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The Cape Jewish Chronicle
wishes all our readers
and their families
Shana Tova
u'Metukah

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Shana Tova

5784



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Bonny's Beat



Hiding away the things we find uncomfortable

The almost total shutdown of public transport during the recent taxi strike had a hugely negative impact in Cape Town, including at Highlands House, since nurses, care workers and cleaning staff could not get to work, leaving many of the elderly residents in an extremely vulnerable position.

I decided to volunteer to assist in the newly opened Memory Care Unit at Highlands House. The short time I spent there brought me into a world I know very little about. I learned how difficult it must be to work in an environment like this – with so many people completely dependent on able-bodied and mentally healthy staff to get them through every day. When the familiar faces of these staff members weren't there, it was unsettling for many residents.

I was impacted by this visit. I have seldom had contact with people suffering from dementia – or, the other ravages that old age may bring. It struck me while there that, if we do not have a close family member like this, we know very little about this demographic. As a society, we struggle to deal with people who behave 'differently', and so we push these people away from wider society, out of sight in places like Highlands House. Highlands House, and other care homes, provide a crucial service but the residents are isolated from the rest of society – because society chooses this. Yet, those who work there are the anchors that the residents rely on. It was clear that the few staff present bring warmth to the residents, whom they know and understand well.

It's certainly upsetting to see people who lived active lives in previous years diminished to a state of such total dependence. They would have been active citizens and successful in their professional lives – yet today

their ability to function at the most basic levels has become extremely limited. It's tragic – but it's a reality of life.

With the High Holidays around the corner, the visit has made me think about the need to be more mindful about my fellow human beings. So, I hope to volunteer at Highlands House again because I realise that acknowledging and interacting with these people is an element of understanding society more fully. After all, anyone I know – myself included – could one day be a resident there. Would I be comfortable if the world forgot about me?

In this month's edition, you'll see content about reflections during the High Holiday period on our behaviour and on how to treat others.

Another focus is the ongoing internal strife in Israel. Yet again, our regular correspondent, Julian Resnick, laments the situation and the potential future of the country. Writing from Johannesburg, Oshy Tugendhaft provides a scholarly view that questions the validity of the judicial reforms the current government is trying to implement.

You'll also see a range of expert views on various topics – from health, to the law, to business success. Our sincere thanks to the members of the community who so willingly share their expertise.

Lastly, my sincere thanks to Stella Cohen, an expert on the Sephardi food traditions from the island of Rhodos, who shared wonderful photographs for use in this edition. Stella is a well-known and much-loved figure among her fellow descendants of the Rhodesli Sephardic community, many of whom live in Cape Town.

Wishing you all a Shana Tovah and Well over the Fast!



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SHABBAT AND YOM TOV TIMES

Date	Portion		Candle lighting		Ends
			earliest	latest	
1 / 2 September	16 Elul	Ki Tavo	17:18	18:10	19:03
8 / 9 September	23 Elul	Nitavim - Vayeilech	17:21	18:15	19:07
15 / 16 September	1 Tishrei	Rosh Hashana	17:24	18:20	—
16 / 17 September	2 Tishrei	Rosh Hashana	19:12	—	19:13
22 / 23 September	8 Tishrei	Ha'Azinu	17:27	8:25	19:17
24 / 25 September	10 Tishrei	Yom Kippur	17:28	18:26	19:18
29 / 30 September	15 Tishrei	Succot	17:31	18:30	—
30 September / 1 October	16 Tishrei	Succot	19:22	—	19:23



UPCOMING COMMUNITY EVENTS

Save the date

<u>COMMUNITY ORGANISATION</u>	<u>EVENT</u>	<u>DATE</u>	<u>FOR MORE INFO</u>
WIZO	Yom Tov Market	3 September	See www.cjc.org.za
Cape Town Holocaust & Genocide Centre	Exhibition Seeing Auschwitz	3 September	See www.cjc.org.za
Gardens Shul	Concert Voices of the future	5 September	Page 21
Nechama	Skills Development Communication & Counselling Skills course	4, 11 September	See www.cjc.org.za
ORT Jet Cape Town	Competition Shining Light Awards 2023	Entries close 21 September	Page 7
Gitlin Library	Children's Book Reading The Phoebe Book of Poems for Children	4 October	See our October issue
Mensch	Skills Development Lift Leadership	27 August - 29 October	See www.cjc.org.za
Cape Jewish Seniors Association	Events Programme Weekly in-house programme	Weekly throughout the year	See www.cjc.org.za
African Renaissance Ensemble	Music Concert Hidden treasures of the Hebrew Baroque	28, 29 October	Page 45
Cape SA Jewish Board of Deputies	Bursary Applications Open	1 September - 31 October	Page 13

THE CSO TEAM

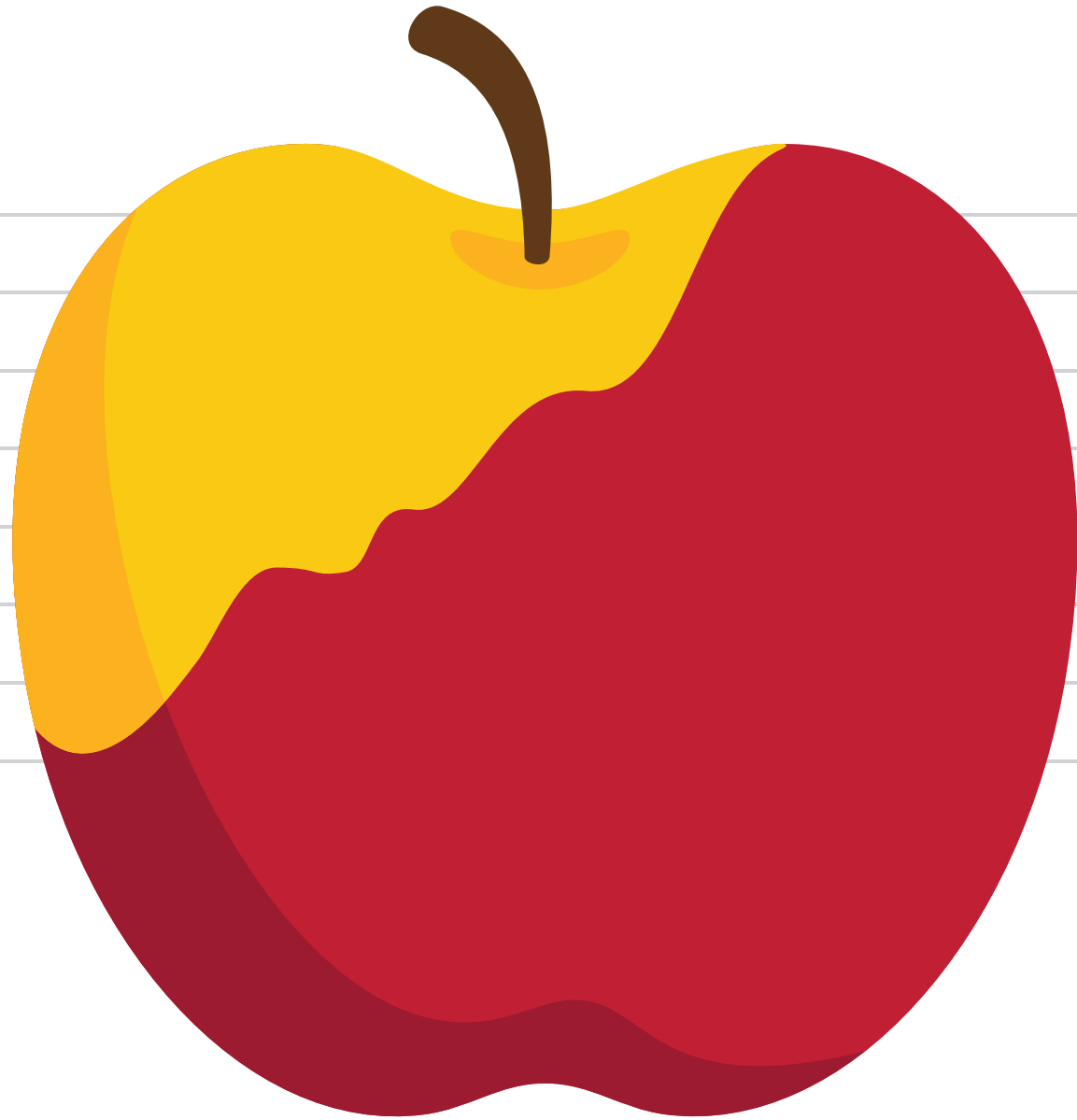
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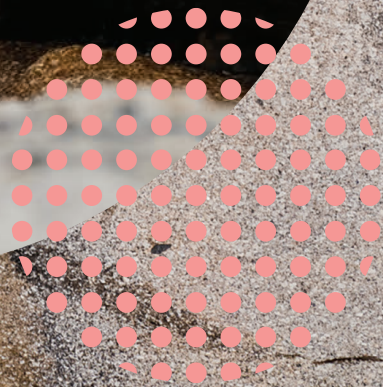
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REINSTATING LITHUANIAN CITIZENSHIP: OVERCOMING OBSTACLES FOR SUCCESS

In my 13 years of professional practice, I have seen many cases of individuals reaching out in desperation and frustration after their Lithuanian citizenship application was put on hold. The hurdles are not limited to the initial phase of assembling the application and collecting the required documents. In fact, the real challenges often arise after submitting the application to the Migration Department in Lithuania.

If authorities find insufficient proof or inconsistency in your application and records, they can pause your application for a year. They'll send you an official notice in complex bureaucratic language that explains the suspension reasons. This notice can be hard to understand even for native Lithuanian speakers. Reactivating your application depends on understanding their demands and obtaining necessary extra documents (if legally required) or providing a strong explanation to the Migration Department that additional records aren't necessary.

The Migration Department lacks a clear list of required documents, leaving applicants frustrated as they spend time and money obtaining what they believe is sufficient evidence. However, the department might remain unconvinced, resulting in further delays or even application denial.

At IN JURE Law Firm, we have been a steadfast partner for applicants facing such challenges. With nearly 2000 successfully reinstated applications, we have encountered a diversity of scenarios and legally challenging situations.

What sets IN JURE Law Firm apart is our unique approach - the All Inclusive Success Fee. Under this model, clients pay only after their application is approved. There is absolutely no upfront payment required. Additionally, the All Inclusive Success Fee covers all expenses on the Lithuanian side, including archival investigations, application fees, document translations, and litigation costs.

If your Lithuanian citizenship application has hit roadblocks, remember that the game is far from over. With the right support and guidance, it is possible to overcome challenges and achieve success.

"Despite numerous unexpected challenges Dainius persisted and ultimately got our citizenship reinstated following an Appeal with the Ministry of the Interior. During the entire process he did not require any payment up front, despite undertaking a very significant amount of work on our behalf, as well as his firm's costs. He took payment only after everything was successfully completed."

Tracey J., SA



Adv. Dainius Ambrazaitis
IN JURE Law Firm
Vilnius, Lithuania

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"The entire process was fantastic. Winning the award provided us with excellent opportunities to raise awareness and exposure."
- Hazel Levin, JCS Cape Town (Social Entrepreneur Winner, 2022)



*L'Shanah Tova U'Metuka.
Wishing you and your families
a healthy, happy, and peaceful New Year
and well over the fast.*



Impact during 2023

Mentorship Programme	90
Business Networking	357
Business Talks	258
Entrepreneurial Training	251



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LEGAL MATTERS

GETTING MARRIED SOON? Get it right!

By SHERI BRESLAW Director at law firm, Fairbridges Wertheim Becker



With September heralding the start of warmer weather, it's when most new couples share their love by getting married. And so we usually see 'wedding season' running from now until about April.

If you're planning a wedding soon, make sure that, within all the excitement about the venue, the food, the overseas guests coming along to celebrate, you finalise what may just be the most important element: the Antenuptial Contract.

The Cape Jewish Chronicle (CJC) spoke to local family law expert, Attorney Sheri Breslaw, a Director at law firm, Fairbridges Wertheim Becker, about this important document.

Q CJC: Is it a problem if a couple does not put in place an Antenuptial Contract before they have their wedding?

SHERI: The marriage will still be legally valid. However, without any written contract governing the relationship, the marriage is regarded as being in community of property. This implies that all assets and all liabilities become part of the couple's joint estate. So, let's say that one of you owns a house, it means that the house immediately becomes both of yours when you get married.

While that may sound fine because you're both going to live in the house, it's not very secure. Should one of you get into financial difficulties - for instance, if you open a business and it doesn't succeed and you owe money to creditors - the house could be sold to raise the funds due to the creditors. And that would affect both of you - in quite a horrible way!

It is possible to sign an Antenuptial Contract after you have married; however, it involves a court application and can be an expensive process.

Q CJC: What should a couple consider as an alternative?

SHERI: Any couple should be proactive about this before they go through the marriage ceremony. Consult an attorney - or each partner could consult their own attorney - and have an Antenuptial Contract drafted. The most important reason for having a contract in place is that your

estates remain separate. This means that the assets that each of you own remain yours. In our example of the house above, this could mean that the house would remain safe from creditors if one of the spouses gets into financial difficulties (that is, if the house is registered in the other person's name).

Q CJC: Explain a bit more, please, about what information an Antenuptial Contract contains.

SHERI: There are two types of contracts. In the one type, the assets of each spouse remain their own completely, no matter whether they were acquired before or after the marriage and irrespective of which spouse contributed towards the purchase of the asset. In the other type, which is a contract that includes the accrual system, each spouse lists the assets they owned at the time of marriage, and these assets remain theirs exclusively. Anything acquired during the period of the marriage is shared equally when the marriage ends through either death or divorce.

Q CJC: What type of contract would you recommend if one or both of the parties is entrepreneurial and likely to own their own business at some point in the future?

SHERI: Irrespective of whether you choose an Antenuptial Contract with or without the accrual system, as long as you have signed an Antenuptial Contract, your assets - the assets that are registered in your name - are safe, as your spouse's creditors will not be able to lay claim to any assets registered in your name as you are married out of community of property.

Ultimately, the choice about how to plan for your assets remains yours - but it's certainly worth researching the issue and getting some advice from an attorney before your happy day!



Wishing you a sweet and Happy New Year



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WIZO South Africa continues doing what matters for those who need it most!



Why is Women's month so essential?

It is because history consists of important events that have made the world a better place with strong women at the forefront. We have just passed Women's month where women and all their accomplishments were celebrated. Our Women's International Zionist Organisation (WIZO) promotes an equal society for all and is supported by a global network of Zionist women who do just this. We, at WIZO, celebrate women and the essential roles that women play especially in leading education and social services for the betterment of our Israel.

WIZO has many wonderful success stories emanating from troubled situations and as always, steps up to help those who cannot help themselves. One such example is the story of Adam who, as a young teenager, was exposed to his parents arguing every day. Often these arguments would lead to domestic violence and Adam

would hide away waiting for the violence to subside. Adam was hugely shaken by this trauma which affected all areas of his life, including his schooling. He struggled academically and could not concentrate at school. His homework had become too difficult to complete and there were days when he simply did not go to school as he was unable to face his classmates and teachers. He felt as if he was in a deep hole, unable to see the light.

Adam is what is known as an 'invisible child' - a silent sufferer who has witnessed domestic violence. Sadly, there are approximately 60,000 invisible children like Adam in Israel. In cases like these, World WIZO assists in rehabilitating these children so that they do not fall between the cracks. Without intervention their chances of becoming well-adjusted, productive members of society are near zero and they would be at risk of perpetuating the cycle of neglect and abuse just like their parents.

An example of how WIZO assists

the invisible children like Adam is the ongoing WIZO "Sponsor a Child" campaign that raises much-needed funds to support all these children in Israel. This is why we, as WIZO South Africa, continue doing our vital work so that this essential work in Israel can continue.

WIZO has the goal of empowering parents to better care for their children and themselves, thus preventing the removal of their children who may have otherwise been placed in foster homes. Should this happen however, they will be provided with all the protection and care that they need. In these foster homes the children have 'house parents' who are dedicated to looking after them. Children like Adam undergo rehabilitation programmes with counselling that addresses their own physical and emotional trauma so that they can ultimately flourish.

We, at WIZO, remain dedicated – dor l'dor – from generation to generation – to provide excellent childcare and the best education for children like Adam who are at risk. WIZO

continues to close the educational gap between disadvantaged children and those from stable homes and in this way, these children are assured of equal opportunities which ultimately creates responsible adults.

WIZO South Africa, a Federation of World WIZO, continues to support our ongoing projects in Israel such as our NEVE WIZO Houses of Safety and day care centres. The end result is that these projects uplift the people of Israel by giving them the support that they need so that they can become productive and principled citizens.

We, at WIZO, sincerely hope that the above has given you an insight into some of our projects and that you will feel empowered to do more, to give more and support more of our WIZO fundraising events so that children like Adam will have a brighter and more fulfilled future.

On behalf of WIZO South Africa, thank you for your ongoing support and we wish you and your loved ones Shana Tova U'metukah and an easy and meaningful fast.



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October 8 to 10 in Cape Town

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As an advocate and someone deeply committed to ensuring a peace of mind for my clients, I am proud to share the merits of the All Inclusive Success Fee policy, which has become a cornerstone of our practice at IN JURE Law Firm (Vilnius, Lithuania). This approach not only provides financial security (as there are absolutely no upfront payments, including refundable ones) but also instills confidence and trust in our clients throughout the process.

One particular case comes to mind, where a client endured an arduous litigation process spanning more than 32 months - nearly three years of uncertainty and legal battles, finalized ultimately and successfully by the Supreme Court of Lithuania. Our lawyer team invested 148 working hours in diligently representing the client, navigating the intricacies of the legal system to achieve a successful outcome.

Understandably, such an extended legal journey, if performed under the hourly rate of legal assistance, would typically entail huge legal expenses. However, our All-Inclusive Success Fee policy played a pivotal role for this client. Without this agreement, the legal expenses would have been substantial – a notable burden, especially if the decision turned out unfavorably.

Fortunately, the All Inclusive Success Fee policy ensured that our client did not have to bear this financial weight during the litigation process. Instead, only becoming accountable for the pre-settled All-Inclusive Success Fee occurred once the reinstatement of Lithuanian citizenship was successfully achieved. This arrangement allowed the client to pursue the case without concerns about negative financial outcomes, even in the context of extended litigation.

As a law firm, we take on the responsibility of covering all Court application related costs. The All Inclusive Success Fee policy has been a testament to our dedication to delivering a client-centric approach, providing a beacon of hope to those seeking to reinstate their Lithuanian citizenship by descent.

"My initial application to the migration department was rejected, but rather than moving on to easier cases, Dainius and his team challenged the decision based on the strength of my claim, helped me add additional evidence, presented it to the Lithuanian courts and eventually got me over the line with the migration department., all without charging me for all of the additional work!"
Paul Shafer, Johannesburg, SA



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The Switch Project Launch

The last few years have changed the trajectory of peoples' lives and businesses. It was a tough time! Businesses and individuals were forced to "pivot" in order to save themselves. Several community members found themselves under the care of Jewish Community Services (JCS).

