

CAPE JEWISH CHRONICLE

VOLUME 40 No 3

APRIL 2023

Pesach 5783

Print edition www.cjc.org.za

Call for 2023 voluntary subscriptions

ONLY R350



Secure & easy to pay, only R350, with
Snapscan, Zapper, Yoco or by EFT.

PAYMENT DETAILS ON PAGE 3

Ann Harris z"l

By Chief Rabbi Warren Goldstein



On behalf of the South African Jewish community, I extend condolences to Rabbi Michael Harris and Jonathan Harris on the passing of their mother, Mrs Ann Harris, of blessed memory.

Mrs Harris was a legendary figure in the South African Jewish community, serving the community with great distinction and bravery alongside her husband, Chief Rabbi Cyril Harris of blessed memory. They came to South Africa during the final years of apartheid, and steered the community through the transition to democracy with a clear moral vision deeply rooted in Torah values.

Ann made significant contributions to the community in her own right. Though, outwardly, quintessentially English, she embraced South Africa and our Jewish community in the depths of her heart. For more than 35 years, she absorbed its struggles and triumphs, its fears and dreams. She gave her all to the community and to the country, fighting for legal justice for underprivileged South Africans through her leadership of the Wits Law Clinic, and doing extraordinary humanitarian work as the co-founder of Afrika Tikkun.

With her unerring sense of justice, she championed the cause of the vulnerable, and remained committed to her work in South Africa long after the untimely passing of her husband. Finally making aliya last year, Ann was someone who always lived fiercely by her ideals, no matter the circumstances.

I knew Ann for her sharp wit, her eloquence, and her fearless directness in communication. When interacting with her, you always knew exactly where you stood. I am grateful for all her words of encouragement over the years, but Mrs Harris certainly didn't shy away when she felt that I needed her guidance — and for that I am equally grateful.

Ann Harris's passing is a great loss for South Africa Jewry, Am Yisrael and most of all her children and grandchildren.



CHAG PESACH SAMEACH!



Regular contributors

Page 3	Des says... Shabbat times
Page 4	Union of Jewish Women Patrons panel
Pages 6 - 9	Cape SA Jewish Board of Deputies
Pages 10 - 13	SA Zionist Federation (Cape Council)
Page 12	ORT SA Cape
Page 14	WIZO South Africa ORT Jet Cape Town
Page 16	Herzlia Alumni Association
Pages 17- 18	United Herzlia Schools
Page 19	Telfed Family Announcements WIZO Cape Town
Page 20	Temple Israel
Pages 22 - 23	Chabad on Campus
Page 24 - 25	Cape Town Holocaust & Genocide Centre
Page 26	Cape Town Torah High
Page 28	Mensch
Page 29	South African Jewish Museum
Page 30	Jewish Community Services
Page 32	Highlands House
Page 33	Jacob Gitlin library
Page 34	Union of Orthodox Synagogues
Page 36	Salisbury House Mensch thought-leader of the month
Page 37	UJC
Page 38	Cape Jewish Seniors Association
Page 43	Chronic ads

Features and Opinions

Page 1	Tribute to Ann Harris
Page 39	Artist Patsy Groll's first solo exhibition
Page 40	Anton Katz on the importance of a hearing
Page 41	Julian Resnick writes from Israel
Page 42	Craig Nudelman ventures into the unknown


17

39

8

**CSO emergency number for security
and medical emergencies**

24 hours 086 18 911 18

CJC EDITORIAL BOARD Chairman: Lester Hoffman. Ex-officio: Ben-Zion Surdut. Committee: Daniel Bloch, Adrienne Jacobson, Geoff Cohen, Barbara Flax, Myra Osrin, Helen Schneider, Jonathan Silke. Editor and Layout design: Desrae Saacks, Digital coordinator: Lisa Shapiro, Advertising sales: Lynette Roodt.

DISCLAIMERS

ERRORS, OMISSIONS AND CORRECTIONS The Cape Jewish Chronicle regrets any errors or omissions that may occur in the paper and, where possible, will attempt to rectify these in a subsequent issue, should such a measure be deemed appropriate. No repeat advertisement or credits will be given for small typographical errors which do not appreciably lessen the value of the advertisement. The appearance of an advertisement or photograph does not necessarily indicate approval or endorsement by the Editorial Board for the product or service advertised or photograph reproduced, and it takes no responsibility for any loss or damage suffered by any person as a result of the reliance upon the information contained therein.

LETTERS AND OPINIONS Opinions expressed in this publication 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 writer's name may be withheld in the publication. Letters are published subject to space being available. The Editor and the Editorial Board have the right to decide on the inclusion of any item submitted for publication. Letters may be edited for clarity, space and/or language.

KASHRUT Unless otherwise stated, food and catering services advertised in this publication are not under the supervision of the Cape Beth Din.

FINANCIAL You should always obtain independent expert advice prior to making any financial investment, commercial or other decisions. Do not enter into any transactions of the above nature, based partly or wholly on the content of any advertisements or articles published in the Cape Jewish Chronicle.

Des says...



By Desrae Saacks, Editor Cape Jewish Chronicle

New beginnings

In January 2001 I joined the staff of the Cape Jewish Chronicle.

I was responsible for design and layout, under the editorship of Irma Chait. Anita Shenker handled advertising and Tessa Epstein was Irma's PA. Over the years we became like family, there for each others' milestone moments, and totally in sync in producing the printed Chronicle on schedule each month. Little did I know that 22 years later I'd still be here, sadly the only one of the four of us.

After Irma retired, the three of us embraced Tali Feinberg (Barnett at the time), saw her through her wedding and pregnancy (and editorship) and then stayed in contact as she left us to embark on her parenting journey.

Lindy Diamond was next to fill the position. We got to know her and her family, and then waved them goodbye as they embarked on their new life in London.

It was then, two years ago, that I accepted a six-month contract as acting editor. These last two years have been an amazing adventure. I've learned a lot about myself and about our community. Time has flown, and now it is time for me to do the same. As of 1 April, I will be stepping down as editor. This then is my last *Des Says*.

Those who are familiar with this column will know that it is the last space I tackle each month. And that there's usually a struggle involved, admittedly the 'serves-me-right' consequence of procrastination, and more forgivably writer's block (I'm not alone in this — see Daniel Bloch's column on page 6). There is also some method in the madness of leaving it until last. I like to have an overview of the (almost) finished product to reflect on and refer to.

This month, there are a number of stories that draw on the lessons of Pesach, in interesting and inspiring ways. I've particularly noticed a theme of new beginnings (but then maybe that's projection).

Craig Nudelman has written about his

imminent step into the unknown, (see page 42) and cleverly invoked the Pesach story.

On page 8, the Board hosts a welcome event for recent 'semigrants'. Not quite the physical distance facing the Nudelman family, but as I know from personal experience, a bigger adjustment than one might imagine.

On page 10, the SAZF announces a new director and 11 new ManCom members, bringing new energy to this pivotal community organisation.

On page 14, WIZO compares the journey of the women whom they support in their Neve WIZO houses, with the Pesach story of emancipation from slavery to freedom.

Rabbi Emma reminds us that embracing the new does not mean disrespecting/discarding the past, rather that we are part of a continuum that occupies the past, the future, and most importantly the present.

This month's Mensch thought-leader Ephraim Moss draws a brilliant parallel between global warming, unhealthy patterns of consumption and the science and symbolism of chometz. Read more on page 36.

These are just some of the great reads you'll find on these pages. I'm grateful to our advertisers and contributors for their support, for adhering (sort-of) to our crazy deadlines — printing, postal delivery, strikes and public holidays all take up time — and providing us with excellent, informative and thought-provoking content.

I also want to thank the Chronicle team, Lisa Shapiro and Lynette Roodt, and our chairman Lester Hoffman, for their invaluable support over these past years. I look forward to watching the CJC grow from strength to strength.

From all of us — we wish you a *Chag Pesach Sameach!*



VISIT US FOR AN EXTENSIVE RANGE OF **KOSHER PRODUCTS AND WHOLESOME TREATS.**

Montagu
TRUSTED QUALITY SNACKS

SEA POINT

021 439 3939
071 439 3938

CORNER MAIN & ST JAMES RD,
(OPPOSITE ARTEM CENTRE).

UNDER NEW MANAGEMENT

May you always find light during the stages of darkness

Chag Sameach

mgi bass gordon
AUDIT | TAX | ADVISORY

021 405 8500 • www.bassgordon.co.za

Legacy
AUTHORISED FINANCIAL SERVICES PROVIDER

021 419 2277 • www.portfoliobureau.com

PORTFOLIO
PRIVATE WEALTH MANAGERS

Shabbat and Yom Tov Times

Date	Portion	Candle lighting		Ends
		Earliest	Latest	
5 April/15 Nisan	<i>Pesach</i> 1st day	17.25	18.19*	
6 April/16 Nisan	<i>Pesach</i> 2nd day	19.09		
7 April/17 Nisan	<i>Chol Hamoed Pesach</i>	17.22	18.16*	19.06
11 April/21 Nisan	<i>Pesach</i> 7th day	17.18	18.11*	
12 April/22 Nisan	<i>Pesach</i> 8th day	19.01		19.00
14 April/24 Nisan	<i>Shmini</i>	17.15	18.07*	18.58
21 April/1 Iyar	<i>Tazria/Metzora</i>	17.08	17.59*	18.50
28 April/8 Iyar	<i>Achrei Mot/Kedoshim</i>	17.02	17.51*	18.43

N.B. Please note that the times indicated are the earliest times for candle lighting. Please consult your Rabbi.
* Please contact your local shul to determine their Shabbat acceptance time.

Cape Jewish Chronicle Banking details:

Zapper

Standard Bank —
Branch: Thibault Square;
Branch code: 020 909
Account no: 070 703 493;
Account name: The Cape Jewish Chronicle Trust; Account type: Current
SWIFT code: SBZAJJ

SnapScan

OR click [here](#) to pay by credit card or EFT



Spreading kindness with the Union of Jewish Women

The UJW Cape Town has been very busy in the last few months spreading kindness and offering help where needed.

We have upgraded and furnished the Comfort Room at Melkbosstrand SAPS, a place where victims of abuse come to before they give their testimony.



Sergeant Van der Merwe, Daphne Whitaker, with UJC's Myra Goldenbaum and Karen Kallmann

On World Prematurity Day we visited Somerset Hospital Kangaroo unit to hand out bags to new moms as part of our *Bags for New Beginnings* project.



Our Domestic Workers Appreciation Lunch was a day filled with spoils, fun, and entertainment.



As part of Mensch Mitzvah Day, three months-worth of e'Pap, donated by Shelley Lasker, was supplied to one of our Educarees.



Jodi Ramsay (Mensch), Shelley Lasker (e'Pap) and Karen Kallmann (UJW)

Our annual Fundraiser, *Women of Courage*, was a morning filled with inspiring and remarkable women who shared their stories.



Rozanne Sack and Wendy Hendlar of Koleinu, with UJC's Karen Kallmann (middle)

Mama Flo team began their internship programme. Four ambassadors will represent them at various events, workshops, and handouts in and around Cape Town.



Brand new netball and soccer kit, sponsored by Mensch, were handed over to Noluntu's soccer and netball teams.



Kensington Creche hosted a graduation ceremony and party for their learners.



The UJW hosted a Purim Hamantaschen bake.



The SA Jewish Museum is currently hosting an exhibition: *Women of Action: A History of the Union of Jewish Women*. See page 29

THE CAPE JEWISH CHRONICLE RECORDS ITS APPRECIATION OF THE CONTINUED SUPPORT GIVEN BY THE FOLLOWING SPONSORS

The Susman Charitable Foundation

RUBI AND ANNE CHAITMAN FOUNDATION

With compliments from Aggie Hirsch in memory of Freddy

mazars

THE MAUERBERGER FOUNDATION FUND

With compliments from Ben Rabinowitz in memory of Shirley

THE HAROLD AND BEATRICE KRAMER FOUNDATION

Goldschmidt Family Foundation

With the Compliments of CAPE GATE FENCE & WIRE WORKS (PTY) LTD

Pick n Pay Inspired by you

THE SILVERMAN FAMILY FOUNDATION

Stanley and Zea Lewis Foundation

CAPE JEWISH CHRONICLE

With compliments The Henry Van Embden Family Foundation

With Compliments BLUE DIAMOND ALMONDS Almond Breeze ALMOND MILK www.almondbreeze.co.za

With Compliments Kalman, Esther and Michael Maisel Trust

With compliments The Jack & Ethel Goldin Foundation

CAPE JEWISH CHRONICLE

36ONE

Asset Management



Chag Sameach

May your Pesach be filled with joy and prosperity.



CAPE SAJBD
Engage | Educate | Empower

CONNECT, COLLABORATE, COMMUNITY

Do you ever get writers' block?

By Daniel Bloch, Executive Director, Cape SAJBD

By definition, writers' block is the condition of being unable to think of what to write or how to proceed with writing.

I am not a writer by trade however right now I may be suffering from writer's *Bloch* and not writers' block! On occasion I try to throw in a good joke or a pun which is a play on words. I hope you had a good chuckle.

Usually when I write my articles, a few ideas come to mind and suddenly the words and sentences flow. This month, I seemed to hit a brick wall as some of my ideas seemed to bore me so I am almost certain they would bore you. That got me thinking. What do you do if you experience writers block or mental block, when it comes to work or even in your personal life? I am referring more to not being able to think of creative ideas in the workplace or even something

as simple as buying a birthday gift. By the way, buying birthday gifts, especially for your better half, is by no means an easy task!

In the past, when I've had a mental block, I've found that remaining calm and not stressing is important. In my February column I may have touched on remaining calm when having to make important decisions. The same rationale should apply to coming up with ideas or solutions.

The other day, I had an interesting discussion with colleagues about what they do to get the creative juices flowing. Some people take a 15-minute walk around the block, others swim a few laps in the pool, some go to gym for half an hour, have a game on the *PlayStation* (one is never too old to play video games), read a few pages of their favourite book or listen to music. We

all seem to share a common source of inspiration though — watching something on *Netflix*. What do these all have in common? They allow the mind to detach from the real world, disconnect from the phone and email for a moment, and to clear one's mind. It doesn't always work, so sometimes you simply need to call a friend for advice.

When trying to think of subject matter for this article, I considered the time of the month, what interesting things have happened since I wrote my last column and what will be coming up. Most of which you will read about soon enough as a stand-alone article either in the *Cape Jewish Chronicle*, on *Facebook* or within our *Board's Eye View* (monthly newsletter). Hence my decision to rather write about something different that you can all possibly relate to. As opposed to simply giving a report back on the

work the Board has done recently.

Looking forward to the month ahead, it will certainly be a busy period. Pesach arrives beginning of April, so you'd better order plenty of strawberry jam before it sells out, and start deciding now what part you will play in *Chad Gadya* — the last song in the Haggadah. We can all look forward to plenty of public holidays with Good Friday, Family Day and Freedom Day — allowing a respite from work and an opportunity to recharge our batteries.

Wishing everyone a Chag Sameach and may you all enjoy the Seders with your families. Take it easy on the matzah and wine and encourage your children to sing loud and proud!



