

VOLUME 40 No 10

DEC 2023 / JAN 2024

Print Edition

https://cjc.org.za

Happy Chanukah!

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This issue DECEMBER 2023 / JANUARY 2024

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What's cooking this Chanukah?

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Bonny's Beat



DIVERSITY? Not right now

or me, one of the many attractions of Cape Town is its diversity. Having grown up in a part of the city where there weren't many Jewish people. and having attended a local government school - where the Jewish children were hugely outnumbered by everyone else, even by the Portuguese minority - meant that I was used to interacting with a wide range of people from different backgrounds.

And it's been a feature of my academic and work life, too. In those realms of my life, I have been close to people of different colours, a wide range of ethnic and language backgrounds, and many distinct sexual orientations. It's in the languages, the culture, the food, the type of humour, and so on, that I find diversity so appealing.

But, for the first time in my life, it seems like my ability to take pleasure in diversity is being thwarted. The unprecedented wave of anti-Israel sentiment, coupled with the quite unbelievable hatred of Jews we are currently experiencing, has built fear and distrust. Now I wonder if it's safe to talk to a stranger I meet in a shop; whether it's okay to allow a repairman into my home and engage with him like I would have done two months ago; or if I should feel comfortable to eat a falafel in pita in an open space. This is quite unthinkable: I really cannot believe that it is happening in my lifetime, especially when I think back to the fact that, in my family, just one generation ago the same thing was happening, at that point in Europe.

During this time of crisis, we as Jews feel a greater sense of unity than ever before. The sense of community and kinship is something I don't remember feeling quite as strongly beforehand. And this is something I treasure.

But I am sincerely concerned

about the polarisation happening in our city's wider society. It seems crazy that I no longer feel I should trust someone from outside my community – but it's an unfortunate reality. Embracing diversity is not something I am comfortable with right now - but I most certainly hope that I will see a return to what I regard as normal in the near future.

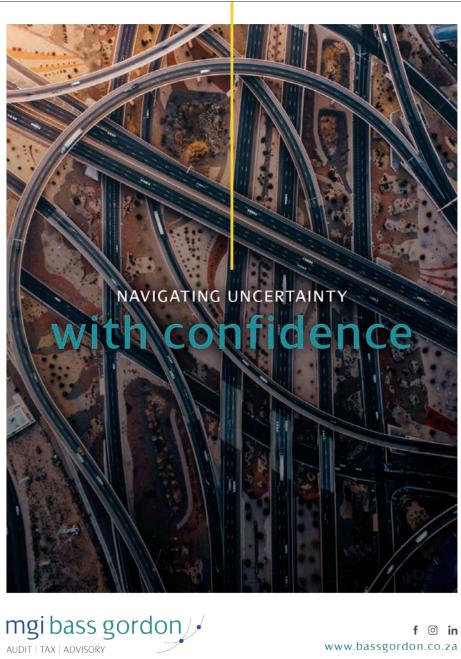
In this Chanukah edition, we welcome a new columnist for the voice of our youth. Erin Dodo, an astute and eloquent student of politics, takes over from Craig Nudelman. Craig has been a regular feature in our publication for many years, but with his departure from South Africa - and his promotion into an older cohort - we felt that it's appropriate to bring in a new view. And so we welcome Erin, while offering our sincere thanks to Craig. Wishing him every success in his new life Down Under.

You will see a number of opinion pieces in this edition relating to the current war situation in Israel and Gaza. This includes some very well thought-through pieces of writing that may well serve to quide us all.

On a lighter note, we hope that parents unsure about the options regarding Jewish day schools for 2024 will find benefit in the article we carry about our various schools.

Finally, please make sure you note the various Helplines available to our community. If you're feeling emotionally fragile at the moment, don't hesitate to make use of the services of the volunteer therapists offering help at no cost. You can also report incidents of antisemitism or notify CSO of any suspicious activity you may see - we are all the eyes and ears of our community, so report things that look worrying.

Oh, and, truly finally, Chanukah Sameach!



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SHABBAT AND YOM TOV TIMES Date **Portion Candle lighting Ends** earliest latest 1/2 December 19 Kislev Vayishlach 19:24 8 / 9 December 26 Kislev Vayeshev 18:19 19:30 20:28 **NOTE** – Light your 2 Channukah candles before you light your Shabbat candles on Friday, 8 December. All candles should be lit before 19:30. 15 / 16 December 4 Tevet Miketz 18:24 20:33 20:37 22 / 23 December 11 Tevet 18:28 19:39 Vayigash 29 / 30 December Vayechi 18:31 19:42 20:39 18 Tevet 18:32 19:15 20:40 5/6 January 24 Tevet Shemos 12 / 13 January 2 Shevat Vaera 18:33 19:15 20:39 19 / 20 January 9 Shevat Во 18:32 19:15 20:36 Beshalach, Shira 26 / 27 January 16 Shevat 18:29 20:32



UPCOMING COMMUNITY EVENTS

COMMUNITY ORGANISATION SA Jewish Museum	EVENT Solo exhibition: Moran Kliger – Mimesis	DATE Opening December	FOR MORE INFO Page 12
Cape Town Holocaust & Genocide Centre	Book talk: Catastrophic Grief, Trauma and Resilience in Child Concentration Camp Survivors by Dr Tracey Farber, Prof Gill Eagle and Prof Cora Smith	3 December 15h00	RSVP to admin@holocaust.org.za
CJSA	End of year lunch with guest speaker Michael Bagraim	4 December	Social Worker: Monique 071 493 0171
Community History On-Line (CHOL)	Online music presentation: The story of the Johannesburg Jewish Male Choir	5 December 12h00	https://tinyurl.com/4hsubv9y Meeting ID: 852 9445 0314 Passcode: 993345
Community History On-Line (CHOL)	Online music presentation: From Kroonstad to Victor Hugo via Fleet Street – the Musical Journey of Herbert Kretzmer	5 December 13h00	https://tinyurl.com/4hsubv9y Meeting ID: 852 9445 0314 Passcode: 993345
Cape Town Holocaust & Genocide Centre	Webinar: The Auschwitz Album by Liz Elsby	6 December 19h00	Register: https://bit.ly/3G5p6rW
ORT Jet Cape Town	Business Network — business in spotlight: Dovi Stern: How to create a way of being to thrive in business and life	6 December	RSVP link TBA
Temple Israel	Chanukah Shabbat Chessed	8 December	Page 7
Cape Town Holocaust & Genocide Centre	Webinar: My trip to Poland by Orli Barnett	11 December 19h00	Register: https://bit.ly/3MS4h6T
The Kaplan Centre	Applications for the Li Boiskin Jewish Social Justice Fellowship	Apply by 22 December	Page 21
UCT Summer School	Antisemitism in South Africa: A History — lecture series by Emeritus Professor Milton Shain	22, 23, 24 January	Page 6
ORT Jet Cape Town	Business Network	24 January	RSVP link TBA
Cape Town Holocaust & Genocide Centre	Holocaust Remembrance Day Ceremony	28 January 18h00	RSVP to admin@holocaust.org.za
ORT Jet Cape Town	Training: Creating a marketing budget from scratch	30 January	RSVP link TBA
Nechama	Group: Adult children of ailing parents	Last Monday of every month	Page 25
Nechama	Online Open Loss Support Group	First Monday of every month	Page 25

Soul Candles

By RABBI GREG ALEXANDER, Temple Israel



he first time I really understood Chanukah was when I lived in Israel. In South Africa, December is sunshine. beach and holidays and in the middle of this we are lighting the Chanukah. While there is always something magical about Chanukah, it reeeaallly made sense when I lived in Jerusalem. It's the middle of Winter, the moon is disappearing as the end of Kislev approaches, so it's the darkest and coldest part of the year. Suddenly lighting a Chanukiah is a profound act of lighting up the darkness. Each tiny candle, each song sung, each oily bit of comfort food like latkes and doughnuts was exactly what was needed at that time.

And are we not in a time of darkness, right now? As I write this, we are about to begin the

month of Kislev and the hostages are still who knows where? The war is raging, bombs dropping on Gaza, rockets falling all over Israel. Protests on the streets of Cape Town, social media ablaze. What can we do?

We can take a lesson from the Chanukiah. On the first night, there is only one candle (and the shamash), and it might seem like a tiny thing. To just have one candle. But remember that first candle marks the moment of decision when our ancestors realised that they would not have enough oil for the eight days. In fact, only for one. With courage and faith, they lit it anyway. And the next day they did the same. And so do we. Two candles, three, four until we end up with a miracle - the fully lit Chanukiah blazing in front of us. Eight candles.

The Zohar teaches that the Hebrew word for eight shmonah - has the same letters as hashemen - (the oil) and neshamah - soul. Connect these eight candles and the miracle of the oil, and they point towards our neshamah. What our soul needs right now, what we need to do now, is to be lighters of the darkness, to bring each and every soul to do acts of goodness and healing to make this battered world calmer, kinder.

We can start where we are, right now, as if we are lighting that one candle, one act, one repair, and build it up with faith and strength from there. Let us be builders and lighters, and let us start small, trusting that if we do this well, we can take our world from darkness to light.

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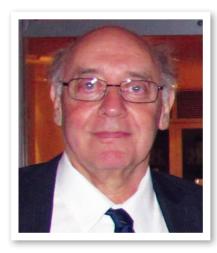
Business Talks

May the light of Chanukah shine on us all. Wishing you peace, hope and harmony. Chag Chanukah Sameach!

Training

BIAS, HATRED and HISTORY

By MILTON SHAIN, EMERITUS Professor in the Department of Historical Studies at UCT.
His latest book, Fascists, Fabricators and Fantasists. Antisemitism in South Africa from 1948 to the Present was published by Jacana Media.



eadlines across the western world are horrific. "French Jews in Fear of Coming Pogrom"; "Jewish Cemetery in Vienna Targeted with Swastika Daubings"; "Jewish Student Harassed by Harvard Law Review Editor"; "Hamas Official Promises to Carry out October 7 Massacre 'Again and Again' Until Israel's 'Annihilation'". And so on. Israel's response to the October 7 massacres – perfectly legitimate in its goals – has now brought to the surface simple Jew-hatred.

The murder of over 1000 innocents by Hamas invaders, the rape of women and the kidnapping of scores of civilians, including elderly men, women and infants, is already forgotten. Day after day the media focus is on the destruction in Gaza and the death of innocents. Little is heard of the Hamas underground tunnels and command centres. hidden beneath residential buildings. Nor do we hear of Hamas designated a terrorist organisation by the United States and European Union - blocking civilians who wish to escape the war zone, not to mention their requisitioning of fuel from hospitals. Perhaps more importantly, little is heard of the murderous ideology of Hamas, informed as it is by The Protocols of the Elders of Zion – a foundation document in the history of modern antisemitism.

Put simply, reportage on the Israeli-Hamas war has been shallow and one-sided. South African talk show hosts and commentators provide no historical context when reflecting on the war and little knowledge of radical Islam. Israeli, US, French and British efforts to identify the nature of the beast have hardly impacted.

Let us be clear: Hamas is not the equivalent of the ANC fighting an anti-colonial struggle. It is a movement determined to push Jews into the sea. That is ignored by most commentators.

AMNESIA

It took two days for the media to forget about the October 7 pogrom. Focus rapidly moved to civilian suffering in Gaza which is real and awful. For this Gazans have only their leaders to thank. But protesters - in their tens of thousands across the world - lay blame solely on Israel. "From the River to the Sea, Palestine will be free" is a popular chant. That means the annihilation of the only Jewish State which amounts to one percent of the Arab lands originally under Turkish rule. Do the protesters know what they are calling for? Do they know that on 29 November 1947, the United Nations General Assembly adopted a resolution calling for the establishment of a Jewish State and an Arab State in Mandatory Palestine?

This was never accepted by the Arabs. Five armies invaded Israel at its birth. They failed. Another attempt to obliterate Israel from the map was made in 1967, and again in 1973. These efforts also failed. Even a generous two-state offer under Bill Clinton was rejected by the PLO. But that is history. Today's Israelhaters see only occupation. Yet Israel withdrew from Gaza in 2005 and also withdrew from the Sinai decades earlier.

The occupation of the West Bank remains unresolved. It is oppressive and harsh, and has gone on for far too long. Only Arab acceptance of a Jewish state, however, will mark its end. Those chanting death to Israel in London, Paris and New York fail to understand this. They are oblivious to history. Israel's occupation of the West Bank is the result of a war not of its making.

HATRED IN SOUTH AFRICA

The outpouring of Jew-hatred in South Africa is not unlike that in Europe and the USA. With one difference. The South African Government leads the way. Foreign Minister Dr Naledi Pandor has enraged the Jewish community by separating good (non-Zionist) from bad (Zionist) Jews: a photoop with Ebrahim Raisi, the Iranian President, a phone call with Ismael Haniyeh, the Hamas leader, and failure to unequivocally condemn the October 7 outrage in its immediate aftermath illustrate her predilections. Like Haman of old and Eric Louw of the 1930s and 40s, Pandor will go down as a Jew-hater.

If not for the African Growth and Opportunity Act (AGOA) and the Government's fear of losing its lucrative benefits, the Department of International Relations and Cooperation (DIRCO) may well have called for the obliteration of the Jewish state. Limp advocacy by the ANC for a two-state solution is hardly convincing. Shibboleths like "colonial settler state" and "apartheid Israel" reveal its true feelings.

On our streets, anti-Israel protestors also betray their real feelings. A flag with the writing "One settler, one bullet" was hung over a bridge in Johannesburg, while a social commentator suggested that Jews were reaping the storm for killing Jesus. "The only good Jew is a dead Jew" was the assessment of another social media critic. In calling for the removal of the Israeli Embassy in South Africa, and obviously oblivious to the history of antisemitism, Julius Malema proclaimed that "Cyril Ramaphosa was made president by the money donated to him by the Jewish people behind this embassy."

Since October 7, reported antisemitic incidents in South Africa have risen tenfold. Anti-Jewish bile spews. Of course not all criticism of Israel is motivated by Jew-hatred; but it often is. For many, it is a fig leaf. In the words of novelist Howard Jacobson, it is "anti-Semitism's get-out-of-jail-free card".

In today's protests, opponents of the Jewish state do not even attempt to separate Zionist from Jew. Social media is littered with blatant antisemitism. Zionism as an ideology of national rebirth has been mangled. The framing of Israel as an "apartheid colonial state" has finally and sadly borne fruit.

EMERITUS PROFESSOR MILTON SHAIN at UCT Summer School

Emeritus Professor Milton Shain will present a 3-part lecture series titled Antisemitism in South Africa: A History at the University of Cape Town's Summer School on 22, 23 and 24 January 2024 at 7.00 pm.

LECTURE TITLES:

- From pariah to parvenu
- A perfect storm: 1930–1948
- Fascists, fabricators and fantasists: 1948 to the present

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https://www.webtickets.co.za/performance.aspx?itemid=1534476252



Thank you

Thank you to members of the Cape Town community who have volunteered time, expertise, and offered financial assistance in support of Israel at this time of crisis.





CONSIDER THIS

Stop shouting and listen

By RABBI GREG ALEXANDER



As I write this, it has been more than a month since the Hamas attack and the war in Israel, and Gaza continues to rage. I have spent the past month

mostly speaking to people who are (fill in what you are feeling...) confused, enraged, depressed, beset, overwhelmed, outraged, despairing.

South Africans, (the glimmer of sunshine of the Springboks aside) have been swamped in a deluge of videos, petitions and marches to add to their already heavy load of political and economic burdens. Teenagers in school and students on campus are being asked to take a side. To stand for Palestine or stand for Israel. Standing for peace is not an option. Jews who have never visited Israel in their lives are being asked to defend its government. Muslims are assumed to have supported the rape of women, murder of babies, capturing of civilians on 7th Oct.