Staffwise has partnered with JCS to get these candidates back on their feet, through a mentorship programme known as The Switch Project. This "Returnship" programme uses on-site training, mentoring and networking to help professionals and candidates to return to work. With the support of generous donors, stipends are paid to those candidates who qualify for the programme - in addition to the support provided by JCS. With the help of business partners, these candidates are given a skills boost, on the job training and experience, at no extra cost to the businesses. In return, these candidates help to fill needed positions within the hosting business.

Success has shown that the candidates thrive within this environment, allowing them to regain their confidence, dignity,

hope and get their lives back on track, as well as improving their chances of finding permanent job placements within the businesses, our community network or beyond. Staffwise, working with JCS, manages and supports the entire process on behalf of the candidates and the businesses, making this a seamless and easy project for all. This reciprocal programme has been successful to date with 41% of these JCS candidates being employed.

Staffwise hopes to continue to make a difference in our valued business partners' and our candidates' lives, and in supporting the amazing work done by JCS through programmes like The Switch Project.

Should your business be interested in The Switch Project, or for any of your recruitment needs, please contact *Staffwise on 0214646764 or email recruitment@staffwise.org.

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CONNECT, COLLABORATE, COMMUNITY

By DANIEL BLOCH, Executive Director, Cape SAJBD

WORDS MATTER – especially this Yom Tov!

We at the Cape SAJBD put forward the idea that our Cape Jewish community take up the challenge of becoming practitioners of careful, thoughtful and deliberate positive communication. That we don't fall for the ease of speaking without thinking. That we practise engaged listening and connect with one another meaningfully despite our differences. We believe there is No Place for Hate, and Words Matter. These pledges are displayed on the Cape SAJBD website and it is a campaign that I encourage the entire community not only to take to heart, but also to implement in your daily lives - especially with Rosh Hashanah and Yom Kippur around the corner.

Whilst our community has been lauded for the manner in which we come together in times of need and the way we in which we support our fellow Jew, I have seen several instances where we can be cruel, disrespectful and judgmental. Most often people comment on incidents without any understanding or full knowledge of the entire situation. Even then, to berate, belittle and condemn another human being will not resolve the current problem and will certainly not appease anyone. "Sticks and stone may break my bones but words will never harm me." A catchy tune from my youth – oh how times have changed. Words definitely matter and they can most certainly harm an individual – you don't have to be a mental wellness expert to know that.

Social media in particular has become such a vile place for "keyboard warriors" to vent their frustrations. Many of these individuals feel it is their right to say whatever they feel without even thinking of the ramifications for others. By all means, stand up for those who are put down and voice your opinion. However, as the saying goes, "Two wrongs don't make a right". Don't use hateful and hurtful words to attack one individual in order to defend another's honour. Remember – the minute you post something on social media, it will be there forever

and you cannot take it back. I am sure there are many people out there who have posted the most abhorrent statements thinking they were on the right side of the fight, only to learn the ugly truth and realise that they cannot take back what was said.



I implore members of our community to really think long and hard before posting a response to anything on social media. Think about whether or not your message will benefit the person whose rights you think you are defending. How will your message be interpreted by others? What is the intention of your message? Is it to come to the aid of someone, is it to verbally harm another or do you simply want to be heard? Finally, will your message provide a viable solution to the problem at hand?

I know that we all like to be heard and we all have an insatiable need to voice our thoughts. However, sometimes it is better to say nothing, especially on social media. Pick up the phone and call the person. Have a conversation and try to understand what the issues are and how these can be resolved. You may find this to be a more constructive and effective solution – as opposed to simply insulting people online.

Words Matter and they can most certainly hurt someone in so many ways. However, words can also heal, inspire and generate positivity. You can make someone's day by being kind and offering a compliment or vote of gratitude. There is no place for hate – however, there is definitely place for kind words! Wishing everyone a Shana Tova Umetuka and well over the Fast!

NEWS FROM THE CHAIR

By ADRIENNE JACOBSON

Kindness Collaboration and Coalition

How is your month of Elul going? I always find this auspicious month of introspection, and personal stock taking, of cheshbon ha nefesh the most challenging yet exciting. A time of heightened awareness, deeper connection, repairing through giving. Lessons learned are not always easy as hidden truth reveals itself, yet growth is abundant.

This is always reflected in the activities of our community as we gear up for the High Holidays. There have been many communal functions, talks, speakers, learning events and conferences recently.

Our Cape SAJBD session at Limmud, Around the Boardroom Table and Beyond, was an immersive experience in understanding our work. Leading a community can be challenging, and navigating the political waters is tricky. We must balance our strategies of advocacy, lobbying and coalition-building while keeping in mind community impact and tensions.

I had the honour to represent the SAJBD at the National Dialogue on coalition governments hosted by Deputy President Paul Mashatile.

Every political party made representations on how they would best see a coalition government working. These topics were identified as critical areas for a coalition government to thrive:

- 1) Professionalisation of the public service and how this improves democracy
- 2) Transforming and supporting Municipalities
- 3) Identifying the culture necessary and the political and social compact
- 4) The proposed regulation of coalition governments - immediate, medium- and long-term

I was given the honour of delivering a message from our community to all the parties and their leadership. These are the words of David Sacks.

Today, many of those who have been entrusted with speaking for and

leading the people of South Africa are gathered to explore and consider how, through mutual trust and co-operation, and in full-hearted unity of purpose, they can build and bring healing and prosperity to our nation .



May the spirit in which these proceedings are conducted be that of reflection and respect, of together finding solutions, of firmly adhering to principles, yet able to make compromises where required for the greater well-being.

May today not be a time of anger and recriminations, but of reaching out, listening and seeking understanding.

May we all, the people of South Africa, be infused with the wisdom and steadfast courage, ethical vision, and inspiration to make the values of justice, charity and compassion a living reality in our country.

Elul always teaches me that everything connects to something else and is a lesson. The irony is that during the coalition talks there were taxi strikes in the Western Cape, and our community saw public commentary over social media statements.

This November is a major milestone for the SAJBD, marking 120 years of service to the SA Jewish community. We look forward to celebrating this at a special gala dinner with a range of our stakeholders. Former US Congressman and CEO of the American Jewish Committee, Ted Deutsch, will be our keynote speaker.

In this spirit I wish all a mitzvah-filled Elul full of growth and elevation, of seeing clearly the possibilities laid out in each moment and choosing only the path of blessing.

May celebrate our high holidays in good health with our loved ones.

Wishing everyone a Shana tovah tikateivu v'teichateimu and a Gmar chatimah tovah. May you be inscribed and sealed for a good year.



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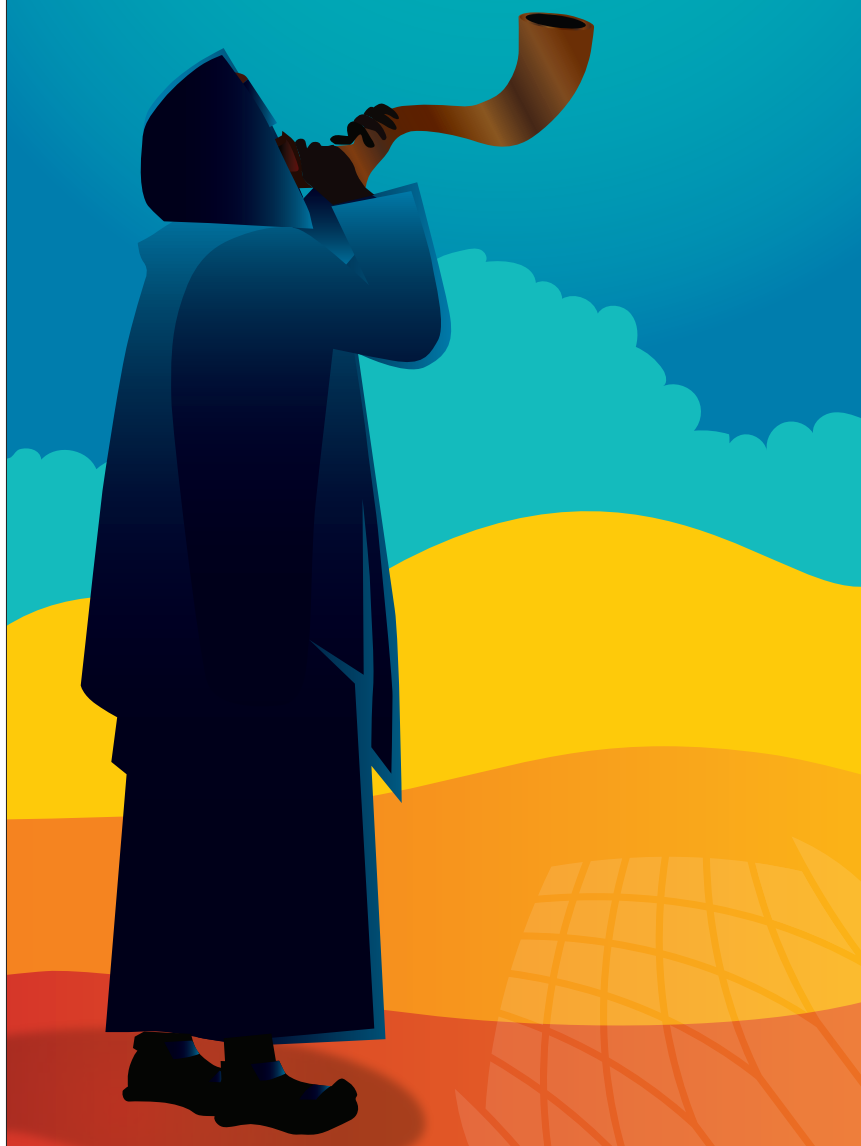
For more info email:
bursaries@ctjc.co.za



Shana Torah

to you and yours!

Wishing you a sweet
new year and an easy
fast over Yom Kippur



AJC Global Forum

By ERIN DODO, Chairperson of SAUJS Western Cape



years has come to resemble the line between the White House and the Knesset. Through diplomacy, global initiatives and political advocacy, AJC has upheld a close relationship with the highest political figures in countries all over the world.

The current President of AJC, Ted Deutch, was a senator in Florida and has been an important figure in the development of AJC during his tenure.

That being said, and whilst I am a huge fan of Ted as well as the work of AJC, there are cracks in the system that, unfortunately, countries like South Africa are slipping through.

AJC's staunch American identity often limits their abilities to truly combat antisemitism on a global level. As the chairperson of SAUJS Western Cape, and with the guidance of those before me, I know that the lived experiences of the South African Jewish community can only assist them in this continued fight against hate.

Having experienced some of the vilest 'Israel Apartheid Week' events on campus, sponsored by BDS, as well as Hamas, and the Palestinian Islamic Jihad presence (to name a few), in a place where students are meant to feel safe, the experience of the youth, which in forums such as these are often side-lined, is absolutely pivotal.

I voiced this directly to President Deutch who was incredibly welcoming of it, and encouraged me to join the AJC Campus Global Board, a new project by AJC, started last year, to empower the youth and to foster our experiences and gain insight, ideas, and inspiration.

With all this being said, AJC was an incredible experience and a true delight to participate in for the second time. To make new connections and friends, to see the passion in all of our eyes - I can say without any doubt that the future of Jewish advocacy is bright.

The American Jewish Committee (AJC) hosted their annual Global Forum in Tel Aviv and I was lucky enough to participate for the second year in a row as part of the World Union of Jewish Students' (WUJS) delegation.

In the three days of the Forum, held at the David Intercontinental in Tel Aviv, we had some brilliant talks by President Herzog; Leader of the Opposition, Yair Lapid; as well as by previous AJC President, David Harris. AJC holding its Global Forum in Tel Aviv this year is significant – firstly because it is Israel's 75th year of independence, and also because of the current ongoing political and societal strife in Israel. But what was truly spectacular was that no matter what, AJC's participants' devotion to Jewish advocacy shone through it all.

One may be wondering why it is important for South African Jewish communities to participate in seemingly American initiatives, when we have so much already going on in our own country. AJC's Global Forum was created to answer just that question: Why is it important for Jews throughout the diaspora to participate in one country's initiatives? The short answer is: co-operation.

The long answer? Well, they've got a lot to learn from us.

AJC was founded in 1906 as a force to advocate for the rights of Jews, both American and diasporic, and throughout the



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!



CALL US NOW
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saul@ctjc.co.za





UNITED HERZLIA SCHOOLS

MENSCH MENTION

Mazaltov to Herzlia High School mensch Josef Blaszkiewicz, Gr10, on being awarded a 'Heroes Award' by Lifesaving Cape Town for rescuing two individuals from a potential drowning at Clifton beach.



RIVKA RAVITZ ADDRESSES HIGH SCHOOL

Herzlia Student Leadership Council with Rivka Ravitz, former Chief of Staff to Israeli President Reuven Rivlin, after she addressed the Herzlia High School assembly with Ethan Werb (Head Student), Ruby Webb, Idana Saven, Rivka Ravitz, Amy Vogelmann (Deputy Head), Judd Jocum (Deputy Head) and Adam Merris.



TWO NEW HERZLIA FRESS CANTEENS MAKE THREE!



Herzlia's first Fress Canteen opened at Herzlia High School in 2022 and now, in 2023, there is a Fress Canteen at both Highlands Primary and Weizmann Primary operated by Feedem and serving delicious food, snacks and Bootleggers coffee!

GONE SURFING



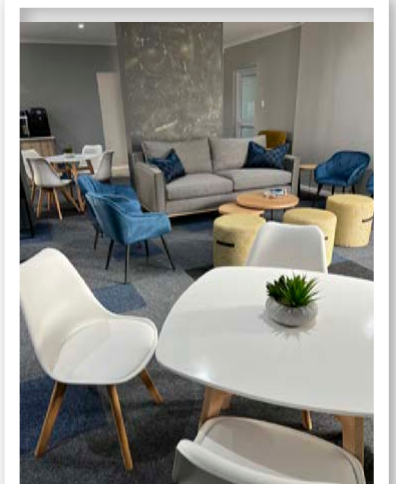
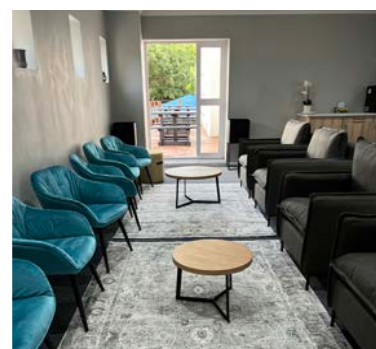
Herzlia encourages learning in and out the classroom with Grade 7 - 11s going on a surf tour to Jeffreys Bay in August.

NEW STUDENT PAUSE AREA



Gemma Cohn and Taya Allardice, Herzlia High School matrics, discovered the best new spot to chill and study!

HERZLIA WEIZMANN PRIMARY NEW UPGRADES



Excellent upgrades for an excellent school including new adult and pupil bathrooms, staffroom, boardroom, innovation classroom, quad, reception and foyer.

WE TOOK THE PLUNGE!



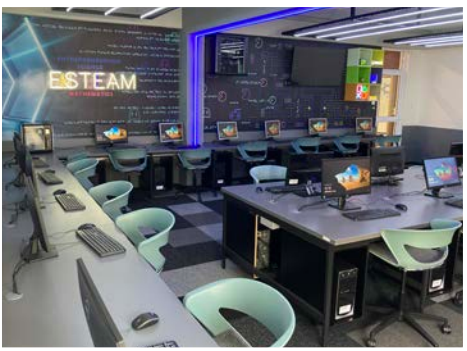
An interior view with the foyer in the background and Fress Canteen behind the colour panels on the right. (View of the Table Mountain behind the windows on the left.)

NEW HERZLIA AQUATICS CENTRE - מרכז מים הרצליה



After years of planning, construction has begun for the new Herzlia Aquatics Centre at the High School which will update one outside pool to a brand new, enclosed double-pool-in-one.

INNOVATION CENTRE GETS A HIGH TECH MAKE-OVER!



Herzlia is a forward-thinking institution dedicated to preparing pupils for the modern, digital age and ensuring they're not only consumers of technology, but creators and innovators. From pre-primary to advanced levels, Herzlia's curriculum equips pupils with vital 21st century skills to prepare them for a rapidly changing world.



HERZLIA TOURS GQEBERHA!



Herzlia High School soccer and netball teams toured to Gqeberha both winning the 'Champions of the Tournament' trophy.

BOBBA'S BREWS BEANS FOR BURSARIES



Kleibing nachas from the new Herzlia Foundation Trust campaign launch: Andries van Renssen (UHS Executive Director), Karen Kaimowitz (Herzlia Gan Aviv Pre-Primary Principal) and Alexia Walker (Herzlia Highlands Primary teacher).

שנה טובה תכתבו



MAY YOU BE INSCRIBED FOR A GOOD YEAR.





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

THE UOS IS WORKING FOR YOU THE WHOLE YEAR 'ROUND



AFFILIATE CONGREGATIONS

All the Orthodox Synagogues of the Western Cape are affiliated to the UOS Cape Council. It is the liaison for the shuls and the other community organisations.



BETH DIN

The Beth Din serves as a Jewish Court relating to Jewish matters. Litigation, Dispute Resolution and Arbitration – individual and communal; Gittin/Divorces and Marriage Application and Approvals.



CONVERSIONS

The UOS provides and facilitates teaching and training of converts. All conversions are approved by the Beth Din.



EDUCATION AND OUTREACH

The UOS supports various educational programmes including CTTCW, Marriage Education and Taharat Hamishpacha. The UOS has registered an independent trust, The UOS Educational Trust, to partner with its affiliates to promote Jewish and Torah education programmes.



KASHRUT

The UOS coordinates supervision and manufacturing of goods produced, whether at factory or at Kosher establishments. This includes food production at stores and Kosher outlets. Mashgichim are placed at all Kosher outlets and producers.



SHECHITA

The UOS coordinates the weekly beef, sheep and chicken Shechita. The UOS also works closely with various butcheries and the meat wholesalers to source, provide and promote a wide variety of fresh Kosher meat.



MIKVEH

The management of the Mikvah, situated at 31 Arthur's Road Sea Point, with regard to Halachic standards as well as all the general maintenance requirements and finances falls under the UOS.



OFFICE OF THE CHIEF RABBI

This office supports the local Rabbonim. It works as the public relations office of the UOS within the Jewish community as well as in the broader South African community, both nationally and internationally.



RABBINICAL ASSOCIATION

The UOS is the face of Orthodoxy and is the liaison between the local Rabbis on the Rabbinical Association and the various affiliates and their communities.



UNITED CHEVRA KADISHA

The United Chevra Kadisha (UCK) handles the full procedure for the collection of deceased and preparation of all burials.



CEMETERY MAINTENANCE BOARD

The CMB administers and coordinates the maintenance of all the Jewish cemeteries in the Cape Town area. The Cemetery Maintenance Board (CMB) liaises with the City Council with regards to all grave reservations, burial precincts as well as cemetery maintenance.



ShanaH Tovah u' Metukah

ROSH HASHANAH MESSAGE FROM THE CHIEF RABBI

Why CHARITY is not a Jewish word By Chief Rabbi Dr Warren Goldstein

Some words are impossible to translate. For good reason – language expresses the worldview, values and culture of its birthplace. The Hebrew word “tzedaka” is commonly translated as “charity”. But this English word doesn’t convey the meaning and spirit of the Hebrew. The two words reflect two dramatically different worldviews.