Chag Pesach Sameach

May your cup overflow with
happiness and prosperity
this Passover



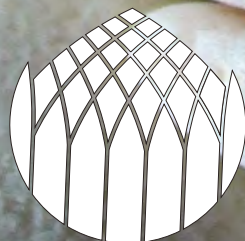
CAPE SAJBD
Engage | Educate | Empower

YOM HASHOAH VEHAGEVURA 2023

Join us in commemorating victims of the
Holocaust and place a pebble in their honour.

18 April 2023
Tuesday 10h00-12h00
Pinelands Jewish
Cemetery 2

Make sure to follow us on Facebook (@CapeSAJBD)
and Instagram (@capesajbd) for more details.



CAPE SAJBD
Engage | Educate | Empower



Welcoming new families to our community!

Over recent years, despite people leaving South Africa, the number of Jewish people moving to the Western Cape, in particular Cape Town, has increased.

On Sunday 26 February, the Cape South African Jewish Board of Deputies hosted the first *Move down to Cape Town* welcome reception event. This project was launched by the Board in 2022, with the goal of promoting the Western Cape as a viable option for Jewish individuals and families who are considering leaving South Africa. To date, we are aware of at least 250 people that have made the move since the start of 2020, with that number probably being substantially higher.

The reception was planned to welcome these new individuals and families to the Western Cape Jewish community. The Board invited several of our affiliate organisations, which allowed the guests to interact and gain a greater understanding of what each organisation in the community offers, and how they can assist with their transition. The event kicked off with a welcome address from Tzvi Brivik, member of the Cape SAJBD Council, followed by speeches from Adrienne Jacobson, Chairperson of the Cape SAJBD, Philip Krawitz, member of the Board of Governors and Dawn Nathan-Jones, member of the Cape SAJBD Council and a relatively recent semigrant. Dawn shared her relocation experience with the audience.

Guests were then given the opportunity to chat and interact with each of the affiliate organisation representatives over a cup of coffee and a pastry. There was a kid's entertainment area, organised by Bazinga Parties, which kept the children occupied while the parents got to know the community. Thanks

to Norrie caterers for providing the delicious food and Kretzmer Keys Photography for the amazing pics!

If you have moved to the Western Cape in recent years, or know of anyone who has made the move, please contact Saul Jackson at saul@ctjc.co.za.





The Western Cape Jewish community welcomes you!

The Cape SA Jewish Board of Deputies welcomes you to the Western Cape!

If you or your family have moved to the Western Cape in the past few years, or if you know of anyone who has joined our community, then please connect with us. We would like to assist you as best we can to ensure your transition is as smooth as possible. Find out more about this incredible community and how we can work together!

Let's continue to grow and strengthen our Jewish community!



For more information,
please email saul@ctjc.co.za





New director for SAZF Cape Council

SAZF staff reporter

The SAZF Cape Council is happy to announce the appointment of a new Cape Council Director, Heather Blumenthal.

Heather has a history of involvement and work in the Cape Town Jewish community. A passionate Zionist, she is ready for the challenge and is excited to guide the SAZF Cape Council on the next part of its journey, to take its rightful place once again, as one of the key organisations in the Cape Town Jewish Community. She is thrilled to be joining the team of the SAZF Cape Council as the Director from 1 April 2023.

As the former Executive Director of the Cape Town Holocaust & Genocide Centre, she led the Centre through the challenging times of Covid, whilst still maintaining the mission of the institution and introducing new projects.

She is a graduate of the Public Relations Institute of South Africa and was part of the first cohort of the Eliot Osrin Leadership Institute.

For more than 20 years Heather was a partner in *Spirit Sister Productions*, producing award-winning documentaries and selling many of her programmes

internationally. She was fortunate to travel to many countries around the world and in particular Israel, filming interviews and showcasing remarkable organisations that brought Jewish culture, religion, and history to the television screens of thousands of diverse South Africans.

She produced the musical drama, *Gogo & big Sister*, which highlighted the adversities that South African black female singers faced during apartheid. It won a Standard Bank Ovation award at the Grahamstown Festival and was invited twice to perform at the Black Theatre Festival in Winston Salem, North Carolina.

Heather managed/edited and self-published a book called *The Power Within Companion, a compendium of stories celebrating women in South Africa*. The book was successfully used to facilitate workshops in the corporate and NGO sector.

Heather believes that her life and work experiences will stand her in good stead within her new position and will contribute to enhancing the important work that the SAZF CC does.

We welcome Heather to the SAZF Cape Council and wish her a smooth transition into her new role.



Announces New Mancom Members

DAVID COHEN



GEOFF COHEN



HAYLEY COHEN



JULIA COSCIA



LINDSAY DIBOWITZ



MANDY ALLEN



NICCI BLOOM



RABBI EMMA GOTTLIEB



RABBI GAVI ZIEGLER



RABBI SAM THURGOOD



TAMAR LAZARUS





Habonim back in the groove

After a break since the end of *Machaneh Hashivah Habayitah*, we were excited to kick off our first programme of the year with the same energy and excitement.

Mini Mach 1, organised by our passionate madrichim, was well attended, with many channichim bringing their friends to experience a taste of the 'Habo magic'. Throughout the weekend, the madrichim ran a fun-filled camp that kept the channichim engaged and energised. The activities and games were designed to promote teamwork, creativity, and problem-solving skills, while also teaching important Jewish values and traditions.



Some highlights included an explosive *Havdallah* and Machaneh-wide game of *Capture the Flag*, which required teamwork and strategy to steal the opposing team's flag. The game was intense and competitive, but also provided an opportunity to bond, and build lasting friendships. There were also educational sessions that taught about Jewish values and traditions. The channichim learned about the significance of Zionism, Judaism and Service to Humanity — central pillars to Habonim Dror. Channichim had a fantastic time, and learned important life skills and lessons. The programme was testament to the passion and dedication of our madrichim, who worked tirelessly to create a fun and engaging experience.

We are excited about our upcoming *April Sem*, an exclusive seminar for *Shomrim* (Grade 11) and *Bog 1* (Grade 12) groups that will take place over Pesach. The programme aims to teach our older channichim about the history and culture of Habonim, and to inspire them to become leaders within the movement and greater community. Channies will learn about the founding principles of the movement and its key figures, as well as its modern-day values and activities. April Sem will be filled with interactive sessions and discussions, and fun activities that promote team-building and leadership skills. We hope to empower our members with the knowledge and tools to make a positive impact on the world, and are excited to see their growth and development as they engage in the movement on a deeper level, ultimately becoming well-informed and powerful madrichim themselves. — *Chag Sameach! Ella Mendelow, Rosh Publications*

Netzer travels to Gqeberha

Over the weekend of 3 to 5 March, the SAUPJ sent Rabbi Emma and Rachael to visit the progressive community in Gqeberha along with Ezri as a Netzer representative.



Netzer Maddies Ezri and Rachael standing alongside Rabbi Emma, Vivienne Bruns (member of the shul's board) and Larry Hide (president of the shul)

They ran programmes and services throughout the weekend, and socialised with the local community. The Gqeberha Temple Israel community is a wonderful community with many enthusiastic people participating. Rabbi Emma and Rachael ran the Friday evening, Saturday morning and *Havdallah* main services, while Ezri ran the kids' programming on Friday evening and Saturday morning. The visit to the community was a great experience for all involved. — *by Ezri Brooking*

BBYO's annual international convention in Dallas, Texas!

BBYO is proud of its South African teenage delegates who attended the annual International Convention (IC) of BBYO in Dallas, Texas!



BBYO delegates in Dallas. From left to right: Noah Leibowitz, Sarah Allardice, Sara Rachbuz, Anna Lieberman, Florence Shaman, Martine Katz (Staff). Absent from picture: Ella Rose Boolkin

BBBYO's IC has become an unparalleled convening — offering a powerful, strategic, and inspiring platform from which the best and brightest teen and adult leaders from across the Jewish world unite

to celebrate, dream, and take action to continue strengthening the future. The convention serves as the largest international gathering of Jewish teen leaders. The unique programme offers a fully immersive experience and attracts more than 5000 guests each year — including top philanthropists, celebrities, thought-leaders, business executives and more.

Notable speakers this year included Israeli politician and past Prime Minister Naftali Bennett, best-selling author and journalist Jodi Kantor, second gentleman of the USA Douglas Emhoff (husband of vice-president Kamala Harris), Olympic gold-medallist Gabby Douglas, and multiple award-winning social media personalities including Maddie Ziegler and Chris Olsen.

South African delegates represented their country with pride on this international platform. We hope to include more South African teens in our next convention experience taking place in Orlando, Florida in early 2024!

Follow us on social media in order to stay updated on all things BBYO: @bbyo.sa and @bbyoinsider

Bnei CT — the past month wrapped

What a month of joy we have had! Purim set the tone for Bnei Akiva's activities this past month and the only way we can describe it is *b'simcha*.



Sarah Saacks entertaining our Grade 3 Channichim

We started our Purim prep early this year working on our *Mishoach Manot* packs. Led by Liam Amsdorf and Lexi Sank, we were fortunate enough to sell over 200 of them, and give our community members all over Cape Town the opportunity to partake in the mitzvah.

Our Purim Carnival on 5 March was an absolute success. Over 150 madrichim, channichim and parents came together to spend the afternoon playing carnival games, listening to music, learning about Purim and winning prizes. We were filled with such a sense of pride and solidarity as we brought together children and adults of all ages, and had the most fun doing so. To end off the Purim celebrations, Bnei Akiva ran the game show entertainment at the Morasha Purim Party which was described as "Epic! Enjoyed by all".

We have a few exciting things coming up — our MiniMach sign-up link has been sent out and we are (not so) patiently counting down the days until we are on site with all our channichim for the most amazing and immersive MiniMach experience yet! Lastly, on 19 March we are hosting our first *Chesed Day* of the year in partnership with the Mensch Network. We look forward to giving back to the country that surrounds us, and to educating our channichim while providing them with an opportunity to give back. To another power month! *Kadimah Bnei Akiva.* — *Leah Hepple, Cape Town Chairwoman.*



Leadership Shabbaton for Diller Cohort 8!



Diller Teens at the Kabbalat Shabbat service on Onrus beach

Diller Teens took their leadership from theory to practice in a challenging and exhilarating Shabbaton experience. All components of the Shabbaton were planned, prepared and run by the teens themselves — creating a memorable, unique and personal experience for all. We are very proud of these 20 exceptional young leaders who went above and beyond to engage, discover and explore their leadership skills.

Speaking of the experience, fellow Mia Burnham said, “The Diller Leadership Shabbaton was such an amazing experience where the whole cohort was able to become closer. The preparation for the Shabbaton and the Shabbaton itself also developed my planning, logistical, teamworking and leadership skills thoroughly.” — *Martine Katz*

Find us

 SA Zionist Federation - Cape Council

 @SAZF_Cape

 @sazfcapecouncil

www.sazfcape.co.za



**Chag Pesach Kasher
V'Sameach**




ORT SA CAPE EDUCATION

We are a socially conscious, committed NGO that creates hope through education.

We believe that the solution to global problems lies in empowering teachers and encouraging initiatives that support the growth and potential of young people.

Our work equips unemployed youth, teachers and entrepreneurs with skills, knowledge and experience to help them build a brighter future.

Wishing our supporters and friends a happy, blessed and peaceful Pesach.

www.ortsacape.org.za | +27 21 448 8516



24 APRIL 2023

YOM HAZIKARON

18:30


 TOGETHER
 WE REMEMBER



Let's Celebrate!

goodluck.



75th YOM HA'ATZMAUT 75th

FOOD! RIDES! SHUK! MUSIC!

26 APRIL | DOORS OPEN 16H30 | R75 PP | STAGE EVENTS FROM 18H30 | SAZFEVENTS@CTJC.CO.ZA



Moses' famous line, *Let my people go* is very well known. The people of Israel are in bondage and the enslaved Israelites are waging a battle for their freedom against Egypt. Moses approaches Pharaoh and says, "Let my people go!"

That being said, *Let my people go* has undoubtedly become a spiritual theme song for the Pesach miracle. It encapsulates the spirit of deliverance from slavery in Egypt and still resonates today. This is what we at the *Women's International Zionist Organisation (WIZO)* do to assist women who have been battered or mistreated in their home lives, and are now 'set free' to come out of 'bondage' from their abusive environments. They enter our warm and loving *NEVE WIZO* houses of safety, which are places of salvation, in which to recuperate and heal.

Thinking and preparing for change are important steps for these women. They need to follow through with their actions. *Matzah*, eaten on Pesach, did not have the time to rise. The lesson is to teach the importance of acting quickly when we know something is important. The women who enter our *NEVE WIZO* houses of safety often

inadvertently leave it late in departing from their abusive environments. All of our *WIZO* homes are there to give them a safety net and an opportunity to recover fully.

The concept of freedom is one that everyone instinctively understands. Pesach is all about justice and helping one another become free. This is the ultimate goal of *WIZO* in Israel when it comes to assisting the women who need our help.

In the Pesach story we ask, "How was it for you when you were liberated?" One of the purposes of the Pesach Seder is to make us feel as if we personally experienced the exodus from Egypt and the redemption from slavery. We say in the Seder, "I have been oppressed, I have become free, somebody helped me, I have helped other people". This is what *WIZO* does. The Pesach story is one of last-minute hope. It is about a faith that pulled the Israelites forward and helped them to take that

first step towards freedom. It's a story about how *Hashem* picked them up and brought them from despair to joy, from darkness to light, from chaos to meaning. The *WIZO* story is the journey of those women who need our help, receiving the help that they need. When they leave the shelters after healing, they can start a new and fully functional life.



Pharaoh's daughter rescued baby Moses from the bulrushes. Here we have a beautiful illustration of one of Judaism's core concepts. One person can save an entire nation, and the Pesach story is proof of that. We should all look for the positive results that unfold from the act of helping others, and we at *WIZO* do just that by helping to upskill these women in order that they can contribute effectively to society. As we liberate others, we in turn liberate ourselves.

The Pesach story teaches us many lessons. Our responsibility is to help

those in need. We set the Seder table with salt water to represent our tears and we eat bitter herbs to remember the suffering we endured. This teaches us to yearn for freedom and for the freedom of every person. Our *NEVE WIZO* houses of safety protect women and give them that freedom.

We clean everything before Pesach and symbolically so do these women, by getting rid of any baggage they have been carrying with them that keeps them from being liberated. The hardships that they have endured hopefully helps them to have a better and brighter future. A lesson from Pesach teaches us that what happened during our darkest days often gives us much to be thankful for at a later date.

The Jewish definition of freedom is the ability to create a meaningful life with authentic values and constant growth. As we gather around the Seder table, recall the Pesach story that has been passed down from generation to generation and remember that none are free if not all are free.

May we all, together with *WIZO*, be blessed on this Pesach to embrace all that we have.

Chag Sameach and L'Chaim!

HIGHLIGHTS FROM 2022

We empower entrepreneurs by providing support and guidance through our successful 4-pronged approach

361

Business Networking

235

Entrepreneurial Training

593

Business Talks & Webinars

100

Mentorship Programme

Chag Pesach Kasher
Ve'Sameach
Wishing you and your families
a healthy, peaceful, and
meaningful Pesach

“

It is amazing that in our small community we have an organisation filled with purpose to help businesses succeed. Victor Frankel sums up my journey with ORT Jet, "When we are no longer able to change a situation, we are challenged to change ourselves."
Caryn Querido
 Adam International

“

"By being kind, giving and living generously, we help others while enriching our own lives in the process." - **Lisa Sandler, ORT Jet Cape Town**

f | | |

CHAG SAMEACH



to all our Jewish customers.