"Facts" are shouted – "proof" is posted. "Now we know...now it is clear and undeniable". Media is not to be trusted – it doesn't matter which 'side' you are on, the media supports the other - it is twisted and biased and corrupted by the power, money and influence of (the other side that is not yours).

It is clear that there is no safe space to speak about Israel and Palestine. Apparently you either believe that the bloodshed is caused by terrorists who want to kill Jews and obliterate the Jewish State or by a settler colonial Apartheid empire intent on genocide.

Any reference to suffering is countered with evidence of more suffering. What you are feeling is not anything like what they are feeling. What I am hearing loudest of all is, "I have zero tolerance for your pain."

All pain is pain – all trauma is trauma. Those who were killed, raped and abducted have families, communities that are suffering now. The young soldiers sent into war to kill or be killed have families, communities - pain. Citizens of Gaza and the West Bank are under attack - suffering. Jews, Muslims, anyone with a heart the world over is in pain. We are all in pain. And instead of comfort, instead of leadership towards solutions, we find anger, verbal and violent acts of Jew and Muslim hatred, friendships ended, trust broken, alliances shattered. And living as we do here in South Africa. this is only a small taste of what Israelis and Palestinians live with every day.

Where to turn? What to do? How can I respond to these calls for revenge, these cries for justice? What can I do to change this situation, given that more powerful leaders have consistently failed to do so?

Perhaps I can suggest that the best way to respond right now is to stop shouting and listen. To hear and understand the pain of others. And yet there are no 'safe spaces' to speak and listen in. So we need to create them. Not to debate or persuade. To listen. Reach out to your neighbour, colleague, school friend who is not you, and who may not think like you or consume the same media that you do. Find out how they are doing, ask how they are feeling given what is going on and how they are managing. And hopefully they will ask the same from you.

I was struck by these words written in the most brutal of times, and resonating profoundly now. Etty Hillesum was a young Jewish woman in Amsterdam when Hitler was closing in. Her diary, "Etty Hillesum: An Interrupted Life – the Diaries, 1941-1943", and "Letters from Westerbork", were published posthumously.

"...Ought we not, from time to time, open ourselves up to cosmic sadness? Your sorrow must become an integral part of yourself. You mustn't run away from it, but bear it like an adult...Give your sorrow all the space and shelter in yourself that is its due, for if everyone bears their grief honestly and courageously, the sorrow that now fills the world will abate. But if you do not clear a decent shelter for your sorrow, and instead reserve most of the space inside you for hatred and thoughts of revenge – from which new sorrows will be born for others - then sorrow will never cease in this world and will multiply."

As we sit with our sorrows, can we make every effort to not multiply them? Stop shouting and listen. Find small ways that you can bring kindness and comfort into our battered world. While we cannot control global events, we can make an impact right here, right now. Do it and keep doing it.

Rabbi Greg Alexander is a teacher and student of peace who works with the Cape Town Progressive Jewish Congregation to create communities of consciousness.

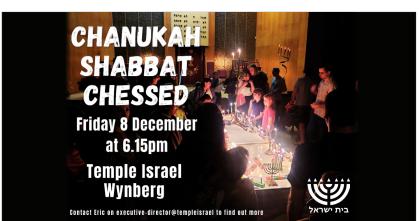


Chairs for hostages

There are seats in our shuls that have been reserved for the hostages captured in the Simchat Torah attack on the 7th October 2023. Our prayers go out that they will be returned safely and speedily, and that there will soon be an end to the war and the suffering of civilians in Israel and Palestine.











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As part of their recruitment services, Staffwise offers invaluable strategic recommendations to enhance the overall recruitment process. "My experience has been one of professionalism, commitment and efficiency. And, happily, the staff we have employed as a result were the right choices I suggest, for all employment needs, make Staffwise your first port of call." Marco van Embden, Timeless African Safaris. Additionally, Staffwise's expertise proves invaluable in optimising and improving candidate prospects through career advice services, that assist candidates in refining their CVs, identifying their strengths, and aligning them with their desired career paths. This guidance also ensures candidates are well-prepared for interviews and empowers them to pursue their dream iobs with confidence.

The Switch Project, a "returnship" (internship) programme offered by Staffwise and JCS, has witnessed remarkable success stories, benefiting not only JCS candidates, but also supporting businesses at little or no cost to them, "by filling in gaps" and giving them "an additional pair of hands to free up time to focus on other areas of their business," says Stephanie Barsdorf, OKJA.

"We believe it is so important to help build up confidence and experience in people in our community that just need the door opened for them. Having the extra hands of an intern allowed us to catch up on areas that are always on the back burner, so it really is a win win for all." Lauren Cohen, Banks Kitchen Shop.

The Switch Project plays a vital role in helping JCS candidates regain dignity through employment and on the job training. "For me it's always better to provide employment to those that are previously unemployed and are desperately looking for a job and income. Specifically, The Switch Project – more than the work that was done, it was the relationships built over a short space of time and the confidence that the work environment gave the candidate, that warmed my heart and made it worthwhile." David Chait, OKJA

One of the greatest mitzvot is to give someone a job! Staffwise prides themselves on this value and on helping as many candidates as possible to find opportunities. "We are super excited about working with Staffwise to provide an opportunity for an intern at our company. Simply put, we love working with Staffwise!" Steven Sher, Techtron

Staffwise are known to go the extra mile in understanding both candidates' and businesses' needs, ensuring a great fit and taking the stress out of the recruiting process. "We would highly recommend Staffwise to help with your recruitment needs," says Lauren Cohen, Banks Kitchen Shop.

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CONNECT, COLLABORATE, COMMUNITY IT'S OKAY TO BE SCARED

By DANIEL BLOCH, Executive Director, Cape SAJBD

To say that the past month or so has been intense is an understatement. Each and every one of us has felt a range of emotions including despair, anger, fear and frustration.

The despair is for all those innocent souls who were ripped from this earth by the murderous terrorist group Hamas. The anger is really at how this could have happened and why the whole world, including our own South African government, has not unanimously condemned these atrocities.

The frustration is based on communication, both the lack thereof in some instances or the fact that there is so much fake news going around – so we really don't know what to believe. What can you share and what can't you share?

Finally, the fear is a real one.

Overseas, we have seen some vicious and despicable hatred and violence towards Jewish people and supporters of Israel. Can this happen to us in Cape Town? You

are not alone in your thinking.

The simple answer is yes – it can. Will it happen? is another story altogether. What can we do to ensure Cape Town remains a city with one of the lowest rates of antisemitism anywhere in the world and with little to no recorded acts of aggression against the Jewish community? Despite incidents such as the protest action on Sunday, 12 November, previous protests have been non-violent. However, the hatred and anger emanating from these protests, as well as the vitriol online, has been overwhelming.

Don't feed into the hatred. I know it's extremely difficult but you have to keep calm and not stoop to their (the haters') level. On many occasions, I have simply wanted to scream something, send a letter or write an article where I can openly express myself or respond on social media. However, I stop and take a deep breath and then consider – how will this help me and how will this help our community?

We are all itching to get out there and do something. Many of you are sitting at home feeling helpless, wondering how you can help. Do not underestimate the value of a message or simply being there. (Or even staying away when asked to.) Many attended the Peace Rally and various prayer sessions, challah bakes and other activities. People have been sending messages of support and participating in some of the #BringThemHomeNow initiatives. By getting involved, you are standing up to hate and you are showing support. On Sunday 12 November there was a call to stay away once we knew the situation was dangerous - and thank you to those that listened. This was not done out of fear but rather safety. To those who still decided to challenge the angry mob on Sunday - all I can say is that you should reflect on your actions. Did they benefit you or the community in any way? I can tell you that nothing good can come out of anyone from our community going to rile up an already hatefilled group of individuals.



It's okay to be scared. It means you are human. It means you have a heart, and it means you have compassion and care for others. Running into a burning building is not necessarily brave if you land up losing your life trying to save another. Not engaging and running face first into the storm of hatred and aggression does not mean you are not standing up for what you believe in and certainly doesn't brand you a coward. There is a reason why the saying, "The pen is mightier than the sword," is an ageold saying. Where are the Romans, the Greeks, the Persians, the Nazis, and all those who chose the way of the sword (i.e. violence)? We are all scared - so keep your socks on and we will get through this together as a community as we have always done.

REPORT ANTISEMITISM & HATRED

The Cape SAJBD closely monitors and investigates all acts of antisemitism in South Africa — but we stand against all forms of hatred.

Our 'No Place for Hate' campaign fights hatred directed against anyone to combat a culture of racism, antisemitism and prejudice in our country.

Report incidents of antisemitism and hate by sending a **Whatsapp message to the Antisemitism Hotline on 079 994 5573.**



YOU ARE NOT ALONE!

COMMUNITY WELLNESS HELPLINE

If you are feeling overwhelmed, anxious and would like access to a trained counsellor, please contact our Cape SAJBD's Community Helpline to supportyour emotional wellbeing.

Send a WhatsApp message, voice note or call the Emotional Wellness Helpline on 079 875 3902



REPORT SUSPICIOUS ACTIVITY

Please report any suspicious activity or potential security threats specifically related to the Jewish Community or Communal facilities as well as medical emergencies to the 24-hr CSO Control Room on 086 18 911 18







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Be social media savvy

At the best of times it can be tricky navigating social media. During conflicts that involve Israel and affect the Jewish community - when emotions are charged, the rhetoric is harsh and mis- and disinformation abounds - it's a good idea to refresh your communication game. Here are five ways to do that...

Stop helping with the propaganda and disinformation war. Select articles, videos and other content to share from credible sources only. In the digital age, false information spreads far quicker than the truth and, thanks to AI, is getting harder to identify. If the story is particularly sensational – such as the al-Ahli Hospital bombing in Gaza that was at first attributed to Israel but soon after found to be the fault of a failed rocket launch by Islamic Jihad - the damage may already be done despite the truth of the situation emerging later on. Cross-reference that what you are sharing is backed up by several credible news sources and, if you

Each time you share, you could be inadvertently funding terror

aren't sure, wait for the full picture before posting or sharing.

Think before you click. This attack by Hamas was particularly grotesque and violent, captured on camera by the terrorists as part of their social media strategy. Many pro-Hamas content creators have used this material to their advantage, generating clickbait content. It's human nature to be curious but sharing and clickingthrough on TikTok and YouTube adds views, manipulates the algorithm to boost their posts, as well as increases financial compensation for these creators - some of which likely gets channelled into organisations that are encouraging terror and spreading propaganda.

Don't add to the emotion or fear. The truth is that, as Jewish communities around the world, we are all concerned by the rising tide of antisemitism and hostilities. It's empowering to be informed but content that is unfiltered and without context, or that fans the flames of fear, is not productive. Try to restrain yourself from sharing inflammatory messages or videos. By us sharing them, we're inadvertently spreading their messaging and adding to our own and other's anxiety.

Share consciously & be safe. The words we use and the information we share matter, in particular, when talking about issues that affect Israel and the Jewish people. Be mindful of what

you put out into the world. Similarly, be careful of the online footprint you leave. Don't engage with social media accounts or individuals that are hostile to Israel and the Jewish community. Avoid watching 'Live' stories on Facebook or Instagram of pro-Palestinian organisations: some of whom are known to harvest data regarding viewers.

Antisemitic acts or threats: WhatsApp 079 994 5573

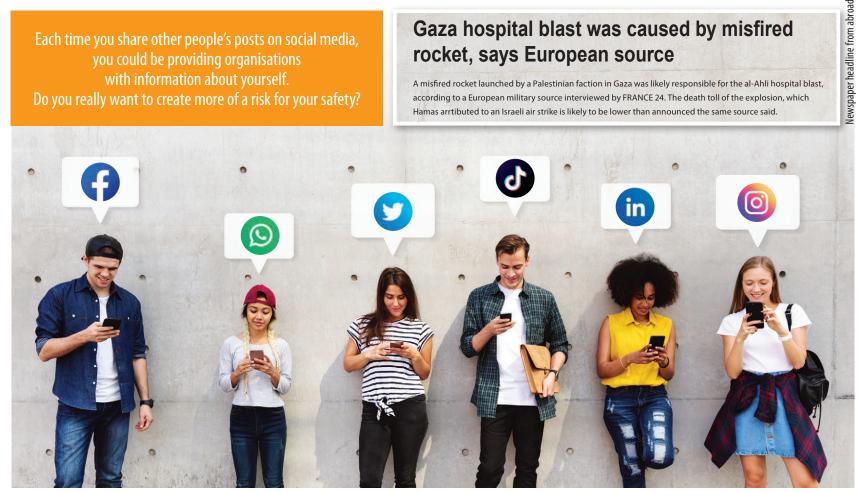
> **Suspicious activity:** call 086 18 911 18

Engage your emotional intelligence. Know your audience. You're never going to convince everyone of your viewpoint - especially those with extremist views. Often, it's not worth 'going there', as much as you might want to. Report anything antisemitic, suspicious or threatening.

Each time you share other people's posts on social media, you could be providing organisations with information about yourself. Do you really want to create more of a risk for your safety?

Gaza hospital blast was caused by misfired rocket, says European source

A misfired rocket launched by a Palestinian faction in Gaza was likely responsible for the al-Ahli hospital blast, according to a European military source interviewed by FRANCE 24. The death toll of the explosion, which Hamas arrtibuted to an Israeli air strike is likely to be lower than announced the same source said.



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The Western Cape Jewish community welcomes you!

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

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

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



For more information. please email sajbd2@ctjc.co.za



Our unfortunate obsession with Holocaust analogies

By PROFESSOR ADAM MENDELSOHN, Article reprinted with permission of Business Day



n SA, casually invoking the Holocaust is done at a whim with little knowledge yet with alarming implications.

In a statement issued on November 6. the SA cabinet wrote of the "holocaust being committed by the Israeli government against the Palestinians". The day before, former University of Cape Town vicechancellor Njabulo Ndebele wrote that "Zionist Israel and its people progressively acquire the image of World War 2 Germany and the Nazi exterminators of Jews". They joined a chorus of similar claims that has echoed over the past weeks.

Such statements provide an indication of the tenor of public rhetoric about the war. But why this ready resort to Holocaust analogies? Why use this particular language when referencing Israel? There are other apt alternatives of more recent origin that are available to describe brutal urban warfare. The second Chechen war. The Syrian civil war.

Mosul. Fallujah. But the destruction of Gaza is not compared to Grozny. It is compared to the Holocaust.

At the most superficial level, the invocation of the Holocaust and Nazism reveals the hold both have on our collective imagination. Nazism and the Holocaust serve as an unimpeachable moral shorthand as the ultimate embodiment of evil. To invoke the Holocaust is to make a definitive statement about what is right and wrong. But it is no accident that this analogy is specifically invoked when describing Israel. We rarely if ever see similar language used when describing other regional conflicts - in Yemen, Syria, Libya or Ethiopia, for example that involve substantially higher numbers of fatalities. (Vladimir Putin's claim that Russia invaded Ukraine to "denazify" that country is the strange exception.)

So why is it used when describing Israel? Clearly, invoking the Holocaust is designed to hurt. What better taunt than to accuse Jews of acting like Nazis? But the glib claim, made by Ndebele and others, that the victims of the Holocaust have learnt from the Nazi perpetrators does more than that. Whether consciously or not, this morality tale - Jewish victims turned Nazi perpetrators - plays on older canards that Jews are hard hearted and cruel, lust for Old Testament vengeance, and lack Christian forgiveness and forbearance.

Comparing Israelis to Nazis discredits the state of Israel itself. According to a much-repeated but historically fallacious claim, Israel was created by the great powers as penance for failing to save Jews during World War 2. What better way to discredit a state supposedly born out of guilt for the Holocaust than to claim it has engaged in an equivalent genocide?

Accusing Israel of acting like Nazis also undercuts any claim to victimhood on the part of Israelis. The horrors of Hamas' slaughter of Israeli civilians are quickly forgotten (and perhaps excused?) when Israel is described as engaging in systematic genocide. Nazis are not worthy of any sympathy. There is no need to understand anything about their motives. Nazis and Nazism must be destroyed. Anyone (or any country) that allies itself with Nazis and Nazism is complicit in evil. Anyone who opposes Nazism is on the right side of history.