The word “charity” implies that the act of donating money to the poor or to worthy causes is something praiseworthy and noteworthy; that giving to those in need is an act of graciousness and compassion. But the word “tzedaka” tells a completely different story.

Its root is the word “tzedek”, which means justice. This implies that the act of giving to the needy is not merely a charitable act. Justice demands that those who have should help those who do not – and that a person who does not give what they can afford is committing an injustice.

Here we have two contrasting worldviews. Not giving to the needy – is that uncharitable or unjust? Is it a lack of generosity or is it immoral?

Hebrew is the language of the Torah, composed by G-d. It gives us a Divine window on the world. Tzedaka is one such glimpse of G-d’s perspective. It shows us that money – and all our blessings – ultimately come from our Creator. When G-d gives us wealth, we should see ourselves as trustees of the money to use as He instructs us, through His mitzvah of tzedaka. Not using the money for the purpose it was given to us is unjust and immoral – like a government official using taxpayer money for personal enrichment.

Because it is a question of justice, the quantum we give to tzedaka is critical. Unlike charity, tzedaka is not discretionary. When it comes to charity, whatever you give is worthy because you don’t have to give anything. But when it comes to tzedaka, the minimum definition of acceptable giving is 10% of our income. Less than that is considered by Jewish law – the halacha – as miserly.

As the South African Jewish community, let us all focus on this mitzvah of giving 10% to tzedaka. To do this, we need to take our giving seriously. There are many practical questions to consider. Do we calculate our 10% before or after tax? What expenses can be included? What if we can’t afford it? What constitutes a worthy cause and which should we prioritise? How do we weigh up competing needs?

We are blessed to have Divine wisdom, applied by generations of our greatest sages over thousands of years, to guide us to do this mitzvah properly. To help our community with this, I have written an essay outlining the vision of this mitzvah as well as a practical guide of how to calculate and allocate your 10%. It will be available at your shul over Rosh Hashanah and Yom Kippur. Look out for it. And get started with this great mitzvah.

Let’s all make 5784 the year of giving our 10%. Doing so will unleash overflowing generosity to pump vitality and energy into every corner of our precious Cape Town Jewish community.

And in this merit, may we all be inscribed for a good and sweet new year.



Chief Rabbi Dr Warren Goldstein

The Chief Rabbi’s new year’s message, with all the details about tzedaka and the 10% principle, will be available at your shul or for download at chiefrabbi.co.za

SA JEWS OF LITHUANIAN & POLISH HERITAGE ARE ELIGIBLE TO OBTAIN EUROPEAN CITIZENSHIP & EU PASSPORT

A common misconception people have is that European citizenship and EU Passport can only be obtained if one has documents proving lineage. **The fact is that not having documents proving lineage, does not lead to your disqualification of eligibility.**

In many cases the required documents can be obtained in the European country of origin!



Having European citizenship offers more than one benefit, besides the fact that it makes traveling far easier than with a South African passport...

As we are all fully aware of the current situation in South Africa where we face many uncertainties not just for today but for our children’s future too.

While we are still having it relatively good here. We know that the time will come where as Jews we will look for alternative options. **Then having a**

European citizenship will be that tool we are looking for.

As we know, the majority of South African Jews are descendants of Jews whose European citizenship was illegally deprived, and therefore you are now entitled to reinstate it and obtain your EU passport.

The most important thing to take into consideration is understanding that prior to the end of WWII, the European map was very different from the one we know today.

Countries like Poland and Lithuania did not exist as independent countries, and till 1918 these territories were only known as Lithuanian or Polish regions/countries of the Great Russia Empire who ruled all of north eastern Europe.

Until 1918 residents of these territories were of Russian citizenship – as Polish and Lithuanian citizenships did not exist. Therefore applications

for reinstatement of these citizenships can only be based on if one’s ancestor was a Polish or Lithuanian citizen.

However, a descendant of an ancestor who left Europe prior to 1918 – will not be eligible.

In addition, since borders in Europe were shifted during and after WWII, one’s eligibility for a Polish or Lithuanian citizenship depends on the City from which his/her ancestor lived in. Where borders shifted and cities changed nationalities Jews who left Vilnius and its region will be declined where as a similar application for reinstatement of Polish citizenship could be approved.



I would like to take this opportunity to introduce myself.

With only a 4 hour flight to Warsaw and Vilnius this enables me to arrive quickly and safely to Poland and Lithuania, where I closely collaborate with local professionals in assisting me trace required documents for your successful applications to reinstate you as an European citizen.

“Having lived in Poland for 7 years I have great in-depth understanding of European immigration laws.”

I have been operating in the South African market with our Jewish communities since March 2018, and visit every 3-4 months which will allow us to meet in-person.

I plan to arrive in South Africa during the 2nd half of October 2023

CONTACT ME ON:

☎ +48 783 953 223,

✉ adv.avi.n.horesh@gmail.com

Jews of Lithuanian or Polish heritage eligible for EU citizenship



There's a common misconception that to get European citizenship and a European Union passport, you need to have documents proving your lineage. **The fact is** not having any documents proving lineage doesn't necessarily disqualify you from eligibility. In many cases, the required documents can be obtained in the European country of origin.

Having European citizenship offers many benefits besides the fact that it makes travel a lot easier than with a South African passport.

And, as we are fully aware, South Africa faces many uncertainties, not just today, but for our children as well. Though we still have it relatively good here, we know that the time will come when, as Jews, we will seek alternative options. European citizenship will be the tool we're looking for.

As we know, the majority of South African Jews are descendants of Jews whose European citizenship was illegally deprived. Therefore, they are entitled to reinstate citizenship and obtain an EU passport.

The most important thing to take into consideration is that prior to the end of World War I, the European map was very different from the one we know today. Countries like Poland and Lithuania didn't exist as independent countries, and until 1918, these territories were known only as Lithuanian or Polish regions/countries of the Russia empire, which ruled all of north eastern Europe.



Until 1918, residents of these territories had Russian citizenship as Polish and Lithuanian citizenship didn't exist. Therefore, applications for reinstatement of these citizenships are based only on whether one's ancestor was a Polish or Lithuanian citizen. The

descendants of an ancestor who left Europe prior to 1918 won't be eligible.

In addition, since borders in Europe were shifted during and after World War II, eligibility for Polish or Lithuanian citizenship depends on the city from which his/her ancestor originated.

For example, Jews who left Vilnius and its region could be declined, whereas a similar application for reinstatement of Polish citizenship could be approved.

My name is Avi Horesh. I'm well-known in Israel as one of the leading lawyers in the field of reinstatement of European citizenship.

With only a four-hour flight to Warsaw and Vilnius, I'm able to arrive quickly and safely to Poland and Lithuania, where I collaborate closely with local professionals in tracing the required documents for your successful application for reinstatement as a European citizen.



Having lived in Poland for seven years, I have in-depth understanding of European immigration laws.

I have been operating in the South African market with our Jewish communities since March 2018, and visit every three to four months, which will allow us to meet in person.

I plan to arrive in South Africa during the 2nd half of October 2023

Contact me on
WhatsApp: +48 783 953 223
Email: adv.avi.n.horesh@gmail.com

EDUCATING YOUNG CHILDREN about the Holocaust and the plight of refugees

At what age can you start talking to children about the Holocaust? It's a question many teachers and Holocaust educators are asked because it's a subject we tend to steer clear of.

But there are ways of communicating some of the concepts to young children without running the risk of them becoming traumatised. Rabbi Sam Thurgood, Head of Jewish Life and Learning at United Herzlia Schools, comments that, "One of the key values that we aim to instill within our pupils from the earliest age is compassion. This is one of our core values and an important part of Menschlichkeit - a pillar of the school. It is part of the mandate that Hashem has given to every one of us, to be good and to do good. Learning about the Holocaust in an age-appropriate way is a powerful way to connect to these values."

One element of this is the need for us to be empathetic towards others. "It's important for our world today to have children who learn to stand up for what is right," explains Anton Krupenia, Principal of Herzlia Weizmann Primary. "We see in our news every day the stories of refugees, and there is no harm in exposing the stories of people who find themselves in this situation to our children at a young age. That way, we can get them thinking

about those less fortunate than themselves."

It is against this backdrop that the Herzlia Primary Schools are embarking on the WE ARE HERE! Foundation's In my Pocket project. The Foundation was started and is run by former Capetonians, Eli and Jill Rabinowitz, who are currently promoting the story of a young child who was forced to flee from the dangers of 1930s Germany.

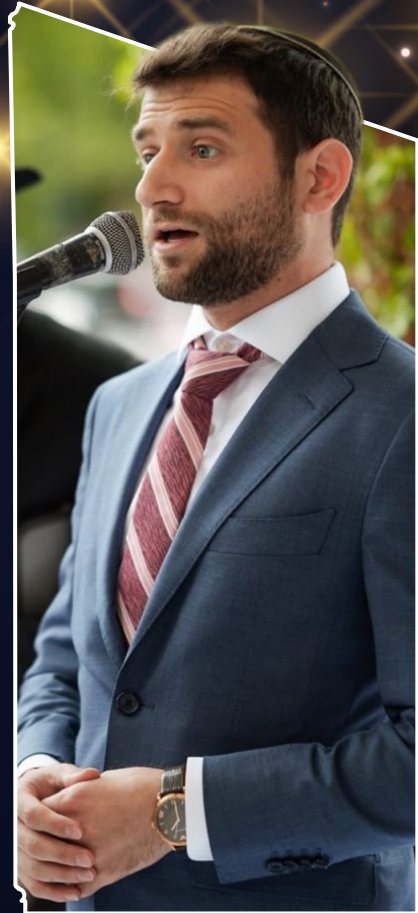
The child was Dorrith M Sim, and she has written a book suitable for young children about her experiences as a Kindertransport child. She explains: "I was 7 1/2 when my visa was stamped on 26 July 1939. There were almost 10,000 children like me, who came to the United Kingdom before World War II began. Some of us were babies; most of us were Jewish. We were each given a place on a Kindertransport out of Nazi Europe. After the War, some of us were reunited with our families. Sadly, many of us were not, and we either stayed in our new countries, where we grew up, or went to live in different countries, all over the world."

The story will be shared with Jewish children in Cape Town soon, as part of a collaboration between the WE ARE HERE! Foundation and Herzlia Highlands Primary and Herzlia Weizmann Primary Schools. The project, which is geared to provide children with an understanding of the story of the Kindertransport and of the plight of refugees and displaced children today, will reach 85-100 Grade 5 learners each year. Each child will receive a copy of the mini-book for free, and will participate in an associated art initiative.

With funding from the Eric Samson Legacy Fund and the donation of books and teaching guidelines by the WE ARE HERE! Foundation, this initiative promises to become an important element of Holocaust education in Cape Town.



Dorrith Sim and her parents' Stolpersteine in Kassel, Germany



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Dedicated in loving memory of Ben Mervis whose legacy continues to shine brightly at the Gardens Shul

Shanah Tovah u'Metukah

A Rosh Hashanah message from our Chairman

Our Solemn Sonic Thread.

This Rosh Hashanah we will have to wait until the second day to hear the Shofar. When first day Rosh Hashanah falls on Shabbat we do not blow the Shofar even though Shofar is perhaps the defining mitzvah of the day: "In the seventh month, in the first day of the month, shall be a solemn rest unto you, a memorial proclaimed with the blast of horns, a holy convocation" (Lev 23:24).

I remember standing in synagogue as a child next to my father listening to the mesmerising sound of the Shofar. The whole congregation gathered - silently (itself a novelty for Jews in synagogue) – hanging on to every note, as the ba'al tekiah used all his breath, sometimes with agonizing difficulty, to fill the sanctuary with the blasts of the ancient instrument.

Nowadays as an adult with grown children I look at the faces of the little kids as they cram into shul for the Shofar blowing and I am transported back to when my children were that age, and then back even further to when I was a preschooler.

The Shofar is a time machine. It takes us back to the dawn of Jewish peoplehood, to the ram caught in the thicket that was substituted by Avraham as a sacrifice at the very last moment, saving his beloved son Yitzchak from a terrible fate. It moves us through millennia of Jewish history, some glorious and some horrific and despairing. It brings us mindfully into the present to confront the challenges and opportunities of our current reality, and it spurs us forward towards an eschatological vision of a perfected world.

Our wonderful Cape Town Jewish community is a physical manifestation of this sonic thread – the very same fusion of historically imbued and values-laden past, present, and

future. Our institutions are built around a community that feels a sense of kinship and mutual responsibility for one another. We take care of our vulnerable and needy, our indigent and our aged. We educate our children about their past and towards a shared future. We protect ourselves from harm and defend our rights against antisemitism. We provide for the fullest expression of our religious, national and cultural heritage possible for a diaspora community, and maintain a strong relationship to Eretz Yisrael and Medinat Yisrael, even caring for the needs of those of our community who choose to study in Israel and/or make Aliyah.

We feel a huge sense of gratitude to all our donors, communal volunteers, and the professional teams and lay leadership across our community's structures that make this possible.

For sure we also have our share of communal challenges as well as wonderful opportunities. Let the Shofar of Rosh Hashanah this year (even though only on second day) inspire us to rise to meet these challenges with courage and determination, and to seize with both hands the opportunities to make ourselves an even stronger community.

Wishing you and your families a Shanah Tovah U'Metukah.

Lots of love,
Lance Katz
Chairman



#Engage #Educate #Empower



CAPE SAJBD
Engage | Educate | Empower

2023 ANNUAL AGM & CONFERENCE

Save the date

Sunday
5th November

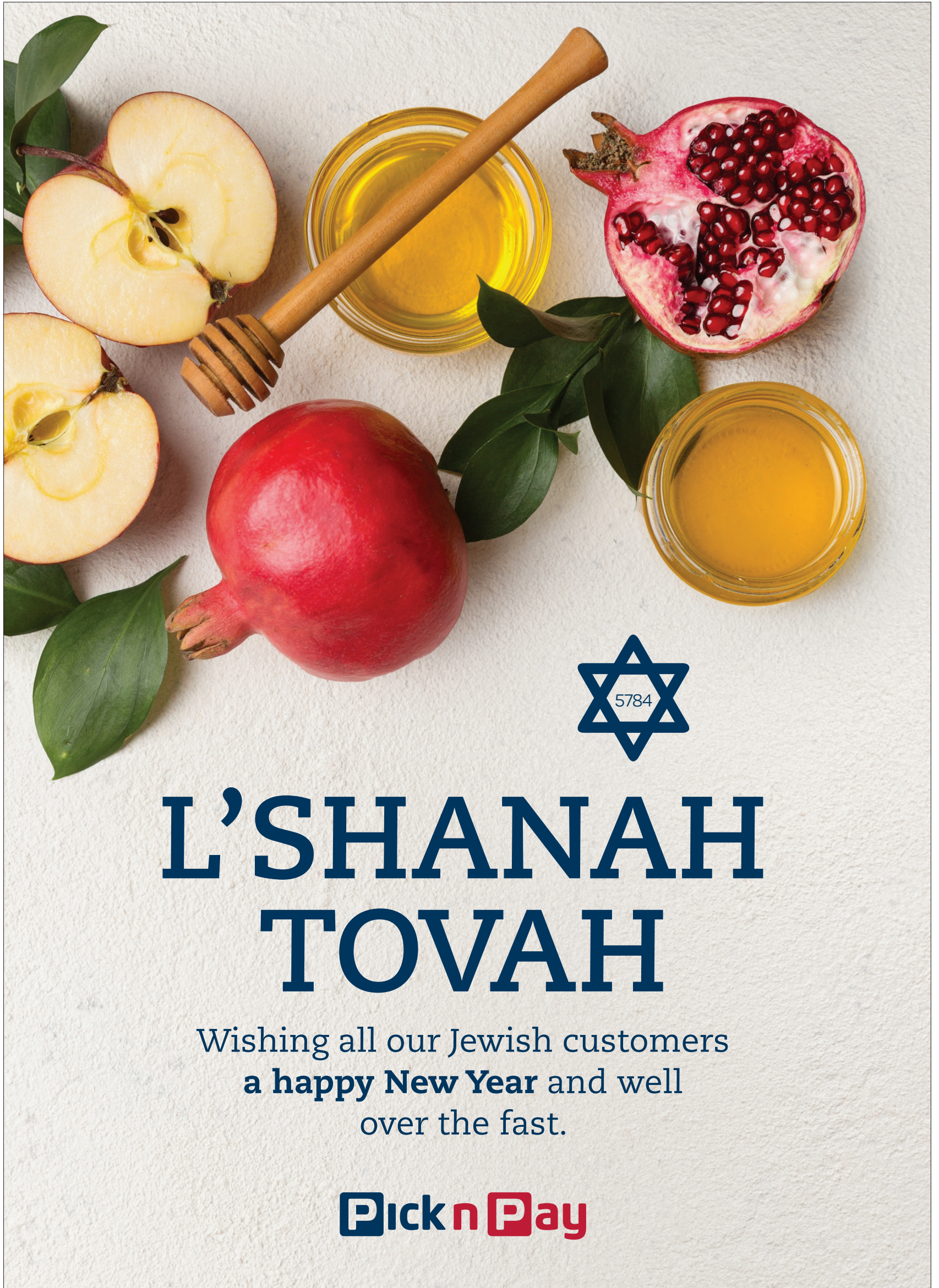
WOOLWORTHS



SHANAH TOVAH

Wishing all our Jewish customers
and staff a Happy New Year.
May your year ahead be
sweet and prosperous.





L'SHANAH TOVAH

Wishing all our Jewish customers
a happy New Year and well
over the fast.





GIVING BACK TO OTHERS at Cape Town Torah High

More than ever, it's vital to impart in children and teens the joy and importance of giving back to others. It is for this reason CTTH has a dedicated weekly Chessed ("loving-kindness") period for hands-on projects and initiatives, and we have seen this make a significant impact on the community while instilling incredible values in the students.

Projects like designing teddies for children in hospital facing severe health challenges, or growing and harvesting herbs and vegetables from the school garden to make soups for the poor, fosters in kids a sense of sensitivity towards others and gratitude for their own blessings. Working together with

community organisations like Tikvah Food bank and JCS opens their eyes to the beauty of our special community.

Students also collected blankets and clothing in partnership with Souper Troopers for Mandela Day, and make sandwiches for the hungry on a weekly basis with Ladles of Love.

Engaging students in such community-focused projects not only benefits those they are assisting but also teaches them empathy, compassion, and the importance of giving back. It nurtures a culture of social responsibility and makes an outsized impact on the lives of others, and helps make our world a better place.



Rabbi Shlomo and Deputy Principal Sarah Hull present blankets and clothing to Souper Troopers



Grade 8 learner Ora Martin and the CTTH Girls prepare sandwiches for the hungry

To our clients,
friends and family,

We wish you a year
filled with
prosperity,
happiness and good
health.