Herzlia goes down under — and comes up tops!

AUSTRALIA REUNIONS 2023



Over 600 Herzlia alumni currently live in Australia as part of 7500 Herzlia alumni living in over 46 cities worldwide.

Geoff Cohen, UHS Director of Jewish Identity & Community and Lauren Sweidan, Herzlia Foundation Trust Manager recently spent two weeks in Sydney and Melbourne hosting reunions. While the pandemic temporarily delayed overseas reunions it's clear that the energy and love for Herzlia is still thriving! Herzlia alumni still hold roles as captains of industry and are family-focused menschen taking an active part in their communities. Their hearts remain loyal to Herzlia, thankful for their education and opportunities they received in their formative years.

Eighty people attended at Moriah College spanning 60 year groups including former principals Harry

Taibel, Stan Lifshitz and Jeff Cohen. Lauren launched the Herzlia Australia Coffee Campaign requesting all to support and contribute the *chai* amount of \$18 towards Herzlia bursaries.

A similar event was held in Melbourne at the Central Shule in Caulfield. About 60 alumni attended including past deputy principal of the High School, Michael Cohen, who also taught Geoff Cohen!

The warm reception was overwhelming and it was humbling to experience the incredible affection Herzlia alumni still have for their school after all these years. It became clear that the relationship between pupils and their teachers is a major factor that connects people and there was emotional reminiscing and affectionate memories recalled. It was heartwarming to witness the way the alumni cherished their time at Herzlia. This was really felt

when the old and new school songs were played — quite an emotional experience for everyone present.

One particular alumna said that she had been searching for a school like Herzlia for her kids in Sydney and had not found any that gave her children what Herzlia had given her. There were many stories like hers and many recalled wonderful memories and expressed the gift they had received from their incredible Herzlia education.

This just goes to show that relationships between people are the key factors that keep connections strong!

Get active and join this thriving alumni community by contacting Nicole Michalowsky-Stern or Lauren Sweidan to hold your very own class year reunion, by emailing oldherz@herzlia.com

Sydney



Adam Sulcas MY 1993 and Brett Rubin MY 1986



Michelle Fendel MY 1967, Tania (Fendel) Cohen, Lisa (Fendel) Rogow MY 1992, Ronnie Fendel MY 1965



David Felthun, Izette (Blumberg) Felthun MY 1976, Michael Turtledove MY 1995, Geoff Cohen MY 1976 and Jessica Abitz MY 1990



Ian Slot MY 1973 and his wife, Denise



Libby Raichman MY 1957, Elaine (Bagraim) Berman MY 1979, Linda (Beroda) Subel MY 1979



Lisa (Fendel) Rogow MY 1992, Donna-Mae Schwarz MY 1990 and Donna (Maisel) Jacobson MY 1997

Melbourne



Avi Zaacks MY 1994, Hayley (Levinthal) Fanjans MY 1994 and Graham Furman MY 1994



Joel Sadowsky MY 1981, Mark Kuperholz MY 1981, Geoff Cohen MY 1976 and Danny Goldman MY 1981



Lesley (Cohen) Nankin MY 1973, Steven Jacobson MY 1978, Sydney Kahn MY 1973, Gail (Reitstein) Kaplan MY 1972, Geoff Cohen MY 1976 and Nathan Nankin



Geoff Cohen MY 1976, Beverly (Katzeff) MY 1977 and Daniel Meyrowitz MY 2006



Geoff Cohen MY 1976, Leon Blacher (past staff) and Ora-Tali (Blacher) Korbl



Gail (Reitstein) Kaplan MY 1972, Lorraine and Eli Raskin MY 1971 and Geoff Cohen MY 1976



L'DOR VADOR

Chag Pesach Kasher v'Sameach

FROM GENERATION TO GENERATION





A Herzlia Purim story

By Jenna Zetler, Gr 12, Herzlia SLC, Jewish Life and Learning (JLL) Portfolio

This Purim was unlike any other. Herzlia High School had the privilege of uniting with our fellow primary schools, Herzlia Weizmann and Highlands.

It was a joyous and meaningful day spent together as one big Herzlia family. As I walked around, laughter filled the air and smiles beamed from everyone's faces. Watching Matrics interact with grades as young as Grade 1 spreading the Purim joy was a memorable sight. We all dressed up in our funky outfits — leaving no room for anything but good spirits and immense Jewish pride.

We started our day by fulfilling one of the mitzvot of Purim — listening to the *Megillah*. The girls had the opportunity to go to an all female reading of *Megillat Esther*. With an exceptional turnout filling our Herzlia Beit Midrash shul, it was a massive hit!

During break, every pupil received a delicious hamantashen, with everyone running back for seconds. After break, high school pupils had the opportunity to work as a team in mentor groups, learning about the *mitzvot*, lessons and the story of Purim while the primary school pupils made *Raashanim*.

We then united with the Herzlia Primary Schools in the hall to fulfil the mitzvot of making and packing *mishloach manot*, which we later donated. I found this interaction highly rewarding — helping the primary school kids to pack and decorate each *mishloach manot* with love was a bonding experience that I will cherish forever. We can't forget about the epic dance party before the highly anticipated Purim Carnival. After hours of fun, we said goodbye to our Herzlia primary school family and had an incredible LED light show followed by the Senior Leadership Committee (SLC) Purim play. All in all, this Purim was one for the books, filled with passionate spirit from every single grade across six schools and four campuses. This was a Purim that the entire Herzlia family will remember forever!



Charlie Ronen-Abel, Gr3 Herzlia Highlands Primary



Ethan Werb, Gr12, Herzlia High School



Herzlia Momentum Moms 2022 volunteering to help make Mishloach Manot. Orit Berman, Nicki Mcelhone and Leora Hessen



Gr3 teacher Ms Moross with Sarah Schneider, Harry Bearman and facilitator Aliyah from Herzlia Highlands Primary



Madison Talberg, Maya Shewitz, Daniella Cohen, Sarah Allardice and Idana Saven Gr11 at Herzlia High School



Highlands Primary Gr4s Saba Blumenthal, their teacher Mrs Melissa Ganz-Ginsberg, Hannah Lowenthal, Jody Sindler and Charlie Morris



Allegra Zartz, Michaela Lessem and Harper Nunes at Herzlia Gan Aviv Pre-Primary



Herzlia Weizmann Primary Gr3 disco kids Hannah Brits, Emily Brits, Molly Brits, Anna Beresford and Emma Rubenstein



Herzlia Weizmann Primary Gr2 Chloe Copeland



Jenna Zetler and Meg Levy Gr12 at Herzlia High School



Celebrating Purim style: Rafi Ress, Herzlia High School JET, with Herzlia's Head of JLL, Rabbi Thurgood



Jack Penzhorn, Raphi Idesis, Herzlia Gan Aviv Pre-Primary

THE HERZLIA HIGH SCHOOL HALL



INVOLVED.
INSPIRING.
EMPOWERING.

MAZALTOV TO THE CLASS OF 2022

83

HERZLIA MATRIC
CLASS OF 2022 PUPILS

305

INDIVIDUAL SUBJECT
DISTINCTIONS

3.7

AVERAGE SUBJECT
DISTINCTIONS PER PUPIL



www.herzlia.com



Studying medicine in English in Israel

By Guy Lieberman



Faculty members from Ariel, Ben Gurion and the Technion universities joined representatives from Telfed, Nefesh B'Nefesh, Ofek Yisraeli and the Ministry of Aliyah and Integration's Student Authority at the 2022 launch of the BSc Pre-Med degree at Ariel University.

For seven years — enough time to become a medical doctor — Dorrn Kline, CEO of Telfed, has campaigned for the establishment of an English-language medical degree in Israel.

In collaboration with Ariel University, Ben Gurion University, the Student Authority and the Jewish Agency, there is now an option for English-speaking students to get their medical degree in Israel. Dorrn and Stacey Hamman, a pre-med student, share their thoughts on the programme.

Dorrn explains that “the language barrier has always been a tremendous obstacle for many potential medical students. The English-language medical degree now allows students to study in English for their first five years. They also attend ulpan, which enables them to learn in Hebrew for the final two years of their degree. Some students master Hebrew quickly and join the Hebrew MD track after three years—once they’ve completed their pre-med in English”.

Already there are tens of Jewish South African matriculants, and multiples more from the US and Europe, who hope to get into the programme. The courses have been structured so that pre-med takes place at Ariel University (Ariel U), which is a feeder for the Medical School of International Health MD track at Ben Gurion University, or BGU.

A pre-med student at Ariel U, Stacey explains what motivated her to come and study in Israel.

“I met a graduate from BGU when I spent a year shadowing the doctors at the UVA Medical Department in Virginia, USA. I had previously tried studying cell biology in Hebrew which was too much for me. When I heard that the English-language medical degree was an option in Israel, I jumped at the chance.”

In addition, studying medicine in the US was simply too expensive. “I realised that, in comparison, I could afford to study in Israel.”

As for the student body, Stacey says, “it’s great studying in an Israeli environment. We have a cohort of students from South Africa, America, Russia and Europe. The community is mutually supportive; we do meals and study sessions together. This helps us through the tougher subjects.”

Dorrn adds, “there are many good reasons to study in Israel. For one, campus life here—and life in general—is incredible for young people. Being able to study with other English speakers from across the world can set you up with a global network, both professionally and socially. And during the semester breaks, you get to explore the rich and diverse beauty that is Israel.”

For more information about the three-year pre-med degree in English at Ariel University, please email Ora Geler at orag@ariel.ac.il.

Family Announcements

CONDOLENCES — THANK YOU

ALISON BERK KATZEFF Z'L

Alison was always a hard-working lady, possessing many skills and talents. A businesswoman managing her family business.

For many years she took on a variety of different communal roles.

She headed many of these organisations, with great diligence and success, applying her extensive knowledge of strategic management.

In fact, at age 50, she undertook and successfully completed her MBA in Philanthropy to further enhance her skill-set.

The many published communal letters of condolence pay well-earned thanks to her, and attest to the acknowledgment of her dedication to always support the entire community.

She herself was extremely philanthropic.

On a personal note, Alison was the rock of our family and she is sorely missed.

Our children and their families, her sisters and myself sincerely thank the entire South African community for all the condolences, love and support that we received.

Our Claremont Wynberg family especially, who along with so many good lifelong friends and family provided delicious sustenance.

May the memory of Aviva Bat Shmuel Hakohen always be for a blessing.

By her husband Howard Katzeff

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

CHAG PESACH SAMEACH

Make a meaningful impact this Pesach and improve the lives of vulnerable children, women and the elderly. Join the WIZO family today and support our vital projects that empower and uplift our beneficiaries in Israel and South Africa.

As a WIZO member, you will play a critical role in enabling us to continue our mission of making a difference and providing life-changing services and support to those who need it most. Contact WIZO Cape Town 021 464 6756 to show your support.

Send a Pesach greeting or donation in lieu of a gift. For more information contact WIZO 021 464 6756 or email bnothz@ctjc.co.za



Eskom se Purim

This year, Temple Israel's Purim theme was *Eskom se Purim*.

This is exactly what we did, with a fantastic adult Purim party held at Pier Place with a *Megillah* reading, *Purim schpiel* and delicious food and drinks.

A Purim carnival was held for the kids with games, prizes and crafts as well as preparing *mishloach manot* and *matanot laevyonim*. Thank you to everyone involved in helping to make these events so enjoyable.



The Purim schpiel



Rabbi Emma Gottlieb, Rabbi Greg Alexander and Rabbi Malcolm Matitiani reading the Megillah



Nick, Erin and Evie Groll



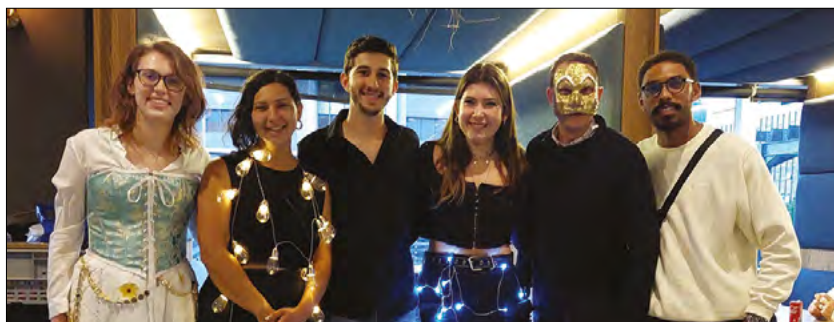
Purim carnival fun



Making raashanim



Diana Sochen, Rachael Sara Bootcov, Glenda and Eugene Kruss van der Heever

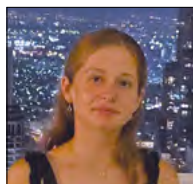


Ezri Brooking, Rachael Sara Bootcov, Julian Gordon, Dani Beswick, Jeff Davis and Jamie Hansen

Mazaltov to last month's Bnei Mitzvah!



Benjamin Jantjies
11 March



Jeane Ingel
18 March



Joseph Sachs
25 March



Josh and Shai Mirlas
25 March

Consider This

Your seder might need a refresh

By Rabbi Emma Gottlieb

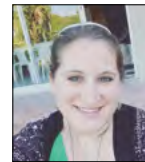
Most folks know that Passover is the one of the best observed of the Jewish holidays.

Jews who rarely enter a shul, if at all, are still likely to attend a Passover seder. This means that our *sedarim* have the potential, more than any other Jewish moment in the year, to bring meaning and engagement to Jews who might not otherwise connect with Jewish ritual or Judaism as a religion. Even those of us who attend shul weekly are likely to appreciate a seder that is lively, engaging and relevant to our lives today, rather than one that feels like a relic of ages past. As the famous playwright Arthur Miller noted, "Jews are very impatient with doing the same thing over and over again."

I'm not suggesting that we must all change beloved family traditions or *halakhically* mandated rituals. Rather, there is an authentic and time-honoured tradition of adding rituals, readings and symbols to the Passover Seder to reflect our contemporary lives and respond to current events. The *Haggadah* itself teaches us that even if a person is wise and learned, and even if they know the Passover story inside and out, it is still important (some might even say required) to tell and retell the story of our slavery and freedom.

Since we think about slavery and freedom differently in 2023 than we did back in 223 C.E., 1223 C.E. or even 1923, it makes sense that we would bring the context of our own lives to bear on the Passover story, just as our rabbis did back in the time of first envisioning the Passover Seder. For example, some families I know invite guests to tell or compare their own family story to the story of the Israelite Exodus (for example, the story of their Lithuanian ancestors coming to South Africa).