Invoking Nazism when referencing Israel can also imply that Zionism itself - the belief that Jews should have a homeland of their own - contains a genocidal core. Ethnic cleansing and genocide are imagined to be the inevitable consequences of settler colonialism, and Zionism is imagined as a settler colonial ideology. Trendy academic scholarship has given the patina of legitimacy to these ways of thinking.

So far there is nothing that makes this story distinctively South African. Given the place Nazism and the Holocaust occupy in the popular imagination worldwide, the ready resort to such motifs ought not to be noteworthy. But what makes it interesting in our context is a striking paradox.

World War 2 is not central to our self-understanding as a society in the ways that it is in much of Europe and the US. We do not define ourselves in reference to our role in defeating Nazism (or suffering under Nazi occupation). Ours is not a society that gives much serious public attention to the Holocaust and other examples of genocide.

Yet the fact that SA is distant in time and space from World War 2 Europe paradoxically enables the Holocaust and Nazism to be free-floating signifiers in the SA context. The Holocaust and Nazism are so far from any real memory or understanding of history - yet so superficially familiar because of movies and television - that both can be easily and painlessly deployed as rhetorical ammunition. Ndebele and the cabinet can invoke the Holocaust with very little thought precisely because it means so little to them.

Such analogies are more difficult to make when familiar with a basic outline of the Final Solution and what preceded it. Ghettoisation in Poland with the intention of mass death through starvation. Mobile killing units that systematically combed Eastern Europe to shoot as many as 2-million women, children and men. A plan, when starvation and shooting proved too slow and inefficient, to systematically murder 11-million Jews in Europe using industrial methods. Constellations of concentration and labour camps to temporarily house the victims. Six killing centres — human abattoirs — designed to process trainloads of Jews by gassing and burning the corpses in industrial crematoria. At least 6-million murdered. This was the Holocaust.

This is not material for glib analogies. Distance in time and place, in other words, enables the ignorant to freely use such simplistic analogies in ways that would be impossible where there is a stronger local memory of Nazism and the Holocaust. It seems that in SA, casually invoking the Holocaust is done at a whim with little knowledge or consequence yet with alarming implications. That cabinet and a former university vice-chancellor rushing to such analogies reveals this sad reality. They should know better.









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From WIZO South Africa





Shelley Trope-Friedman

am writing this in the middle of the war in Israel. Being part of the Women's International Zionist Organisation (WIZO) and being honoured to be its President, it is no surprise that as an organisation we have been at the forefront of providing aid and rehabilitation to those who need it most, especially at this time of war in Israel.

The moment the war in Israel began, WIZO sprang into action by reinforcing our value systems and launched an International Emergency Fundraising Campaign to send funds to Israel. We have managed, together with all the various cities where our WIZO South Africans live and work, to accumulate a large amount in our rands, admittingly small in dollars, to enable us to continue the valuable work that we do. Every person that has been involved with WIZO and has seen the work we do in Israel, realises that we follow value systems that explicitly say: We place individuals and their needs at the core of every project and programme that we undertake and we adapt to the ever-evolving needs of Israeli society by boldly and proactively creating innovative solutions.

WIZO South Africa leapt into action by enforcing these values

systems. This has enabled us to launch an international Emergency Fundraising Campaign to participate in the rehabilitation of all our projects in Israel.

Many displaced residents from the South have been absorbed into our WIZO institutions and youth villages and aid has been provided for vulnerable people, including children and youth at-risk, women in crisis, and elderly individuals. It is most important that WIZO continues to be there for families where the spouse has been called up to serve in the IDF and our volunteers continue to pack thousands of parcels of food and clothing for the soldiers on the front lines.

We are all devastated as new heights of antisemitism are being reached worldwide and, more particularly here, in South Africa. We, at WIZO, are determined to continue to proactively raise funds and continue our work for those who need it most.

We are part of World WIZO, an extremely large women's International Zionist Organisation and therefore we act in the Jewish way. Generation after generation must have an Israel to return to and we have no alternative but to keep Israel flourishing and a source of light in what has now appeared to be a very dark place.

Together we pray for the safe release of the hostages and for the brave soldiers on the front lines. We pray for those who lost their lives on October 7th and we pray for their families and friends who are in mourning.

I want to end this by saying that I, my colleagues and all our volunteers are crying out "Bring the hostages home". We all say BRING THEM HOME.

May the world find unity and peace and we pray for our beloved Israel and for WIZO South Africa!

Am Yisrael Chai!

WIZO Solidarity Gathering and Awards Event: celebrating dedication, unity and hope

WIZO CAPE TOWN

Women's International Zionist Organization

The well-attended WIZO Solidarity Gathering and Awards Ceremony, which was held on 12 November 2023, highlighted strength and resilience from our WIZO members and the greater community. The event provided a platform to express unity, hope and prayers for the State of Israel and its people.

Each year, we pay tribute to incredible WIZO women who have dedicated many years supporting our projects to help build the State of Israel. This year, the recipients were Gillian Cress and Roma Schneider for an impressive 50 years of service, and Charlotte Schachat, Polly Sacks and Lily Kessler for an exceptional 65 years. Bella Silverman received special recognition for an outstanding 70 years of unwavering commitment to WIZO. Myra Osrin accepted the award on Bella's behalf.

Key guest speaker David Cohen, Chairman of The South African Zionist Federation Cape Council, provided a perspective on the current situation in Israel, emphasising the strength derived from unity and shared purpose. Vivienne Myburgh, National Director of the South Africa International Christian Embassy in Jerusalem, highlighted the importance of collaboration and support across diverse communities.

Cantor Ivor Joffe led the prayers for the captives, the IDF and the State of Israel. The event concluded with a moving rendition of Hatikva.

In today's world filled with challenges, the event stood as a guiding light of inspiration. We congratulate the exceptional 2023 recipients, whose commitment continues to shape the journey of WIZO, support those who need it most and contribute to the resilience of Israel.



From L to R, Tamar Lazarus, MP ACDP Steve Swart, Louise Swart, David Cohen, Vivienne Myburgh, Hila Zetler



From L to R, Gillian Cress, Charlotte Schachat, David Cohen, Lily Kessler, Hila Zetler, Polly Sacks, Romy Schneider



From L to R, Alison Cope, Ashna Diamond, Beryl Verblun, Sheila Wagenheim, Ada Sher



MEET THE HERZLIA ALUMNI spearheading change in the South African forex sector



ast year we featured the success story of Future Forex, a burgeoning local business founded by two Herzlia alumni who initially decided to start the venture at an Ohr Somayach event, making waves in the financial sector with their digital asset arbitrage investment service. Fast forward a year and a half later, we checked in to see how their story has been unfolding and how their new international money transfer service that launched this year is disrupting the South African forex landscape.

Since we last caught up, co-founder and CEO Harry Scherzer (Herzlia Class of 2011) and friend, co-founder and CTO Josh Kotlowitz (Herzlia Class of 2010) have grown Future Forex to be the biggest arbitrage service of its kind in South Africa.

Harry Scherzer is a UCT graduate and qualified actuary with a strong background in Finance and Risk Management. Josh Kotlowitz, a UCT and University College London graduate, achieved his MSc in Space Science and Engineering at the top of his class. Together, they have been riding high on the success of scaling a business that now employs over 50 dedicated specialists (MBA graduates, accountants, engineers and lawyers) who work remotely around the country.

Their stringent adherence to regulatory norms has paved the way for the firm to be given a Financial Service Provider licence (FSP 51884), placing Future Forex among the ranks of the country's largest and most trusted financial providers.

Using a now-proven formula that capitalises on the power of collaboration, innovation and a clientcentric approach, the pair introduced their new foreign exchange service to the South African market this year, adjacent to their booming digital asset arbitrage investment service.

Future Forex's foreign exchange service assists businesses and individuals in moving money to and from abroad. While banks can do this too, the levels of service and pricing are well off the mark, according to Scherzer. "When entering the foreign exchange market, we were amazed at how poorly clients are being serviced by the major banks. Not only is the pricing often exorbitant, but businesses and individuals are

left to fend for themselves if there are any issues or special instructions for a payment. Future Forex is here to change that for good, and to ensure that processing forex transactions can become client-centric, as it should be." He continues, "I think everyone can relate to being put on hold by a call centre after explaining your issue to the fifth different person, with no resolution. This simply isn't acceptable to us when moving sums of money internationally."

Future Forex assigns every client a dedicated account manager who is always available to assist. Their ethos has always been one of a client-centric approach, which is why their account management team knows the ins and outs of their clients' use-case to ensure that they can assist in the most efficient way, understanding the nuances of different industries and unique client needs. From regulatory approvals of international transfers (AITs) - formally known as FIAs - for individuals wanting to send sums of more than R1 million overseas, performed as a complimentary service by Future Forex, to assisting with the completion of the Reserve Bank's mandatory Balance of Payment (BOP) forms. Future Forex always ensures that they go the extra mile for their clients in order to transform the industry into something that is seamless and streamlined.

Usually by increasing levels of service, clients would expect the cost of the service to increase. This is one of those rare cases where, because of the exorbitant margins charged by banks, Future Forex is able to offer significantly better and more personalised service, but at a reduced cost. "The aim is to improve service significantly while reducing our margins in order to ensure that it becomes an easy decision for clients to move across," explains Scherzer. The level of personalised service and ludicrous pricing by banks aren't the only areas which the Future Forex team have identified as being rife for disruption. They have also found that the level of general operations by banks is decades behind technologically, which translates to poor levels of service when on-boarding, making changes or transferring funds internationally. Future Forex utilises their cutting-edge technology to ensure that all 'paperwork' is performed online in a streamlined

manner, and that the system can remember all client details so that the same information never needs to be provided twice. This leads to huge time-savings for businesses and individuals alike when making a payment. "Right from the outset, we identified key areas in the client journey where digitisation and automation could be leveraged to improve traditional processes," says Kotlowitz.

The technological changes underway by the Future Forex team are essential to improving client experience, and have been easily identifiable given the low level of streamlining in the current market. "We've started by improving the 'low hanging fruit' - for example, removing the need for a pen and paper and going into a bank, or not repeating details multiple times when on-boarding or booking a deal. We're now moving to more nuanced changes which will further improve client experience like allowing you to transact through whichever platform you please, from email to WhatsApp to our online platform, and even reading details of your ID document or proof of address so you don't have to input this yourself. We develop technological solutions from what we're seeing our clients struggle with on a day-to-day basis," says Kotlowitz.

A recent survey performed by Future Forex confirmed the team's beliefs that the levels of service in the industry are far off the mark, with 76% of respondents saying that they aren't fully satisfied with their current level of service from their forex provider.

Future Forex has been shocked by the subpar level of service and pricing clients have to experience when making international payments through the banks directly. Instead of standing on the sidelines and allowing this subpar service to continue as it has been, they have been the change that they want to see in the industry.

To investigate switching to Future Forex for your foreign exchange payments, you can email info@futureforex.co.za or call 021 5180558 and one of our specialists will be in touch to improve your service and pricing. Visit: www.futureforex.co.za



Future Forex is able to offer significantly better and more personalised service, but at a reduced cost.



Cape Town's Connection to Israel

Shul installations

Various installations set up before Shabbat in solidarity with our brothers and sisters held hostage. May these seats soon be filled...





Claremont Shul Installation

#BringThemHome #BringThemHomeNOW

30 Days

7th NOVEMBER 2023, we marked 30 days since the horrific crimes committed by Hamas.

As we held the posters of the kidnapped victims, we were reminded that history is cruelly repeating itself. Families torn apart, lives shattered, and innocent souls held hostage. It is a heart-breaking reality that we, as a global community, cannot ignore.

Among us were Holocaust survivors, their stories etched on their skin. Among us were children, grandchildren and family members who grew up hearing the painful echoes of the past.

We were united by a shared history, a history we refuse to see repeat itself. We cannot allow these heinous acts to go unanswered. We refuse to stand by while innocent lives are destroyed. We demand justice, humanity, and compassion. Let our collective voice echo far and wide: #BringThemHomeNOW. These souls were kidnapped from Israel, but they are a part of all of us. We will not rest until they are safely reunited with their families.

History cannot repeat itself. Not on our watch.



Honoured to have Holocaust survivors present - Elizabeth Syre and Hélène Joffe.

Blue Ribbons Campaign

Wearing our blue ribbons proudly. This social media initiative was first launched in America. creating awareness and giving visibility to the ongoing situation of the hostages and our beloved Israel. We stand proudly as South African Jews with Israel and launched this campaign a few short weeks after the horrific crimes that took place.

Our community members wore their blue ribbons in solidarity and support for the safe return of the hostages. #BlueRibbonsforIsrael #BringThemHomeNOW



Community members wearing their #BlueRibbonsForIsrael

Keeping the awareness

#BringThemHomeNOW Campaign. Keeping the awareness, keeping the hope, light and prayer for all the hostages to be released.



LINK TO VIEW VIDEO - https://tinyurl.com/SAZFCCBTH

#BringThemHomeNOW



Cape Town's Connection to Israel

Diller Teen Fellows Cape Town: Building Bonds and Making a Difference

By EITAN LABE

As the Diller Teen Fellows Cape
Town Co-ordinator, I am thrilled
to share the exciting developments in
our programme as we gear up for an
impactful year ahead. After two engaging
sessions focusing on bonding, selfdiscovery, and group identity, we now
have a brief hiatus before our muchanticipated Shabbaton in January.

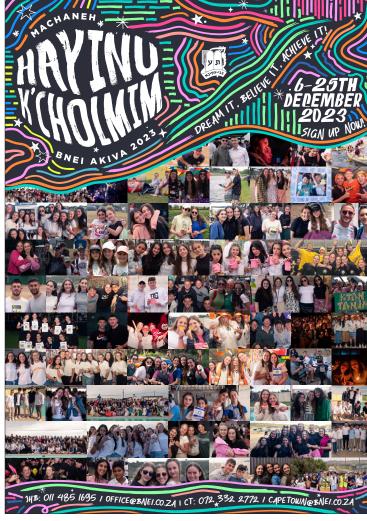
During this break, our dedicated staff and fellows are diving into one-on-one sessions, where personal connections are fostered over ice cream or coffee. These interactions aim to deepen the understanding of each individual's aspirations and strengths, laying the foundation for a close-knit group.

In the spirit of giving back, we have also embarked on a community service initiative to spread light in the darkness we're facing during this time. Our fellows are actively involved in collecting clothes for the homeless, preparing sandwiches for the hungry, and contributing to various volunteer efforts. This commitment to social responsibility adds a meaningful layer to our fellowship experience,



emphasising the importance of making a positive impact on the world around us.

Looking ahead, we are eagerly anticipating the upcoming Shabbatonim, Jewish Community Mifgash (JCM), and workshops that will further enrich our fellows' experiences. As we dive into preparations, my focus is on ensuring that this year exceeds expectations, becoming a chapter in the lives of our fellows that they will cherish and remember greatly. Stay tuned for more updates on our exciting journey in the coming months!



Habo on machaneh!

By BRAD GOTTSCHALK

Machaneh 2023 Idan HaPlia will soon be underway!

'Idan HaPlia' translates to 'Era of Wonder', and it's safe to say that this camp will live up to the name. Months of hard work and preparation by madrichim will ensure the success of our annual return to the campsite. Under the backdrop of serene mountains and on the steps of a gorgeous campsite, Machaneh will offer a much needed escape to channichim.

In this scary and unknown time of antisemitism, war, TikTok, and the normal trials of child- and teen-hood, Machaneh is more important than ever! The sense of community that this Machaneh will provide is a reminder of why we pine for this piece of magic and escape for 11 months of the year.

Enriching and engaging peulot will help our channies understand the world around them. From A.I. to Zionism in



Habonim Machaneh Idan Ha'Pliaa!