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www.intasure.co.za Marlon@intasure.co.za

FSP Number 13995



FILM CLUB



The Dove Flyer
مطير الحمام

SUNDAY 10 SEPT 2023

AT	6:30	PM
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The young Jewish diplomat

A joint initiative of Masa Israel Journey and the Israeli Ministry of Foreign Affairs brings Masa alumni to a unique Diplomacy Summer Leadership Incubator to gain tools in international relations.

This summer, 25 accomplished Masa alumni were selected, out of dozens of applicants, to take part in a diplomacy course offered by the Masa Summer Leadership Incubator in partnership with the Ministry of Foreign Affairs. The participants were selected from the USA, South Africa, Spain, Ukraine, Argentina, Guatemala, Italy, Honduras, and more! Over the course of six weeks, the alumni will learn about diplomacy firsthand by speaking with leading figures from Israel's Ministry of Foreign Affairs. Each alumnus will walk away with a stronger understanding of diplomacy, and of the importance of the work the Ministry of Foreign Affairs does to support organisations like ours, that connect Jews from all backgrounds.

In addition, special attention is dedicated to Israel and the Middle East, the opportunities and challenges Israel is facing in the area - from economic issues to global climate change and, of course, how Israel is handling and fighting Antisemitism, de-legitimisation and BDS.



Joshua Buchalter

One of the fellows selected to take part in this course is Joshua Buchalter, 28 years old, from Knysna. "I got an email from Masa to apply for the incubator, and I was accepted. The course is fascinating. I don't know many people who get this opportunity." Buchalter grew up where there were just a handful of Jewish families and no synagogue. "Being Jewish without a community meant I was often the odd one out and asked questions about Judaism that I had no idea how to answer." Joshua decided to join the Cape Town Jewish community on 'Encounter' - a trip to Israel for 12th grade South African Jews that planted the seed for a profound journey. It was an experience that strengthened my connection to Israel and meant a one-way flight to the Holy Land. That's when I decided to join Masa."

Masa Israel Journey is the largest immersive, long-term educational experience for young adults aged 16-35. On its programmes that range

from two months to a year, Masa offers an authentic, unmediated, and challenging journey into Israeli society, culture, politics, and history – and acts as the largest provider for global Jewry to access the finest Israeli businesses, social enterprises, and academic institutions. Since its 2004 founding by The Jewish Agency and the government of Israel, Masa has served close to 200,000 young people from more than 60 countries. "I was supported by Masa during my studies in Israel and making Aliyah," says Joshua. "For the past year I was selected for the Shlomo Argov Fellowship in Diplomacy, and moving forward my aspirations are to combine media and politics relevant to Israel and the Jewish world."



SOUTH AFRICAN ZIONIST FEDERATION
CAPE COUNCIL


WISHING YOU A SWEET AND JOYOUS ROSH HASHANAH

FILLED WITH BLESSINGS AND NEW BEGINNINGS.

L'SHANA HABA'AH B'YERUSHALAYIM

NEXT YEAR IN JERUSALEM

L'SHANA TOVA U'METUKAH & A MEANINGFUL FAST!



In South Africa, MASA Israel Journey operates under the Israel Centre, offering the community a wide range of programming available in Israel. The SAZF Cape Council not only promotes these programmes but is also happy to facilitate meetings and introduce interested community members to the programme organisers.



**SOUTH
AFRICAN
ZIONIST
FEDERATION
CAPE COUNCIL**

Cape Town's Connection to Israel



Another amazing month for Bnei Akiva Cape Town!

By JESSICA CONNÉ

In the last week of July we had one of our most successful Bnei Sundays of the year, with over 80 channichim attending! Here's what we got up to!

Ktantanim Grade 3 had Havdalla and a movie night; Ktantanim Grade 4 had an incredible colour tochnit; Gurim Grade 5 had a cozy board game afternoon with hot chocolate; Gurim Grade 6 had a braai and a very cool decision-making tochnit; Roim went acrobanching; Moledet made yum pizza; Kaveh enjoyed a poker night with pizza; and Sayeret Hashachar continued their programme with an inspiring tochnit about Israel and leadership.

On top of that, Hadracha just returned from Israel! A Hashachar channie says, "My favourite memory of the trip was going to the Kotel on Shabbos. It was incredible to experience the energy and vibe of being in the Holy Land at the Kotel on Shabbos - seeing Jews all around you and singing along to the songs while dancing. It's something I'll never forget."

And some of the best news of all: on 1 August 2023, Bnei Akiva Cape Town's wonderful Shlichim, Ayelet and Akiva Glatt, welcomed their baby boy into the world! Wishing nothing but love, mazal and simcha to Ayelet, Akiva, Gali and their family! We are all so overjoyed and cannot wait to meet the new Bnei-by!

Diller Teen Fellows Global Congress 2023



Cape Town Fellows participating in Global Congress Activities

While Diller Teen Fellows is a one-year leadership programme – filled with engaging workshops, meaningful shabbatonim and impactful tikkun olam activities - the highlight is the Global Congress experience. Every year 700 Teens from 7 countries and 32 communities gather in Israel for a 4-day seminar of engagement, connecting, learning and personal growth.

This year's unique Global Congress took place at Ha'kfar Hayarok in Israel, showcasing international guest speakers, Diller alumni, Israeli

tech innovators, inspiring outreach organisations, and a fair offering information about post-school opportunities.

In the "Tikkun Olam Impact" initiative with Leket Israel – The Israeli National Food Bank, Israel's leading food rescue organisation - Teens gathered produce in the fields, and packaged food for distribution to those in need around Israel, an initiative focused on reducing hunger and food wastage.

The session titled, "Fellows' Choice: Express Yourself", allowed Teens to select their own session - run by an expert - based on their unique passions and interests. The activities include an immersive VR technology experience, drumming and music workshops, poetry and writing, Lego serious play, stop motion photography, Moroccan tile design, and mindful acting with well-known Israeli actor, Daniel Sabag.

This unique experience brings both personal growth and the opportunity to engage with like-minded teens from across the globe. Connections made that will last a lifetime, and we are proud of our Cape Town Teens for participating whole-heartedly and making the most of this once-in-a-lifetime opportunity.



Dinner with Netzer Maddrichimot

Saturday Night Live

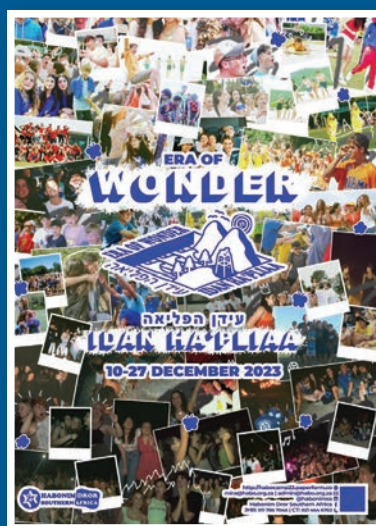
By GHAIM ATASH

On the 5th of August, Netzer's Cape Town Maddrichimot and Mazkirut met up in Sea Point for an evening of bonding and programming over a candlelit dinner - courtesy of load-shedding.

We started our evening with a havdallah celebrating the end of shabbat and live streaming ourselves on our "netzer_sa" Instagram account. Then moving into our vegetarian dinner cooked by everyone who attended the evening, where we bonded over good food and even better conversation, cementing our relationship as a team.

We ran our programming on leadership and what it means as a youth movement to take on this responsibility of molding the youth and what this entails. We went through various methods and solutions to prepare for various camp-simulated scenarios and truly tried to understand the needs and wants of the youth, while ensuring we deliver in Netzer fashion.

Habonim Machaneh Idan Ha'Pliaa is here! By JEFFREY GUTMAN



Habonim Machaneh Idan Ha'Pliaa!

We're so excited to launch Machaneh from the 10th to the 27th of December.

Machaneh last year felt like a pivotal moment in the history of Habonim Dror. After two years without our most significant programme, being able to run Machaneh felt both a relief and a privilege. Relief as Habonim Dror cannot exist without the programme which defines the lives of people within the movement, both channichim and madrichim. Core memories and future leaders are made within the three weeks in December, and so to continue the legacy of Habonim Dror would be implausible without Machaneh. Dually, it felt like an absolute privilege. Everyone who contributed to Machaneh 2022 felt the joy of seeing months of hard work put into action by seeing hundreds of kids roaming the campsite. This year, the Era of Wonder, everyone contributing will hold on to that

feeling of joy from last year to put on an elevated experience in the utopia of the Onrus campsites.

For those who have been on Habonim Machaneh before, you know the feeling of Habo Magic. For those who have never been, take out three weeks of your life to experience a turning point in your life. The feeling of Machaneh is something out of the realm of the normal world. It's unexplainable, it's unmissable, it feels like both your whole life and just a few seconds packed within three weeks.

See you in December and you can find the signup link on our instagram: @habonimsa

Aleh Ve'Hagshem!

*Jeffrey Gutman
Rosh Chinnuch Machaneh 2023*

JEWISH STUDENT LIFE



WHY DID THESE STUDENTS CHOOSE TO BECOME JEWISH STUDENT LEADERS?

Safra Musikanth

First Year, Psychology



Going to a non-Jewish school for high school I wasn't super involved in the Jewish community. I felt like there was a part of my life that was missing. So, when I started university, it was obvious to me I needed to get involved and give back.

I decided to join the Chabad board and also CSO.

Growing up, I was in the first cohort of students (2007) at Sinai Academy, a Chabad-run Montessori school that I attended from age four till eight. My family and I have fond memories of attending Chabad on the West Coast on high holidays and simchas.

Basically, Chabad has always been a constant pillar of strength in my life for as long as I can remember. Coming to University is big and scary and full of the unknown so walking into the Kaplan Centre and finding Chabad on Campus felt like coming home.

I want to encourage other students of all religious levels to find this beautiful community and safe space on campus.

Liam Amsdorf

First Year, Computer Science



I have gone through my own journey reconnecting to my Yiddishkeit and found a space in which I can grow as well as a community that I am proud to be a part of.

Taking the initiative to be involved in Chabad on Campus was simple, I am passionate about creating a vibrant environment for Jewish students to inspire curiosity and growth. There is so much to discover when it comes to Torah and what one can become interested in.

I want to spark a love for the community through this network

of Jewish students while simultaneously giving myself and other students a space, to feel they can explore the warmth and beauty of our heritage that has been passed down the generations.

I want to invite students to explore their identity and feel proud to be Jewish going into the wider world.

MEET THE NEWEST MEMBERS OF THE CHABOARD AT UCT

Eden Lipshitz

First Year, Finance



Coming to university can be a daunting task and, for many, the start of independent living.

For many students, moving from a structured traditional and Jewish environment to a completely secular space is life changing. It can be so easy to forget our Jewish roots and become assimilated into the secular culture.

My aim as part of the Chabad board is to seek out those in the dark and bring Judaism to them. I have personally witnessed how receptive my friends can be

when Judaism is brought to them, but they will not necessarily look for it themselves.

I want to be part of that light spreading Judaism and tradition to those students who feel lost. I hope many students embrace Jewish culture on campus and that we can instill pride and honor in our Cape Town student community.

Lia Solomon

First Year, Film



Growing up in a close-knit Jewish community in Johannesburg has played a significant role in shaping my identity.

When I moved to Cape Town, I yearned to find a sense of camaraderie amongst fellow students.

This is exactly the mission of Chabad on Campus: to enrich the lives of Jewish students by fostering a supportive community where no one feels isolated but part of one big family.

By joining forces, we strengthen our bonds and amplify the love we have for Judaism, recognizing the profound impact it can have on our lives.

It is not that I'm necessarily the most devoutly religious; rather, it is the pride in our Jewish heritage that I embrace wholeheartedly as a Jewish woman.



The Chabad House
13 Rhodes Ave, Mowbray
info@jewct.com | 072 363 0351 | facebook.com/jewct



JEWISH STUDENT LIFE



WOMEN'S DAY WITH CHABAD ON CAMPUS

Women often face a vexing question: career or family? However, the real question is, "Does it have to be either/or? Can a woman not have both a career and a family?"

This issue was discussed at a Women's Month event in early August organized by Chabad on Campus's Rabbi Nissen and Ariella Goldman. It was led by two highly successful women - formidable in both their career and their family lives - Rayanne Jacobson and Rivka Ravitz.

Rivka rose to the top of the ladder in the Parliamentary world, when she became Chief-of-Staff for President Rivlin of Israel, while Rayanne had a hugely successful corporate career, becoming the Head of Strategy for Investec.

Both had to make significant family sacrifices during their careers. Rivka, a religious mother of 12, for instance, points out that she left her babies to return to work when they were just two or three weeks' old. "I realized that this wasn't ideal and so, when I was due to have my last child, I decided not to do the same," she explains.

The sentiment is echoed by Rayanne, who points out that, "Children need their mothers." That's why she relishes the fact that she is now able to do her own school lifts - she gets to spend quality time in the car with her children and has bonded with them very strongly because of this.

Today, both Rivka and Rayanne have left their high-flying jobs

having achieved more than they set out to do when they first started working. They don't regret the energy they spent on their careers because they gained a huge amount of self-satisfaction and a sense of achievement, but they also feel that there are so many other ways in which they can share their abilities and their enthusiasm.

Rayanne does volunteer work today, while also allocating more time to her children. She has also found meaning in rekindling her Judaism from a religious perspective, and so spends time learning Torah and gaining insights into life and living.

For Rivka, giving up her career has meant that she could return to university. She is currently

working on a PhD. In addition to being more available for her children and grandchildren than previously, she also does voluntary work, specifically among prisoners in Israel.

Both believe that, while it is tough, having a family and a career are quite possible. A support system helps a huge amount, and planning is crucial.

Bonny Feldman, Managing Editor at the Cape Jewish Chronicle



The two speakers with Ariella Goldman and her baby



Rebbetzin Ariella Goldman wrapping up the evening



Rebecca Scher and Lara Ichilchik



Rachel Segal and Tali Zalniker



Levi Jacobson, Rabbi Nissen and Ariella Goldman, Rebbetzin Rochel Goldman, Rivkah Ravitz, Rayanne Jacobson



photographs courtesy of Jenny Altschuler



The Chabad House
13 Rhodes Ave, Mowbray
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ROSH HASHANAH MESSAGE

Written on our hearts By RABBI GREG ALEXANDER

As I write this, we have just lit a candle for my late mom, z”l - her first yahrzeit. My siblings and their families from Joburg and London joined on a video call as we shared three generations of memories. It’s interesting that it falls at the same time that we are preparing for the High Holy Days. Tisha B’Av has passed, Elul is soon and the thoughts turn to the themes, prayers and music of *yontiv*.

Running through the liturgy, there is a real sense of life hanging in the balance. On the one hand there is a heightened sense of our fragility, that we will be judged for our actions and that some will not live to see another Rosh Hashanah – “Who by fire and who by water”. And then there is the call to “Remember us for Life, the Ruler who seeks Life, write us in the Book of Life, for Your sake, G-d of Life.” Life and death, hanging in the balance.

I love the writings of the S’fat Emet, Rebbe Yehudah Leib of Ger, the Chassidic master who lived and taught in Poland at the end of the 19th Century. His writings deal with some of the greatest challenges of meaning at a time that the world was radically changing in Europe. Changing in political and social realities and also in thought. Jews who had lived for centuries in ghettos were emerging into a new world where universities and jobs that had been closed off to Jews were now open, and many were assimilating into this new world and leaving their Judaism behind. The S’fat Emet wrote and taught for these Jews to inspire them as well as the faithful.

He says this:

“The human heart is the tablet on which G-d writes. Each of us has the word LIFE engraved in our hearts by G-d’s own hand. Over the year that word gets covered over in grime. Our sins, neglect of Torah and prayer, the pace we demand from our lives conspire to blot out the LIFE that still lies written deep within our hearts. On Rosh Hashanah we ask G-d to write that word again. And on Yom Kippur we ask G-d to seal it.”

What a powerful image. Our heart is a tablet on which G-d writes. I can almost imagine that word LIFE, *chaim*, written on my heart. And I can relate to the idea that over the year it

tarnishes and gets covered over. Our lives are so full, so busy, so much happening and, let’s be honest, not all of it is great for us. Through our choices and the stuff that happens around us, to us, we get buried in things that don’t serve us best and don’t allow our true selves and true purpose to shine through. Layers of grime cover our hearts.

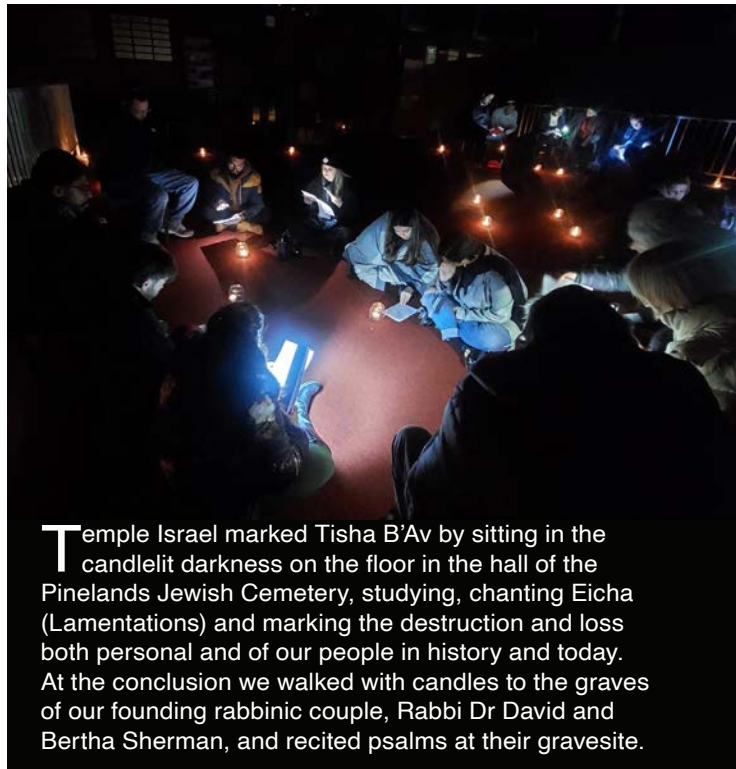
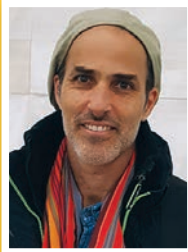
And that is why the High Holy Days are such an important time of the year. It’s not that we can’t do this work anytime, but we don’t. And then the High Holy Days are such a crucial tool for re-setting our moral compasses, for bringing us back to our true selves. “Write us in the Book of Life”, we ask, and that surely means more than just “give us another year in this world”. It surely means that we dedicate ourselves to living our best lives.

Every year we are called on to take out the cleaning cloth, the spray-bottle of vinegar and scrub away the grime. Until that pure heart shines again. What might that look like for you? What might it look like to live every day in the awareness that the word LIFE is written by G-d on your heart? What are the layers that have encrusted your year until now?

There is a beautiful shift that happens over the Ten Days of Returning. On Rosh Hashanah and Yom Kippur, we ask the Merciful One to “*kotveinu b’seifer* – write us in the book of life”.