A tradition like this can help us to see ourselves as part of the historic continuum leading from Egypt to today. It also has the added benefit



of helping those around the table get to know one another better and build closer and more meaningful bonds (not the bonds of slavery but the bonds of kinship!). In lots of households, a fifth question is added to the traditional four — often reflection on a current event. For example, we might ask, "Why on this night especially, is it important for us to name and respond to contemporary instances of slavery in our world?", which could lead to a very relevant and meaningful discussion of current events and our Jewish imperative to respond to suffering, affirming the claim that "not until all are free, can we be free." As for our the symbols on our Seder Table, might it not be a beautiful contemporary post-apartheid tradition to adorn our tables with Protea flowers or other symbols of South Africa, to pave the way for a moment of recognition for this country's own unique history of oppression and freedom? There are a ton of rituals, poetry, games, and teachings to be found online or in recently published haggadot (if your Haggadah is from the 20th century, it's time for an update!). This year, instead of schlepping to the Seder and patiently waiting for the food to be served, let's make the extra effort to add a moment or two of contemporary relevance to an already powerful, sacred, and beloved ritual.

Chag Pesach Sameach — May we be free to explore Judaism in all of its ancient beauty and modern significance!

COMMUNAL PESACH SEDER WITH TEMPLE ISRAEL

Wednesday 5th April
Green Point

R350 for members
R420 for non members
R200 for children under 13.

Contact executive-director@templeisrael.co.za to book





Chag Pesach *Sameach*

Atlantic Seaboard
021 439 7415

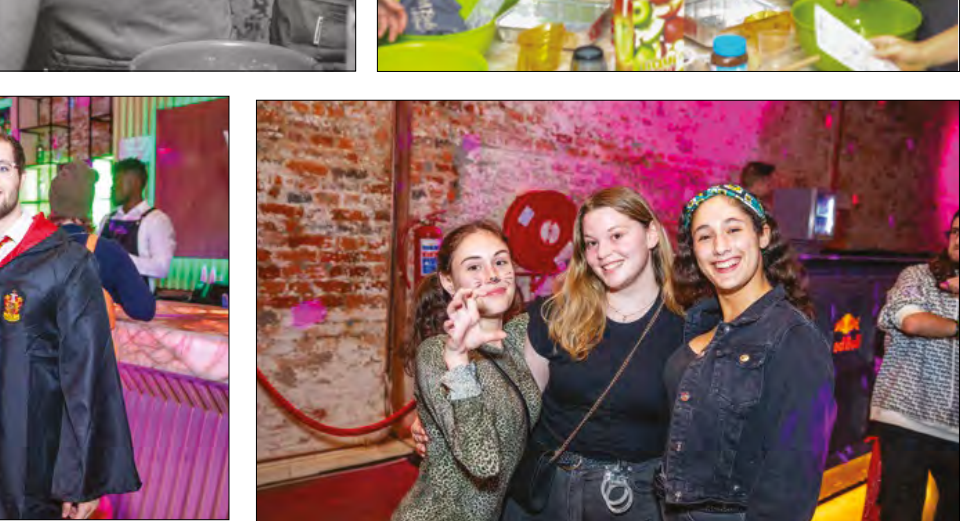
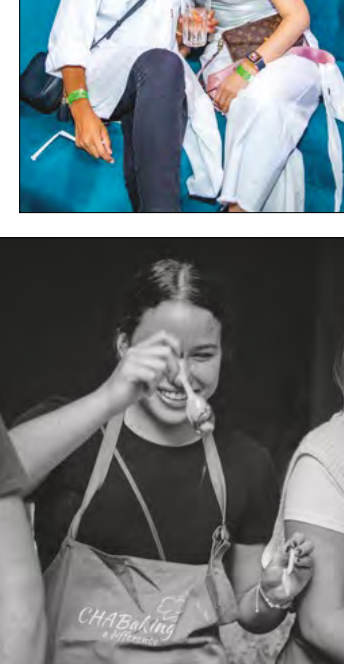
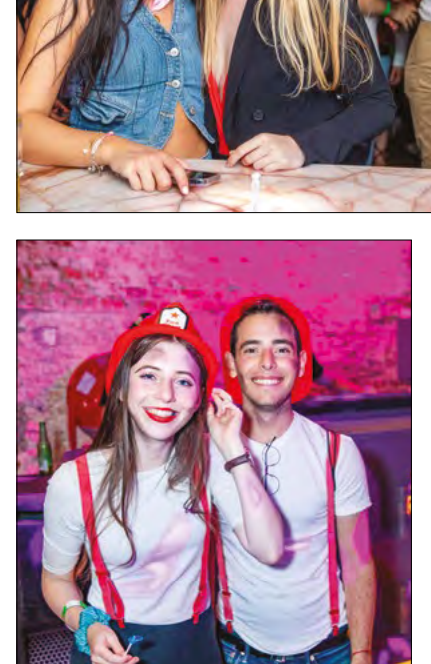
Live Remarkable.





Chabad on Campus

The Heart of Jewish Student Life
Join us at jewct.com



2023 events pictured: Plaza day UCT; Stellies welcome braai; CT hamentasch bake; Stellies Megillah reading + Purim dinner; CT Megillah reading + Purim party



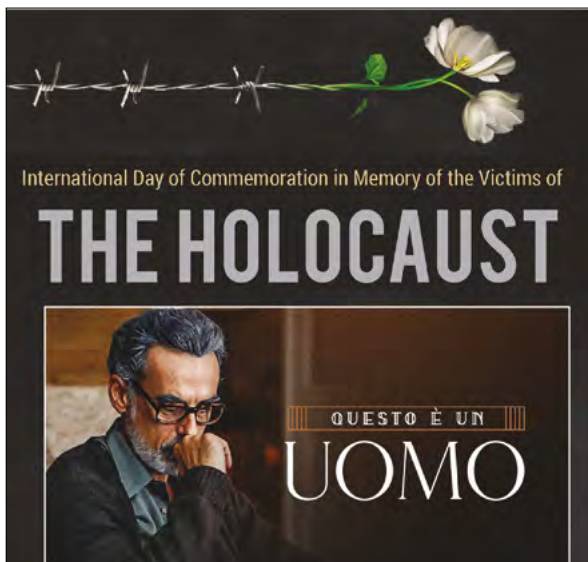
2023 at the Cape Town Holocaust & Genocide Centre

The end of Covid restrictions led to the resumption of in-person public events at the Cape Town Holocaust & Genocide Centre (CTHGC). Since then, we've hosted a wonderful selection of events, and have been delighted to see an influx of both new and familiar faces at the Centre!

As we look ahead to a busy and meaningful year at the CTHGC, we thank you for your continued support, and invite you to join us at our upcoming in-person events, screenings and exhibition openings.

The year thus far:

In January we hosted pre-eminent Holocaust educator and curator Paul Salmons from the UK, who spoke about the significance of everyday objects such as shoes, suitcases, and spectacles — objects that are among the last remnants of victims of the Holocaust. Each has a unique story to tell. Paul shared stories of the artifacts that touched him most deeply and explored what meaning they hold for us today.

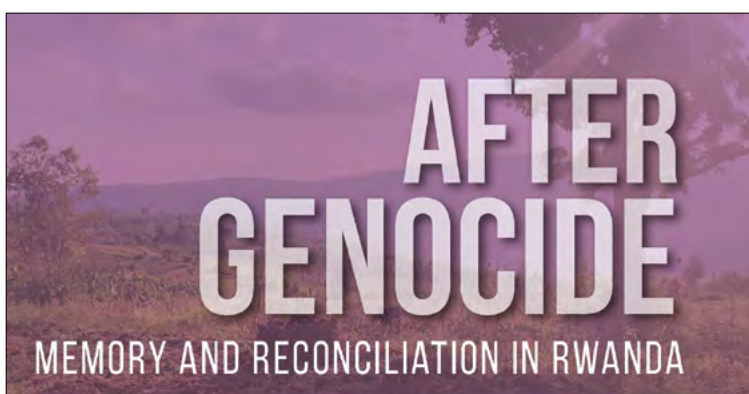


Consul Emanuele Pollio, representing our partner the Italian Embassy, addresses the guests

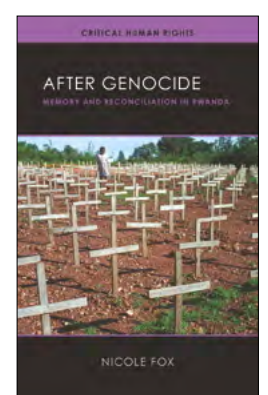


International Day of Commemoration in Memory of the Victims of the Holocaust was marked with a moving ceremony that included candle-lighting with our beloved survivors and their families, and a message from the United Nations Secretary-General António Guterres. Following the

ceremony, we screened *Questo è un uomo* (*This is a Man*), directed by Marco Turco, a docufiction of the life of Primo Levi, an Italian chemist, writer, and Holocaust survivor who recounted in his writings the horror of the death camps and the incomprehensible tragedy of the Shoah.



We were honoured to host genocide scholar Dr. Nicole Fox, who delivered a lecture on her book *After Genocide: Memory and Reconciliation in Rwanda* (2021). Her book explores the ways in which memorials can affect and shape the experiences of survivors of the Genocide against the Tutsi in Rwanda, decades after mass violence has ended. Dr. Fox investigates how memorialisation can both heal and hurt, especially when certain memorials fail to fully represent all genders, ethnicities, and classes of those affected.





In June, the travelling exhibition *Chayela — Wunderkind of the Vilna Ghetto* will open at the Centre. The exhibition was conceptualized and developed by the CT Holocaust & Genocide Centre, and the launch will coincide with the 80th anniversary of the liquidation of the Vilna Ghetto by the Nazis in 1943.

Vilna was one of the great centres of Jewish intellectual and cultural life in Eastern Europe, also known as 'The Jerusalem of Lithuania'. The exhibition traces the life of Chayela Rosenthal (1924-1979), born in Vilna, survivor of the Vilna Ghetto, and internationally acclaimed Yiddish singer, actress, and performer, who made her home in Cape Town after the war. The exhibition will also tell the story of the extraordinary spiritual and cultural resistance of the Jews of Vilna.

Upcoming events at the CT Holocaust & Genocide Centre



In September 2023, we will be hosting the international exhibition *Seeing Auschwitz*, after a highly successful run at our sister centres in Johannesburg and Durban. The exhibition, created by Musealia, the Auschwitz-Birkenau State Museum, and presented by the CTHGC, will invite visitors to reflect on the way we understand and think about the Holocaust through visual evidence taken from Auschwitz-Birkenau.

Seeing Auschwitz confronts the viewer with both familiar and rare photographs captured by perpetrators, victims, and liberators. The images provide new perspectives and evidence into the operations of the camp, but also honours the humanity of the people who perished there.

The exhibitions will be complemented by a series of public lectures and film screenings, so keep an eye out for these exciting events.

Wishing all our clients, families and friends a Blessed Passover



Intasure Place 110 Main Road Diep River 7800 T: +27 21 712 6686 www.intasure.co.za

[back to contents](#)



CTTH celebrates 10 years of educational excellence

Ten years ago, Cape Town Torah High was founded around a dining room table with thirteen students (and their brave parents) ready to try something revolutionary in Cape Town: a dual-curriculum Torah High School also offering an international high school diploma.

The school has since grown to accommodate close to seventy learners, and into a campus consisting of six properties in Gardens. It has become the first internationally-accredited Jewish High School in South Africa with alumni studying at top universities, yeshivot, and seminaries in South Africa, America, and Israel.

This year, we celebrate our outstanding Matric results for the Class of 2022.

Students graduating from CTTH leave with an internationally accredited high school diploma, which is evaluated by universities based on the number of credits completed, Grade Point Average (GPA), A Grades, Advanced Placement (AP) courses taken, together with the SAT score. With these factors in mind, the class of 2022 has raised the bar across the board.

While completing a dual curriculum in *Kodesh* and General Studies, the class graduated with an average of 28.5 credits each, an average GPA of 3.8 out of 4, with the top GPA as high as 4.5. Eighty-six percent of the class made Honours Roll and the class achieved an average of four A aggregates per student (by our international standards that is over 93% each). Each matric student completed an average of three AP courses last year and the average score on the SAT was in the 89th percentile globally with three of our students scoring as high as the 94th percentile.

These achievements empower our students not only to graduate with an internationally recognised high school diploma but with one that sets them up for success in any field that they choose to pursue.

As we mark our tenth anniversary, we want to say to our incredible community that supported us and believed in our vision: Thank you! L'chaim to the next ten years and beyond, from strength to strength!


For more information about CTTH, visit our website at www.cttorahhigh.com



Matric girls (Musya Deren and Rivka Wineberg) with their Aym Bayit, Rachel Silver




Matric boys (Sasha Katz, Samuel Gawronsky, Eli Shnaps and Nissim Brett) learning chavrusa style in the Ponevez Shul




CTTH
CAPE TOWN TORAH HIGH
INTERNATIONAL JEWISH EDUCATION
חִנּוּךְ לְנַעַר עַל פִּי דַרְכּוֹ

CLASS OF 2022

100% INTERNATIONAL PASS




Each Matric student was awarded their internationally accredited High School Diploma.




86% HONOURS ROLL

86% of the class were awarded Honours Roll for achieving an average of 85% and above on all courses.

3.8 GRADE POINT AVERAGE




The class average GPA was 3.8 with a top GPA of 4.5. The Matrics graduated with an average of 28.5 credits each.




3 AP COURSES PER STUDENT

Matrics completed an average of 3 Advanced Placement (College level) courses.

89TH PERCENTILE ON THE SAT




The average score on the SAT was 1290 (89th percentile globally) with three students scoring in the 94th percentile. That's 20% higher than the global average.



YESHIVA AND SEMINARY

100% of Matric students enrolled in a gap year program at Yeshiva or Seminary.



TAKE A SUNDAY WALK

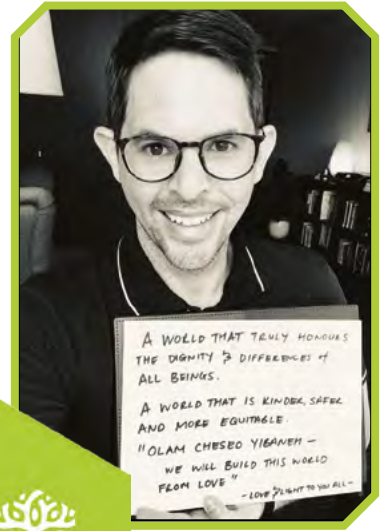
NOT A SUNDAY DRIVE

An entire community to explore comes standard with your new Blok apartment. Thoughtful design inside, opens onto a bustling neighbourhood outside. So whether you're exploring the myriad of shops on your doorstep, or visiting your local restaurant or barista, exceptional urban living is always just steps away. Contact us for more information on available apartments and future developments.

blok.co.za

+27 66 186 1658

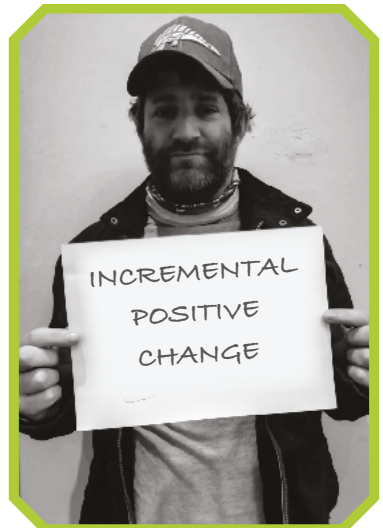
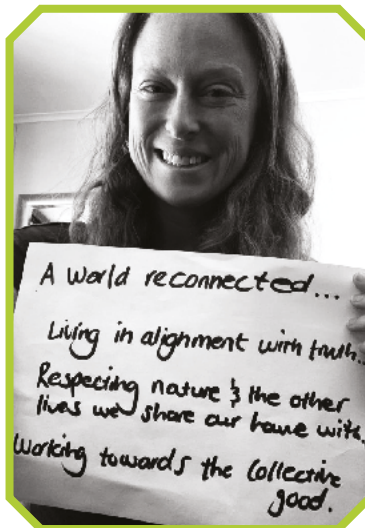
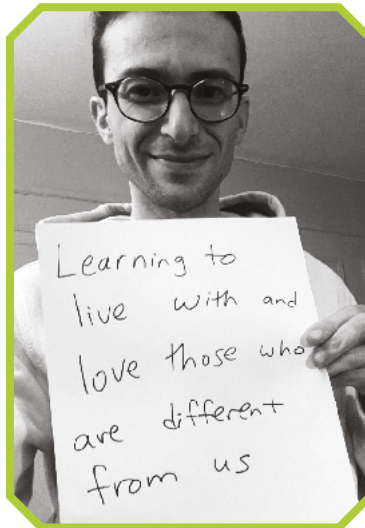
BLOK



THE PESACH STORY ASKS US TO IMAGINE WE PERSONALLY HAVE BEEN FREED FROM SLAVERY AND ARE RESPONSIBLE FOR CREATING OUR WORLD ANEW.