2023, everyone will leave the campsite and return to the community and country, more willing and able to engage.

And aside from the education...camp will be FUN! I might be biased, but I expect the ruach, chants, and pranks to have leveled up this Machaneh. Free time at the beach, beading on kitkar, band's night - there'll be something for everyone! While leaving Machaneh will be sad, Habo will come back from camp strong and excited for the next year!





ENTREPRENEURS' HOTSPOT

GUIDELINES FOR ENTREPRENEURS when pitching their business





Lesley Waterkeyn

During its early years, any new business will probably find itself having to apply for funding or to promote itself to potential customers. And so it's important that entrepreneurs know how to present the business and its various features to the audience that it's addressing. ORT Jet Cape Town recently provided guidance to the top 10 finalists of the Shining Light Awards prior to them pitching their businesses to the panel of judges.

Led by Lesley Waterkeyn, the Founder and Executive Director of Over the Rainbow, a support forum for entrepreneurs in Cape Town, the pitching workshop provided useful tips for all business-owners.

As with any presentation, the structure of what you put together is crucial to its success. Lesley advises that you give some thought to an impactful opening statement that will attract the attention of your audience. Then go into some detail: provide facts and relevant, impactful statistics, and explain the potential impact the business could have. Finally, end with a call to action so that your audience knows what is expected of them.

A crucial tip for any entrepreneur is that you demonstrate that you know your numbers. Analyse the financial records for your business so that you are clear about how your business makes a profit; and what the numbers reveal as regards the sustainability of the business. It will also impress the people you are talking to if you use financial information to explain the growth in your business over past years.

You will need to explain what your business does. Lesley recommends that you find the right language to explain this in the simplest way – "as if you were telling your granny what the business is about". Avoid too much technical information when you speak

about the activities of the business: remember that the audience may not know much about the field you work in so be careful not to confuse them.

Linked to how you explain what your business does is the need to identify the unique value proposition of the enterprise. What do you do that makes your offer special and of value to the market?

As regards your actual presentation, here are some tips to bear in mind:

A Powerpoint presentation is not obligatory – you can make notes and use those as the reminder about what to speak to. BUT you must have practised sufficiently so that you don't read off the notes or your slides.

Keep the content short – identify only the most significant points to make. These are the points that are geared to sway the audience in your favour.

Think hard about a pointed statement you can make upfront regarding your business. A bold assertion that is not beyond the truth about your enterprise will peak the interest of your audience and help hold their attention.

Be clear about what the problem is that your business seeks to address and how it will provide a solution to the problem.

You need to show how the business could grow in the future. An investor will want to see the growth potential before investing – but be realistic in your projections.

Talk about your team: highlight the skills and experience that the team has.

Show passion for what you do.

All in all, getting your presentation right is a significant part of achieving what you are looking for. You may have a brilliant business idea but, if you cannot pitch it properly, the business may never take off.

A drink isn't just a drink – IT'S AN EXPERIENCE

TH_RST



or generations, the Jewish community in Cape Town has been marking life's most significant occasions weddings, Bat Mitzvahs, and Bar Mitzvahs – with joy, tradition, and a deep sense of community. To us, these rare events are not just ceremonies; they are the culmination of heritage, family, and personal journeys. Yet, as with all traditions, there's room for evolution, ensuring that each generation can weave the thread of their unique stories into the braid of age-old celebrations.

For the last 20 years, Thirst has been proving that a drink isn't just a drink – it's an experience. Whether it's a signature wedding cocktail that tells the unique tale of a couple's love story. Or a Bar Mitzvah smoothie created from all the young man's favourite chocolates and chips. Thirst lives to make every sip more than a sip.

As couples and young people lean into telling their unique stories, personalisation is trending in 2023 – and we want to help tell it, one liquid experience at a time.

While we're happiest at the forefront of modern mixology,

we deeply respect the importance of Jewish traditions. For instance, the wine blessing, a central part of both weddings and Bar Mitzvahs, can be complemented with a specially curated wine list, ensuring that the sanctity of the ritual is upheld while offering guests a premium experience.

With social media an intrinsic part of our lives, Thirst also designs events that are not just memorable but 'shareable'. You are welcome to explore more on our website.

Safety and comfort in 2023

The past few years have taught us the importance of safety, and this lesson has yet to be lost on Thirst. As families begin to gather for weddings and the holiday season, health and safety are always on our minds. From ensuring that all staff adhere to the strictest hygiene standards to offering memorable non-alcoholic drinks and concoctions for guests of all ages, the comfort of loved ones is our biggest priority at any event.

We wish you the best on your joyous day and all the love, laughter, and blessings that these occasions bring. Mazeltov!

WEDDING? MITZVAH? HOW HIGH DO YOU NEE!

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Telfed in action

By RICHARD SHAVEI-TZION

Aviva, who grew up in Randfontein South Africa, and Keith Segal from North Carolina have been living on Kibbutz Kfar Aza for the past forty years, drawn there by its beauty and tranquil way of life. Gentle people, their harrowing abduction on the morning of October 7th defies the worst fears of any human being.

Like all in this small country, the South African community of Olim has endured a heavy price in this conflict, including fallen and injured soldiers, evacuees and kidnapped family members.

On the one hand, as a nation, we are experiencing unprecedented pain, loss and suffering on many levels. On the other hand, one of the remarkable phenomena which has occurred following the inhumane massacre perpetrated by Hamas on our South Western border has been the stepping up of individuals and NGOs in response to the massive trauma.

Of course individuals and

institutions would not have consciously prepared themselves to respond to the horrifying events that unfolded on Simchat Torah. Yet the experience that Telfed, the organisation providing services and assistance to South African and Australian Olim. has accumulated over the past 75 years, in times of peace and prosperity as well as during crisis and war, has positioned it to spring into action with a combination of prodigious energy and typical efficiency. Working around the clock, Telfed employees and volunteers have confronted the profound crisis, providing emergency assistance to the general population, as well as to South Africans and Australians who have experienced loss, pain and suffering as a community and as individuals.

Within days, Telfed established an emergency task force operating on a number of levels. "Stronger Together" is the slogan and the strategy. A fund has been created, soliciting

donations which have been distributed with speed and optimum effectiveness. Together with the procurement of food and clothing for soldiers, medical supplies and providing housing and basic needs for evacuees who left their homes with barely the clothes on their backs, they are also working to benefit those who are suffering from the knockon results of the war. These efforts include granting financial assistance for people whose income base has collapsed in the economic aftermath. And they are providing emotional counselling and support for English-speakers traumatised by the events that, except for Holocaust survivors, none of us have experienced in our lifetimes.

From toys and toiletries, trauma counselling and large financial grants, to defying danger and obstacles in order to deliver a birthday cake to a South African soldier in the South, Telfed, as always, has risen to the challenge.

ABOUT THE AUTHOR:

Richard Shavei-Tzion grew up in **Cape Town and** lives in Jerusalem with his wife Chervl. He directs choirs, is a Ba'al Tefilah, exhibited photographer, published poet and makes legacy movies. His articles appear in the Jerusalem Post, the Times of Israel and other publications.





Telfed CEO delivered chargers & supplies to soldiers on the frontlines



Telfed Chairman delivered gift cards (to the value of NIS50,000) to refugees from Kibbutz Kfar Aza



Telfed Vice Chairman met survivors of the massacre & relatives of hostages



Evacuated Olim received critical supplies for temporary classrooms



Telfed staff & volunteers responded to requests for snacks, socks & supplies needed on the borders



Dedicated volunteers called to offer support to all SA Olim evacuees



Telfed has facilitated community volunteering initiatives to aid all Israelis

On behalf of the South African Olim community, we express our gratitude for your support during these challenging times. Maish Isaacson (Telfed Chairman) & Dorron Kline (Telfed CEO)



Kaplan Centre

The Li Boiskin Jewish Social **Justice Fellowship**

The Mauerberger Foundation Fund recognises the contribution of Li Boiskin to the Cape Town Jewish community.



he Kaplan Centre for Jewish Studies at the University of Cape Town invites applications for an annual fellowship intended to advance the Jewish community's engagement with social justice and equity.

Named in honour of Li Boiskin for her lifetime of commitment to bettering the Jewish community and the wider world, the fellowship is made possible by generous support from the Mauerberger Foundation Fund.

The Mauerberger Foundation Fund's support for this fellowship arises from the fundamental principle that the Jewish community is an integral part of the wider South African society. The fellowship is intended to encourage and advance social cohesion: evidence of strong collaboration with the wider community is an essential element of such work.

Projects may, inter alia, conduct research and fieldwork, identify and promote best practice, evaluate the impact of existing initiatives, explore the application of lessons from Africa and elsewhere to the South African context, offer workshops and other forms of programming, and provide thought leadership on issues central to social justice in South Africa. The fellowship is open to NGOs, postgraduate students, and academics.

To apply, submit a proposal that outlines the rationale of the project, outlines how it will achieve these aims, describes the outputs it will produce, and provides a budget for up to R100 000 by 22 December 2023 to kc@uct.ac.za.

IN CAPE TOWN CITY BOWL

Dr Eden Lurie is a General Practitioner who obtained a degree in Medicine as well as Genetics from the University of Cape Town (UCT) in 2019. Equipped to manage acute and chronic illnesses, paediatrics, women's health and mental health. Aesthetic procedures are also offered. Registered as a Discovery Health Premier GP who also does Vitality Health Checks.

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Chag Charukah Sameach

MESSAGE FROM OUR CHAIR

Lance Katz, Chairperson, United Jewish Campaign (UJC)

One of the defining characteristics of the Jewish people described and repeated several times in the Torah, is that we are stiff-necked - an am k'she oref.

At first glance this appears to be a negative characteristic – hard, stubborn, obstinate and difficult. In fact, God uses the term that way as a reason for wanting to abandon the Jewish people after the sin of the Golden Calf: "I have seen these people... and they are a stiff-necked people. Now leave Me alone so that My anger may burn against them." (Ex 32:9)

And yet later Moses invokes the same description of the Jewish people as being stiff-necked, this time not as a criticism but, argues Moses, as the very reason for God to maintain his unique covenant with us: "If I have found favour in Your eyes, my Lord, may my Lord go among us, because it is a stiff-necked people." (Ex 34:8-9)

There are many explanations given by the commentators for why Moses uses the term 'stiff-necked' to plead for God's mercy when it was this characteristic of the people that God found objectionable.

The late Rabbi Lord Jonathan Sacks z"l, in an essay on this subject, draws our attention to the 20th-century writings of Rabbi Yitzchak Nissenbaum. The argument he attributed to Moses was this: "Almighty God, look upon this people with favour, because what is now their greatest vice will one day be their most heroic virtue. Just as now, they are stiff-necked in their disobedience, so one day they will be equally stiff-necked in their loyalty."

Much has been written about the remarkable, some say miraculous, endurance of the Jewish people over the millennia. Many reasons are given for this: Our eternal covenant with God. Persecution and alienation which prevented assimilation. Our indomitable spirit and steadfast and loyal adherence to our faith.

However, the reason that fits best for me is that we are the 'stiff-necked' people of hope. When everything and everyone around us tells us to despair, we see a brighter future. Even when the proverbial tunnel is so dark that no light can possibly penetrate, we are able to imagine a flicker that will come to illuminate the darkness.

On a Facebook group for concerned Jewish mothers seeking to support one another and their children facing unprecedented antisemitism on American college campuses, one mother on the group quipped that perhaps, when the crisis was over, they could repurpose the Facebook group to arrange shiduchim for their children. This



moment of humour in an otherwise gloomy context enabled the group to see beyond their current dire predicament to a better time ahead.

Chanukah is the Jewish festival of light that, for me, epitomizes Jewish hope. Not only because of the obvious simile of the light in the darkness, but because the story of Chanukah itself reflects hopefulness. Our determined search amongst the post-battle rubble and devastation for a single cruse of oil to light the Menorah... and finding one. Our decision to proceed to light the Menorah with that oil even though it was expected to only last a day after which we would be left without oil until we could secure new supplies. Our hope against all odds that the oil might last longer than a day... and it did!

Every day in my communal life I see Jewish hope in action. The generosity of our donors and volunteers to fuel our communal organizations. Our investment in world-class Jewish education for our children. The care we show towards our most vulnerable. Our belief in the sanctity of life and our protection thereof.



The United Jewish Campaign (UJC) serves as the central fundraising organisation for the Cape Town Jewish community.

We support 35 beneficiary organisations across 3 divisions.

May the collective glow of our Chanukah candles fill our community with peace, light and miracles.

A heartfelt

To all our 2000+ incredible donors, our 35 beneficiary partners, our generous sponsors and all our volunteers who enable us to spread light throughout our community.













HEALTH FOCUS: Mental health awareness

Feeling emotionally shaky right now? REMEMBER: you're not on your own

The horrific attack on southern Israel by Hamas on 7 October and the subsequent ongoing conflict are the source of huge concern for all of us. In addition to fears for the future of the State of Israel and concern about the safety of family and friends who live there, many countries all over the world are seeing the highest levels of antisemitism since the Second World War. If you're feeling anxious or depressed about things right now, it's quite normal.

The Cape Jewish Chronicle spoke to Cape Town psychotherapist, Debby Silver, who is a member of the therapy team that was formed during Covid to provide support to our community during these trying times. There is a community helpline and support groups initiated by the Union of Jewish Women. Debby has run three group sessions thus far for members of the community.

Debby emphasises that it's important for all of us to be conscious of how we are feeling – and to take action if our emotional state seems shaky. "If you recognise that you're not feeling good emotionally, you should seek support and assistance," she says.

The starting point is to identify when you need to look for support. According to Debby, the signs to be conscious of include:

- You're feeling on edge
- Your thoughts are regularly disrupted because your attention keeps focusing on the current conflict situation
- You aren't eating or sleeping well
- · You are fearful for the future
- You are feeling anxious, frightened and/or depressed
- You are having difficulty focussing on your daily work and responsibilities
- You feel hyper-vigilant
- You notice that your moods have changed
- You feel irritable
- You're having outbursts more regularly than used to be the case
- Your relationships with family members and/or colleagues have changed
- Memories of previous traumatic events have also emerged.

If you recognise that you are affected in some of these ways, you need to take action so that you don't risk an emotional breakdown. Debby suggests various things you should do.

"First off, practise some self-care," she says. This involves a number of things.

"Get out and exercise - whether it's walking, doing some yoga, stretching, going for a hike with a friend, or being active and outdoors," Debby explains. Keeping a journal is also an idea. "In similar vein," Debby says, "don't isolate yourself from other people: reach out to friends, a Rabbi or a professional person so that you can talk through what's bothering you." If you feel you need to talk to a therapist, make use of the Cape Town Jewish Community Helpline. Send a WhatsApp message, voice note or call the Emotional Wellness Helpline on 079 875 3902. This is a free service, and you will receive assistance from one of the volunteer therapists brought in for this initiative.

"Keeping active is an important tool," Debby says. Get involved in a creative activity – join an art group, do some sewing or work in the garden – or channel your anxieties into doing something to help. You could, for instance, volunteer to help raise funds for Israel, knit beanies for soldiers, or join a prayer group.

Some people find that conscious deep breathing helps relieve anxiety, so try that out. You can also calm yourself through meditation or mindfulness. Debby suggests that you look for an online app to guide you on this.

Another thing to remember is that it's good to keep to your usual routine.

If you find yourself opting out of certain of your usual activities, you should try to keep your regular routine going.

Debby cautions against becoming fixated on news and social media regarding the conflict. "Be selective about what news you choose to read or watch."

So,if you feel you need to talk to a qualified therapist or counsellor, make use of the Cape Town Jewish Community Helpline. Send a WhatsApp message, voice note or call the Emotional Wellness Helpline on 079 875 3902. This is a free service, and you will receive limited pro bono assistance from one of the therapists or counsellors supporting this Helpline. There is no need to battle your emotional struggles alone during this difficult period.