I don’t know if you noticed, but in the last service of Yom Kippur, the Neilah service, we don’t just say *kotveinu b’seifer ha chaim* – we say *chotmeinu b’seifer* - “seal us in the book of life”. What a chutzpah! We assume that we are already written in there and now we ask to be sealed in for the year ahead! Well, if we have done the work, why not?

Let us take this time now as we get ready for a New Year, to think about what layers of grime have covered over our life-source, our living heart, our true self, and how we can rededicate ourselves to living. *L’chaim - shanah tovah*. Have a life-filled year ahead.



Temple Israel marked Tisha B’Av by sitting in the candlelit darkness on the floor in the hall of the Pinelands Jewish Cemetery, studying, chanting Eicha (Lamentations) and marking the destruction and loss both personal and of our people in history and today. At the conclusion we walked with candles to the graves of our founding rabbinic couple, Rabbi Dr David and Bertha Sherman, and recited psalms at their gravesite.



Temple Israel gathered for a Vision Forum on Sunday the 6th of August to feedback the findings of the #FutureProgressive Focus Groups that were conducted in early 2023. Consultant Robbie Cowan reported to the community and Suzelle DIY, our MC, raised the humour levels. More info to be reported in the coming weeks, so watch this space.



Bnei Mitzvah



Jacob Zive
– 18 August



Kuren Steinberg
– 19 August



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From our home to yours,
Shanah Tovah
& Chag Sameach



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JEWISH SHELTERED EMPLOYMENT

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



gut yontiff!

HIGHLANDS HOUSE WISHES YOU A SWEET NEW YEAR



ORT SA CAPE EDUCATION

Wishing the Jewish community a happy, healthy and peaceful New Year and well over the Fast. ORT SA CAPE focuses on training and supporting teachers in disadvantaged communities in the Western Cape.
We thank our generous donors for helping us change lives through education.



ORANJIA
Jewish Child & Youth Centre

WE WISH YOU A SWEET, HAPPY & HEALTHY YEAR AHEAD MAKING MEMORIES WITH YOUR LOVED ONES.

Shanah tovah



L'Shana Tova U'Metuka

Wishing you a year of growth and success!

STAFFWISE
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בית ישראל
TEMPLE ISRAEL
CAPE TOWN PROGRESSIVE JEWISH CONGREGATION

The Rabbis, Trustees, Board, Councils and staff of the Cape Town Progressive Jewish Congregation extend their best wishes to the Cape Town Jewish community for a happy, healthy and peaceful New Year 5784 and a meaningful Fast.
Wishing you all Shana Tova U'Metuka



THE DAVID SUSMAN
COMMUNITY FOUNDATION
Sustaining our Community Forever

We wish you and your families a healthy and peaceful New Year and a meaningful Fast.
G'mar chatima tovah
The Chairman and Trustees of the David Susman Community Foundation



UJC FRIENDS OF THE UJC CAPE TOWN
sustaining our community forever

The Chairman and Committee of the Friends of the UJC Cape Town wish you and your families a New Year filled with good health, peace and prosperity.
L'shanah tovah tikateivu v'teichateimu
Wishing you a good year, and may you be inscribed and sealed



SAJM
South African Jewish Museum

THE SOUTH AFRICAN JEWISH MUSEUM wishes our guides and staff, friends and supporters a Happy and Healthy New Year, Blessed with Peace, and well over the Fast.



JEWISH COMMUNITY SERVICES
CAPE TOWN

The Chairman, Exco Committee, Executive Director, Staff and Volunteers of JCS wish the community Shana Tova.
A year of good health, happiness, peace and well over the Fast. Thank you for your wonderful support of the indigent and vulnerable members of the Cape Town Jewish Community.



WIZO
CAPE TOWN
Women's International Zionist Organization

The Chairman, Honorary Officers, Executive, and staff at Bnoth Zion Association WIZO wish the community and all our members a healthy, happy and sweet New Year, and well over the Fast.



nechama
COMFORTING THE BEREAVED

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



CTTH
CAPE TOWN TORAH HIGH
PERSONALISED PROGRESSIVE EDUCATION תהליך לימודי תורה על פי דרכי

May we reconnect deeply to Hashem and to each other over the High Holidays, and may we all be inscribed in the Book of Life and Redemption!



ORT Jet
Cape Town

We wish you a healthy, happy, and peaceful New Year and well over the fast.
Thank you to our donors, mentors, partners, and network for your continued support and commitment.
L'Shanah Tova U'Metuka

The Cape Jewish Chronicle wishes all our readers and their families Shana Tova u'Metukah

לשנה טובה תכתבו ותחתמו

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The Cape Jewish Chronicle wishes all our readers and their families *Shana Tova u'Metukah*

שנה טובה ומתוקה

GIVING FLOWERS AND CHOCOLATES IS SO LAST YEAR

SEND YOUR FAMILY AND FRIENDS CSO YOM TOV GREETINGS INSTEAD.

A DONATION TO CSO CAPE TOWN IS A GREAT YOM TOV GIFT AND A WONDERFUL WAY OF GIVING BACK TO THOSE WHO PROTECT OUR COMMUNITY.

EMAIL [DANLJCSOCAPE.ORG.ZA](mailto:danljcsocape.org.za) FOR MORE INFORMATION ON CSO YOM TOV GREETINGS.

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ORANJIA
Jewish Child & Youth Centre

ROSH HASHANA GREETINGS

A donation to our Home in lieu of a gift is a great gift as well as a wonderful way of performing the mitzvah of Tzedakah. Your friends and family will receive a gorgeous Yom Tov greeting informing them of your donation. All you need to do is send us the list of names and addresses and we will do the rest for you.

Email: rh@oranjia.com
Please note new email address!

WIZO South Africa
Women's International Zionist Organization

The President, Honorary Officers, Council and staff of WIZO South Africa extend good wishes to our members and the community for a Shana Tova U'metuka.

May you have a sweet and happy New Year and a meaningful fast.

Glendale Home
Healthy. Active. Meaningful. Lives!

Wishing our **Jewish Care Cape family** a *Happy & Sweet* new year

From our home to yours,
Chag Sameach

OUR WARMEST WISHES TO FAMILY AND FRIENDS FOR A HAPPY AND HEALTHY NEW YEAR AND WELL OVER THE FAST. MAY 5784 BRING PEACE TO AM YISRAEL

ABRAHAMS	Seymour and Yettie	MEYEROWITZ	Brett, Simone, Casey and Tyler
COHEN	Debbie, Lauren, Robyn and Isla, Shelley Clive and family, Jeff Hila and family	MINITZER	Louis, Michelle and Joanne
COOSNER	Carrol	RAPHAEL	Dave, Gill and Tali
FELDMAN / DIRKS	Bonny, Debbie and David-Phillip	SCHIFF	Russell, Cindy, Daniel and Keren
FRANKENTAL	Sally, Amir, Ellen, Yaron, Terri, Gabi, and Matt	SCHLOSBERG / ISAACMAN	Rica, Tammy, Robert and families
GETZ	Keith, Brenda and family	SHAPIRO	Simon, Lisa and Max
GREENBERG	Peter Viviane and Claudia	SURDUT	Ben-Zion, Esther and family
HIPPO	The late Emerson and family	WOLFSOHN	Colin, Janet, Sasha-Lee and Daniella
LEVY	Jonathan, Melanie, Jack, Aimee and Tammy Berman		



ENTREPRENEURS' HOTSPOT



ENTREPRENEURS' NETWORK
CAPE TOWN

Positive change for the taxi industry

This month's Entrepreneurs' Hotspot focuses on two successful businesses that have received assistance from the Entrepreneurs' Network (EN), a project of the Cape SAJBD, ORT Jet Cape Town, EO and Over the Rainbow. SAJBD Cape Board member Dawn Nathan-Jones initiated the establishment of the organisation in 2022, and it is already seeing many successes.

According to Dawn, "EN enables us to carry out the Board's motto: Educate, Engage, Empower. Our work is geared to build a

Looptaxi is a way of bringing tech to the taxi industry in South Africa

better country through improving the opportunities for entrepreneurs to survive and thrive. We seek to connect our Jewish identity to activities that have a positive impact on local communities."

One such project that will most certainly have a tremendously positive impact on local communities is Jamie Thurston Wyngaard's business called Loop. Jamie explains that, "Looptaxi is a way of bringing tech to the taxi industry in South Africa. The goal is to improve the quality of a taxi ride, improve safety and to make payments for rides better for both the passenger and the driver."

As we all know, the taxi industry has been fraught with problems,

yet it is fundamental to the transport system in our country. 80% of South Africans use taxis for all their transport needs. So, any initiative to solve the issues that the industry faces must be welcomed.

A serial entrepreneur - despite being just 32 years old - Jamie was approached by a veteran of the taxi industry in Cape Town, Imtiyaz Riley, and Jason Bruce-Brand to solve issues in the mobility industry. Together they established the business just over a year ago.

In essence, as an alternative to paying for a taxi ride in cash, the system allows a passenger to pay via WhatsApp. "We know that it's an app that's widely used so we decided to use the existing technology out there and just added a payment system that we developed ourselves. It means that the taxi customer base doesn't need to download other apps."

Removing cash from the system works well for both the drivers and the passengers: passengers can avoid long queues at ATMs, and both parties are less vulnerable to theft. In addition, an ATM usually spews out a R100- or R200-note but the ride may cost R20, and so there is a real risk that the passenger spends the change on other, less necessary things. As Jamie explains, "The passenger can put R100 onto the system for rides immediately and for the rest of the week, and that way they won't be able to spend their transport funds on anything else. So, the system essentially assists the passenger to budget - something that is really important in our market since many people earn only enough for the basics of life."

A further element of the tech that has been developed is the use of WhatsApp to book a taxi - a ride that allows a person to be fetched at their door and taken to their

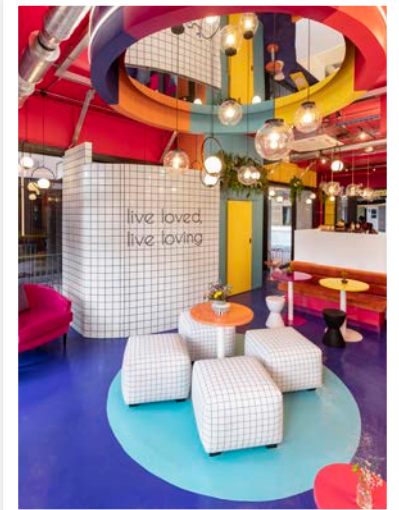
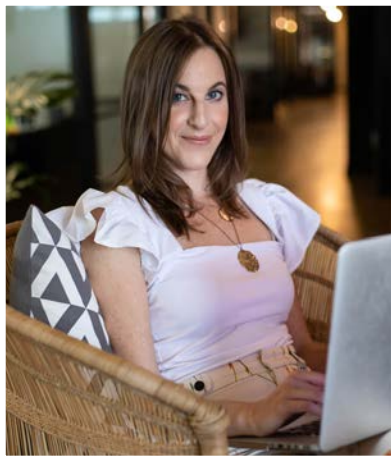


destination. It saves time and is far more efficient. Similar to taking an Uber, the advantage is that a taxi fare is within reach of the taxi market, whereas the Uber charge is too expensive.

Jamie joined the Entrepreneurs' Network, and has benefited a great deal. "Through learning from

other entrepreneurs at EN, I have become a better business leader. I've learned so much about how to manage a team, and how to interact with all parties, so that we can find solutions that meet the requirements of the taxi industry, the taxi driver, the passenger and the employer."

Business is cooking at the Cooked Studio



Being featured in some of the country's top design magazines – Visi, Garden & Home, House & Garden, and others - must represent the fulfilment of a designer's dreams. And then to also be named as the Most Innovative Hospitality Interior Architecture Studio in South Africa is surely a sign of achievement.

These accolades attest to the quality of the work of interior designer, Mel Cook, whose cleverly-named business, Cooked Studio, is making waves in the interior design field. She returned to the field as an interior designer, having spent six years in the exhibition and events space.

Since founding her business in Cape Town in 2017, Mel has expanded operations to Johannesburg, where she has a permanent staff member managing projects there. She's also established a network of part-time support staff whom she calls on as and when they are needed.

The firm has undertaken a variety of both residential and commercial design projects. "We specialise in experience-focused interiors within the commercial and hospitality sectors," Mel explains. "Our work is geared to help clients increase their business revenue through highly creative conceptual spaces that use the science of consumer buying behaviour and human curiosity. Our work is intentional, instagrammable and encourages a sense of playfulness and wonder, helping our clients create brand awareness and drive sales both in-store and online via social media."

Each project that Mel takes on is treated in a unique way, so it's difficult to compare the Cooked Studio offering with what other interior designers are doing. From collaborative, creative workspaces to quirky front-of-house installations

CASE STUDY

Making Susu Bubble Tea instagrammable

The Susu Bubble Tea brief was pretty open as the only real requirement was "to make it instagrammable". We had free reign to develop a new colour palette for the brand, and play with human curiosity - the more brand exposure online, the better.

I started to explore the little character displayed on the Momo/Susu branded cups, by thinking about who this character was, what he'd be doing, who his friends would be, and what his world would look like. In particular, I've always loved this creature's whiskers and eyes, so I quickly began sketching out how we could use line and spheres to honour these elements, while being mindful of cultural considerations such as feng shui, and making sure the space worked beautifully through a phone camera lens.

I was able to take my client's brand to the next level with exposure via several design magazines, and creating a space that effectively gets its customers selling for them on social media.

Susu has since opened four more stores, and the portfolio of Susu spaces continues to grow and expand beautifully. Our most recent opening was Tygervalley Mall, where my clients turned over the value of their store build within their first month!



in retail spaces to uniquely beautiful residential interiors, each project reflects an understanding of who uses the space and how the design concept can connect the users with the brand.

As Mel's business has progressed, she has found new challenges - relating to suppliers, marketing, cash flow, delegation, aligning with the right partners - and many other hiccups. That's where both ORT Jet and the Entrepreneurs' Network come in. Mel explains: "I've been a member of ORT Jet since the day I started my business. Having the incredible support and guidance of mentors including Sharon Miller, Sheldon Frank and Cara Saven has definitely been the secret sauce in my success to date."

Through her involvement with ORT Jet, she was selected to join the Entrepreneurs' Network, too. "The

overall cohort offers an incredible support and resource system," she says, "but the true magic lies in our monthly forum meetings, where we are able to share vulnerabilities, challenges, our own business experience and offer support in an unbiased, non-judgemental space. I've always had goals for Cooked Studio, and being part of EN has given me tools to actively carve out pathways to reach them."

In addition to gaining new business from referrals through the EN body, Mel attributes her own growth as a businessperson to EN. "The growth and shift I see within my mindset as the business owner,

as well as the tangible changes I've implemented in Cooked have helped push the business forward in leaps and bounds over the past few months, specifically in sales strategy, brand refinement, network and resources, and cash flow, from active implementation and adjustments month to month through the support of my EN Forum," she says.

Mel is extremely grateful for the support she's received from EN. She believes that her business and the way she approaches it has completely evolved for the better. In addition, the support and community within the EN forum has been very meaningful.

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MENSCH 2023 MANDELA DAY COOK-A-THON

A DAY OF IMPACT



THE MENSCH MANDELA DAY COOK-A-THON is our community's annual opportunity to roll-up our sleeves and make a difference. On this 10th anniversary of Madiba's passing, Mensch partnered again with the *Cape SA Jewish Board of Deputies* and the *United Jewish Campaign* to host this impactful and fun family day.

Fresh produce was sourced from local small-scale farmers by our partners *SA Food & Farming Trust*; and the food made was distributed by Mensch Network Members *The Angel Network WC*.



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Every year Mensch hosts a community volunteering day for Mandela Day in July, and Mitzvah Day in November. This year, we are 'joining the dots' between these two days, and offering a volunteering programme that will run from Mandela Day, until Mitzvah day.

Check out the range of volunteering opportunities to choose from on this page.

Choose an activity or organisation to volunteer with on a regular basis, at times that suit you and the organisation. In this way your volunteering experience should be fun, and importantly, is truly impactful for the organisation.

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FOR MORE INFORMATION GO TO: WWW.MENSCH.ORG.ZA/VOLUNTEER



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BUYING & PACKING Donations of sanitary pads MAMA FLOW	WAREHOUSE SUPPORT Packing, sorting, food prep LADLES OF LOVE	DATA CAPTURING H18 FOUNDATION	WEB DESIGN	ENVIRO	CREATIVE CLASSES Run music, arts & crafts, or drama classes KENSINGTON CRECHE
PAINT A MURAL PERINATAL MENTAL HEALTH PROJECT	PAINT & REFURB Update a support rooms for mothers GROOTE SCHUUR HOSPITAL TRUST	PATIENT NAVIGATOR RETREAT COMMUNITY DAY CLINIC			
MARSHAL At public events SBO NDABA	BOOKKEEPING	MEDICAL ADMIN RETREAT COMMUNITY DAY CLINIC	AGRICULTURE SUPPORT Twice/month SA URBAN FOOD AND FARMING TRUST	OTHER	HUMAN RESOURCES SOUPER TROOPERS
DRIVERS & TRANSPORT Dance groups SBO NDABA		GENERAL ADMIN PERINATAL MENTAL HEALTH PROJECT			
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Bee Loved Honey is now available to purchase at the WIZO Yom Tov Market on Sun 3 September 2023, Giftime and the SAJM Gift Shop on going.

Bee Loved Honey is produced in partnership with the Joint Distribution Committee's (JDC) Ubuntu Beekeeping Project, supported by Mensch.

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Celebrating Yom Tov

Stella's Sephardic Table by Stella Cohen is a book bursting with information and tradition, a beautiful ode to the traditional cuisine of the Sephardic community of the Island of Rhodes (Rhodos). After many centuries of life on the island, the community was decimated towards the end of World War II following the Nazi invasion. Survivors and those who had left the island prior to the invasion, including their descendants who live in Cape Town, carry

on upholding the culture of their beloved Rhodos.

The cover page of this month's Cape Jewish Chronicle, provided by Stella Cohen, shows a table of mesas d'alegria - tables of happiness – which are the sweet treats served on festival days such as Rosh Hashanah.

This wonderful book of food and culture is available for purchase at Exclusive Books at the V&A Waterfront and online, and for borrowing from the Gitlin Library.



Baking challah – Photo by Emma Levin

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RECIPE

Pan d'Espanya (pan Esponjado) (Orange Spanish Chiffon Cake)

From Stella's Sephardic Table by Stella Cohen



This "quintessential orange sponge cake, which featured among the Jews of Medieval Spanish origin, is traditionally served as part of the meal at the breaking of the Yom Kippur fast." Pan d'Espanya has been made by the Jews of Spain for generations with the sweet oranges so prolific in Valencia and Andalusia.

This moist, feather light cake is bursting with tangy flavours of freshly squeezed juice and zest of oranges and fragrant with a hint of orange blossom water. Pan d'Espanya is a delightful teatime treat or an irresistible finale to a meal with berries and dollops of lightly whipped cream.