WE ASKED 15 MENSCH LEADERS TO DESCRIBE WHAT TIKKUN OLAM - A HEALED WORLD MEANS TO THEM, HERE'S WHAT THEY HAD TO SAY.

Wishing you all personal freedom & empowerment to work for the freedom of others. CHAG PESACH SAMEACH!



EXHIBITION

WOMEN OF ACTION: A HISTORY OF THE UNION OF JEWISH WOMEN



SA JEWISH
MUSEUM
24 March 2023



www.sajewishmuseum.co.za

The Pesach Seder.

Create the perfect seder experience with our select range of Pesach merchandise - seder plates, haggadot, kiddush bechers, wine glasses, matzah covers and more.

Opening times:
 Sunday to Thursday from 10am - 5pm
 Fridays from 10am - 2pm
 Closed Saturdays & Jewish holidays
 Open public holidays



SAJM GIFT SHOP

CAPE TOWN'S ONE-STOP JUDAICA SHOP

88 Hatfield Street, Gardens, Cape Town | Telephone +27 21 465-1546
 Email: shop@sajewishmuseum.co.za



**JEWISH
COMMUNITY
SERVICES
CAPE TOWN**



www.jcs.org.za

JCS@WORK

DOMESTIC VIOLENCE - The Harsh Reality

Rhita Russon
JCS Social Worker

According to The Domestic Violence Act No 116 of 1998, domestic violence is defined as “abusive acts that infringe upon or threaten your physical safety, freedom, health and emotional well-being. These are committed by a person you are or were involved with in a domestic relationship”

Domestic violence is abuse with a specific purpose in mind. It is used by one person, in most cases your partner, to gain and maintain power and control over you. This use of power and control is designed to make you feel fearful of your partner. In this way, your partner maintains control over your life.

This may take place in any form of abuse, which includes:

- Physical, sexual, emotional, spiritual, psychological, verbal or economic.
- Damage to property.
- Stalking.
- Entry into a person’s property without their consent.
- Any other abusive or controlling behavior where such conduct causes harm or may cause harm to your health, safety or well-being.

If you feel like you are in a precarious situation or know of anyone experiencing any sort of violation or would like to chat with our Social Workers, please contact Rhita Russon on **021 462 5520** or email rhita@jcs.org.za for further information.

“This use of power and control is designed to make you feel fearful of your partner. In this way, your partner maintains control over your life.”

**STAND UP
SPEAK UP
END THE SILENCE**



**STOP
DOMESTIC
VIOLENCE**

**STAND UP
SPEAK UP
END THE SILENCE**

Report it if you see it. Report it if you feel it.
CALL 021 462 5520
#StopDomesticViolence



**JEWISH
COMMUNITY
SERVICES
CAPE TOWN**

www.jcs.org.za

#JewishCommunity #SocialWork #DomesticViolence





OASIS LIFE
CONSTANTIA

A superb retirement lifestyle



With its combination of natural beauty, historical significance and modern amenities, Constantia is a truly unique destination that embodies the essence of Cape Town's charm and allure. A resort-type lifestyle is yours for the taking, with a variety of activities, amenities, and facilities to choose from.

70 Apartments



46 Houses



Oasis Life Constantia will be a secure development off Kendal Road, with 46 houses, 70 apartments and a beautiful Lifestyle Centre which will form the heart of the estate. Selling off-plan now with anticipated completion from July 2024.

Contact us to make an appointment.



Nikki | 082 417 7807

Faith | 083 950 8883



WWW.OASISLIFE.CO.ZA



Highlands House
Aged Residential Care for Our Community

My journey with Highlands House

by Herbie Maltz

I became involved with Highlands House in 1989 when I was co-opted by Cyril Chinn to serve the (then very active) Security Committee.

I went on to chair that committee for many years. This enabled me to get an insight into the inner workings of the Home, and I became more involved.

On a trip to Canada, I arranged a visit to *Baycrest Jewish Home*. They shared information on how they managed their security and allowed me access to their security manual. It enabled me to introduce new ideas to Highlands House security to update the Home's security manual.

When CSO was established, they also started assisting us and I made room for them to chair our monthly security meetings.

I was instrumental in organising the electrical fencing for the Home, and raised funds from the Douglas Murray Trust, which was a large contributor to other (non-Jewish) institutions.

The Fundraising Committee, of which I was a member, also embraced Public Relations. On this committee, it was a privilege to work with Hacky and Fanny Edelstein (both now deceased), Abe and Leina Sank and Cynthia Maresky. We held several Race Days and Golf Day fundraisers. The *Cowa Dunga Day* fundraiser stands out as a truly unique event. It was a great success and enjoyed by all. It was lovely to see our senior staff and committee members young and old all working side-by-side.

Cantors in Song at the City Hall (now Parliament, for the time being) was another event we held, together with Barry Braun.

I'm proud that during my time at Highlands House, I also introduced speakers to the Home, namely Judge Dennis Davis, Paul Sulcas and JP Landman.

A personal passion of mine is staff training, and I arranged for senior staff to attain business skills through the kind offices of Raymond Schkolne of *Sanlam*, who arranged for our staff to attend Sanlam Education courses. We also secured government SETA courses.

On request, I made changes to and updated the Home's Constitution under the watchful eye of Senior Council Adv Gerald Gordon. This gave me further insight into the Home's operations.

I served as vice president and then president of the Home between 2011 and 2013. During my term of office, I visited *Sandringham Gardens* in Johannesburg and was extremely impressed with their Lifestyle Centre. I felt we needed those sorts of facilities at Highlands House. We therefore, upgraded our Social Activities Centre to become the new Lifestyle Centre. This is a much-improved space where many diverse activities are enjoyed by all in the Home. Whilst president, I served on the finance committee until I retired, using my income tax experience to the benefit of the admissions process.

I resuscitated the Maintenance & Property Committee with Abe Sank's input. We were able to co-opt experts in the field of property, namely Joe Rozofsky, Brian Rabinowitz, Maon Moss and Selwyn Greenhill. The Home subsequently appointed Selwyn in a full-time capacity to handle maintenance requirements.

After 31 years of service to the Home, I retired. However, I still keep in contact with many at Highlands House, and still run the monthly Men's Club Meetings.

I wish to thank many of the residents for their friendship over the years, which I have thoroughly enjoyed. Finally, a special word of thanks and appreciation to Pam Kopman, who was such a competent, efficient and diplomatic person and assisted me over the years in the various posts I held.

1989-2020, Honorary Life Member as of 2022



Highlands House President Stuart Hender with Herbie Maltz at the Honorary Life Members' Luncheon.





Enjoy your literary journey with our latest books

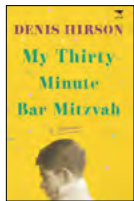
The only Jewish community library in Africa!



VICTORIOUS by Yishai Sarid. Abigail, the narrator of this Israeli novel, is a military psychologist and single mother who spent her career in the Israeli Army as an expert in the psychology of combat. As her son approaches the age of military service, she becomes increasingly involved in the lives of the army's Chief of Staff and those of her patients. Her father, a psychologist himself, condemns the morality of her choice to aid Israel's military machine. What price are we willing to pay for victory?



THE THREAD COLLECTORS by Shaunna Edwards & Alyson Richman. Set during the time of the Civil War, this book follows two soldiers who connected on the battlefield — one an escaped Black slave and the other a Jewish man. They form a friendship which brings their belated into the story — a Black enslaved woman who embroiders intricate secret maps for escape, and a Jewish woman doing all she can to support the troops. Their paths converge in New Orleans.



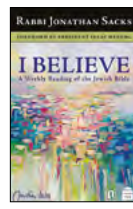
MY THIRTY-MINUTE BAR MITZVAH by Denis Hirson. The author describes his 'Bar Mitzvah' in Johannesburg in the 1960s, which lasted no more than thirty minutes and had few people in attendance. The 'Bar Mitzvah' was his excuse to visit his father who was an activist and serving time in prison. Denis Hirson has lived in France since 1975 yet remained concerned with the memory of his apartheid years in South Africa.



AN ENGLISH GARDEN MURDER by Katie Gayle. Julia Bird left London to settle in a Cotswold village soon after her divorce. Unexpectedly she discovers a body apparently buried for decades under an old shed. Julia cannot continue with her project to have a perfect garden until this case has been solved. As the police are taking too much time, she decides to assist them. When a second body is found Julia fears that the killer may murder again to keep their secret safe.



ABOVE US ONLY SKY by Merav Halperin. The uplifting story of the Ramon family — Ilan, the first Israeli astronaut and his son Asaf who followed his father's example and became an F-16 pilot. Both men fulfilled their dreams in the sky but sadly lost their lives. The father in the 2003 space shuttle Columbia disaster, and the son in a devastating training accident in 2009. After their tragic deaths Rona Ramon decided to share their collection of diaries and letters with others.



I BELIEVE by Rabbi Jonathan Sacks. This is the final cycle of *Covenant & Conversation*. There are fifty-four essays written before his untimely passing. Rabbi Sacks' intricate commentaries on the weekly portion show us how his own beliefs were formed from an ongoing conversation between the Torah and his own life. There is a diversity of topics and his conversations allow us to hear his beloved voice once again as he prompts the reader to seek out their own truths.



THREE MUSES by Martha Anne Toll. John Curtis suffered lasting damage after having been forced to sing for the kommandant who murdered his family in the Holocaust. He trains to be a psychiatrist in New York. He crosses paths with captivating prima ballerina Katya who has been in an abusive relationship with her choreographer. Once they find each other, these two flawed characters must find a future together to heal.



NORA EPHRON by Kristin Marguerite Doidge. A biography of the life and career of Nora Ephron from her time at Wellesley College to her rise in journalism. Her comedic genius shone forth when she ventured into filmmaking. Doidge examines her private life, which she was able to balance with her insatiable ambition. The author delves into the lingering sadness experienced by Ephron who despite all her achievements believed in her mother's saying that "everything is copy".

Happy Passover to you and your family! To join the library contact us on admin@gitlinlibrary.co.za or phone 021 462 5088

www.gitlinlibrary.co.za

[jacobgitlinlibrary](https://www.facebook.com/jacobgitlinlibrary)

[jacobgitlinlibrary](https://www.instagram.com/jacobgitlinlibrary)



City Coins

CAPE TOWN



Established in 1967 & serving the needs of collectors worldwide.
 We buy & sell coins, medals, banknotes, Krugerrands & tokens.

Get in touch to find out more or for a valuation
 Tel: 021 425 2639 info@citycoins.co.za www.citycoins.com
 Tulbagh Centre, Tulbagh Square, Ground Floor Shop
 Hans Strijdom Avenue, Foreshore, Cape Town



Sole South African representative for
Noonans of Mayfair, London



SAAND
MEMBER



SAADA
MEMBER



RAND REFINERY
AGENT

Rice-Tic South Africa
 celebrating our 52nd year
 of providing quality products
 wishes all our
 Jewish Customers
 Chag Pesach Sameach



Enquire at your local supermarket now!
 Tel: 021 511 0806 info@ricetic.co.za www.ricetic.co.za

Four Key Components of Jewish Education

At the Pesach Seder. And Beyond.



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

RABBI DANI BRETT

UOS Education/Director Torah City Wide

Educating children in the postmodern era has substantial challenges. In particular, the previously unimaginable explosion of technology has altered our experience of existence. Social media is an example of how differently we all, and in particular young people, communicate and are influenced. Media in general deeply sways our opinions and even our choices of what to buy. There are many facets to this. What your child's favourite YouTuber or Tiktok or other social media influencer 'casually' wears will in fact, apparently, influence their purchasing choices more than anything else. And anyone can become that Tiktok, often unintentionally – surprising themselves as much as anyone else, with pitifully little regulation to moderate their methods or messages. Top sports players get paid ridiculous amounts of money that a hundred – or even fifty years ago – would have been beyond anyone's wildest dreams. And, in turn, these individuals are the role models for our kids in a very real way. Because they can kick a ball – very well, mind you. The list goes on and on. And it can become sheerly overwhelming. The world is not what it once was. And the challenges are not insignificant. But, we as Jews have always not only invested in our children's education and not only have we believed in them; we have believed in our abilities to be the custodians of that education – individually as parents and collectively as a community. That is as true today as it ever was. We must believe and know that with conviction.

What exactly ChatGPT will do to the world of education we do not yet know. But we do know that we can and do have a key role to play in our children's education, and that while YouTube and Tiktok and Nike and ChatGPT and FIFA and Hollywood and the Joneses and Fake News have unescapable influences on our precious children's minds, hearts and even souls, and on ours, we remain responsible – and able – to play the lead role in what sometimes feels like a reality show, but is in fact the most real of impacts we can make in this world. The Pesach Seder is the ultimate setting for that education to take place. Family. Heritage. Values. Ancient sources. Modern applications. Let us put aside all the noise of the world out there, step into our family seders, remind ourselves of the young and impressionable minds, hearts and souls in our care, around the table and on our laps, immerse ourselves in the educational devices of the seder. And let us take the educational principles from it into our lives beyond. I'd like to focus on four key aspects of the seder experience with four powerful educational lessons.

1. Questions. Curiosity

Mah Nishtanah is not a nursery rhyme. Nor is it a *nachas* machine. It is the beginning of Jewish education. We are teaching our children to ask, to

be curious, to inquire. I have no doubt that we will all get *nachas* when our young ones stand up proudly, or shyly, and burst forth in childlike innocence, singing that centuries-old song that warms us not just because of its gentle sincerity but because it reminds us to encourage our children to question – to both absorb and reflect upon the questions of others, and equally to formulate their own. Every page of Talmud, every shiur and class and every Jewish learning experience is replete with questions. Let us remain inquisitive always and encourage the same in our children.