Very few men have joined the group sessions thus far. Don't battle your emotional state on your own: speak to your Rabbi or call the Helpline to chat about how you are feeling

Holocaust survivors and 2nd and 3rd generation survivors may be particularly vulnerable to emotional upset at the moment. Don't manage this on your own. Contact the Helpline for support.



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

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TRAGEDY for ex-Capetonian during Hamas attack on Israel



Shoam Ben Harush z"l

Martine Gordon grew up in Cape Town, attending Herzlia School, from where she matriculated in 1984, and then the University of Cape Town. Her mother, Rhoda Gordon, still lives in our city – a resident of Highlands House.

Martine went on Aliyah many years ago, and became a wife and a mother to six children. Tragically, the second youngest, Shoam Ben Harush, made the ultimate sacrifice in the defence of Israel and the Jewish people,



Martine (middle) with her mother, Rhoda Gordon, of Cape Town, and her daughter, Roni

passing away at the tender age of just 20 following a severe injury sustained during the Hamas attacks on 7 October.

The tragedy is huge for Martine's family. But they are sustained by memories of a special young man - described as someone who was "...beautiful inside and out". His special nature is seen, too, in his desire to donate his organs to others in need of them, and so his memory lives on in the fortunate five other people who received a healthy heart, lungs, a liver and kidneys from a young man tragically taken at the very start of his adult life.

To Martine, Rhoda and the rest of the family, we in Cape Town extend our condolences and say, 'Ha'makom yenachem – May God comfort you among the other mourners of Zion and Jerusalem'.











Personal Growth Group

The Personal Growth group offers a therapeutic process in a space that is safe, confidential and non-judgemental. The purpose, is for participants to explore aspects of their lives, both past and present, with the intention of gaining a deeper understanding of themselves. It offers a unique opportunity not only to gain self-awareness but also to learn and develop through other people's life experiences.

The group runs over a period of 8 weekly sessions, 1.5 hours each commencing February/March 2024.

For further details, contact admin@nechama.org.za or 021 462 5520/066 081 3397 during office hours 08H30 – 12H30



Reflecting on 25 Years of HOLOCAUST EDUCATION

As we approach our 25th anniversary, the Cape Town Holocaust & Genocide Centre reflects on a quarter century of Holocaust remembrance and education. Established in 1999, this pioneering institution, founded by Myra Osrin, holds the distinction of being the first Holocaust Centre on the African continent, and one of the first in the Southern Hemisphere. What began as a courageous vision has evolved into a place of memory, commemorating the six million Jews who perished in the Holocaust and all victims of Nazi Germany.

Over the years, the Centre has garnered national and international recognition for its unwavering commitment to highlighting the consequences of prejudice, racism and discrimination. Beyond serving as a memorial, it has become a dynamic space fostering an understanding of the dangers posed by indifference, apathy, and silence. As we approach our silver jubilee, it is fitting to reflect on the significant milestones and impactful initiatives that have shaped the Centre's identity.

The heart of the Centre lies in its

extensive programme offerings, which include exhibitions, films, symposia, and commemorations. These initiatives extend beyond the Holocaust, delving into the broader context of genocide – notably the 1994 Genocide Against the Tutsi in Rwanda. By drawing attention to both connections and differences, the Centre plays a pivotal role in raising awareness about the "road to genocide," emphasising the importance of vigilance against potential human rights abuses.

From its inception, one of the Centre's primary objectives has been to promote Holocaust education. The Centre's commitment to education was evident from the outset, with its inaugural teachers' seminar attracting over 300 educators from across the Western Cape in 1999. Marlene Silbert, the Centre's founding Education Director, played a pivotal role in developing a school programme in close collaboration with the Western Cape Education Department.

Since 2007 the study of World War II and the Holocaust is a mandatory part of the high school national curriculum. Nearly 60 000 learners, accompanied by their teachers, have visited the Centre, where they are supported in their studies and where they learn about "Lessons for Humanity" from the study of the Holocaust.

The Centre conducts workshops for diverse adult and tertiary groups, including trainee teachers, military academies, civil servant groups, and public and private companies. The education team conducts Teacher Training workshops across the region, providing support and resources for in-service educators teaching the subject in their classrooms.

Over the 25 years of its existence, the Centre has provided a full programme of public events. These have included international travelling exhibitions, film screenings, and lectures, using Holocaust history to focus a lens on contemporary issues.

The permanent exhibition remains an immersive and powerful teaching tool, not only for learners, but also for the 25 000 local and international visitors per annum.

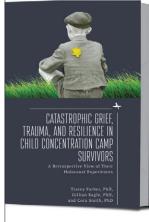


Throughout its 25 years, the Cape Town Holocaust & Genocide Centre continues to fulfil its aim of becoming a place of learning and memory. The success of the Centre can be attributed to a number of factors, among them the key role played by our cherished Holocaust survivors in Cape Town, the Board of Trustees, and our invaluable volunteers. The generous ongoing support of our benefactors has made the Centre's many achievements possible.

In 2023, the Centre welcomed a new director, Jakub Nowakowski, who for the previous 13 years served as a director of the Galicia Jewish Museum in Krakow, Poland.

As we continue this important work, we invite you to join us in our mission to promote tolerance, understanding, and remembrance. Together, we can work towards creating a more caring and just society, in which human rights and diversity are respected and valued.

Join us for a book talk featuring authors Dr. Tracey Farber, Prof. Gill Eagle, and Prof. Cora Smith on Sunday, 3rd December at 3 pm (SAST)



CATASTROPHIC GRIEF, TRAUMA AND RESILIENCE IN CHILD CONCENTRATION CAMP SURVIVORS

The authors explore the narratives of child Holocaust survivors and their experiences of complex trauma, complicated bereavement, ageing, resilience and existential loneliness.



Tracey Farber works as a clinical sychologist at the Tel Aviv University Psychological Services, student Success Centre and in



Gill Eagle is Professor Emeritus of Psychology at the University of the Witwatersrand. She runs a small private practice, working primanly within a relational psychoanalytic psychotherapy framework



Cora Smith is Adjunct Professor in the Division of Clinical Psychology in the Department of Psychiatry at the University of the Witwatersrand.



Sunday, 3 December, at 3 pm

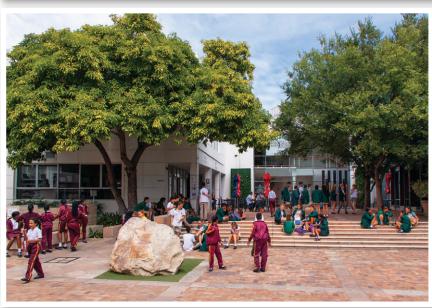
CTHGC, 88 Hatfield St, Gardens

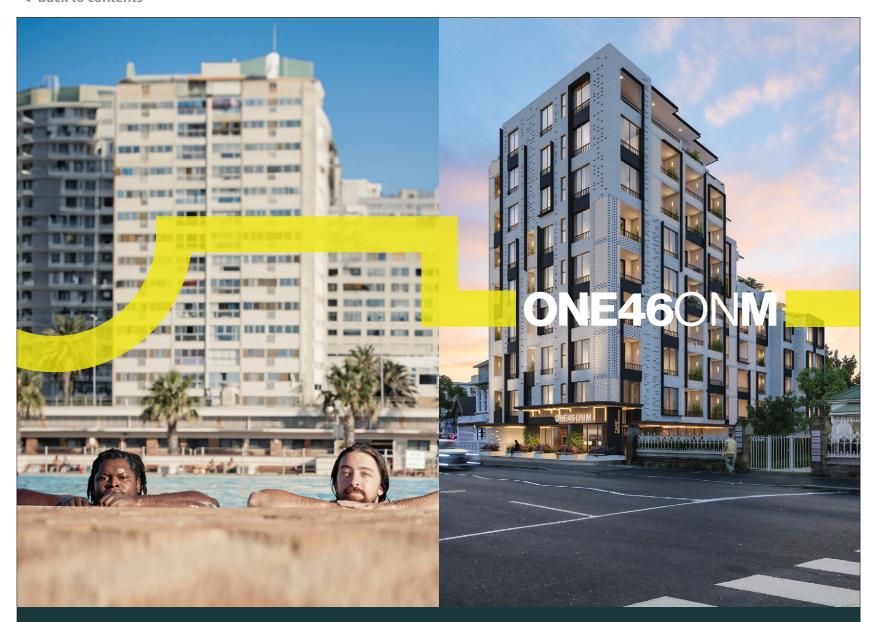
Refreshments will be served. Booking essential: 021 462 5553 or admin@holocaust.org.za B850 → R350

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Event accompanying the Seeing Auschwitz exhibition on display at the CTHGC until January 2024







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JCS AGED GROUP HOME JCS@WORK SOCIAL WORK AND HOUSING

HAZEL LEVIN Executive Director LYNNE HENDRICKS **Auxiliary Social Worker**

Jewish Community Services has had to rent a home for vulnerable elderly clients who do not fall under the ambit of frail care. Our JCS communal aged residence caters to seven individuals requiring some form of constant care, providing fundamental and continuous assistance to ensure their well-being, safety, and comfort. This care includes essential support in daily activities such as grooming, dressing, preparation of meals, and management of medication. Additionally, it involves monitoring the individual's health and addressing any immediate needs that may arise. The goal is to maintain a high quality of life for these residents while addressing their specific requirements for ongoing care and attention.

The JCS communal home is thoughtfully designed to prioritise functionality. Private rooms are complemented by a communal dining room and lounge, providing a balance between personal space and opportunities for social engagement. The goal is to create an environment that promotes relaxation and a sense of belonging.

This endeavour has been challenging. but with the dedicated and devoted Client Service Division that JCS recently developed, we have made significant strides. This need arose when the number of aged clients approaching JCS for support increased exponentially. At present, the team consists of four members. The main function of this division is to provide social workers with support in taking care of elderly clients who only require monitoring. They act as the eyes and ears for the social workers, monitoring and checking in

with our aged clients regularly. This is done in various ways, via a telephone call or a visit weekly or biweekly, as required. They will also accompany the clients to the doctor and other medical appointments, as well as taking them shopping, reporting back to the social workers and keeping them updated with the status of each client. They check in on our aged residents daily, ensuring that they are well cared for and liaise with the two full-time carers, monitoring the residents 24/7 and once again ensuring that the social workers are kept updated with regards to the status of their clients.

Regular communal activities, talks, shared meals and group outings, create

the foundation for building this tight-knit little community.

Understanding the unique needs of each resident is paramount to the success of a communal home, with the correct support ensuring that the health and well-being of residents are prioritised.

Aged residential homes remain a challenge as there are more clients requiring constant care who need to be monitored. JCS currently provides carers for those living in other accommodations and has a growing waiting list for our aged group home.

JEWISH COMMUNITY SERVICES Tel: **021 462 5520** Email: **info@jcs.org.za**



No other community organisation offers this kind of service. All our needs are met in this home." Barry

'I'm very happy and blessed to be here!" Rochelle

The best place. Appreciate this opportunity." Les

#JewishCommunity #Accommodation #GroupHomes #SocialWork







Cape Jewish Seniors Association

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

A year to remember

his year CJSA members were really able reconnect and enjoy socialising while visiting interesting places on outings, experiencing fabulous restaurants, and being in the company of others.

We had a wonderful three night stay at the upgraded hot water Goudini Springs in Rawsonville, Members came from each of our branches and some had never met. But, by the end of the three days they had new friends. We enjoyed a wonderful lunch at Opstal Winery and some did a wine tasting. The highlights of the stay were the beautiful baths and the special braai arranged by the Worcester Lions on the last night. We are already being asked when the next break will be organised.

We had many good things this year. The CJSA volunteers are exceptional, presenting about their specialities or interests, teaching art, mosaics, exercise, knitting, yoga or acting as receptionists, librarians or drivers. We value each and every one of you; CJSA would certainly be poorer without you. We hope all of you will join us for our special thank you lunch.

There are many special things that members have participated in and enjoyed during the year. Music is popular. It is wonderful to have talented people entertain our groups, like Cantor Ivor Joffe, who performed two special concerts for us. Abe Gordon and Lester Braun have entertained at two lunchtime events: the Singing Policeman gave a concert in Milnerton; and in Sea Point we were entertained by Asher Woolf on guitar, with members joining in with tunes that they knew.

Healthy ageing is an important topic. We have had health talks on diabetes awareness and engaged in regular chair yoga exercises with Leina, Ageless Grace with Cathy, and Chair exercises with Flaine. We host a special programme in Sea Point for our members who are frail, and we hold a vital weekly reminiscence session which is enjoyed by all. Representatives of CSO have engaged with members, providing necessary information. We thank them for the incredible service they give to our entire community every single day.

Members have enjoyed current affairs, and have participated in online and in-person yoga, with our special teachers, Rochelle and Veronica. We were saddened by the untimely passing of the third member of the Yiddish team, Sybil Castle, who will be remembered with love.

Talented members enjoy watercolour painting with artist Glynnis in Sea Point, acrylics with Karen Cohen in Milnerton, and Mosaics with Yvette Polovin in Sea Point. Knitting as an outreach project is enjoyed at all three centres.

As regards outings, this year we have been to the Aquarium, Alpaca Farm, SA National Art Gallery. Santam Art Gallery, exhibitions at the SA Jewish Museum and Holocaust Museum. We also visited various restaurants and other places of interest, too many to list. Each branch has one special outing every week. We enjoyed the tour of the Peninsula as an interbranch morning on the Red Bus and the boat trip on the canals in the V&A Waterfront. We also enjoyed Shabbat Suppers, twilight suppers, and a variety of lunches, including an interbranch one honouring Eric Samson z"l.

Stimulation of our minds happens weekly with Bridge, Kalooki, Scrabble, and the new favourite, Majong.

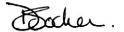
From this, one can see what we offer at each of our branches. In addition to the activities, members have the opportunity to be heard by our social workers and psychological counsellor. Members can make appointments to see social workers in a safe environment where their concerns are confidentially addressed. Ageing isn't easy: it is the time in life when you still have something on the ball, but you may be too tired to bounce it!

When Parents Grow Old!

Let them grow old with the same love that they let you grow. Let them speak and tell repeated stories with the same patience and interest they showed to yours as a child... Let them overcome, like so many times when they let you win... Let them enjoy their friends just as they let you... Let them enjoy the talks with their grandchildren because they see you in them... Let them enjoy living among the objects dear to them because they suffer when they feel that pieces of their lives are taken away... Let them be wrong like you've been so many times but didn't embarrass you by correcting you... LET THEM LIVE and try to make them happy on the last stretch of the path they have left to go. Give them your hand, just like they gave you their hand when you started your path!

We look forward to welcoming many new members in 2024 and renewing current memberships so that we can enjoy a special year together.

Diana Sochen, Executive Director





Group picture of members enjoying Goudini



Cathy and the West Coast Ageless Grace ladies



Southern Suburbs outing to Ou Meul Bakkery in Melkbos





Exercises in Milnerton



Art Class at West Coast with Jacob van Schalkwyk



Milnerton Members enjoying a game of Scrabble



Tuesday Art Class with Glynnis in Sea Point



Lion Peter Daniel spoke on Diabetes **Awareness and Control** at Milnerton



Albert Glass addressing West Coast Members



Sea Point Members enjoying Simchat Torah

SOCIAL AND PERSONAL

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

MARRIAGE:

Janice Bloch – Grandson Helaine Gorin – Grandson Steve and Jos Horwitz - Son

SPECIAL BIRTHDAY:

Miranda Bloch.

WELCOME to new members:

Carol Avinir Barbara Friedman Avril Rosen

Our wishes of strength to those who have recently lost loved ones:

Lorraine Gurwitz - Sister



MENSCH IS THE LEADING JEWISH SOCIAL JUSTICE NETWORK IN SOUTHERN AFRICA

The call of Koleinu



Melanie Uranovsky is a member of The Mensch Network and a graduate of Mensch's Leadership Programme (LIFT).