INGREDIENTS:

- 8 eggs, at room temperature
- 1 cup, superfine (castor) sugar
- ½ cup mild-flavoured vegetable oil
- ¾ cup fresh orange juice, strained
- ½ tsp finely grated orange zest
- 1 tsp orange blossom water
- 2 cups cake flour, sifted
- 2 heaped tsp baking powder
- a pinch of salt
- ¼ tsp lemon juice

FOR DECORATING:

Confectioner's (icing) sugar (optional)

Preheat the oven to 180°C. You will need a 25cm ungreased chiffon tube pan (without non-stick coating). Position the oven rack at the lowest setting.

In a clean, dry mixer bowl tip in the egg whites, covered with plastic wrap, keeping at room temperature. Place 6 egg yolks in a bowl. (Discard 2 egg yolks or use for another recipe).

In the bowl of a free-standing mixer fitted with a whisk attachment, beat the sugar and 6 egg yolks at high

speed until pale and creamy and the sugar has dissolved, about 5 minutes.

Stir in the oil, orange juice, orange zest and orange blossom water until well combined.

In a separate mixing bowl combine the flour, baking powder and salt. Reduce the speed to low and add the flour mixture to the sugar and egg mixture in two lots. Beat until the batter is just combined and smooth, scraping down the sides of the bowl as needed. Set aside.

Beat the egg whites in a clean bowl of a stand mixer fitted with a whisk attachment, until soft peaks form. Add the lemon juice and continue to beat the egg whites until they hold stiff peaks, about 7 minutes.

Fold the whisked egg whites in three batches with a balloon whisk into the batter with a light and quick hand until just combined and no white streaks remain in the batter. Do not over mix.

Gently pour the batter into the ungreased, chiffon tin and smooth the surface with a spoon.

Bake for 50 minutes or until the cake is firm to the touch. Do not open the oven door. Five minutes before the end of baking, insert a skewer into the centre to see that it comes out clean.

Invert the cake tin onto a wire rack. Allow to cool completely inverted in the pan before removing from the pan, about 1 hour. To remove the cake from the pan loosen the outer edges of the cake with a long, thin knife around the inside of the pan and the centre core. Gently ease out the cake onto a wire rack. Serve the cake upside down.

Before serving, dust with confectioner's sugar (optional).

The decimation of the Jewish community of *Rhodos* 80 years ago



This September marks the 80th anniversary of the occupation of the Island of Rhodes (*Rhodos*) by the German forces. In September 1943 German forces defeated the Italians in the Battle of Rhodes, and so began the terror against the Jews of Rhodes.

Most of the Jews of this idyllic Mediterranean island were deported to Auschwitz, and approximately 1 200 were gassed on arrival at the death camp. By the end of the War, the once vibrant community of Rhodes had been decimated and less than 200 people survived.

Many of the survivors found homes in Rhodesia and the Belgian Congo, and again had to flee for their lives from the Congo in 1960. It was around this time that the Cape Town Sephardic congregation was established by the Jews who left the Congo after the start of civil unrest following the withdrawal of Belgium as the colonial power.

The Cape Jewish Chronicle will report in the October issue on the commemorative event organised by the Sephardi Hebrew Congregation of Cape Town to mark 80 years since the Nazi occupation of their beloved home.



Teiglach – Photo by Gwen Beinart

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HEALTH FOCUS



Image courtesy of freepik image library

Intermittent Fasting

By RAEL KOPING, Registered Dietician, Cape Town



RAEL KOPING is a registered dietician practising in Sea Point, Cape Town. Among many focus areas, he has extensive experience in prescribing healthy diets and weight loss diets.

Yom Kippur is the one day of the year when most of us don't eat. Although it should be a day of solemn reflection about our behaviour over previous months, many of us tend to focus more on the fact that we are not eating than on the spiritual issues.

The time of year when Yom Kippur falls is also the start of the warmer months, and so we begin our annual quest to lose the weight needed to

fit into our summer bodies during the December holidays.

The concept of fasting for weight loss has become trendy in recent times. We hear about Intermittent Fasting (IF), which is a diet philosophy aiming to promote weight loss and improve health by using time-restricted feeding schedules. Some routines may feature fasting periods on alternate days, while others may have a daily routine with a limited eating window. An extreme, but popular version permits a 6-hour feeding window followed by 18 hours of fast. Practically, this may mean having breakfast at 11 am, and finishing dinner by 5 pm. The 5:2 regimen, on the other hand, requires 2 full fasting days; 2 low calorie days; and 3 normal days per week.

To lose weight successfully, a calorie-restricted (CR) diet is recommended. Such a way of eating typically features a set amount of calories spaced evenly over the course of the day. Although effective, these programmes require monitoring and vigilance, and are historically difficult for people to adhere to.

IF does not focus on calorie restriction, but is rather about intuitive voluntary eating over a specific time period. Its proponents maintain that this is a more natural state of food intake. It is broadly accepted that our bodies follow a circadian rhythm which

permits the cells time to complete various incompatible processes. These functions are therefore not separated by space, but by time. Disrupted circadian rhythm, such as when we eat three meals a day in the conventional way, is linked to diseases of lifestyle and increased oxidative stress, while restoring the rhythm has been demonstrated in animal models to reverse these disease processes. The period of food restriction, some say exceeding 12 hours, is claimed to activate fat burning and stimulate autophagy, which is the process in which the cell destroys and removes ageing and damaged organelles. There may be various other neurological benefits and improvements in hormonal levels not seen in conventional CR diets of a comparable calorie level.

While IF may be theoretically robust - leading to greater interest among academics and dieting elites - I think that we should look to the examples where it operates all the time. For instance, in the emerging world we have large populations for whom IF has always been a way of life because meals are few and far between. These people are typically not the beneficiaries of the glowing health and longevity promised by the IF paradigm for perhaps a variety of reasons. IF has also been practised by Muslims during the month of Ramadan for centuries with highly individual personal responses. This observation is borne out by research

indicating that, while IF can be highly beneficial, it is not specifically more so than a conventional CR diet.

In deciding if IF is for you, it is always best to consult with your healthcare professional. Your weight loss will only persist as long as you maintain the regimen. And factors such as a 4:30 pm dinner may initially be a lark, but the loss of the social rituals at dinner or having meals with friends can prove difficult to manage.

There is not enough scientific research yet to determine the necessary periods of restriction for an IF diet. So, IF still exists as a fringe food movement. As such, it is susceptible to extremes where, if one day of restriction is good, then two days must be better. Such movements often attract extreme personalities who engage in addictive behavioural patterns that psychologists may interpret as binge purge cycles (periods of fanatical adherence alternating with binges or other excesses). If you recognise such behaviours in your own personality, then IF may prove a trigger for other addictive activities. Medically, IF carries the risk of dysglycemia (poor sugar regulation), and blood pressure fluctuations. So, while generally considered a viable dietary consideration, IF should be assessed in conjunction with your qualified healthcare professional.

Wishing you a healthy and meaningful Yom Kippur and a gmar chatimah tovah.



Call for Chronicle content!

If you have specialist knowledge in a particular field that would be beneficial to readers of the Cape Jewish Chronicle, we'd love to have you join us as a columnist. Share your knowledge, and provide advice and tips to our readers in an article. We will assist with the writing but we need your input and expert knowledge.

Contact the Editor on editor@ctjc.co.za



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Glendale home
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Glendale home partners with Henley Business School



As part of our strategic journey, the Glendale home governing board has partnered with the prestigious MBA track of the Henley Business School (EU) to develop a Reputation and Responsibility Management Framework for the home.

Together with other welfare NGOs in the Western Cape, the partnership with Henley includes training board members and NGO executives, research-based consultation projects, and cross-industry collaboration. This partnership is at no cost to us and supports our strategic goal to become a centre of excellence for care.

In July, a team of European Executives was in Cape Town for 10 days for their first project to gain a 360° view of our brand through the lens of our stakeholders, meeting with residents and their families, heroes, volunteers, service providers, donors, and funders.

As part of their introduction to the city and the community, the students also received a joint tour of the Holocaust and Genocide Centre, and the Jewish Museum to learn

about our communal heritage and history in this country. We look forward to their strategic insights and direction in September - and the next project scheduled for November where we will be focusing on our families.

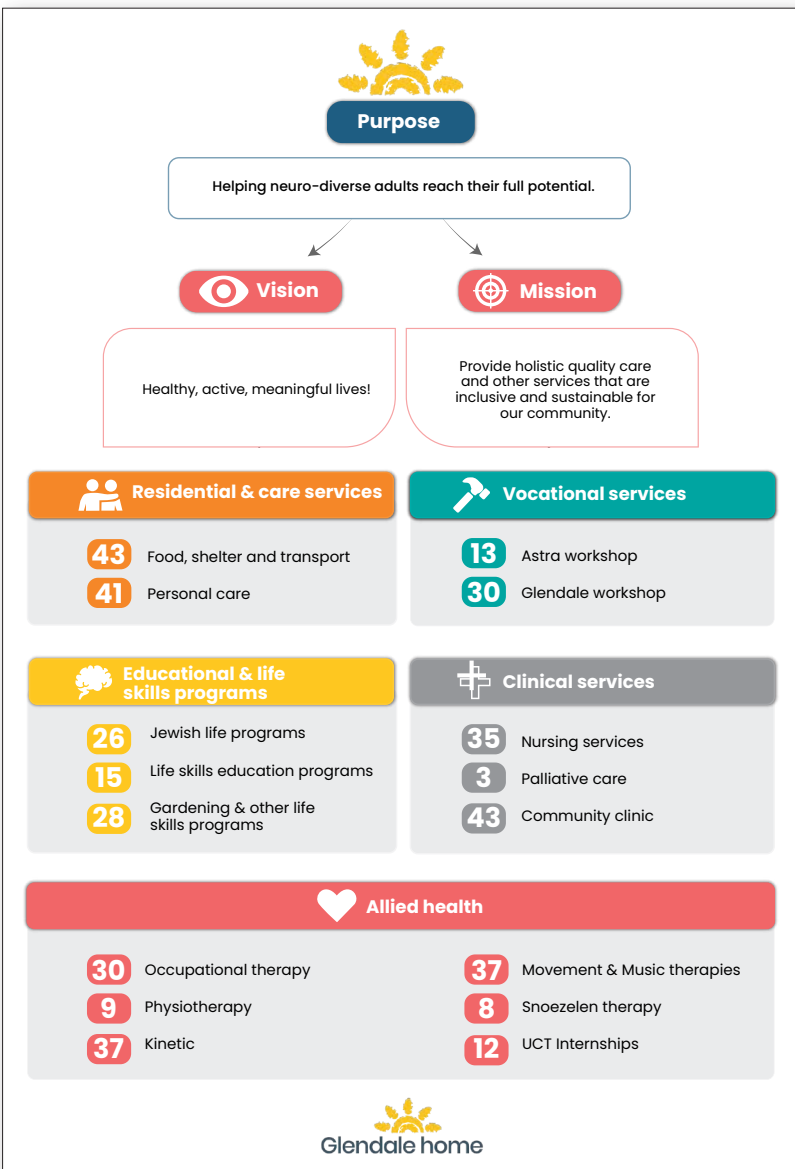
We would like to take this opportunity to thank all of you who completed the survey and engaged in interviews.

We had an overwhelming response rate from all our stakeholders who clearly care so much about the home and its future.

Please contact us at office@glendalehome.co.za if you want to be a part of the next chapter of this initiative.



Henley Business School team & Glendale director on a joint tour of the Cape Town Holocaust & Genocide Centre and the South African Jewish Museum.



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Getting Started: A Journey Rooted in Youth Organisations

By MATHILDE TOMSON-MYBURGH



Dr Clive and his wife Christine Rabinowitz. Photo by Yolande Kretzmer-Keys.

A conversation with Dr CLIVE RABINOWITZ: Navigating challenges and building community at Highlands House

I recently caught up with our Honorary Life Member Clive Rabinowitz in a heartwarming chat. He is a familiar face in the Highlands Community and still regularly engages with those at the Home. Clive's community work journey began many years ago as a school pupil, exploring the ins and outs of youth organisations. From there, he found his way to Habonim and his local synagogue, which eventually paved the path to Highlands House.

"I was involved with Habonim Dror, originally. I was often involved with the shul close to where I lived."

Emerging from the Shadows: A Commitment to Change

Picture this: Clive rolls up his sleeves in the mid-80s, all set to make a difference. And this saying was true of his attitude: 'When there's a will, there's a way.' Clive's ex-wife landed a gig in administration at Highlands House and, like a true team player, Clive decided to jump in. He sensed that things weren't exactly peachy on the admin front – procurement and operations were crying out for a makeover.

"I spent the next year or two just listening, and looking around, taking

notes and planning my actions."

Clive hopped aboard the committee wagon and soon found himself navigating the Highlands House landscape.

Steering through Storms: The Battle to Save Highlands House

So, what's the story behind the 'clean sweep'? Well, folks, brace yourselves. When Clive got settled on the committee, he got a front-row seat to a full-on financial fiasco. Highlands House was teetering on the edge of bankruptcy, and the cavalry was called in – a.k.a. the late Eliot Osrin. With a campaign fueled by Eliot's determination, Highlands House managed to dodge the financial bullet.

"The Home was losing money hand over fist."

But wait, there's a twist. The Home was still reeling from loose procedures and financial leaks. Clive, alongside Max Florence, orchestrated a game plan. They took charge, giving Highlands House an operational overhaul. With a new executive director and HR firepower, they were on a roll – until disaster struck.

A Rocky Road to Resolution: The Union Saga

Hold onto your seats, because this part of the journey gets bumpy. A wage negotiation in the 90s took a wild turn when the HR department decided not to recognise a union on a technicality. That tiny decision snowballed into a full-blown strike.

Picture this: picket lines, security, and community members stepping in to keep the ship afloat. (Doesn't feel too distant from our memories of the COVID-19 lockdown and the recent taxi strike, does it?) It was like a movie, only it wasn't popcorn entertainment – it was real life.

Navigating through this chaos, Clive and his team ventured into negotiations, arbitration, and even a stint in the Labour Court. It was a rollercoaster of ups and downs, with Clive realising that winning in court wasn't enough. The real challenge was what came after – dealing with the aftermath.

"It was a terrible time and I'm sure my contemporaries remember this very well... it led to a long negotiation process with the unions, all the way up to a Labour Court case. I realised we would probably win, but winning the battle and losing the war was not an option. We still had to face each other afterwards, look each other in the eye. So I suggested we settle out of court, and we reached an agreement over a weekend. I phoned Eliot and his wife to share the good news while they were abroad - I promised I would only phone if it was good news."

The Light at the End of the Tunnel: A Brighter Future for Highlands House

As the dust settled, Clive and Max had their work cut out. First things first: out with the old; in with the new. The executive director and HR staff had to make way for fresh faces. Slowly but surely, Clive and his team steered Highlands House towards a better future. They revamped admissions, renovated spaces, and breathed new life into the nursing setup.

From President to Trustee: A Lifelong Bond with Highlands House

Now, let's fast-forward a bit. Clive's stint as President saw him mingling with various organisations, all while keeping Highlands House at the heart of his mission. For him, it was all about focused effort and collaboration. He decided to stick to representing one organisation – Highlands House – a decision that brought about meaningful change for him.

But Clive's insights don't stop there. He's got some thoughts on fundraising and community dynamics. According to him, tapping into the younger, wealthier generation is the key. He suggests taking a leaf out of the American playbook: Hire experts, make fundraising enticing, and incentivise success.

"Eliot [Osrin] had a phrase – 'If you don't ask, you don't get'. You need skilled people that know the art of asking, and you need to target the younger, wealthier pocket of the community. You need to make it enticing to become a benefactor, and need to incentivise any assistance you get in fundraising for your Home."

Looking Ahead: Clive's Vision for a Stronger Community

As Clive looks into the proverbial crystal ball, he envisions a community that works together, pooling resources and sharing the load. He believes in engaging the upcoming generation, understanding their needs, and crafting a pitch that resonates with them. And, guess what? He's got a point – after all, they'll be the ageing community someday.

Parting Words: A Community Champion's Legacy

Clive's journey at Highlands House spans decades, marked by challenges, triumphs, and an unwavering commitment. As we wrap up our chat, it's clear that Clive's legacy is one of resilience, resourcefulness, and community-building. He reminds us that a united community can weather any storm, and with a sprinkle of innovation, it can shine even brighter.

Dr Clive Rabinowitz grew up in Paarl but studied and practised medicine in Cape Town for more than 25 years. These days, he is back at work, having opened a clinic for a fishing industry company's local operation and enjoying this post-retirement couple-of-days-a-week work arrangement. He retired in 2020 when COVID-19 hit but couldn't stay away from occupational health work for too long. He enjoys it and celebrates a happy marriage to his wife, Christine, and spends time with his two children. He's been involved in Highlands House leadership for 35+ years.



As we look forward to Spring and the New Year

I love Winter – the pelting rain, the huge waves on the shore and the comfort food that can be enjoyed at social occasions with friends and family in the comfort of our homes. Unfortunately not everyone has the same love for Winter, since they have to battle with cold, harsh conditions, lack of warmth and often lack of shelter.

Therefore, I was so pleased that our outreach initiative touched the hearts of so many of our members. A large group of knitters spent the morning at our Southern Suburbs home, celebrating the legacy of Madiba and honouring his birthday on 18 July. Beanies and squares were knitted while they socialised and, after doing their “time”, the volunteers were able to enjoy tea and special eats. It was good to see some of our Milnerton members joining in this special morning. We are hoping to build on the knitting circles regularly hosted in the Southern Suburbs and Milnerton through a group at our new Sea Point home in Albany Road.

Volunteering

Volunteering is generally considered an altruistic activity and is intended to promote goodness or improve human quality of life. In return, this activity can produce a feeling of self-worth and respect. There is no financial gain involved for the individual. Volunteering is also renowned for skills development, socialisation, and fun. It is helping, assisting, or serving another person or persons without pay. CJSA volunteers assist the organisation in numerous ways from visiting housebound members, assisting with shopping, and befriending. We also value our volunteers who work in administrative capacities. We are always looking for new volunteers so, if you have a few hours to spare, please give a thought to joining our volunteer team and ‘adding life to years’ for our Seniors.

Volunteers are not paid – not because they are worthless, but because they are priceless!

Multitasking

Each of our branches is headed by a highly qualified and superbly efficient Social Worker who spends her day multitasking to ensure that our members and guests are welcomed and afforded a special time when they come to ‘their’ branch. Examples of the services

CJSA provides include:

- A space where members can socialise and engage with other members.
- Structured activities that provide intellectual stimulation.
- Counselling from a Social Worker–Trauma debriefing, support, conflict resolution, future plans in terms of moving to a residential home or ageing in place.
- Transport for members that cannot drive anymore.
- Social intervention such as advice and assistance to complete application forms for residential homes.
- Regular home visits supporting members who are ill or in need of counselling and advice.
- Correspondence with family members as and when needed.
- Encouraging members to give back to the community and not only receive e.g. knitting items which are donated to worthy causes.

Every branch works in their own unique way and each Social Worker works independently from the other branches, even though we are part of a team as CJSA. At times our Social Workers do not have auxiliary assistance such as a driver, housekeeper, or admin assistance. This means that every aspect of running the branch falls squarely on the shoulders of the Social Worker. Therefore, if you are a member who is capable of assisting in any way at all, you can be assured that your Social Worker will greatly appreciate any offers and input.