2. Answers. A way forward.

We cannot stop there, however. An honestly asked question wants an answer. It's not about questions for the sake of questions but inquiry in pursuit of clarity. The Hagadah has questions. And it prompts us to ask many of our own. But it gives many answers and encourages us to offer some of our own as well. We must do our best to answer our children's questions and encourage them to seek answers. We will never have all of the answers and even when we do have an answer, there are others, but there must at least be a response – a way forward, a step beyond the question.

3. Experiential. Full engagement in the world.

Jewish education is not just about shul and Yom Kippur. It's about every-day real life – every aspect of real life. The practices and values of Judaism pervade and guide absolutely every facet of our lives – every sense, limb, situation, relationship and interaction, indeed including if and how to engage with Tiktok, Twitter and the Champions League. What makes the Seder so poignant is that it is a full-senses, multi-faceted educational platform. We smell, touch, see, taste and hear. We laugh, we cry, we argue (nicely!). We listen, we talk, we sing. We reflect personally and collectively. And we do it with family and friends, old and young. The Matzah educates us as much as the verses. Granny's perspective

complements the visitor's who we have welcomed into our home. What Rebi Akiva was doing in Bnei Brak at his Seder finds expression in Cape Town at ours. And he and other great rabbis look down from Heaven to see how we have carried the torch forward. This wholeness of perspective comes with us into the world at large. Judaism guides our approach to business, it teaches us to say blessings in gratitude before eating absolutely everything and it gives us the questions to ask – and the answers – when faced with modern scenarios as much as ancient ones. The fullness of the Seder experience reminds us that Judaism insists on fully-informed engagement in the world.

4. Hashem. A tangible reality

Finally, we must remember that the guiding force in our lives that enables us to transcend the vicissitudes and meanderings of life is Hashem Himself. Let us not make the mistake of taking our Father in Heaven out of Jewish education. As absurd as that may sound, it's sadly not uncommon. More than that, let us actively put Him squarely into the conversation. At the Seder, we talk about Hashem's love for us, His care for and His belief in us. Do we talk to our children about Hashem? (And do we talk to Him about our children?) We most definitely should. We should tell them that He loves them as much as we do. We should tell them about His world and how He has gifted it to us – if we use it as we should. And we should tell them what we understand of His guidance to us, and that they should continue to seek to discover more about that each and every day. We should teach them to remember that in every situation, Hashem has a set of teachings and values to provide us with conviction for a clear, honest, meaningful way forward.

The Pesach Seder provides a perfect space for and reminds us of our long heritage of values-based, content-rich Jewish education.



ADVERTORIAL

Future Forex

Herzlia Alumni Venture into the International Payments Space



Josh Kotlowitz



Harry Scherzer

Herzlia alumni, Harry Scherzer and Josh Kotlowitz, who last year made waves in the investment space with their Digital Arbitrage investment service, have now set their sights on transforming the local forex and international payments space.

One of the common challenges that many individuals and SMEs face is transferring funds cross-border, be it for a foreign investment or conducting an import/export payment.

Most forex services only offer a 'hands-off' approach whilst charging a large premium to do so, making it a costly headache for South Africans to transact internationally. This is where Scherzer and Kotlowitz's company, *Future Forex*, is stepping in to assist.

Most forex services only offer a 'hands-off' approach whilst charging a large premium to do so, making it a costly headache for South Africans to transact internationally. This is where Scherzer and Kotlowitz's company, *Future Forex*, is stepping in to assist.

Future Forex, an authorised Financial Services Provider (FSP #51884), is powered by a team of qualified dynamic professionals focused on using technology and a client-centric service to reshape the forex industry in South Africa. "We are accomplishing this by providing a premium, single-point-of-contact service along with far more competitive rates than current providers in the market," says Scherzer, a qualified actuary and CEO of *Future Forex*. "When operating in the forex space for our arbitrage investment service, it became clear to us that there is huge potential for improvement. We're making these improvements a reality."

"We are accomplishing this by providing a premium, single-point-of-contact service along with far more competitive rates than current providers in the market," says Scherzer, a qualified actuary and CEO of *Future Forex*.

"*Future Forex*'s genesis was becoming the market-leader in one of the best-performing investment products in South Africa," says Kotlowitz. "Our Digital Arbitrage investment service has to date delivered an average annualised return in excess of 40% to thousands of clients."

"This played a pivotal role in developing the service we have today, from building the technology, to forming strategic partnerships, growing our team and ultimately forming our long-term vision," adds Scherzer.

Future Forex is growing at a rapid rate, with over R10 billion worth of forex deals processed since the beginning of 2022. With a team of over forty-five Relationship Managers, Chartered Accountants, developers, engineers and actuaries, *Future Forex* is reimagining this industry already.

Their forex service caters to businesses and high net-worth individuals needing to make or receive international payments efficiently and cost-effectively. Each client is assigned a dedicated Relationship Manager to ensure they have a single-point-of-contact. They also offer FEC (Forward Exchange Cover), CFC (Customer Foreign Currency) accounts and trade finance services to serve a wide range of forex requirements.

If you're interested in making use of their services for your business or personal needs, you can visit their website at www.futureforex.co.za. Alternatively, you can get in touch with them on 021 518 0558 or via email at info@futureforex.co.za.

[back to contents](#)



SALISBURY HOUSE
small school - big ideas

Salisbury House has hit the ground running

By Aimée Chiat, Founder/Director

So... what has Salisbury House been up to in 2023? Well, hold onto your chairs, we've hit the ground running!

Our theme for the term has been *Lego*. This all-time favourite childhood toy is not merely a tool to encourage imagination and fine-motor dexterity; it comes with a host of learning opportunities.

We have two *Lego* lessons per week, designed by the *Lego* company and aimed at developing children's early engineering skills — designing and building, investigating and solving problems, and exploring machines

and their functions. The children have learned about machine parts like wheels, pulleys, and joints while exploring their functions. Most importantly, the lessons have enabled them to become problem solvers, enhancing their creativity through construction and demonstration. Each lesson is structured according to a natural learning flow called the *LEGO® Education 4C approach*, which promotes successful learning experiences.

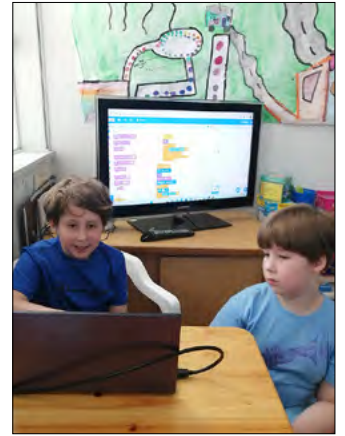
Our older children researched and built a timeline of *Lego's* history, from its humble start in Billund, Denmark. They are currently busy with their term project, where they have had to choose a scene from a movie, build it with *Lego*, and then create a stop motion video of the scene with a script written by themselves.

We celebrated *Tu B'Shvat* with a visit to Arderne Gardens where we learnt about the various plant species and which parts of the world they come from. We had a picnic under the 'Wedding Tree' and played games amongst the beautiful giants in the garden.

For Purim we dressed up in the theme of *Lego Minifigures*, baked *Hamantaschen* and retold the story of Purim.

In preparation for Pesach we've made wine and will be selling it to the community in order to buy *Technical Lego* to further our knowledge and skills in this area.

Wishing everyone a Pesach Sameach!



Elijah Hoffenberg and Rowan Maclay-Mayers demonstrating how to code using Scratch. Coding is a new lesson at Salisbury House.



Luke Jeffrey and Flynn Constant squashing the grapes that will be turned into wine.



Playing tag amongst the trees at Arderne Gardens



We celebrated when every single child achieved full marks for a spelling test!

MENSCH THOUGHT-LEADER OF THE MONTH

Pesach, from slavery to net zero

By Ephraim Moss



The tribe of Israel leaving Egypt is not just a story. The rituals of Pesach not just a tradition. Nor is the feasting merely a time to celebrate an ancient victory.

The story tells of a people enslaved by a leader whose symbol is the pyramid. A people taken on a journey towards physical and then ultimately psychological freedom. The story of freedom starts with an awareness of being enslaved, often by a hierarchy and authority that is not to our benefit or choosing. True freedom is the ability to choose what we serve.

But an individual's freedom — freeing oneself of enslavement and restriction in our own mind, and of society's restrictions — requires some digging and reflection.

The never-ending spiral of the Jewish calendar provides an opportunity to reflect, to grow and to deepen ourselves. The gift of Pesach is a framework to address what is holding us back, what is limiting us (the Hebrew word for Egypt, *Mitzrayim*, shares the root for the word *straits* or *narrows* — that which limits).

Just like the preparation for Pesach starts weeks before, by cleaning our homes of every crumb and speck of dirt that may be *chometz*, so too does our personal preparation to liberate ourselves start with getting rid of the *chometz* within us.

Technically *chometz* — that which is leaven — is food made with yeast. In a warm environment and in the absence of oxygen, the fermentation process of yeast breaks down sugars and releases, amongst other things, carbon dioxide (CO₂) which gives bread its fluffy airy consistency.

One of the names of Pesach is the *Festival of Matzah*, of unleavened bread. This is because those who waited for the bread to rise stayed in Egypt and died. Only those who were able to unburden themselves of the airs that puffed them up, were able to choose to leave and be free.

I'm currently travelling around the Eastern Cape, meeting farmers of the Karoo. Many have been here for generations farming goats and sheep, for decades using farming practices that have caused tremendous harm to the environment and the sensitive ecosystems where they operate.

The degradation of the ecosystems in these areas has had an immediate and profound effect, not only on the communities living here, but also on all of us across the globe who rely on the benefits of a healthy ecosystem.

One of the harms caused, is the loss of carbon sinks. A carbon sink is anything that absorbs more carbon from the atmosphere than it releases, for example: plants, the ocean, and soil. As plants grow and use sunlight to transform carbon dioxide in the air into sugars (the opposite of what yeast does) they naturally reduce CO₂ in the atmosphere.

Unchecked, commercial practices (full of *chometz*) release more carbon into the atmosphere than it can absorb, the net result being an overall rise in levels of CO₂. This acts like the glass of a green house, trapping the sun's heat. The more CO₂ there is, the more heat is trapped.

CO₂ in the atmosphere has increased by 40% since the beginning of the Industrial Revolution, causing an almost 1°C average increase to our planet's temperature. The impact of this is the crazy weather that has been experienced over the past few

years across the globe, including the current drought in the Eastern Cape.

The average middle class human causes about 12 tons of CO₂ emissions per year. Which means in each of our lives, we will cause over 840 tons of *chometz* gas to be released into the atmosphere. By planting just 15 Spekboom a month you'll be able to neutralise the emissions that your *chometz* causes over your entire lifetime.

So, thank God for Pesach — an opportunity to deflate us of CO₂, and humble us to our unhealthy patterns of consumption. To bring us to the awareness that all of us on an individual level can make a difference, not only by becoming aware of our haughty emissions but by being able to do something that will benefit our generation and generations to come.

Start planting Spekboom this Pesach and get rid of your *chometz*, Subscribe to *ReSpek Nature's* monthly programme, and be net zero and personally free within our lifetime.

Ephraim Moss is the Founder and CEO of ReSpek Nature, and a member of The Mensch Network. To learn more about his work visit www.mensch.org.za and select Network Members.

[back to contents](#)

Chag Pesach Sameach

Mount Misen of Japan and the Ner Tamid

My wife, Kim, and I recently visited Japan including a short stay on Miyajima Island across the bay from Hiroshima. On the Friday morning before heading back to Kyoto for Shabbat, we climbed the island's Mount Misen. There at the summit, we discovered a flame that, according to legend, has been burning continuously for the last 1200 years since a Japanese mystic achieved enlightenment on the mountain.

I was reminded of the Ner Tamid, the continuously burning flame in the Beit Hamikdash that we were required to keep alive at all times. "A perpetual fire must be kept burning on the altar; it must not go out" (Vayikra 6:6).

That night as Jews from all over the world (Israel, Japan, Italy, France, Turkey, the United States, Argentina, and Brazil) gathered for Shabbat at Chabad of Kyoto it was remarkable to me how we all instantly connected with one another despite our different backgrounds and the language barriers.

I was asked to say a few words and so I spoke about the 1200-year-old flame on Mount Misen that Kim and I had seen that morning. I then spoke about the Ner Tamid and how our ability to connect so spontaneously with each other that Shabbat showed that a kindred spark of the Ner Tamid was alive in each one of us, despite the destruction of the Beit Hamikdash two thousand years ago.

Our experiences in Japan also gave me pause to think about the enterprise of Jewish community. It is one thing for Jews from across the globe to come together for a meaningful shared Shabbat experience. It is something entirely different for Jews to join hands in a persistent

effort of ongoing community building – to establish and maintain schools and welfare organisations, to care for their indigent and elderly, to look after their own security and emergency medical needs, to uphold representative bodies to advocate for and defend their rights in the political sphere, and to invest in social outreach, youth development, leadership training, adult education, employment services, and cultural enrichment projects.

In Cape Town, we are blessed with a vibrant, diverse, and active Jewish community. What our trip to Japan highlighted more than ever is that we should not take this for granted.

This Pesach, as you sit around your seder tables, I invite you to reflect on two things: (1) The intrinsic 'Ner Tamid experience' of connectedness to each other and to Jews around the world celebrating Pesach, and (2) your deep investment in and contribution to being part of a remarkable Jewish community at the southernmost tip of Africa.

Wishing you and your families a Chag Kasher v' Sameach.

Lots of Love,
Lance Katz
Chairman

*Chag Pesach kasher
v' sameach from all of us
at the* **UJC** OUR COMMUNITY

Call for 2023 voluntary subscriptions

ONLY R350



With your support we will continue to bring you a cross-section of community news & views every month, and all in one convenient place. Please pay your voluntary annual subscription of R350 today.

PAY WITH SNAPSCAN



PAY WITH ZAPPER



PAY WITH YOCO



PAY BY EFT

Cape Jewish Chronicle Trust
Standard Bank, Acc: 070 703 493
Branch: 020 909, SWIFT code: SBZAJJ

Please use your name and email as payment reference.



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

Being involved

By Diana Sochen, Executive Director CJSA

On reflecting about CJSA and our members during the past month, I started to think and understand how difficult it is for many who are living life alone without the support of immediate family, close friends or neighbours.

We are about to celebrate Pesach and while for many, there are families with whom they can share the festival, so many are alone. It is at times like these that CJSA comes to the fore, because our organisation is like a family, and families care for one another. We endeavour to find hospitality for all members who otherwise would have been on their own; and we thank the shuls and families who come forward to assist our members to feel 'at home'.

It is a happy thought that old age or retirement is a period of tranquility and serenity, but not a realistic one. It can be a period of many stresses and strains. It is small wonder that many find it difficult and look for the comfort of friends who care.

Our professional staff understand the adjustment that has to be made with diminishing health, reduced income and new environments. We know that

seniors should not be underestimated as they have the benefits of maturity and credit for life experience gained in family situations and in community work. We are mindful that the older person is able to learn new skills.

Our programmes are planned with care to include something for everyone. Whether it is an activity that is a regular on the calendar of events, or a once off event, we really do take the trouble to think about each event and the suitability for the particular group.