Melanie Uranovsky

Inever knew that 'nice Jewish girls' suffered abuse, nor that it happened to boys either, or to anyone, unless they were miles away from my world. I once saw a man abusing a woman, so I stopped and shouted at him to leave her alone. If I witness abuse, my adrenaline

surges, my Superman cape appears, and I become relentless because I cannot bear to see a person at the mercy of another.

Misconceptions about abusers abound. The survivor struggles to understand how someone for whom they have positive feeling.

Abuse of any kind is usually kept behind closed doors, especially in the Jewish community. In my ignorance, I thought that abuse happened only to the person in the street, or in disadvantaged communities. Until one day a girl of 11 walked into my office.

That day altered the course of my life. Quietly, with her eyes cast down, she told me what her paternal grandfather had done to her daily during her school holidays. I hadn't been trained for this. I had no clue how to respond, but I knew that I would fight to seek justice for this fragile child. When she left my office, I put my head down on my arms in sheer disbelief. She had told nobody but me. The phone call I made to her mother that day was the most difficult one I have ever made. It was then that I realised that abuse, even sexual abuse, can be perpetrated by somebody you know, love and trust.

Misconceptions about abusers abound. The survivor struggles to understand how someone for whom they have positive feelings could do this. Likewise, the public is often swayed by 'the exceptional husband/father', 'the fantastic CEO', 'the philanthropist in our city', or 'the marvellous community guy'. Bill Cosby? Never!

We fought the monster until we got our day in court, with my student on camera, and me on the witness stand. We won our case, and he was incarcerated. From that day on, I knew that I needed to delve into this area as well as keeping my remedial and learning support therapy practice.

I had read about Koleinu, established by Wendy Hendler and Rozanne Sack in Johannesburg, and we met. Soon I flew to Johannesburg for training sessions. In 2020, Koleinu Cape Town was born - with me proudly at the helm.

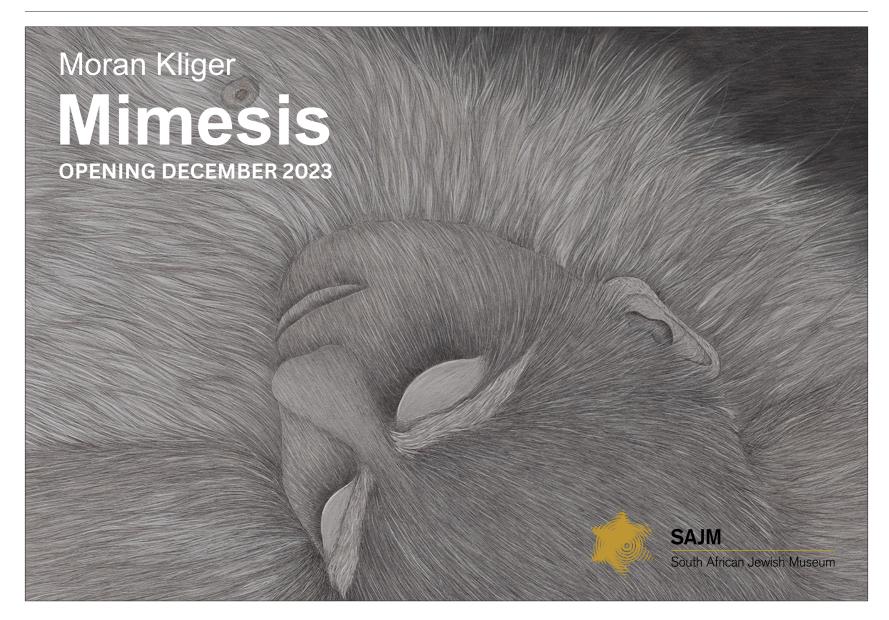
Where does someone go after suffering abuse? Who will know what

to do? Who can be trusted? This is how and why Koleinu exists.

All Capetonians should know that Koleinu provides a safe, secure, and confidential place for them to be heard, supported and ultimately steered in the right direction. A place of comfort through your journey from disclosure until you have reached a place of catharsis, or until justice has been served.

The first step — to come forward and to disclose — is the most difficult step. We need to stop protecting abusers by keeping silent. Don't be a bystander. If you know of anyone suffering abuse, or needing support, encourage them to call our 24-hour helpline 074 1805687 (except on Shabbat). Koleinu deals with all types of abuse, not only sexual. To date in Cape Town, we have had three cases heard in court with two upcoming cases.

To learn more about her work visit www.mensch.org.za and select Network Members.





CHANGEMAKERS

THE LEADING JEWISH SOCIAL CHANGE NETWORK IN SOUTHERN AFRICA.

MENSCH 2023 A YEAR IN RE'

Inspired by the Jewish commitment to justice, Mensch supports and empowers Jewish individuals, organisations and communities to create a fair and equitable South Africa.



Mensch convenes, connects and capacitates over 120 Jewish social change leaders and organisations in Southern Africa. In 2023 Mensch ran its LIFT Leadership Programme -Leading Impact for Transformation - for the second year, upskilling 16 changemakers in leadership and non-profit management, including fundraising, financal management, theory of change, and monitoring and evaluation.





FOR MORE INFO OR TO PARTNER WITH US IN 2024: WWW.MENSCH.ORG.ZA

ORT SA CAPE: Uplifting youth through quality education and training



ORT SA CAPE CEO Bev Da Costa

COMMENTS from beneficiaries of ORT SA CAPE'S work

"The YES internship has made me realise that teaching is what I want to do. Now I am interested in studying further in this field."

"The YES programme changed my life completely. I can now provide for my family and help my friends where I can. I have really learnt a lot so far and with these skills and abilities I will be able to work in the clothing industry as a machine technician or as a maintenance mechanic."

"This work experience has had a great impact on my life because the YES programme has given me the opportunity to have a peep into what it's like to give of myself, selflessly. It has opened my mind to great possibilities."

ackling South Africa's numerous problems is an uphill climb. But the challenges we face affect us all whatever our backgrounds - and so we need to become active citizens and to make every effort to change the world we live in. This is something that the dedicated individuals behind the initiatives of ORT SA CAPE have taken to heart - and, in doing so, they are making a remarkable difference to the lives of hundreds of individuals who would otherwise be trapped in an unending cycle of poverty and deprivation.

The organisation has identified particular issues for its focus, in particular education and unemployment. CEO Bev Da Costa explains: "South Africa's unemployment rate is notoriously high, and it's particularly severe among our youth - and, with a growing population of young people, this rate constantly deteriorates. And so, ORT SA CAPE has put in place various initiatives focussed on addressing this problem through the transfer of valuable skills and work experience opportunities. And talking of skills, we also recognise that education is a key factor in bringing about social and economic change; and so ORT SA CAPE is a significant provider of teacher education and support geared to improve the quality of schooling in our region. Where the upskilling of teachers is concerned, ORT SA CAPE

also provides access to entry level teaching qualifications through SETAaccredited learnerships."

In addition to providing people who have little chance to acquire tertiary education with the opportunity to get a qualification, ORT SA CAPE focuses on Early Childhood Development (ECD) which helps to improve children's cognitive ability through the quality of the education they receive at the centres they work with. Bev says, "Investment in quality FCD is imperative for the future success of our country and, since it is a sector that does not receive the type of Government support one would hope for, our interventions make a crucial contribution."

ORT SA CAPE takes into account the realities of daily life for the young people they work with. For instance, the extent of poverty faced by so many means that a young adult would potentially have to choose between spending the day in a study programme or rather trying to find some sort of menial employment in order to survive. And so the ORT SA CAPE programme caters both for the training aspect and the financial need: learners on the ECD training programme, for instance, receive a monthly stipend sponsored by a corporate donor.

Taking the focus on education even further, ORT SA CAPE provides quality upskilling of teachers working in schools in the Western Cape. Short courses are offered and the goal of these is to improve teaching skills and knowledge. These courses cover literacy, numeracy, perceptual skills, cognitive development, coding and robotics and purposeful play.

The impact of the ORT SA CAPE programmes is something to be proud of. Over 3 thousand teachers benefitted from short courses in 2023; 382 young people gained 12 months of work experience; and 125 young people enrolled on the ECD learnership programme.

ORT Jet Cape Town is an integral part of ORT SA CAPE's offering. We recognise the importance of supporting entrepreneurs and small businesses and acknowledge the part they play in the development of our country and in addressing unemployment, particularly youth unemployment.

WANT TO GET INVOLVED?

Become a corporate sponsor

Earn BBBEE points for your business

Become a donor https://ortsacape.org.za/



Teachers learning about purposeful play



An intern assisting at an ECD centre



Students graduating with their SETA accredited learnerships



THE UOS IS WORKING FOR YOU SPREADING THE LIGHT



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 regardsto 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.





LEGAL MATTERS

DIVORCE CAN BE TOUGH — but maintenance can be even tougher

By SHERI BRESLAW Director at law firm, Fairbridges Wertheim Becker



When a relationship fails, things can become acrimonious and uncomfortable. But, what's very important is that the care of the children from that relationship should be top of mind. A big part of that is financial support for the children.

Family law attorney Sheri Breslaw of Cape Town law firm Fairbridges Wertheim Becker shares advice about what steps you can take if you find yourself in this situation. She also answers questions from our readers.

Not divorced, but considering getting divorced

When you split or start the divorce process, one party may choose to hold back on certain payments because the relationship has soured. If the children are with Parent 1, and Parent 2 has stopped paying, Parent 1 can apply to the divorce court for an interim court order for the payment of maintenance for the children and the spouse, as well as for some funds for legal costs. The parent doing this will have to provide an affidavit stating their financial circumstances and explain why financial assistance is needed. Parent 2 may file an affidavit in reply.

The case will be argued before a judge who will then make an order. This interim order remains in place until the divorce has been finalised or until either of the parties' circumstances change which necessitates a further application to court.

No divorce process on the go

You may not be married or you may not be taking steps to get divorced but, if you and/or your children need financial support, you have the right



to approach the Maintenance Court nearest to where you live or work. There you will fill out an application form with the help of the Clerk.

The court will subpoena the other parent to appear in court for a maintenance enquiry. During that process, the Clerk will assess your financial circumstances and those of the other parent. You will have to provide documentary proof relating to your financial circumstances.

The Clerk will try to assist both parties to reach an agreement about maintenance. This will be made an order of court.

But, if no agreement is reached, the Clerk will refer the matter to a Magistrate. Both parents will then have to give evidence regarding their financial situations, and the Magistrate will make a ruling which will become an order of court.

Emergency situations

Either party may have to leave a relationship suddenly and under pressure, such as when abuse has taken place. In this instance, there's probably a need for a faster process for obtaining maintenance.

The person can approach the Magistrate's Court for a Domestic Violence interdict, which includes receiving emergency monetary assistance. The Clerk of the Domestic Violence Court will assist with the completion of the forms, and the Magistrate may then grant an interim interdict. The police will serve the interdict on the other parent, and the other parent is then obliged to comply with the terms of the court order.

The interdict may be made final later on by the Magistrate, once a court date has been set for both parties to appear before the court.

Maintenance from other sources

If the parent of the children cannot

afford to pay maintenance, the other parent may be able to apply for financial support from the first parent's parents, i.e. the grandparents. The parent needing the assistance should approach the Maintenance Court and follow the same process as previously detailed. The grandparents would be subpoenaed to come to court where their ability to pay maintenance for their grandchildren will be assessed.

The death of a parent

If a parent dies and has not provided in a Will for the maintenance needs of a dependant child, the other parent may approach the Executor of the deceased's estate and put in a claim against the estate. If there is a Will that makes suitable provision for the maintenance of the child, the Executor of the estate will carry out the terms of the Will.

Calculation of maintenance amount

The amount of maintenance that a parent has to pay is calculated based on two elements:

► The monthly costs for the child. This involves calculating both direct and indirect costs.

Direct costs are the monies needed for expenses associated with the child only, e.g. school fees, clothing, nappies, costs of extra-curricular activities.

Indirect costs are the costs that are apportioned among members of the family, e.g. groceries, rent, electricity, transport, etc.

The amount that each parent can afford to pay.

When the various total costs are worked out, the ability of each parent to pay is considered by looking at both income and assets. Based on this, the financial responsibility of each parent is calculated according to their own financial means.

READERS' QUESTIONS

My ex-husband was ordered by the High Court to pay me R15 000 per month. He paid for a while but, when Covid started, he said he could only afford to pay R5 000 per month. How do I get him to pay the full amount? Also, how do I get the arrears he owes?

Sheri replies:

If there is a court order in place and the parent has not met the terms of that order, the parent is in contempt of the court order. You can follow a few different routes:

Lay a criminal charge against your ex-husband. A criminal prosecution may then follow. The threat of criminal action may be the prompt for your ex-husband to meet his obligations.

If your ex-husband is in formal employment, you should apply to the Maintenance Court to issue a garnishee order. His employer will be ordered to deduct the maintenance amount from his monthly salary, and to pay the funds over to you.

The Maintenance Court may issue a warrant of execution. This allows the Sheriff of the Court to demand the outstanding funds from your ex-husband. If he still does not pay, the warrant authorises the Sheriff to create an inventory of all your ex-husband's movable assets at his home: these items can be sold on auction to raise the funds due to you. If there is immovable property, such as a house, you can apply to the court for permission to sell the immovable property so that the outstanding maintenance amount can be settled.

How do I get my ex-husband to pay the maintenance due in terms of a court order if he has left the country?

Sheri replies:

If the country that your exhusband has gone to is a signatory to the Reciprocal Enforcement of Maintenance Orders Act, the court order can be enforced in the country he has gone to. The Maintenance Court here has to use diplomatic channels to approach the court in the other country for the enforcement of the maintenance order.

GLENDALE is Welldale





Aerial shot of our Magen David Garden

SHELLY KORN | Director: Glendale home

Shelly lived in 4 countries and worked across 4 continents. She speaks three languages and has a funny accent in all of them.

She holds a BA in Marketing and MA in H.R. from Middlesex University in the UK. She considers Dyslexsia her superpower and the real secert to her success in life.

Shelly spent 9 years working in the private sector for multinationals and Fortune 100 companies in the pharmaceutical and financial industries. She also spent 11 years working with various Governments and NGOs across the globe, specialising in social and organisational transformation. In her spare time she likes to geek on technology and its impact on disability.

Life for some in our community presents particularly tough challenges. Those with intellectual, mental and physical disabilities are more vulnerable than most and often struggle to access the most basic social services such as healthcare and education. This makes them even more vulnerable than they already are. As a result, they struggle to advocate for themselves, become sicker and more socially isolated, as they get stuck in a perpetuating vicious circle of inadequate care.

And, yet, since disabled people have rights just like all of us, many of them in recent years have been challenging our society to rethink our approaches to care for the disabled. This is a debate affecting many of the welfare organisations within our own community, most notably Glendale home. "Historically," explains Shelly Korn, Director of Glendale home, "the focus of the medical care model was on survival. By shifting the focus from disability to wellness helped us move away from just surviving towards thriving, by infusing holistic wellness principles into day-to-day care practices."

Shelly continues: "In essence, the new thinking is about moving away from seeing a facility like Glendale as a place of medical care – an institution. But the alternative way of managing our residents is based on a human rights model." This change of thinking affects a wide range of elements of the care environment. "Even what we call ourselves came in for a rethink," Shelly explains. "We used to be 'Glendale' but now we are 'Glendale home' – the word 'home' signifies to the people who are living and working there that they are part of one big family.

This significant change in care strategies was initiated in 2019. Interestingly, for all its negativity and harm, the Covid pandemic surprisingly served as a catalyst for many of these changes, since we were forced to rethink everything we do and rapidly implement changes," Shelly says. Today, the transformation of the approach to the care for the disabled is clear – and there are numerous benefits being seen.

Other important changes have come with the involvement of residents in making decisions about their own healthcare and food. In an institutionalised environment, the client is given little choice about what they eat, but at Glendale home the residents have been given the opportunity to vote on their

preferences for certain foods and recipes.