As we move into Spring and the days get warmer, we have the opportunity for renewal in every way as we look forward to Rosh Hashanah. We hope that the High Holy Days will be meaningful for everyone and that you will be able to celebrate with those you love, enjoying special times, special foods and, at the same time, looking at ways in which to improve every aspect of our lives – spiritually and holistically. Should you be alone for any of the celebrations, please contact your Social Worker and we will make every effort to assist you.

The Executive Committee and Staff of CJSA join me in wishing one and

all a Happy and Healthy New Year and a meaningful and easy Fast.

Diana Sochen, Executive Director.

Sochen



Elenor Farber of our Westcoast Branch with the toys made for the Lucky Lucy Foundation for Mandela Day



Members enjoying the concert morning in Milnerton



Gifts for furry friends made by West Coast members to honour Mandela Day



67 minutes for Mandela Day celebrated by our knitters in Wynberg



Milnerton members enjoying lunch after an engaging session with Sarit Swiza



Art in Sea Point - Marge Lee with her beautiful painting



Southern Suburb members visiting Shimansky Jewellers at the Waterfront.



Sarit Suiza addressing the Milnerton members



Pearl Selikowitz and Hajiera Safdien-Maloon at the Milnerton Concert morning



Joe and Shulamit Rozowsky enjoying the Milnerton morning



Cantor Zalmy, Joel Norrie and Sonia Norrie who catered for the function



Liz Kantor enjoying an art class in Sea Point

SOCIAL AND PERSONAL

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

Births: Eunice Mofsowitz – great granddaughter

Our wishes of strength to members who have recently lost family members:

Nan Scholij – Mother

Fay Shagom – Son

Debbie Epstein – Husband, Harry

BOERE AND BOERE JODE: Van Niekerk and Krupp

By BONNY FELDMAN, Managing Editor, Cape Jewish Chronicle



Simone van der Colff's MA dissertation, "Van Niekerk & Krupp: From General Agricultural Machinery Dealer to Specialist Manufacturers of Agricultural Planting Machinery, c. 1928-2022", is available for viewing in the Gitlin Library.

Today, the vast majority of Jewish South Africans live in a few big cities, with Cape Town and Johannesburg dominating. But, just two or three generations ago, large numbers of people lived in small towns throughout the country. And so, even today, when driving through a country town, you may well spot an old synagogue building - turned into a shop, a storage facility or, at best, into the town's museum.

These buildings are testament to the significant role that Jews played in the development of the country's economy. As migrants from Eastern Europe and Russia, the first generation of settlers often found economic opportunities scattered across the rural regions of the country.

This was true of the Swartland town of Piketberg - a farming town located inland from Saldanha Bay in the Western Province. Like its neighbouring towns of Malmesbury and Morreesburg, Piketberg had a small but vibrant Jewish community from the late 19th and early 20th centuries - and, as was the case in other places, the community dwindled from about the 1970s. According to Bernhard Krupp, who grew up in the town, there were probably around 18 people in shul on a Yom Tov. There are currently very few - if any - Jewish residents

in these towns. But their presence is noted today in the Piketberg Jewish Museum dedicated to the Jews who lived there.

A recently completed MA dissertation in History by University of Stellenbosch student, Simone van der Colff, provides an insight into an important element of Jewish life in Piketberg. Her study focuses on two families who, together, built a significant business - a business still in existence 90 years after its founding. The two families, van der Colff, explains, "experienced an unlikely partnership between a Jewish and Afrikaans-speaking family."

The families, named Krupp and Van Niekerk, both became involved in the supply of agricultural implements in Eendekuil, a very small town not far from Piketberg. As the local wheat industry developed, new opportunities arose for them, and they joined forces in 1933, establishing Van Niekerk & Krupp in Piketberg, a larger town and thus more likely to provide greater business opportunities. Each partner - Samuel Krupp, a dealer in grain, and Hendrik van Niekerk, a grain thresher - put in £250 to establish the business, using their millers and general dealership licences as the backbone of the firm.

It was Samuel Krupp and his father, Jacob, who approached the Van Niekerks with the idea of joining forces. There was a good reason for this: the Afrikaans family had established good connections among local farmers and producers, while their Jewish colleagues had created a network of local consumers and merchants. By coming together, they could exploit these relationships fully.

The business did well, and benefitted from new opportunities brought about by the Second World War. In 1942, the business moved to Piketberg, again doing well because it could continue to pursue the market in Eendekuil, and because of the bigger market in Piketberg.

Over the years, the business expanded from the sale of imported farming equipment to the local manufacture of some agricultural implements; to the sale of used farming equipment; and to becoming a dealership for various tractor and motor vehicle brands.

Van Niekerk and Krupp was central to daily life in Piketberg. When the hooter sounded at 12 o'clock midday for Van Niekerk & Krupp workers

to go for lunch, the whole town stopped for lunch as well. And every Wednesday evening, the Company used the car showroom for a cinema so that staff and their families could enjoy an evening of cinema and relief from work.

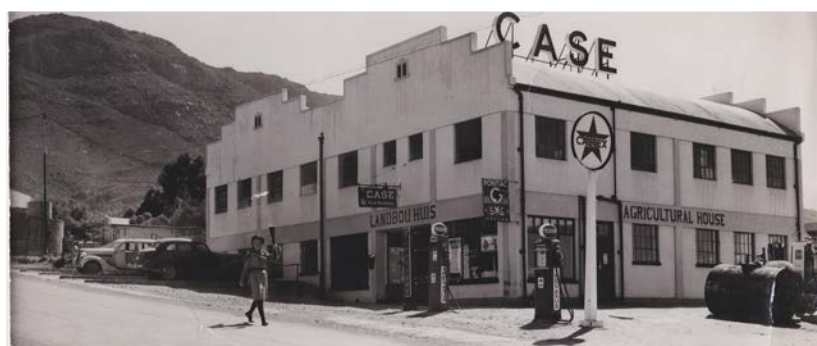
Samuel's children, Gillian, Denis, Lionel and Bernhard, were born and grew up in Piketberg. Sadly, Samuel died in tragic circumstances in 1957 at a young age, and that resulted in the exit of the Krupp family from the business by 1977.

After Sam's passing the Krupps moved to Cape Town. Sam's wife, Ray, dedicated herself to the stability and education of her family which allowed her children to flourish in their fields of business. Despite their departure from the town, all the Krupp children continued to maintain their relationship with the Van Niekerk family, especially Carel, and the friendship still exists today.

Now, Bernhard is the only surviving Krupp sibling, and lives in Melbourne. He and his siblings also left a legacy through their children, grandchildren and great-grandchildren, who hold Sam dearly in their hearts.

Today, Van Niekerk & Krupp is known as Piket Implements. Following the

foundation laid by Sam Krupp and Hennie van Niekerk, the business continues to build on a strong legacy of providing the South African farmer with resources and technology engineered to achieve the best agricultural results.



Music to my ears

showcasing Early Jewish music

In an earlier edition of the Cape Jewish Chronicle, we spoke about the need for us to hold on to our past and our history by finding out about our parents' and grandparents' histories and past experiences. The same sentiment applies to our culture - how much has been lost over the centuries of Jewish existence?

And, so, it's certainly encouraging to come across a young person whose passion is to preserve and share Jewish culture from a bygone era. Adam Golding, a teacher and music expert from Johannesburg, will be bringing his expertise to Cape Town soon, with the performance of the Hidden Treasures of the Hebrew Baroque concert.

Adam's focus is on music dating from the period 1400 to 1750. Known as Early Music, this genre includes Renaissance and early Baroque compositions. It's seldom performed anywhere, and is certainly something unique within music circles in South Africa. Through his African Renaissance Ensemble - an established Renaissance instrumental and vocal ensemble that he set up in 2017 - Adam is able to inspire others to share his love for the music of earlier periods.

His latest concert will showcase early Hebrew music, taking his audience into the realm of the earliest synagogue music. It's not music that we would know, but it certainly does allow us to connect with our long-standing Jewish culture. It is also music that modern audiences will find accessible and inspiring.

According to Adam, "The pieces we have selected are in tribute to the 17th century Italian Jewish violinist and composer, Salamone Rossi, whose Hashirim L'Shlomo (The Songs of Solomon), was published

exactly 400 years ago. The publication of this music is hugely significant because it was the first published collection of choral synagogue music, and the first to be notated in Hebrew."

In addition to upholding the significance of the contribution of Rossi to our culture, Adam's concert will also highlight the work of two non-Jewish composers, Carlo Grossi and Ludovico Saladin. Through their interaction with the Jewish communities in Provence and Venice, they produced music for the celebration of Hashanah Rabbah and a Brit Milah ceremony.

In putting together this concert, Adam is driven by his goal of making this music accessible to a wider audience - not something just for music experts and academics. "This kind of music is appealing to a modern audience," he says. "It's easier to listen to than classical music and, because the pieces are relatively short, audiences find that there is greater variety. I will also explain things about the music - and share some entertaining anecdotes."

The concert will be held on 28 October at 20:00 and 29 October at 15:00 at Temple Israel, Wynberg. Earlybird tickets from R180. For tickets and more information, see <https://earlymusic.co.za/rossi/>



The African Renaissance Ensemble and the Lewandowski Chorale



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BOOK TALK

LES ORPHELINS by Bessora



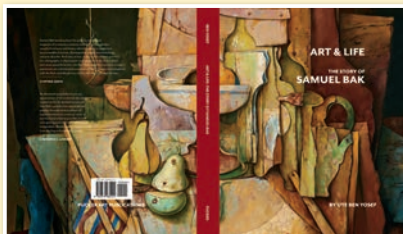
A small audience of Capetonians, many of them French-speaking, was treated to a fascinating account of a book currently available in French, called *Les Orphelins*, by its French-speaking author, Bessora, when she visited Cape Town.

A shocking piece of information that came out during her talk is the history of children brought to South Africa from Germany after the War. With the Nationalist Party in power in 1948, sentiment among those

in positions of authority in the country lay with the defeated Germany. Many conservative Afrikaners sympathised with the Nazi cause, and so a movement was set up to assist the country to provide 'suitable' homes and families for Aryan children orphaned during the War. These children were products of the Nazi Lebensborn initiative, a programme established essentially to breed children seen by the Nazis as being 'racially valuable'.

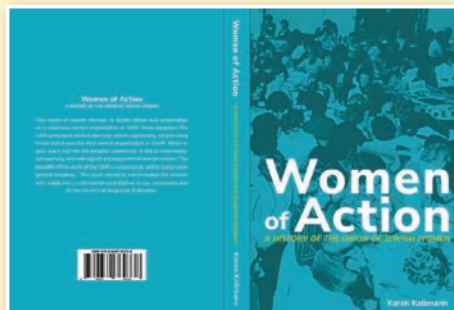
83 of these children came to South Africa, and were adopted by Boere elite families, including Prime Minister DF Malan. One of the adopted children served his country well - at least, that is, from a Nationalist Party perspective. He grew up to be General Lothar Neethling, a man known as the 'poisoner-in-chief' for the apartheid regime. A gifted scientist, he used his knowledge to further the Nationalist government's biological and chemical warfare programme.

Samuel Bak and THE ART OF HIS TIME



Local resident, Dr Ute Ben Yosef, has written a book about the work of the artist Samuel Bak, famous for his paintings reflecting "the destruction and dehumanisation which make up his childhood memories" of life during the Holocaust. A child prodigy, he held the first exhibition of his work at the age of 9, while in the Vilna Ghetto.

WOMEN OF ACTION a history of the union of jewish women



Jewish Board of Deputies, has written a book recording the history of the Union of Jewish Women. This voluntary organisation has had a profound impact on South African society in general and within the local Jewish community, and also worked with people in pre-State Israel. Established over 90 years ago, the breadth of its work is exceptional.

Independent researcher, Karen Kallmann, who is also the chairperson of the Cape Town branch of the Union of Jewish Women and sits on the Cape

The book acknowledges the important contribution made by the many women who worked tirelessly to help others.

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ISRAEL JUDICIAL OVERHAUL – exposing the myths

By OSHY TUGENDHAFT, Attorney, Johannesburg



“The first thing we do is, let’s kill all the lawyers”. So proposed Dick the Butcher, in William Shakespeare’s Henry VI. USA Supreme Court Justice, John Paul Stevens, shared this reading of the line, in a 1985 decision:

“As a careful reading of that text will reveal, Shakespeare insightfully realized that disposing of lawyers is a step in the direction of a totalitarian form of Government.”

The Israeli Government’s judicial overhaul objective is to “kill the judges”. It is designed to give the ruling coalition an overriding say in the selection and appointment of judges, and to significantly circumscribe the Supreme Court’s power to review laws passed by the Knesset.

To stifle criticism of this reform, two myths have been perpetuated by the Government. The first, that the judges appoint themselves. The second, that under a democracy, the will of the elected majority in the Knesset should not be frustrated by judges not elected by the people.

We need to expose these myths.

The judges don’t appoint themselves. Israel has a judicial selection committee, comprising 9 members: 4 representatives of Government, 3 Supreme Court judges, and 2 representatives of the Israeli Bar Association. The appointment of a Supreme Court judge requires

a majority of 7 of the 9 members of the Judicial Committee. Accordingly, representatives of the Government have an absolute veto regarding any such appointment, and so do the 3 judges. A most balanced and equitable system

The second myth is even more egregious. It garners support from the thesis that because a government which holds a majority in the Knesset is representative of the will of the electoral majority, the Supreme Court should not have the power to strike down laws passed by that government. But that is precisely what a liberal democracy demands: that the courts must enforce the rule of law and hold government to abide thereby.

scientist and philosopher, Alexis de Tocqueville, expressed concern nearly 200 years ago. So too, John Stuart Mill, in his 1859 book “On Liberty”, warned about the inherent weakness to majority rule in which that majority pursues exclusively its own objectives at the expense of minority factions, resulting in their oppression.

Since Israel, unlike other liberal democracies, does not have separate legislative and executive arms of government, nor a bicameral legislative body, the only effective check against government exploiting its majority to pass whatever laws it may choose is the Supreme Court’s review power to strike down laws which offend constitutional values and the rule of law. It is

forever adversely change the fabric of Israeli civil society.

Disregarding Netanyahu’s personal agenda in the face of his criminal indictment, his protestation that the judicial overhaul will not destroy, but rather strengthen, democracy, is, ironically, the mantra of every demagogue justifying the erosion of the courts and the rule of law on the pretext that a governing majority must be the only and final arbiter of its exercise of political power. That, precisely, is the recipe of every authoritarian state. Unsurprisingly, therefore, immediately after the initial law was passed in mid -July, removing the power of the Court to apply the reasonableness standard, Minister Ben-Gvir crowed glowingly and chillingly that this was only the beginning and “the salad bar is open”. Beware the slippery slope.

We must never take democracy or democratic values for granted. They don’t selfregulate. In every democracy it is the responsibility of the people – hence the valiant indefatigable 30-week protests – to guard against the potential disintegration of that democratic order through the concentration of hegemonic power, which finds expression in Lord Acton’s famous warning:

“Power tends to corrupt and absolute power corrupts absolutely.”

The Israeli Supreme Court, which for decades has enjoyed international respect and recognition for its independence, integrity and profundity, has provided, and must continue to provide, the necessary protection against any abuse of power by any government du jour. If the judicial overhaul proposals are introduced, it will forever be stripped of that power and Israel will cease to be a liberal democracy.

If you want to be a democracy, there can be only one solution. You need broad consensus for anything that dramatically shifts the balance of power and increases its concentration in the hands of the government. Any radical changes must be resisted because they don’t allow for careful reflection over successive parliaments. If there should be any room for improvement of the Supreme Court, absent rational deliberation and ultimately consensus, it will lead to civil disobedience and revolt.

“ ...disposing of lawyers is a step in the direction of a totalitarian form of Government. ”

In addition to increasing the majority vote required of the judges to invalidate any law, it is further proposed that any law which the Supreme Court invalidates on constitutional or unreasonable grounds, the Knesset, by simple majority, must have the right to override. The Government would thus arrogate to itself the unlimited power to determine the validity of its own laws. In addition, if the Government determines that a particular law is a Basic Law, it can preemptively in advance preclude that law entirely from judicial review.

The ruling coalition in the Knesset would have absolute power. The Supreme Court, which for 30 years has served as the only check on that power, would be emasculated.

The separation of powers is a fundamental principle of a liberal democracy. In Israel, that separation is only achieved with an independent Court that can review and set aside legislation and administrative conduct which violates constitutional principles or lacks rationality. Absent that constraint, we encounter the tyranny of the majority, about which the renowned French political

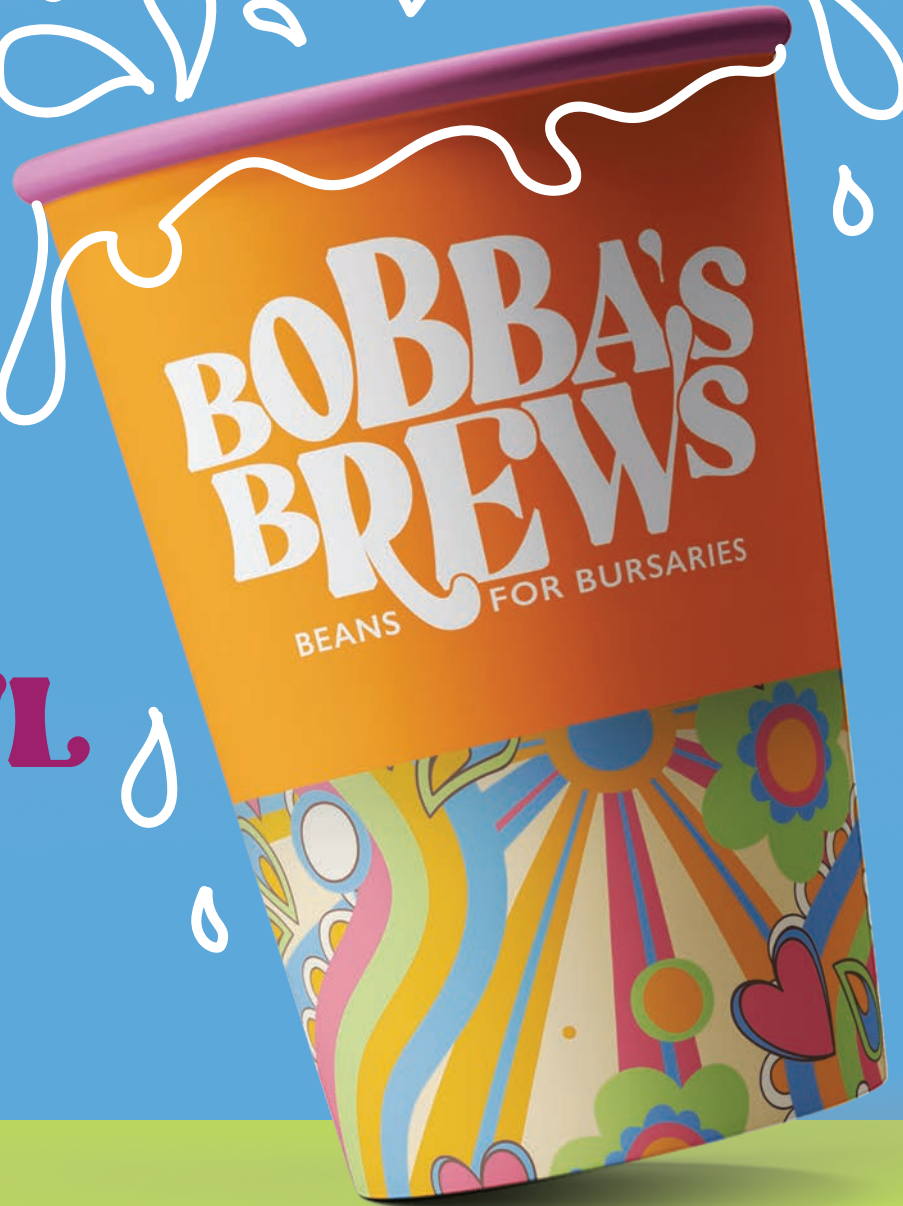
Israel’s only protection against the tyranny of the majority. That was precisely Tocqueville’s concern: that unchecked political power will eventually always lead to tyranny.