CJSA's motto, 'For the Seniors, by the Seniors' enables each one to participate fully. This includes volunteering or just joining an activity. Everyone is welcomed, respected, and missed when they miss out if they are regulars.

The CJSA team enjoy sharing good times and simchas with members, however they are also mindful that many of our members have very real problems which are skillfully attended to by the social workers. We are often asked "What do we do all day?" In a nutshell, WE CARE and in this frenetic world, it makes such a difference to anyone who crosses the threshold of any of our branches.

The Cape Town community is truly unique. There are so many interesting activities on offer almost every day and evening of the week. If one is able to, it is possible to be involved and stimulated. Unfortunately not all seniors have the opportunity to enjoy these activities. Those who drive have a distinct advantage as many others are no longer mobile and our drivers are not always on duty, especially over weekends. If you are prepared to do a mitzvah and offer a lift when you attend an activity, recital, talk or



Sea Point members enjoying a Purim afternoon at Marais Road Shul

any community function, it would be greatly appreciated by our members. Give the office a call to offer your services and we are certain that there will always be members who would grab the chance to be part of the community action.

This is good and sums it up well!

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

The melody out of music,
The pride out of appearance,
The courtesy out of driving,
The romance out of love,
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of the family,
The learning out of education,
The service out of patriotism,
The Golden Rule from rulers,
The nativity scene out of cities,
The civility out of behavior,
The refinement out of language,
The dedication out of employment,
The prudence out of spending,
The ambition out of achievement or God out of government and school.

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others

And, we do understand the meaning of patriotism, and remember those who have fought and died for our country.

Just look at the seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over their hearts!

YES, I'M A SENIOR CITIZEN!

I'm the life of the party..... even if it lasts until 8 p.m.

I'm very good at opening childproof caps.... with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

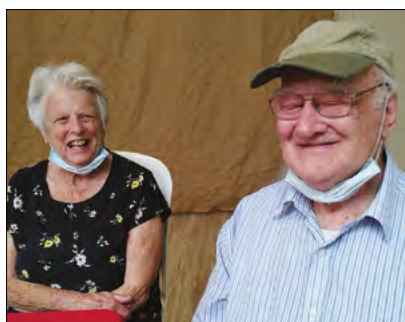
I'm beginning to realise that ageing is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

Testament to the poem are the wonderful photos that we display this month. There have been numerous outings and functions that have been thoroughly enjoyed by those who participated in what we had on offer.

We wish everyone an enjoyable and special time as the Pesach seders are celebrated, the story of freedom from slavery is read, and the wonderful meals shared.

Diana Sochen
Executive Director



Rene and Theo Musikanth enjoying the Purim party at Marais Road Shul



Murial Levin and Bernice Kaplan enjoying the lunch in Sea Point



Dr Rayne Stroebel and Judi Thomas at our first function in Sea Point

Social and Personal

We congratulate our members who have had joyous occasions during the last month.

Birth: Janice Bloch – Great Grandson; Marcia Orlin – twin great grandchildren; Eve Weinkove – granddaughter; Barbara Kahn – granddaughter

Batmitzvah: Jeff and Rene Borstrock – granddaughter

Birthdays wishes: Golda Sher – 90; Jessie Trackman – 97

Engagements: Hannah Sofer – grandson

Welcome to new members: Marlene and David Rogoff; Mary De Beer; Thelma Pluke

Well wishes to those who have been under the weather: Pearl Selikowitz

A Journey into Patsy's world

This month, Cape Town artist Patsy Groll will be holding her first solo exhibition.

Patsy was born in 1956 and enjoyed a gentle childhood and schooling in the southern suburbs of Cape Town.

After attending UCT's Michaelis School of Fine Art where she studied graphic design, she embarked on a career in packaging and design.

During the early years of bringing up her children, she began working in ceramics — hand-building vessels and painting in underglazes on their surfaces as well as on tiles, and making small sculptures.

She has always been very excited by photography and loves to travel and to capture images of people, nature and life around her, using many of these images as reference for her work.

For this exhibition, she will be showing some of her ceramic pots, and paintings in underglazes on ceramic tiles, as well as oil paintings, drawings and sculptures. All of the source material for these works originates from her travels and from the world around her. The name of the exhibition is *Journey*, in reference to the personal nature of these images.

"I am known for my portraits, I think, and have always drawn faces even when I was a school girl, often drawing on the desks and in my text books! I also draw and paint flowers and special places, both in oil, and on and inside ceramic vessels."

She works mostly with portraits and landscapes, using a broad variety of media including charcoal, pastels, acrylics, gouache, watercolour and oil paint. She has also worked with mosaics, using Mexican Smalti. Of these, her favourite is oil paint.

She has participated in many group exhibitions, showing both ceramics and paintings, and is particularly proud to have been chosen as one of the top 40 artists in the 2021 Sanlam National Portrait competition.



Journey can be seen at
Rust-en-Vrede Gallery,
10 Wellington Road, Durbanville.
The exhibition runs from 15 April until
20 May with the official opening on
Saturday 22 April 2023 at 11am.



A VIEW FROM THE BAR

The importance of a hearing

By Anton Katz SC

In many ways law reflects life. A particular aspect common to both law and life is the notion of fairness, and the role of a proper hearing when rights or interests are potentially affected.

How often have I seen and heard young boys squabbling animatedly about some alleged wrong done by the one to the other. I call them together; I tell them I am the judge and I will give both a full and fair opportunity to state their case. The one goes first and tells a long sad story about how the other boy did this and that wrong.

Meanwhile the other boy tries to intervene saying the first boy is not telling the truth. I stop the intervention, and let the first boy talk his heart out. After that I require the second boy to give his long version of what, according to him, really happened. I tell the boys I will think about what to do and will let them know when I am ready to make my decision. Within five minutes the boys' squabbles are over and they are happily playing as best friends as if there had never been any conflict. The lesson I have learnt is that people have a desperate need to be heard. Once they are heard they feel satisfied.

And in law, in a similar but different vein, very often, after evidence has been led and tested by cross-

examination, things turn out differently from the way they might have appeared at first blush.

Judge Megarry, a famous English judge, stated in *John v Rees* in 1969, "As everybody who has anything to do with the law well knows, the path of the law is strewn with examples of open and shut cases which, somehow, were not; of unanswerable charges which, in the event, were completely answered; of inexplicable conduct which was fully explained; of fixed and unalterable determinations that, by discussion, suffered a change."

The lesson I have learnt is that people have a desperate need to be heard. Once they are heard they feel satisfied.

So, what does a hearing mean? And what does fairness demand? It is a truism that in law, just like in life, context is everything. A hearing which makes the process fair can mean many different things depending on the context. A fair hearing can consist of merely letting potentially affected persons comment on proposed action in writing. Or it could mean a full-blown trial with persons giving oral testimony, which is subject to cross-examination by the other side's lawyers. It all depends on the context.

Another way of describing this fairness issue is to ask how much process is due in any particular case. A feature of due process is whether there are one or more levels or phases of decision-making. In town planning issues, an owner of a house may need to apply for permission to build. The owner would have to submit plans to the City officials. Neighbours could object. If permission is granted the neighbours could appeal to higher authorities within the City. Meanwhile the building process is put on hold, possibly at great expense to the owner. We are all familiar with appeals dragging out cases for eternity with the attendant costs and uncertainty that brings.

The requirement of fairness in the administrative

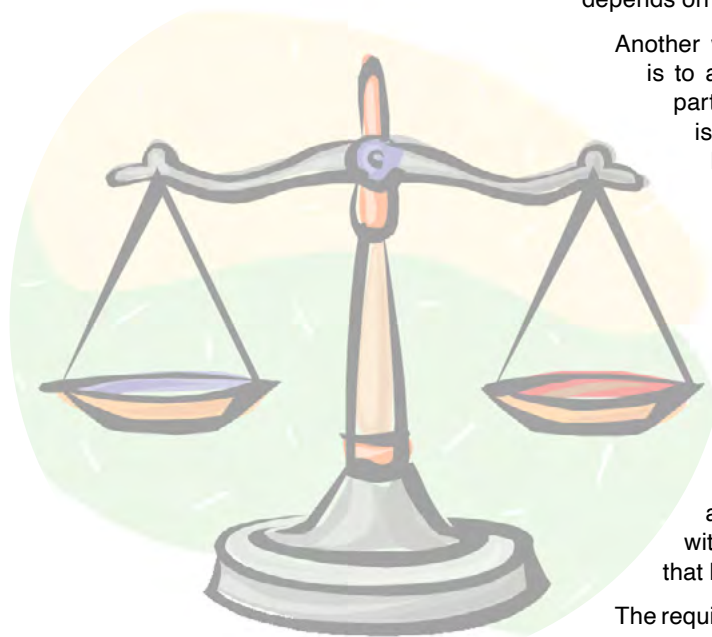
law context has been described to involve legality, reasonableness and fairness. In order to satisfy legality, the process must comply with whatever steps the law requires. But it must also be reasonable and fair. While decision-makers should be able to act with a measure of flexibility on the one hand, those affected by decisions should also know how decisions affecting them are made.



In the latest Public Protector matter, a preliminary finding running to some two hundred pages in relation to the President's Phala Phala scandal was made by the PP. The President was exonerated, whereas preliminary findings against the police were made. Any interested party has the right to comment and make submissions on the preliminary finding by the Public Protector. The responses must be made in writing within ten days after receipt of the preliminary report. Generally, the various parties do not get to see each other's submissions and responses. Once the responses are received, the PP makes a final and binding decision. Bear in mind that the PP had, in preparing the preliminary report, interviewed the main role players and taken into account the submissions by the complainants. It seems there is more than enough opportunity to be heard before final decisions are made by the PP against any individual. That seems reasonable, fair and just.

Latin tags can be pretentious and annoying. But there is one that everyone should know. That is *Audi*. *Audi* is short-hand for the phrase *audi alteram partem*, which means 'Listen to the other side' or 'let the other side be heard as well'. *Audi* is a fundamental legal principle in which each party is entitled to a fair hearing, and given the opportunity to respond to evidence against them. So, if you are ever involved in a dispute with any state agency just make sure you are given *Audi*. The two squabbling little boys in a sense received *audi* and they are now happier than ever.

Anton Katz is a practising Senior Counsel, former United Nations special rapporteur on mercenaries and human rights, former Acting High Court Judge, and an admitted attorney in New York. He was born and raised in Sea Point.



Call for 2023 voluntary subscriptions

ONLY R350

CAPE JEWISH CHRONICLE

With your support we will continue to bring you a cross-section of community news & views every month, and all in one convenient place. Please pay your voluntary annual subscription of R350 today.

PAY WITH SNAPSCAN



PAY WITH ZAPPER



PAY WITH YOCO



PAY BY EFT

Cape Jewish Chronicle Trust
Standard Bank, Acc: 070 703 493
Branch: 020 909, SWIFT code: SBZAJJ

Please use your name and email as payment reference.

[back to contents](#)

ISRAEL: A JOURNEY MAKING MEANING

We shall overcome

Julian Resnick writes from Israel

For the first fifteen years of my life, I slept in the same bed in my childhood home at 1 Lourens Street, Somerset West.

I remember my childhood bedroom, especially the curtains — a copy of the Bayeux Tapestry which describes the Norman invasion of England in 1066 by William the Conqueror. (In 2018 I traveled to Bayeux for the first time to prepare for a group I was taking to Normandy after a week in Berlin and saw the tapestry in Bayeux about 100 metres from my hotel — called the *Churchill*, by the way. Go and see the tapestry. It is a joy to behold). I slept well in that bed. I do not recall any nightmares. There might have been, but none that leap out at me today.

The fact that so many people around me were living a nightmare was just not something I was aware of during those first fifteen years. I slept well during apartheid. Neither in Hottentots Holland High School (just pause for a moment and consider the name of the school!) nor in Paul Roos Gymnasium (my first two high schools) did apartheid feature as an evil we needed to confront.

Even though the Group Areas Act had been passed in 1950, four years before I began sleeping in that bed, a few hundred meters down Lourens Street, just past the Catholic Church where Father Swan ministered to his flock, lived some of those people for whom life was a nightmare irrespective of which curtains they might have had in their bedrooms.

Truth be told (as uncomfortable as it is to tell the truth sometimes), in our back yard, just metres from my bedroom with the copy of the Bayeux Tapestry, lived Katie and Piet and their three children, Martin, Elizabeth and Hendriena; Danie on his own, and Magdalene on her own. The 'staff'.

We moved when I was fifteen and it was farewell to the Bayeux Tapestry and those childhood years, and things began to change in my life. Crucially, as I have written before, Habonim Dror came into my life; and with Habonim came songs which invited me into a new understanding of where I was growing up. One which neither Hottentots Holland nor Paul Roos offered me. I remember singing them, and slowly the nightmare I was a part of seeped into my mind.

There were many songs which I sang and loved. We sang *Swing low, Sweet Chariot ... Michael Row the Boat Ashore ... This Land is My Land ... Where have all the Flowers Gone ... If you miss me at the back of the bus...* The list goes on and on. We listened to Woody Guthrie,

Pete Seeger, Joan Baez, Simon and Garfunkel and of course, Bob Dylan.

And of course, we sang the following words with intense feeling,

*We Shall Overcome
We Shall Overcome
We shall overcome some day,
Because deep in my heart
I do believe,
We shall overcome some day.*

On and on we sang, and then with great fervour at the top of our voices, our favourite verse:

*Black and White together
Black and White together
Black and White together today.
Because deep in my heart
I do believe,
We shall overcome some day.*



I moved to Cape Town at the beginning of 1971, joined National Youth Action in my matric year, was on the slopes of Table Mountain preparing a protest in the days leading up to the 10th anniversary of the Republic when the jets of the SAAF crashed into the mountainside, handed a petition demanding an inquiry into the death of Ahmed Timol to Koot Vorster (brother of John Vorster) outside a meeting of the Dutch Reformed Church Synod in the area of the Gardens in Cape Town, and took part in demonstrations outside St George's Cathedral at the top of Adderley Street, which got me a free night in jail in a cell without any curtains, let alone a copy of the Bayeux Tapestry.

Fast forward to 2023, just before Pesach, our Freedom Festival when Bobby Dylan, if he had ever gone to a Pesach Seder way back when in Duluth or in Hibbing Minnesota, might have developed his strong feelings about freedoms, both personal and societal, from this our Liberation Festival, our great Freedom Narrative, the time which more than any other in our ancient history helped define our ongoing commitments as a People to Liberty and Human Dignity. The Chag, which together with the

inspirations of our ancient prophets inspired us to 'Seek Justice and Pursue it', which inspired Abraham Joshua Heschel to march with Dr Martin Luther King (remember what he wrote describing the March from Selma to Montgomery: "Legs are not lips and walking is not kneeling. And yet our legs uttered songs. Even without words, our march was worship. I felt my legs were praying.")

I write this in mid-March 2023 in Israel, my home for the past close-to-47-years. A different bedroom (still no Bayeux Tapestry curtains. In fact just shutters as we generally have in Israel).