When this was first implemented, Shelly was startled to realise that residents did not understand the concept of voting, and so an educational programme was introduced to teach the residents about the 'Thumbs Up/Thumbs Down' concept and about rating foods through a star-rating system.

Another realisation was that neither residents nor staff knew the names of many of the vegetables. Again, this resulted in an educational intervention – and so there is greater mental stimulation for everyone.

It was this, as well as the reality of hard lockdown during Covid - when no fresh produce could be delivered - that led to a vegetable gardening project at the Home. "Through the support of Ben Getz of Urban Harvest, we established a functioning vegetable garden - shaped as a Magen David," Shelly says. "This garden has become a major source of food for Glendale residents - and people are kept more engaged through the work in the garden, they are all eating more healthy food, and we are having no negative impact on the environment because we have developed this project as an environmentally sustainable garden."

The focus on healthy eating is just one leg of the holistic wellness approach that has been evolving at the Home. Again, lockdown was a big factor in this. Since people would have limited opportunities to stay active, a gym facility with exercise equipment was set up. "Interest in using the gym has grown a great deal," Shelly says. "In the first year, eight residents used it; now we have 37 regular gym-goers."



A resident gardening



A resident exercising in the garden

Taking the notion of a family space one step further, the Home has included staff in its transformation focus. Many of the staff members come from areas characterised by poverty and poor social conditions, but they work closely with the residents every day, and so it is beneficial for everyone if their wellness is also looked at. Staff members have been included in many of the fitness, nutrition and wellness education initiatives too empowering them to better deal with their own chronic and other medical challenges. As a result, attitudes to their work are more positive, and there has been a decrease in absenteeism and sick leave among staff members.

A further element of wellness is spiritual health, and this is catered for through the Shabbat Circle project for women, a weekly story meet-up run by Rabbi Green, Bi-monthly Tea & Torah classes, regular Shul visits and the celebration of religious festivals. The positive outcome of the transformation is palpable, and donors are happy that the Home has reduced its medical expenses and improved its sustainability.

If you'd like to get involved as a volunteer at Glendale home, there are plenty of ways to help out. Please contact Shelly to arrange to do an activity you enjoy doing with some of the residents. For example: read stories to a group of residents, run an art class, go for walks or simply visit to spend a bit of time with a resident and provide companionship.

Absa JEWISH ACHIEVER AWARDS

Absa Business Icon Award winner: Cape Town's Philip **Krawitz of Cape Union Mart**



Philip Krawitz

felt deeply honoured to have received the Absa Business Icon Award at a glittering event in Johannesburg on 22 October. I have always believed that business is not simply an opportunity to enrich shareholders. I believe that business is a tool for the achievement of societal goals, thereby enriching not just shareholders, but rather, the entire environment in which a company operates. My goal has been, 'To build a worldclass company, trusted for its family values and passion to improve lives'. The theory is that if we can give great value and brilliant service to our customers, pay our suppliers on time and treat them with respect, look after the people we employ, protect the environment and support the community, then we should be able to make a sufficient return to keep shareholders happy.

Those of us who are privileged to be in leadership positions have a huge responsibility to use our knowledge, our experience, our connections and our resources to change the world from what it is, to what it can be. In other words... "Tikkun Olam"!

I have served in many communal roles in business, the arts, upliftment of the downtrodden, and of course the Jewish Community of South

"I am saddened by attempts to sow disunity amongst South Africans. We should be looking for reasons to unite rather than fanning the flames of hate."

Africa in general, and of Cape Town, in particular.

I am a passionate South African determined to create as many jobs as possible so as to alleviate poverty in our country. Alleviating poverty will reduce crime, reducing crime will attract investment, attracting investment will create jobs, and creating jobs will help our economy to grow.

Whereas South Africa is proudly my physical home, Israel, and specifically Jerusalem, will always be my spiritual home. Our company is being targeted for boycotts and pickets as a result of an allegation that I am funding the Israeli army. Needless to say, this is absolutely fallacious! I have never funded the Israeli army or any other army for that matter. However, I have funded humanitarian projects in Israel and South Africa, most of which have benefited both Jews and Muslims. I am saddened by attempts to sow disunity amongst South Africans. We should be looking for reasons to unite rather than fanning the flames of hate.

The Icon Award will inspire me to do my best not just for our Jewish Community, but rather for South Africa as a whole. Needless to say, I will never turn my back on my beloved State of Israel and its spiritual importance in my life.

Capetonian recognised as female business leader



Gia Whitehead at the Absa Awards

ape Town's Gia Whitehead, ✓ winner of the prestigious Europear Women in Leadership Award for 2023 - announced at the recent Absa Jewish Achiever Awards - co-founded a purposedriven tertiary institution, TSIBA, when she was just 21. The vision of the founders of TSIBA Business School was to lift young South Africans out of endemic poverty and into a life of opportunity, leadership and influence. Twenty years later it is changing lives of many young people and paving the way towards a better South Africa. Gia is still passionately involved, currently serving as CEO of TSIBA.

Gia explains, "TSIBA is a social enterprise organisation comprising a Business School, Ignition Academy and Education Trust that work together to educate and prepare competent business executives and successful small business enterprises. TSIBA has since 2005 offered fully-funded high quality tertiary level business education to young people who, as a consequence of academic and/or financial barriers, were struggling to get ahead post-matric."

It's important to note that, while South Africa has a staggering rate of 60% youth unemployment, the figure falls to less than 10% among young people with tertiary degrees. "This reflects how important it is for our country to provide more opportunities for young people to access education. Through TSIBA, we are able to transition talented young people from unemployability into active economic citizenship," Gia says. "In fact, since our first cohort's graduation, over 90%

TSIBA Business Bachelor of Business Administration degree graduates are either employed or pursuing postgraduate studies." The impact is significant: TSIBA's 1 500 graduates have returned over R250 million to the South African economy.

TSIBA is an accredited not-for-profit higher education institution offering undergraduate and postgraduate business qualifications. In addition to the core subjects crucial to business education, the TSIBA curriculum includes a focus on 'soft skills' such as attitude and leadership, as well as entrepreneurship, which is so important in our country where job creation does not happen at the rate needed.

Gia has been a core figure in TSIBA's history, having been there from 2004, when she worked with some colleagues on creating the framework for what a free-tostudent university could look like, soon attracting seed funding from The Shuttleworth Foundation. In 2005 the university took in its first students. Gia explains that she designed the Entrepreneurship curriculum and set up structures for building long-term sustainability through the BBBEE codes. "My main role has been to raise funds and build strategic partnerships - and we have raised over R500 million over the last 20 years."

The fruits of Gia's efforts are being seen in the recent acquisition of a new campus known as 'TSIBA Ndabeni'. Gia explains that, "This fully-owned campus significantly strengthens the TSIBA balance sheet and enhances our financial sustainability. It came at significant cost, though, and so we aim to raise more capital to replenish our reserves.'

On hearing about having been selected as the winner of the Women in Leadership Award, Gia commented, "I am thrilled to accept this award on behalf of the entire TSIBA community who have worked incredibly hard to make this possible, and for TSIBA to be recognised for the work we do to shift the future trajectory of our students and ultimately change the country and its leaders."



2023

Matric 2023 Grad Valedictory



Shane Brorson, Herzlia High School Principal, said, "Valedictory evening is both proud and bittersweet as we must say farewell to our 2023 matrics and wish them good luck for their final exams. For the majority, they have been part of the Herzlia family for their school career and we have watched them grow and flourish. Herzlia's uniqueness lies in equipping our pupils to meet this moment in their school career headon. Clearly, what is central to our individuality is our Jewish identity and it is also central to Herzlia's 5 educational pillars - Academics, Sport, Culture, Jewish Life & Learning and Menschlichkeit. All are integrated into the educational offering and backed by a strong emotional and educational support system creating young adults that have gone on to be successful with their tertiary education and beyond."

Mazaltov to Herzlia High School's Class of 2023 Premier Award Winners:

Rossouw Van Zyl Memorial Award in recognition of having attained an average of 90% or more in the preliminary examinations 2023:



2023 Grade 12 year group

TAYA ALLARDICE, LEO BACHMANN, ERIN BARUCH, LEAH BENJAMIN, ZACHARY CASTRO, LAYLA CHAIT, ASHLEE DEATS, JULIA HASSON, ETHAN MYERS & JONATHAN QUERIDO

Award for the Top Academic Pupil in Grade 12: ETHAN MYERS

Achvah Award: Gr12 pupil who best exemplifies Herzlian menschlichkeit showing exceptional generosity of spirit and awareness of human connectedness: LEO BACHMANN

Union Of Orthodox Synagogues Cape Council Award (recipients who have contributed significantly to the Judaic Life of Herzlia High School): JENNA ZETLER

Principal's Award for Outstanding Commitment & Service to the School (Endowed by the Class of 1969 in Honour of their 50th Anniversary): TAYA ALLARDICE

Zalman Avin Memorial Award for the Best All-Rounder in Gr12: TAYA ALLARDICE & JENNA ZETLER



Taya Allardice – The Principal's Award for Outstanding Commitment and Service to the School



Leo Bachmann – The Achvah Award



Ethan Myers – Award for the Top Academic Pupil in Grade 12



Jenna Zetler – The Union Of Orthodox Synagogues Cape Council Award



Taya Allardice & Jenna Zetler – The Zalman Avin Memorial Award



Jonathan Querido, Julia Hasson, Ashlee Deats, Zachary Castro, Leah Benjamin, Taya Allardice, Leo Bachmann, Erin Baruch & Layla Chait – The Rossouw Van Zyl Memorial Award

SCHOOLS OUT! It's a new school year!

With it being year-end families will soon be getting ready for the next school year. The Cape Jewish Chronicle has spoken to Jewish schools in Cape Town about their offering and have put together the summary below - we hope it may help guide parents about which school to choose.

SCHOOL	PHYLLIS JOWELL	SINAI ACADEMY	SALISBURY HOUSE	HERZLIA	CAPE TOWN TORAH HIGH
GRADES OFFERED	Pre-primary from 18 months old to Primary (Grade 6)	Pre-primary from 4 months through primary to Grade 6	Grades 1-7 with multigrade classrooms	Age 18 months to 18 years	Grades 7-12
LOCATION	Camps Bay	Blouberg	Wynberg – located at Temple Israel Wynberg	City Bowl, Atlantic Seaboard, Constantia	Gardens
CURRICULUM	Dual curriculum: Jewish studies with international Curriculum and International Primary Curriculum for secular studies	Dual curriculum: Jewish studies with international Curriculum and Primary Curriculum for secular studies (Cape national standard baseline and international curriculum in addition – international accreditation)	CAPS curriculum and British ASDAN curriculum for children with special needs	CAPS curriculum with National Senior Certificate Examination (NSC Matric). Additional subjects available via IEB 21st century skills, e.g. ESTEAM, Digital Literacy and Coding, Makerspaces, Robotics and Computer Labs. Singapore Mathematics across all grades. UN Sustainable Goals included in the curriculum.	Dual curriculum: - Full Judaic studies - General studies through University of Nebraska High School (an internationally accredited curriculum)
				Inclusive education: allows for children who are not academically inclined to achieve a Matric.	
ONLINE SCHOOLING	No	No	Not for mainstream but ASDAN online schooling is available for those with special needs	No	No
JEWISH EDUCATION	A strong foundation in Torah skills and values. From text to experiential learning through the age groups	A strong foundation in Torah skills and values. From text to experiential learning through the age groups More than a school, a community setting, where school and shul are closely connected for experiential learning	Pluralist Judaism applied - recognise Progressive, Reform & Orthodox Judaism. Hebrew & Jewish Studies once a week. Shabbat celebrated every Friday, and Chaggim are celebrated	Jewish Life & Learning programme. Close collaboration with Jewish Youth Groups and Jewish community internationally. Trips to elsewhere, e.g. Israel Encounters, March of the Living in Poland Diller International Leadership Programme and Galilee Dreamers	Extensive Judaic Studies: 2-3 periods per day (Chumash, Tanach, Talmud, Jewish law and history. Jewish Philosophy)
AVERAGE CLASS SIZE	7	Average of 15 per class (vertical grouping with individualised skills education) High staff to student ratio	Maximum of 10 children	20-25 pupils per class	Average of 10 students per grade divided into two divisions – boys and girls
EXTRA-MURAL ACTIVITIES	Sports hub, Chess, Yoga, Music, Drama, Art, Ceramics	Find out more from the school	Dancing and music lessons available on the premises	Wide range of sports and cultural activities, including Chess, Living Maths, Soccer, Gymnastics, Ballet, Drama, Karate, Ballet, Hip Hop, Clay, Coding and Robotics, Water Polo, mountain biking, ESTEAM and Esport, etc	Futsal and access to Herzlia extra-murals
MATRIC QUALIFICATION	N/A	N/A	N/A	Top 10 Performing NSC Schools both in the Western Cape and nationally. Alumni study at universities locally and abroad	American-accredited high school diploma and SAT exams. Alumni accepted into universities in SA and around the world
FINANCIAL SUPPORT	Assistance to eligible families	Assistance to eligible families	No	Support provided to eligible pupils through The Herzlia Foundation Trust	Available for eligible parents and students

Balancing my Jewish pride with my Jewish fear at the University of Cape Town

By ERIN DODO



This month we welcome Erin Dodo as our columnist representing the voice of Jewish youth in Cape Town. A student at the University of Cape Town, she serves as the Chairperson of the Western Cape branch of the South African Union of Jewish Students.

On the 7th of October, the Jewish people faced the worst massacre since the Holocaust. Hamas terrorists armed with hatred, Iranian weapons, and a hunger for Israeli blood infiltrated Israel by air and land killing 260 peace loving people at the Nova Festival, butchering family after family at

Kibbutzim and taking over 240 people hostage. Since then, the death toll has risen dramatically. Hamas has released videos of terrified hostages, and social media has been flooded with videos of young girls being driven through the streets, with blood staining their clothes and hair, lifeless bodies being paraded through the streets of Gaza whilst Gazans celebrate, dance, and eat sweets.

The world, if just for a single moment, finally saw what the Jewish people have been saying all this time: we are afraid. We are being threatened. Wake up.

That only lasted a moment before the narrative immediately shifted – celebrities were all too quick to call for a ceasefire. The so-called "Squad" (AOC, Rashida Tlaib, Ilhan Omar, Cory Bush and four others) began to advocate against Israel's existence in the House in the United States, and our own government received a letter of thanks from Hamas

It just so happened that the week of the massacre in Israel was test week at the University of Cape Town. Immediately Jewish students were forced to reckon with their own stresses. A few students I spoke to told me they felt guilty even beginning to stress about an Economics or Computer Science or Psychology test when their families in Israel were scared for their lives, their siblings and families were being called to the reserves, and their friends were missing.

A few of us appealed to our course administrators for deferrals, extensions or exemptions. Some of us- with empathetic lecturerswere successful; many were not. Heartache, loss, and mourning

by a Jewish student was simply not enough grounds for sympathy. The Monday after 07/10, whilst I prepared myself to go onto campus, I had new considerations I had to deeply examine- and one of those was whether or not I should take my Magen David off, whether wearing it would perhaps draw too much negative attention. Other Jewish students on campus had similar thoughts; keeping our heads low that week, our characters withdrawn, some too afraid to even come to campus - afraid of what student groups may do; the same ones that have been flying the flag of Hamas, the terrorist group responsible for murdering our families, at our own place of learning.

How, as Jewish students in South Africa, can we possibly feel safe? With our government actively brushing aside rising antisemitism, our institutions too afraid to call out hatred on campus, with threats, intimidation and, above all, whilst still being in mourning for people lost in a war we never wanted?

The political landscape in South Africa is unique. It may be the only place in the world where flying an ISIS flag on the promenade is excused as fighting for freedom. It may be the only place where flying flags of internationally recognised terrorist organisations on campus is excused because our own government doesn't recognise them as terrorists — citing the age-old "one man's terrorist is another man's freedom fighter" argument.