We, in South Africa, can readily appreciate the legal position under apartheid, with absolute parliamentary sovereignty and our courts bereft of any judicial review power in respect of any laws passed, not least the pernicious arbitrary detention laws. In contradistinction, our Constitution guarantees personal rights and freedoms and entrenches the power of the courts to invalidate any legislation or exercise of power which violates the Constitution. Many judgments of the Constitutional Court have declared unconstitutional and invalid laws passed by the ruling ANC government and the unreasonable exercise of administrative powers.

The controversy created by the Government’s intended judicial overhaul is the most profound and critical internal issue that Israel has faced since its establishment. The divisiveness and rancour that this proposed legislation has created is as unparalleled as it is tragic. The implementation of the proposals will



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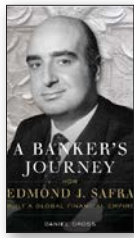
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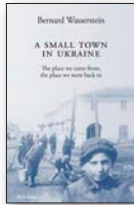
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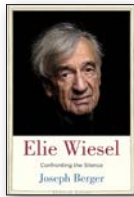
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A BANKER'S JOURNEY by DANIEL GROSS: How Edmond J. Safra built a global financial empire. Historian Gross traces Edmond Safra's exceptional life. He tracks his remarkable journey from the Jewish quarter of Beirut to Milan at the age of fifteen then to Geneva and New York. Edmond was fluent in six languages and in perpetual motion until his tragic death in 1999. His traditional old-world belief that a banker must protect his depositors led to his success as he founded four financial institutions on three continents. Gross presents the achievements of this intensely private man.



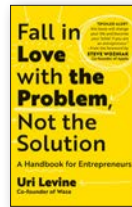
A SMALL TOWN IN THE UKRAINE by BERNARD WASSERSTEIN: Historian Wasserstein has written a family biography of the violence, injustice and trauma suffered by his family at the hands of the Nazis. His grandparents and aunt were forced to dig their own graves and shot. He attempts to understand it as he examines the small town of Krakowiec and its inhabitants. He traces its recorded history across centuries of religious and political conflict. After 1945, according to Soviet records, just one Jew survived in Krakowiec.



ELIE WIESEL by JOSEPH BERGER: Drawing on Wiesel's literary achievements and interviews with his friends, family, scholars and critics, Berger paints a portrait of the man whom the Nobel Committee called "a messenger of mankind". Berger explores Wiesel's Hasidic childhood in Hungary, his postwar years spent rebuilding his life from the ashes in France and his transformation into a Parisian intellectual.



EVERYDAY HATE by DAVE RICH: How antisemitism is built into our world and how you can change it. The author shows how this ancient prejudice continues to endure and how antisemitism, whether in politics or music, theatre or sport is hard to avoid. Blending personal anecdotes, contemporary examples and historical insights, the author takes you on a journey through this contentious subject. At a time of economic and social turmoil fuelled by conspiracy theories on your smartphone or conflict in the Middle East antisemitism is back.



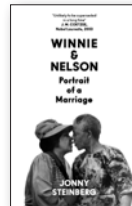
FALL IN LOVE WITH THE PROBLEM, NOT THE SOLUTION by URI LEVINE: Unicorns are companies that have reached a valuation of more than one billion dollars and the author has built two. As the co-founder of Waze, he is committed to spreading entrepreneurial thinking so that others in tech can build their own valued companies. He offers an inside look at the creation and sale of Waze as well as his other iconic company revealing the formula that drove these companies to compete with industry veterans and giants alike.



DRESSMAKER OF PROSPECT HEIGHTS by KITTY ZELDIS: A historical novel about three women in 1920's New York and the secrets they kept. Beatrice arrived from New Orleans to establish a chic dress shop with Alice, her orphaned teenage ward. Catherine Berrill, a wealthy socialite who is desperately trying to conceive, lives in the same vicinity. Their lives intertwine and Zeldis skilfully carries the reader from Brooklyn Heights in 1924 back to New Orleans in 1898 and Russia between 1878 and 1896.



THE VILLAGE IDIOT by STEVE STERN: A richly colourful novel on real life artist Chaim Soutine. He was born in a Belarusian town and nicknamed 'village idiot'. Stern shares Soutine's genius and drive for creativity that persisted throughout his life. He focuses on his adventures and romances as well as his unlikely friendships. Stern depicts him as a man who fled his grim shtetl life, remained non-observant for decades until he realised in Vichy Paris "I am a Yid again." Stern shares this artist's extraordinary life as a gifted Jewish refugee.



WINNIE & NELSON by JONNY STEINBERG: A well-researched account by journalist Steinberg of Nelson Mandela's relationship with Winnie Madikizela-Mandela. He recreates the political and private lives of both. During his years in prison Nelson lived with the idealised version of his wife. However, Winnie, his political equal, became estranged from his politics. She tried to orchestrate an armed seizure of power. Soon after his release they divorced but were both emotionally scarred by the complexity of their time together.

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UJW ACTIVITIES – a round-up

The UJW has been actively involved in a wide range of meaningful activities, projects, and community-focused events throughout the months of May, June, July, and August.

In May our 90th AGM was held, during which our guest speaker, Glynnis Breytenbach, delivered an inspiring and entertaining speech. Volunteers who received awards were celebrated and congratulated.

On Menstrual Hygiene Day, Mama Flo organized a Period Power Hour session at The Movement Lab.

Karen Kallmann, the Chairperson of the UJW, conducted tours of the UJW Exhibition for various organisations and groups.

On Youth Day, the UJW collaborated with various organisations, including Noluntu's Soup Kitchen, Cape SA Jewish Board of Deputies, Maccabi Western Province, and the South African Zionist Federation Cape Council, to host soccer and netball players for a morning of unity, sportsmanship, and fun.

Donations of clothes, food, and blankets were collected for our Winter Appeal, and the initiative involved collaboration with The South African Zionist Federation Cape Council and WIZO South Africa.

Mandela Day activities included packing baby bags for our Bags for New Beginnings project, distributing baby bags to Kangaroo Mother Care units at hospitals, hosting a Jumble Sale, and contributing to a shelter for children.

Many children's books were donated during these months to various organisations, libraries and schools.

Fundraisers were organised by our groups and included a morning tea with Professor Dennis Davis as the guest speaker.

A "Steam up Winter" fundraiser by Nicki Brivik from Ask Nicki: Warm jackets were donated and distributed to residents of The Haven Night Shelter Napier Street.

Women's Month was celebrated, and the launch event for the UJW book, "Women of Action: A history of the Union of Jewish Women", took place at the SA

Jewish Museum, in partnership with the Jacob Gitlin Library.

Author Karen Kallmann engaged in discussion with Dianna Yach during the book launch.

The book is available for purchase from the UJW office.

Chag Sameach!



If anyone is interested in volunteering, becoming a member, or staying updated about UJW activities, they are encouraged to contact the UJW office at 0214349555 or projects@ujwcape.co.za.



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Yom Kippur 1973 and 2023

JULIAN RESNICK writes from Israel



Chaggei Tishrei are just around the corner. This year my Chaggim are going to be crazy. Rosh Hashanah in Israel in Haifa with my wife's parents; Yom Kippur in Birmingham, Alabama; Sukkot back on the kibbutz in Israel and Simchat Torah in Athens, Greece.

It was not always like this. For the first 16 years of my life, it was the same each year. The schul in Somerset West with the Levines, Posels, Tepersons, Kaplans, Millers, Grolls, Katzeffs, Brodovskys, Barrs, Sibuls, Goodmans, Kruss, Babuss, Schers, Ginsbergs and, for a few of the years, my cousins, the Feldmans (and now all I will worry about is who did I leave out... Finders too).

And of course, Rabbi Musikanth. There were possibly other rabbis in our little schul, but he remains stuck in my mind, never to leave the pictures in my mind's eye. Now Rabbi Musikanth was huge, seriously, may I use the term 'fat'? Our row of boys sitting behind the bimah had a favourite moment in the Yom Kippur service. It was the moment Rabbi Musikanth prostrated himself on

hands and knees and we all held our collective breath as some of the starkes in the community pushed and pulled, struggling to get him back on his feet. Every year we waited – in vain – for them to give up and for Rabbi Musikanth to spend the rest of his life on the floor of the bimah dressed in white.

Specific memories are a little vague, but I do remember that the schul was in walking distance from Somerset West Primary School (Somerset Wes Primêre Skool), and I remember the intense pleasure we got visiting the school during break to enjoy the fact that "they" were at school, and "we" were not. It seemed like a moment of restorative justice. We were on top!!

Of course, one High Holidays sticks out in my memory like none other, specifically Yom Kippur. In 1972, almost immediately after the Maric results came out and I got accepted to UCT Medical School, I deferred my acceptance and left for a year in Israel with Habonim (no Dror back then) on the Machon L'Madrichei Chutz La'Aretz. A year which changed my life forever. (Thanks to that year, I write this from Israel, am the grandfather of seven little Israelis, etc.). I returned in 1973 and began studying English Literature and Psychology at UCT (my parents less than delighted that I gave up my place at the UCT Medical school – again).

I am not sure where I was. It was definitely not Somerset West; we had moved to Sea Point in 1971.

I was probably in Schul, but then again, I was way past any serious religious commitments and was enjoying the Jewish Identity I had discovered in Israel, the secular Jewish revolution, so perhaps not.

It is the feeling that I will never ever forget. That absolute terror on the afternoon of Yom Kippur 1973. That feeling that we might be losing Israel. That the great experiment of the Jewish People, reclaiming our birthright and building a country worthy of the 2000-year period of waiting, might just be disappearing before our very eyes.

I wanted to leave that day for Israel, but I had nothing to offer and anyway the "Movement" (AKA Habonim) wanted all the madrichim to intensify our work for Israel in South Africa. I stayed and only flew to Israel to help in early January when Machaneh was over. Being in a deeply traumatised country as the men began returning from the front lines has stayed with me over all these years.

For a very long time, and I have lived here in Israel for over 47 years and have been through two Intifadas and many other difficult times here (and I must add, more wonderful times than difficult times), those feelings of deep trauma, of existential fear, have receded deep into the recesses of my unconscious.

Now, as we approach Yom Kippur, exactly 50 years after the terrible fear of losing it all in a war against

our neighbours, the fear has returned. This time the battles are not against neighbours who refuse to accept our right to exist; rather, the battles are among our own people. Do not be misled by Bibi Netanyahu. We are in a situation of deep crisis. Greater than anything we have known since those terrifying days in October 1973. There are no Syrian tanks advancing on us. There are no Egyptian Migs flying sorties across the Suez Canal.

The wolves are not baying at the gates of the city.

From within, the language of hate is being used.

From within, eyes glisten with a lust for revenge.

Smotrich and Ben Gvir transport me back to those dark days: the days of my youth; the days of growing up in an Apartheid State.

No, we are not what South Africa once was.

But, we will be, if we do not have the political will to rid our government of the pestilence of racism brought into government by the Religious Zionist parties. Tragically, as it is not who they were over the years, it is who they have become.

Can something which happens 50 years afterwards recall the same terrible anxiety? The anxiety of everything we love coming to an end?

*Get up! Stand up!
Don't give up the fight!*

JULIAN RESNICK was born in Somerset West and grew up in Habonim Dror. He studied at UCT, and made Aliyah in 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.



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What is forgiveness?

By CRAIG NUDELMAN



- “regretting/acknowledging the sin;
- forsaking the sin;
- worrying about the future consequences of the sin;
- acting and speaking with humility;
- acting in a way opposite to that of the sin (for example, for the sin of lying, one should speak the truth);
- understanding the magnitude of the sin;
- refraining from lesser sins for the purpose of safeguarding oneself against committing greater sins;
- confessing the sin;
- praying for atonement;
- correcting the sin however possible (for example, if one stole an object, the stolen item must be returned; or, if one slanders another, the slanderer must ask the injured party for forgiveness);
- pursuing works of *chesed* and truth;
- remembering the sin for the rest of one’s life;
- refraining from committing the same sin if the opportunity presents itself again;
- teaching others not to sin.”

Forgiveness HEALS.

With Rosh Hashanah and Yom Kippur around the corner, we start thinking about the three Ts: *teshuvah*; *tefilla*; and *tzedakah*. I’d like to use this month’s column to zone in on the first of these Ts. When it comes to *teshuva*, or repentance, what are we repenting for? Is it atoning for one’s sins committed against G-d, other people in general, or our friends and family?

I remember being told at school that we have to ask forgiveness from people, intentionally, and if they don’t forgive us then they are the ones at fault. It’s a pretty basic maxim, but it got the point across – don’t be horrible, and if you are, know what you did to make the other person feel bad. And then apologise. But if you apologise three times and they don’t accept your apology, then they are to blame as well – and (in the brain of a younger and less critical me), you can wash your hands of any wrongdoing and get on with your life.

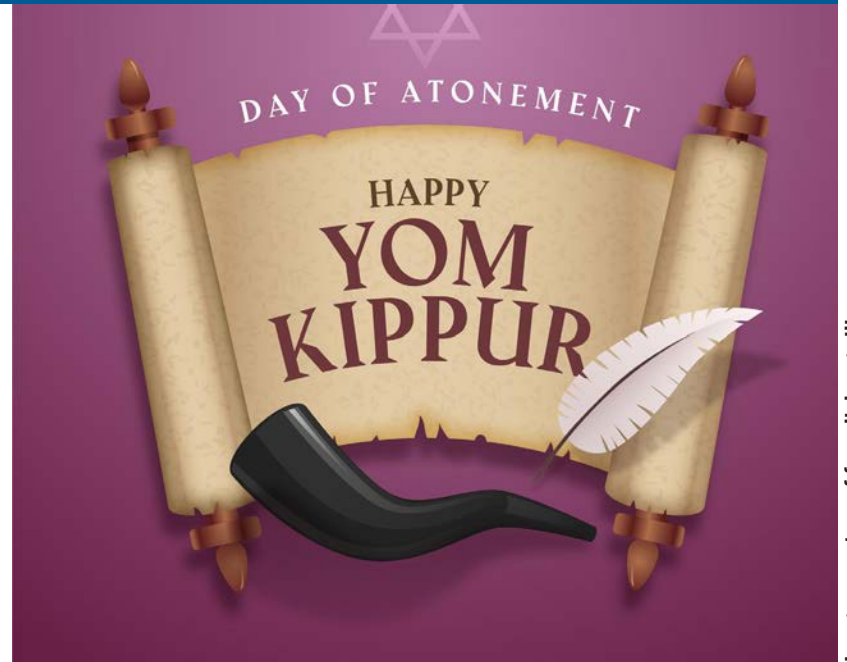
Did I get that right? Is that what my teachers were really telling me? It seems like there are a few logic jumps going on here in terms of what repentance and forgiveness really are.

Repentance, in Judaism, comes in many different guises. According to the Rambam’s (Maimonides) *Rules of Repentance* and the *Gates of Repentance* by Rabbenu Yonah of Gerona, the sinner repents by:

Forgive Yourself

When you have asked for forgiveness and followed these steps, is the offended individual still obliged to forgive you? Should we ‘turn the other cheek’, as our fellow monotheist religionists state?

Well, the answer is complicated. According to Rabbi David J. Blumenthal in an article published in *My Jewish Learning*, sinning can be understood as a legal contract, in which the sinner has incurred a debt towards the individual who he has sinned against. In this scenario, the creditor has options, just as in a transaction in ‘real life’. Rabbi Blumenthal says, “The creditor can forgo the debt, waive the obligation, or relinquish the claim.” This is



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true in a matter of sinning against another. The sinner or offender has a responsibility to correct the wrong, and “It is (the offender’s) responsibility to allow the offender to do *teshuvah*, that is, to correct the wrong done to them.” Thus, the sinner has a duty to do *teshuvah* and the offended person has a duty to allow the sinner to do *teshuvah*.

However, if the offender has not been sincere in their apology and has not changed their ways, there is no obligation to offer this *mechilah* – forgoing the other’s indebtedness. Blumenthal quotes the Rambam in this matter, “The offended person is prohibited from being cruel in not offering *mechilah*, for this is not the way of the seed of Israel. Rather, if the offender has [resolved all material claims and has] asked and begged for forgiveness once, even twice, and if the offended person knows that the other has done repentance for sin and feels remorse for what was done, the offended person should offer the sinner *mechilah*” (Maimonides, *Mishneh Torah*, “Hilchot Chovel u-Mazzik,” 5:10).

Repentance and forgiveness are very difficult concepts to grasp without context. I asked Gabi what she thought of forgiveness, and a few ‘uncomfortable’ scenarios came up. Can we offer *mechilah* to a 95-year-old ex-Nazi who was a guard at Auschwitz and never came forward and asked for forgiveness?

Where do you stand on trying to forgive people who have wronged you? And, if you are conflicted, have you made an effort to see whether the offender has followed the steps to repentance? If this is something that you have thought about for many years, perhaps you can take solace that it is a large discussion point and has been for many years. Absolution and atonement only come through G-d, but we can make a start with our fellow humans. As the Mishnah (Yoma 8:9) states, “For sins against God, Yom Kippur brings atonement. For sins against one’s fellow man, Yom Kippur brings no atonement until he has become reconciled with the fellow man he wronged.”

So, for the rest of Elul until Rosh Hashana and Yom Kippur (and some even say until the end of Sukkot on Hoshana Raba) think about how you can ask for forgiveness, change your ways, and maybe how you can offer *mechilah* and forgiveness. Only then can we pave the way for a fresh start to the new year.

Shana Tova u’Metuka and may you have a meaningful fast – from all the Nudels down in Oz.

A former Capetonian, CRAIG NUDELMAN is now based in Sydney, where he has settled into Australian life with his wife Gabi, and two daughters, Jessica and Livi. He works for the Jewish Communal Appeal and enjoys singing as a member of Sydney’s Central Synagogue choir and the Sydney Philharmonia Choir. The Cape Jewish Chronicle is privileged to continue to receive regular articles written by Craig.

FORGIVE AND BE FORGIVEN



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