For the past ten weeks I have been out on the streets of Jerusalem, Tel Aviv and Bet Shemesh (I live near Bet Shemesh), protesting the proposed

changes in the laws of my beloved Israel (I had to add in that line, because you need to know that this *is* my beloved home — do not believe for one single moment the lie that the protesters are anarchists, extreme left-wingers (not that being on the left should be an insult, but it has been used as an insult in recent times) or terrorists.

Today, Israeli jets attacked targets in Syria destroying missiles being stored for potential attacks on us (apparently). I wondered whether the jets had been piloted by those members of the Likud party who have recently hurled insults at the pilots of the IAF suggesting that they should go to hell and that we can function without them. Just wondered...

I have been protesting, not as much as I should nor as I did back in the day in Cape Town in 1971, but truth be told, I was 17 then and am just short of 69 now, and that does make a bit of a difference.

I was protesting then as I saw the nightmare around me that deprived my fellow South Africans of their basic civil and human rights; and I am protesting now as I see a new regime in Israel preparing to do the

same. Preparing to turn Israel into a country which will limit freedoms — which will turn gay people and women into second class citizens; which might limit access to parliamentary representation to those who are Zionists (as a fervent Zionist I still believe that those who do not accept my vision for Israel have a right to express their opinions, and have a right to the representation of those opinions in the Knesset); which will turn us into something approximating a theocracy where the plurality of Jewish Identities will be limited.



As Haim Topol playing Tevye would have said, "Oy Vey!" (a great sign at last night's protest in Bet Shemesh said 'Undzer Shtetl Brent').

Something 'funny' from the world I am a part of right now, before I wish you all Chag Sameach. I was shopping in the Kibbutz grocery store and came across a member who was once one of the teenagers I worked with back in the 1990s. She is now a mother of three children. She and her husband are Ashkenazim ('Nu?' you say). She told me that her son of around ten years old had a terrible argument with his friend from the kibbutz. Also around ten years old and the son of two other Ashkenazi parents ('Nu?' you say). The argument became really heated and insults began to fly back and forth. When his friend got really angry he hurled at him the most intense insult he could, living in Israel in March 2023 with this intense debate all around us.

"You.... Ashkenazi!!!!," he screamed at his friend.

The two boys, aged ten years old, in Israel in 2023, both grandsons of people who came here from Poland, Germany and Lithuania.

Chag Sameach, and please remember that the crucial thing about Pesach is not checking for *Chametz*, but rather the values this great story of our People passed down to us.

Julian Resnick was born in Somerset West and grew up in Habonim Dror. He studied at UCT, and made Aliyah to 1976. He's conducted numerous shlichuyot and educational missions on behalf of Israel, to Jewish communities in England and the USA. He works as a guide in Israel and around the world (wherever there is a Jewish story). He's married to Orly, and they have three children and six grandchildren and is a member of Kibbutz Tzora.

USING MY NUDEL

Into the unknown

By Craig Nudelman

'Into the unknown' is the title of the main song for the hit children's animated movie, Frozen 2.

I won't go into why Elsa sings it, but it does ring true for what the Nudelmans are facing now. My two daughters, Jessica and Livi, and I are being thrust into the unknown. We, unlike Gabi, have never been to Australia, let alone Sydney, and are emigrating there for the foreseeable future. We don't have a permanent place to stay and I don't have a job, yet. However, it will be an exciting adventure.

I don't want to repeat what I wrote about in my last column, about not giving a f*ck and believing that everything will be fine. But I really do believe we're well-prepared for what's to come. After all, we've faced unknown futures before. The Covid pandemic readied us for this. The whole world was thrust into uncharted territories. We had to wear masks and keep on sanitising, work, and get taught from home, live under the strictest (and sometimes bizarre)

laws, and try to maintain bonds with our families, friends, and colleagues. It was a crazy time, but most of us made it through. Who would have thought in February 2020 that we would have more than 750 days of a national state of disaster by April 2022. Loadshedding, the water crisis in Cape Town, and other disasters have made us rethink how we can live our lives in unstable times without going into full crisis mode.

But along came Nachshon, a prince from the tribe of Judah, who stepped into the unknown. He entered the water up to his nostrils, and only then did the waters part, allowing the Israelites through to their freedom in the desert.

So, we will arrive in Sydney with a little knowledge of what to do, full crisis mode mostly averted. Our daily routines and schedules will be disrupted; landing after 27 hours of travel will completely mess up our circadian rhythms. We know about the importance of routine from numerous scientific studies.

According to an article in *Online Psychology Degree Guide*, routine helps us accomplish our goals, eat well, and keep sleep schedules on track. However, the article goes on to discuss that while travel and adventure may disrupt routines, this can actually help our brains! Adventuring can improve cognition and reactivates our mental reward system. Can you believe that it even helps with anxiety disorders?!

Moses and often wanted to go back to Egypt as we see when, tired of *manna*, they ask for meat and fish, cucumbers, watermelons, leeks, onions, and garlic (Numbers 11:4-6). Ultimately, those who had been slaves in Egypt did not make it into the land of Israel. They were not ready to go into the great unknown and could not let go of their previous lives.



Although Australia is not the land of milk and honey, it will provide all four of us with new opportunities and challenges. We will be able to grow if we embrace the change. *Calvin and Hobbes*, the wonderful and often metaphorically enlightening series of cartoons, has this wonderful quote about change. Calvin says: "Change is invigorating! If you don't accept new challenges you become complacent and lazy. Your life atrophies!"

Our forebearers who came to the Cape in the late 1800s and early 1900s really took a leap of faith. Life wasn't pretty in the Pale of Settlements, and although they had heard about the 'Goldene Medina', they didn't have Facebook, Instagram, and instant communication to learn how great or difficult the Cape or the Transvaal were. They were pioneers and leapt into the unknown. Most made a good life for themselves.

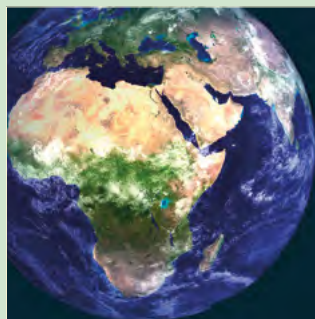
Like these forebearers, our adventurous spirit remains, and we will go into the unknown, saying good goodbyes and happy hellos. May you and your families have a Chag Pesach Sameach. See you on the other side of the Indian Ocean.

Craig is a writer, Jewish professional, and tour guide extraordinaire. His deep bass voice has graced stages, synagogues and studios. He is an obedient husband, father to two spectacular daughters, and is known for dad jokes and trivia.

As a family, we'll be learning about the wide world in a diverse and cosmopolitan 'big' city. We'll meet new people, make new friends, try new foods (hopefully the girls will open their minds to trying them!) and be pushed into the outdoors. We'll start going on public transport, see how different people live, and experience a new lifestyle.

This can be related to Pesach, which is just around the corner. The Israelites had no idea what was next when they left Egypt. They had been slaves for roughly 210 years, according to the sages, and so freedom was an entirely foreign concept. When Moses eventually leads them to the Red Sea the Israelites don't know what to do. In front of them is a massive body of water, behind them Pharaoh's army. The *Midrash* says that they wailed with despair as the waters did not automatically part.

But along came Nachshon, a prince from the tribe of Judah, who stepped into the unknown. He entered the water up to his nostrils, and only then did the waters part, allowing the Israelites through to their freedom in the desert. While in the desert they also moaned and groaned to



Poems on astronomy and spaceflight

Cosmonauts do it in Heaven
Keith Gottschalk

Twentieth Century Physics

Heisenberg felt uncertain.

Planck went all to pieces.

Schrödinger put out a saucer of milk.

Einstein was unperturbed:

he knew it was all relative.

Order this poetry collection from takealot.com, Amazon, Exclusive Books or Clarke's Bookshop.

**ADVERTISE
in the Cape
Jewish
Chronicle!**


**TO ADVERTISE HERE,
CONTACT LYNETTE:**
021 4646736 or 083 269 5648
or Email advertising@ctjc.co.za

CHRONIC ADS

Rates: R50 per line incl VAT Phone: 021 464 6736 (mornings)

LET ME TAKE CARE OF YOUR HEALTH
 Health carer and companion
 Valencia (Ntombi) Dwadwa
 073 143 3647

ELDERLY CARE
 QUALIFIED PALLIATIVE,
 GERIATRIC, DEMENTIA &
 ALZHEIMERS
 PREVENTATIVE SAFETY
 FIRST AID
 CPR TRAINING
 17 YEARS EXPERIENCE



REFERENCES AND CV
 ON REQUEST

CARER/DOMESTIC

My 91 year old mother's excellent carer/domestic is looking for a full-time position. Highly recommended. Tel 082 828 8073 for more info.

SUPPORT SERVICE

Assistance with shopping, admin, chores, transport or just feel like going out for coffee! 082 775 5660

RELIABLE PET/HOUSESITTER

Mature single guy. Excellent refs. Short/long term. Keith 084 604 1194 Email: keithmilne1961@gmail.com

DOMESTIC WORKER AVAILABLE

Koliswa has been with my family for 20+ years. Excellent cleaner and gentle with kids and pets. A real mensch. 064 081 3232 Avail 5 days/week. (for reference: 083 424 3455)

COLLECTABLES WANTED

Medals, coins, bank notes, badges, autographs, documents, old books, Judaica, Machal, Zionist. Private collector. 021 438 2702

SORT IT

If you are looking to Create Order Out of Chaos in decluttering your home, room, garage or storeroom; or needing to pack a home of a deceased family member or friend. Call Rochelle on 083 265 7738

No longer able to drive?
 No garage space?
 Emigrating?

I WILL BUY YOUR VEHICLE!

since 1996
 Phone Melville
 Ph 072 132 5572

REMEDIAL TEACHING & TUTORING

Highly exp professional. Afr & Eng, all ages. Claremont. Carissa: 072 459 1216 www.educationalservices.co.za

BLINDS

Contact Elaine's Blinds for all new blinds, servicing, repairs and cleaning. Stephen and Elaine Guinsberg 021 713 1349

JOFFE PLUMBING

For all sanitary plumbing repairs, maintenance and renovations. Phone Hilton 082 789 2897 or 021 439 5550

TRANSFER VHS TO DIGITAL

Barry: 082 885 7458
 mediamemories@bax.co.za

To place a chronic ad
 email: chron@ctjc.co.za
 or call: 021 464 6736

CARPET & UPHOLSTERY CLEANING SERVICES

MEGA-CLEAN

Cleaning of all carpets, upholstery, leather, office & dining chairs, mattresses, vehicle interiors
 Pet Stain & Odour Removal
 Low Moisture System - Quick Dry - Deep Clean

Pensioners' Discounts Window Cleaning Tool

PROFESSIONAL, RELIABLE, SERVICE DRIVEN & ACCOUNTABLE
 Call Amanda Barnett: 082 751 9604

WE WANT TO BUY

SILVER JEWELLERY
 CHINA GLASSWARE
 ART SCULPTURE
 HOUSEHOLD GOODS, etc

Burr & Muir
 Antiques/Collectables

The Mirage, Shop 5,
 Cnr Strand & Hudson Streets,
 De Waterkant, Cape Town

021 4181269

email: info@burrmuir.com
 website www.burrmuir.com

B&B Home-Care Assisted living & nursing services

Our care givers provide professional home care and support services to your loved ones in the comfort of their own home.

DEMENTIA AND ALZHEIMER'S | FRAIL AND DISABILITY CARE | COMPANIONSHIP | POST-OPERATIVE CARE

Call 078 206 9290 or WhatsApp 069 410 0595
 Email: mrkweiss311@gmail.com


TOMBSTONES
GORDON MONUMENTAL

WE SPECIALIZE IN THE SUPPLY AND RESTORATION OF TOMBSTONES

Contact Colin Gordon 082 871 4764
 Email: colin.gordon0@gmail.com


SHERWOOD HOUSE
 NURSING AND RESIDENTIAL HOME

Our superior Home offers shared Frail Care units, spacious private rooms — some with en-suite bathrooms, three meals per day with dietary considerations, 24hr nursing assistance and laundry.

Our registered nurses take care of medication, liaise with doctors, medical practitioners and chemists.

Our beautiful spacious Home and gardens are set in the tranquil Kenilworth suburb with nearby Medicross, Kingsbury Hospital, Claremont Clinic, Claremont Shul and many shopping areas.

To view our facilities call Brenda:
 021 671 7728 / 021 683 7449
 email: brenda@sherwoodhouse.co.za
www.sherwoodhouse.co.za



Hand Picked & Packed
KOMATI FOODS
 Dried Fruit, Nuts & so much more!

NUTS | BREAKFAST | CAROB | DRIED FRUIT
 FLOUR | ORGANIC | SEEDS/GRAINS
 SPICES | SWEETS | SNACK MIXES

ORDER ONLINE: WWW.KOMATIFOODS.CO.ZA FREE DELIVERY WITHIN CAPE TOWN FOR ORDERS OVER R500

Shop 3, John Montague Centre, Montague Gardens | 74 Lower Main Road, Observatory



Waterproofing Cape Town

Specialist in Painting, Roofing, Damp Proofing & Waterproofing Services

www.waterproofing-capetown.com


Tel: 021 300 1822/ 021 000 2326 Sea Point

 **Gardiner Stone**

The Gardiner family's relationship with the stone industry started in the 1930's



Showroom 134 Durban Road Bellville
 Bellville 021 948 2152 Paarl 021 872 1508 Strand 021 854 5890
 Ros Gardiner 072 2414 120
gardiner@gstone.co.za www.hebrew.gstone.co.za
 FOR ALL MEMORIAL REQUIREMENTS


DIAMOND HOUSE

Do you need cash?

Or would you simply like to liquidate an inherited estate jewellery piece?

We will buy your diamond ring or diamond content jewellery at the very best price.

We offer a free no obligation valuation service - by a GIA qualified gemologist - coupled with an **immediate cash offer**.

We guarantee a safe, secure, trustworthy and confidential service.

CONTACT US NOW AT DIAMOND HOUSE

WhatsApp: 082 821 22 67
 Cell/SMS: 072 659 1223
michael@diamondshouse.co.za

YOUR RETIREMENT *Settle for the Sensational*



**All sold on a Sectional Title basis.*

PALM BROOK 1101

R9 950 000



3-bed apartment with 180' views from Table Bay to Blouberg.

PALM BROOK 206

R4 250 000



Warm & sunny 2-bed, north facing apartment with spacious living areas.

PALM GROVE 403

R4 000 000



High end 2-bed apartment, overlooking the garden & stream.

Whether you're seeking a large 3-bedroom retirement home with an expansive terrace and entertainment area, or a simple lock up and go, we have an amazing selection of apartments on offer.

Make an appointment to view these and other apartments today

www.oasisretirementresort.co.za · FB: OasisRetirementResort · IG: @oasis_retirement_resort

Cindy 082 495 7168

Linda 082 785 6160

Lorenda 083 270 4755



Keep smiling, that's what friends are for.

Offering:

Assisted Living

Physical Rehabilitation

Frail Care

Alzheimer's/Dementia Care

Contact Lizzie Brynard-Brill

021 528 7301

lizzieb@capetownoasis.co.za

www.oasiscarecentre.co.za



All photos are an actual representation of Oasis Care Centre and all persons are actual residents, patients and staff.

[back to contents](#)