his elder brother Rube to ditch the Shakespeare Classics. He told him that if he wanted to make it big in Hollywood, to just get himself a wide brimmed cowboy hat, sit on a horse and say "Yip" and he would be a star overnight! Brother Rube went to Hollywood, and needless to say did not take Selwyn's advice.

As a 19-year-old, playing for False Bay, Selwyn's exceptional talents were soon recognised. Sammy Bloch from the Northerns Rugby Club in Parow, lured him to play for Northerns in the Grand Challenge League. This League included teams such as Villagers, UCT, Hamiltons,

Maties and others.

Under the tutorship of Hennie Muller (former Springbok Captain), Selwyn blossomed. He soon rose to Captain the team with great success. He became a crowd favourite when playing at Newlands in the main game, at 4pm. These matches attracted crowds of up to 25 000 spectators each week. Students, pupils and youngsters all sat in the enclosure on the grass on the field, while the selectors sat in the front row of the Grandstand, viewing the talent on the field for possible selection to play for Western Province.

Playing at Newlands, the successful Northerns team on a few occasions were on at 4pm for the main game. Once, when playing and captaining Northerns at Stellenbosch in a Grand Challenge Fixture, Selwyn kicked a drop goal and two penalties — beating the Maties 9-0. The great Danie Craven approached Selwyn asking him to come and play for Stellenbosch and he would make him a Springbok! Selwyn, however stayed loyal to Northerns.

It wasn't long before Selwyn won his first Western Province cap. He went on to represent WP on a number of occasions, his proud white smile almost outshone the glitter of the large trophy on the team photo.

Selwyn's mother requested to attend a match at Newlands to watch him play. So he took her to Newlands, and he let her sit in the front row next to the high ranking selectors viz. Boy Louw, Danie Craven and others. He told his mom to just watch the posts and watch him in his red rugby jersey sporting the number 10. He further explained that he took the kicks for the posts. He went on to explain that if the ball goes over the posts, his team would get the points. He told her to wait for him in the front row after the game while he had a quick shower and then he would take her home.

Three quarter way through the game, Selwyn doubled back to cover the full back who was waiting for an up and under. He took the high ball, went down with it, as the full pack of forwards hit him. They mauled and raked him as he clung to the ball.

There was no way he was going to let the ball go. Selwyn's mother jumped up screaming in Yiddish that they were killing her boy. The selectors calmed her down. The ref eventually blew up the stalemate and Selwyn's side won the set scrum that followed.

A few successful goal kicks later, and after a shower, as promised, Selwyn went to fetch his mother who was seething with anger waiting for him on the empty grandstand. In the car she told him that he was bashed to pieces, Selwyn explained that they

were not chasing him but they just wanted the ball. His mother asked him why he didn't just give them the ball? Selwyn never took his mother to Newlands again.

Selwyn's Rugby persona grew from strength to strength. On and off the field Selwyn became a household name. Later on he got a call to be on standby as fullback for the Springboks to play against France. Sadly a few weeks later he broke his ankle and was hospitalised. (Lionel Wilson from Villagers then took up the role as the Bok fullback).

His permanent smile and his playful rapport with the nurses ensured that he always received extra attention. Thereafter Selwyn played a few club games for Union, but never really recovered from that broken ankle. His clients, friends and rugby players all still crowded around him wherever he went. He always had a story to tell, never losing that magical smile.

There is no doubt that Selwyn was the greatest all-round sportsman

that Muizenberg ever produced. (His undeniable talents included athletics, tennis, cricket, and any ball game in which he always excelled). Naturally rugby took centre stage.

If Muizenberg had a hall of fame, Selwyn would be the only all-round sportsman ever to be inducted therein.

In his last few decades he battled gamely with devastating and painful illness. Confined to home he eventually succumbed and passed away on 8 December 2019.

His older brother Harry, who had just recently turned 100, arrived at the Muizenberg Cemetery with his supportive walker and carer on the 11 December 2019. Harry managed to take the spade and, with others, helped to bury his baby brother, near their mother's tombstone.

I will always remember those special halcyon days and all those vibrant, spirited, uplifting times spent together with Selwyn.

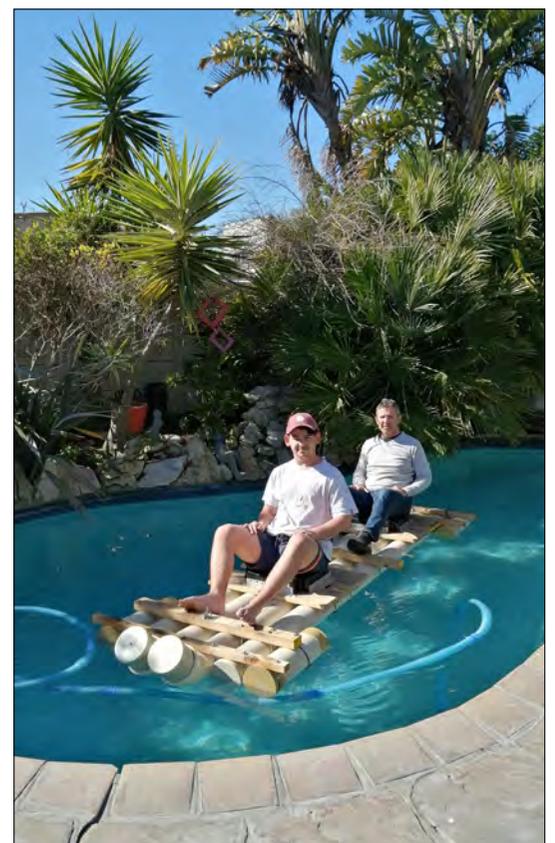
From page 38

Father and son build a raft and sail to Robben Island

Tony and Josh spent around three weekends building the raft. They used plumbing pipe, metal bars and wood to construct their vessel. Then they attached tuffy chairs after severing the legs.

The pair did some calculations to determine how much buoyancy they would need and acquired their materials based on this information. Once constructed, they tested the raft's ability to stay afloat in a swimming pool. Josh recounts, "We built the thing with just the four pipes initially and it was very unstable... So the first attempt we did was successful; it floated but it was a bit of a flop in terms of stability and then we added [extra] pipes and the second attempt was perfect".

Josh and Tony were then ready to set to embark on their odyssey, which took them around three hours. Josh says, "Getting past the break was very scary. The waves pushed the raft onto us, so we flipped a few times but once we got past the waves it was really awesome. It was my dad's 59th birthday on the same day which was unintentional. It just happened to be that that was a really good day for the weather. It was extremely special. I've never been to Robben Island



before. Neither had my dad, so it was a lot of firsts in one go".

To watch the video go to: <https://www.youtube.com/watch?v=vMajUoqE90s>

To check out Josh's other videos, visit his YouTube channel, [Joshwideawake](#).

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