What it certainly is not unique in is its experience of posters of kidnapped children being torn down and labelled as "Apartheid propaganda." It is not the only country with

a terrified Jewish population – which, whilst tiny, receives a disproportionate amount of hate.

Upon calling on the university to act and receiving not one response – other than from CPS (Campus Protection Services) to investigate their complicity in the targeting of Jews on campus – the University of Cape Town – the best University in Africa – has been dead silent, opting to not say a word in fear of the consequences it may produce.

I was faced with a dilemma: how could I, a proud Jew and Zionist, hide my identity at the place where I should feel the safest to express it?

In a war we never wanted, we have lost 0.01% of the Jewish population. Whilst that may seem insignificant, everything is relative.

That's the same as 240 000 Christians.

137 800 Catholics.

180 000 Muslims.

In less than a week.

So, when we tell our university that we are afraid and they continue to ignore us, we understand how Jews have historically been targeted, whilst the world remains silent.

In a war we never wanted, we've had to quieten our identities to protect ourselves. Keep our heads low on campus in fear of drawing too much attention, and our universities keep silent.

We will never not be proud of our faith – the very reason we are here is because our ancestors fought for us to be here, but universities globally will come to understand that, whilst our voices may tremble, we will not go silently.

USING MY NUDEL

So long, farewell, goodbye

By CRAIG NUDELMAN



As I sit down to pen this farewell, I can't believe it's been over eight years of writing a column about anything and everything I've been thinking or feeling. From my family to festivals, work, wars, and everything in between, it's been such a privilege taking you on this journey with me. You've been there for the birth of my beautiful and amazing daughters, Jessica and Livi. You've helped me get through retrenchments, emigration, family losses and my brain surgery. You

have been there supporting my political and religious views.

For the past six months, this column has been a link to the Cape Town Jewish community and, as it ends, I feel a sense of loss. However, I will always have the memories, and I will treasure them.

I'd like to thank Lindy Diamond for approaching me to write this column in April 2015, and Desrae Saacks and Bonny Feldman for putting up with my late submissions! Finally, during this devastating time for the Jewish people, may we see a resolution to the war in Gaza, the hostages freed, and an end (or, more likely, a pause) to indiscriminate antisemitism.

And so, with that being said, thank you for this incredible ride. I look forward to staying connected in new ways.

L'Shalom

ISRAEL: A JOURNEY MAKING MEANING

My heart is broken

JULIAN RESNICK writes from Israel



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 seven grandchildren and is a member of Kibbutz Tzora.

What does a broken heart look like?

I thought that I knew; I thought that I had experienced it in the past.

But I had not. I had experienced the Hollywood version of it.

My heart is broken by what has happened over here.

Let me explain "here" for a moment.

Here is where I came to live over forty-seven years ago, following my big dream.

My "big dream" was to live somewhere where every part of myself would be out there. In which I would recognise myself totally. I came "here", because I wanted every single part of my being to be exposed. I wanted to be done with hiding even a small part of myself.

"Here" is Israel, my home, my great love, my pain, my joy; the place where Orly and I came together; where my children were born; where my grandchildren were born.

"Here" is Israel – where I went to the army because I knew, and know, that others would destroy us if they had the chance. Where I have worked for over forty years in education trying to introduce people, both young and older, both Jewish and Gentile, to my love.

My heart is broken, tears fill my eyes all the time, there is constantly a lump in my throat.

Recently, I was in Jerusalem, for the first time since the war began. I had three conversations in Jerusalem.

The first was with one of my favourite rabbis who has a large

congregation in the NYC area. We spoke at length about the complex ethical questions which this war brings up for all of us who inhabit that space where the people we meet and work with are looking for answers to ethical questions as part of their way of navigating life.

It was an exhilarating hour.

My second conversation was with my wife's 94-year-old aunt who is an inspiration to us all. Who is clearly an example of what it has meant to be a person of great depth living through the many twists and turns Jerusalem has endured over the past almost 100 years.

It was a lovely hour.

My third conversation was with someone a little younger than myself, who has lived here fewer years than I have, and is very involved in working for peace, for building an equitable, shared society. He is an impressive combination of a serious thinker and an even more serious doer, taking on seemingly impossible tasks and doing the work on the ground. We talked about the morally impossible situations caused by war for good people, people who care, who are committed and who find their commitments colliding with each other.

It was a difficult hour.

My heart is broken and I am one of the lucky ones. I have a broken heart, and my family is all physically well. I can still walk with my grandchildren. I can still pick them up when they cry. I can still hug them to give them comfort.

Many people cannot, either because their little ones are being held hostage, or some of their little ones were taken away from them forever.

In my difficult hour, the third one described above, I was asked about the pain of those Palestinian grandfathers from Gaza who too have broken hearts. I am so angry with those who destroyed so much on October 7th, those Hamas terrorists, when they entered the homes of Israeli civilians and butchered and murdered and raped and took hostage. Not only because of what they did to us, but also because the massacres they carried out, the filthy instructions they had received to murder, burn alive, rape and destroy in every way possible, is what is causing the heartbreak for grandfathers, here in Israel and in Gaza.

The very same people who sent in the murderous terrorists with clear and brutal instructions are now turning to those of you who inhabit the space I have inhabited for so many years, not my physical space here in Israel, but the space of navigating this life as you grapple with ethical questions – and please, keep on inhabiting that space – those same brutes are asking you to condemn Israel – me – when you should be turning on them, to them and saying to them:

YOU ARE RESPONSIBLE FOR THE DEATHS OF ALL THESE LITTLE INNOCENTS.

YOU SENT IN THE BRUTES.
YOU UNLEASHED THE FURY.

My heart is broken.

A new world champion!



With the thrill of South Africa's Rugby World Cup win still lingering, it's thrilling to know that a South African from Cape Town has secured yet another World Champion title. MARGIE VOLKS was crowned World Champion in her category at the World Line-Dancing Competition during July. This competition, the leading global event for line-dancing, which is held in Blackpool in the UK, attracts top dancers from over 40 countries. With stiff competition from such a significant number of destinations, being crowned World Champion is no mean feat.

As a dancer with the Silverliners, a dance group run by Debbi Wienburg, Margie joined eight other dancers from Cape Town at the competition. The group's success in the competition resulted in a table full of medals and trophies – but the crowning glory was Margie's World Champion title.



The Gitlin is where people and books meet!

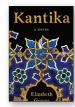


FINALE: LATE CONVERSATIONS WITH STEPHEN SONDHEIM by D. T. MAX. Max reveals Sondheim as he was rarely seen in public with a candour and vulnerability little shown before. He brings together unedited interviews creating a portrait of an artist in his twilight years. The book offers insight into the mind and heart of a genius who indelibly influenced American musical theatre and culture. A revelatory glimpse into the intensely private life of this musical icon.



HITLER, STALIN, MUM & DAD by DANIEL FINKELSTEIN.

This powerful memoir explores Daniel's parents' experiences of persecution and survival during the Second World War at the hands of two genocidal dictators. Alternating chapters tell the parallel lives of the Wieners and the Finkelsteins reflecting two separate yet similar stories. His mother's story is of life under the brutal Nazi regime in camps followed by an unlikely release through a prisoner swap. His father's one is of internal exile in Siberia under the Soviets.



KANTIKA by ELIZABETH GRAVER. In this novel, Graver depicts the life and times of heroine Rebecca Levy, née Cohen. The book opens in Constantinople in 1907 and spans five decades in Barcelona, Havana and New York in 1950. Through the experiences of the family, we learn about the tribulations shared by this generation of Jews: emigration and immigration, loss, separation from family, war and financial insecurity. The author delightfully incorporates Ladino into the dialogue and includes a family photo at the beginning of each chapter.



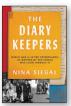
PORTICO: Cooking and Feasting in Rome's Jewish Kitchen by LEAH KOENIG. This new cookbook features recipes and beautiful photographs of Rome's Jewish Community, one of the oldest in Europe. Despite years of persecution inside the Roman Jewish Ghetto, this community on Via del Portico d'Ottavia thrives. Koenig's recipes showcase their cuisine's vegetables, meats, rustic pastas, and desserts. These recipes inspired by Italian Jewish tradition transport the reader into the streets of Via Portico d'Ottavia.



SPEAKING YIDDISH TO CHICKENS by SETH STERN. The author writes about Jewish refugees, Holocaust survivors and immigrants who settled around Vineland, New Jersey, becoming poultry farmers Stern touches on individual stories and personal interviews to highlight the rich experience of these "accidental farmers." These greenhorns were not the first Jews in Vineland as Russian Jews formed a Jewish farming community as early as 1880. Vineland flourished with its vibrant Yiddish community until the 1960s.



TEN YEARS GONE by JONATHAN DUNSKY. In 1949, protagonist Adam Lapid is living in Israel after losing his family in Auschwitz. On becoming a private investigator, he is approached by a woman to help find her missing son. She had recently come from Germany and had given her son, William, ten years previously, to her school friend Esther who was immigrating to Israel. Lapid believed they were no longer alive and then found that they had been murdered. At great personal risk he needs to find out why they were killed and by whom.



THE DIARY KEEPERS by NINA SIEGAL. The author weaves together the voices of a handful, who like Anne Frank, were inspired to record their everyday experiences under the Nazi occupation. Her selection highlights the Jewish perspective of a journalist at a transport camp, stories of Nazi sympathizers, a diamond cutter as well as members of the Dutch resistance who saved many lives. Siegel intersperses diary extracts with historical references providing an understanding of how "ordinary" Dutch people navigated life under Nazi rule.



THE LIBRARIAN OF BURNED BOOKS by BRIANNA LABUSKES.

In 1933, novelist Althea James visits Berlin from America on a Nazi exchange programme. At first enchanted, her view changes after witnessing the torching of banned books and meeting Hannah Brecht, a Communist party supporter. Hannah later flees Paris and lands up in a Brooklyn bookshop filled with Nazi-banned books. Another character, Vivian Childs, whose husband died in combat, is fighting to ensure that books are sent to American servicemen overseas. All their lives intertwine.

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BOOK REVIEW: The Bitterness of Olives by Andrew Brown

Review by: BERYL EICHENBERGER

he Bitterness of Olives, by Andrew Brown is a haunting book - shockingly real in bringing the perspective of people living in a country split through to its very foundations, where the worst kind of inhumanity can happen through a mere word. When righteous belief transcends logic - we are seeing it now as the situation in Israel and Palestine escalates. The cover of the book was almost prophetic, as Brown himself says - 'it is surreal'- as the tragedy of a terrorist onslaught on Israel unfolded a few weeks after the book was published.

The story that Brown has crafted is not an easy read. This is an intimate picture seen through the eyes of two men, an Israeli detective and Palestinian doctor, whose pursuit of truth and healing through their chosen careers, are their only goals. Two good men, on opposite sides of the barrier: Retired and recently widowed detective Avi Dahan cannot let go of the truth. His life is empty without his wife. When former colleague Dr Khalid Mansour contacts him, even his stubbornness cannot prevent a spark of interest. Their working relationship had shattered some years before, destroying what had been an uneasy but respectful friendship. Khalid had moved to Gaza City with his family; Avi had allowed his anger to simmer. But when a body turns up in Khalid's emergency room in Gaza the story it tells compels him to reach out to Avi – only he can help, but will he?

This emotive story will reach into the depths of your heart. The friendship that had existed between

Avi and Khalid seems to be an analogy of all that is happening in the Middle East. We are taken back in time, to the founding state of Israel, the displacement of the Palestinians and the Iraqi Jews, the wars, the separations and the horrors of Gaza City

The novel explores the nature of friendships, families, forbidden love, strongly held beliefs, conflict, fanaticism and how a simple life is something that has been denied in the turmoil of the Middle East.

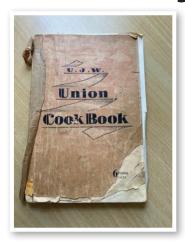
Brown's bitingly honest but objective narrative brings home to us that the victims of war are not always obvious, that the injustices and the encouragement of hatred and resentment hurts the innocent, questions identity and humanity. That our lives are stitched together in a patchwork of small pieces



and experiences that shape us, change us, inform us.

It is an evocative chronicle that has its place among those novels that expose injustice; questioning and yet allowing the reader to draw their own conclusions. I was moved to tears in the reading. I had to put it aside and digest what I had experienced, because that's what Brown does: he gives you an experience as you walk the streets with his characters - one that will force you to ask, 'What is humanity?'

What's cooking this Chanukah?



As regards food traditions associated with Chanukah, the internationally renowned Jewish food expert, Claudia Roden, explains in her iconic book, The Book of Jewish Food, that "The miracle of the oil is remembered in the kitchen

with the abundant quantities used to deep-fry the traditional Hanukah treats. The Ashkenazim eat potato latkes (grated potato fritters). In Israel they make soufganioth or ponchkes (jamfilled doughnuts). The Sephardim eat fritters in syrup variously called zalabia, loukoumades, sfenj and yoyos. Italians eat chicken pieces dipped in batter and deep-fried. Moroccans eat couscous with chicken that has been deep-fried rather than boiled."

We are able to share a tried and tested recipe for potato latkes that you can make for your family to enjoy this Chanukah. This particular recipe, published in the 1951 Union of Jewish Women's Union Cook Book, has been used by at least three generations of cooks. (See the cover of this much-loved recipe book.)

RECIPE

POTATO LATKES

3 cups raw grated potatoes

2 eggs

1 small teaspoon salt

4 tablespoons flour

Pinch of pepper

1 teaspoon baking powder

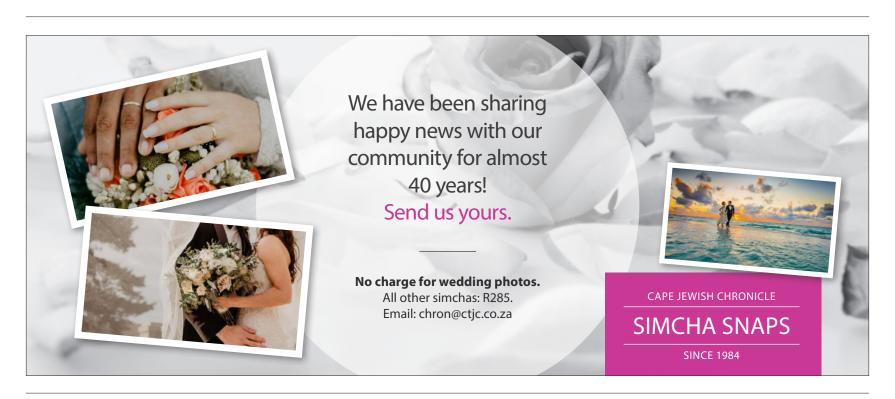
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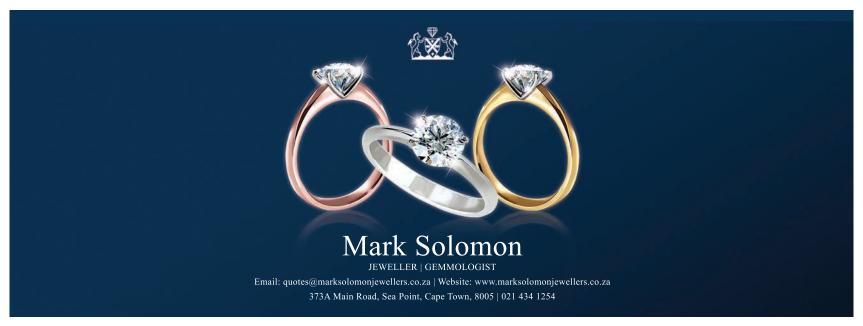
Combine potato with the rest of the ingredients.

Drop by spoonfuls into a frying pan covered with hot fat or oil.

Fry till brown on both sides.







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References available on request. Contact Shelley on 072 506 6263 or email: lilpeople@iafrica.com

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