

★ JEWISH CAPE CHRONICLE

VOLUME 40 No 2

MARCH 2024

Digital Edition

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2024

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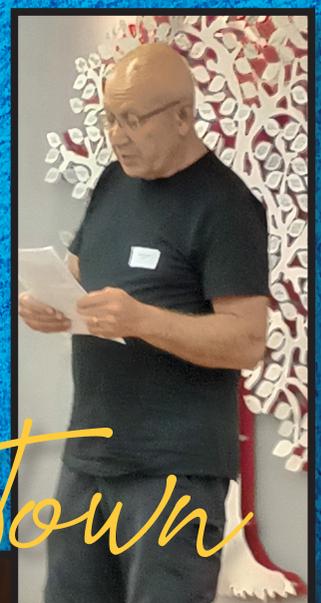
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Bonny's Beat



Helping Israel to survive

The current dismal war in Gaza reveals some learnings about life in Israel, about Israeli society and about the people around the world who support both Israel and oppose antisemitism.

While the hateful rhetoric from many Capetonians and from our own government has left us feeling abandoned, it's been encouraging to see the extent of Christian support for Israel. The views expressed fly in the face of some South African Christian leaders, but the commitment to the survival of Israel among these people remains resolute.

One recent incident particularly touched me: three elderly women arrived at our campus in Hatfield Street, hoping to find a way to donate money for Israel. The three – all pensioners – hail from Bonteheuwel and Steenberg, and all are committed to the cause of supporting their Jewish brothers and sisters.

According to one of these women, "I think that the nation of Israel is amazing. Even though they are advanced in so many ways, be it in medical science or agriculture, they are prepared to share their knowledge with whoever wants and needs it." She went on to say, "We pray for the IDF and the hostages that are being held under appalling conditions. We hope that they will soon be rescued."

Similar support has been demonstrated regularly by various organisations, such as the SA International Christian Embassy Jerusalem and the South African chapter of Bridges for Peace. The National Director of Bridges for Peace, Chris Eden, made some strong points at a recent function at which an Israeli visitor was hosted. Chris indicated that, while the current conflict is a battle for the survival of Israel, it's something even bigger: it's also a fight for the culture and future of the world.

As regards the current situation in Israel, one significant insight

relates to the amazing unity within the country – considering the deep divisions in Israeli society prior to October 7th, the transformation into a united society around the single focus of the state's survival is significant. This is clear from the new face of the army, which today has soldiers from a particularly wide range of backgrounds, beliefs, and types of religious observance. This unity is also evident among Jews from other countries, who are providing support for the country in numerous ways, such as volunteering in agriculture.

Through togetherness, we can survive the current horrendous assault on our national state and on our people.

In recent months, the community's focus has been dominated by support for Israel, as well as the rise in antisemitism. This month's Chronicle continues this focus – with a disturbing editorial from Erin Dodo; a story about volunteering in Israel; and regular columnist Julian Resnick sharing the content of the talk he gave to readers during his recent Cape Town visit.

During March we celebrate Purim. Considering the festival's history - the foiling of a plot by the Persians to kill the Jews – it will be a particularly symbolic commemoration this year. The players remain similar, especially with Hamas being supported by Iran (which was previously Persia). We hope for the downfall of today's Persians and their allies!

A FUNNY
By the Editor

I recently listened to a webinar about the Jewish community of Mexico. In a throw-away line the presenter mentioned that the community had a mohel for many years with a name most appropriate to the job.

The name – Mr Klip!

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SHABBAT TIMES

DATE	PORTION	CANDLE LIGHTING		ENDS	
		<i>earliest</i>	<i>latest</i>		
1 / 2 March	21 / 22 Adar I	Ki Tisa	18:03	19:04	19:55
8 / 9 March	28 / 29 Adar I	Vayakhel, Shekalim	17:55	18:55	19:46
15 / 16 March	5 / 6 Adar II	Pekudei	17:47	18:46	19:36
22 / 23 March	12 / 13 Adar II	Vayikra, Zachor	17:40	18:36	19:27
29 / 30 March	19 / 20 Adar II	Tzav, Parah	17:32	18:27	19:17

Save the date



UPCOMING COMMUNITY EVENTS

<u>COMMUNITY ORGANISATION</u>	<u>EVENT</u>	<u>DATE</u>	<u>FOR MORE INFO</u>
Cape Town Holocaust & Genocide Centre	Film screening: Behind These Walls with Isaac Habib	Sunday, 3 March 15h00	admin@holocaust.org.za
Nechama	Breakfast Talk with Vic McKinney	Tuesday, 5 March	admin@nechama.org.za
Cape Jewish Seniors	Art and Craft Exhibition	Tuesday, 5 March 10h00 – 15h00	Crafters welcome to exhibit. Contact the office for details. admin@cjsa.org.za
Cape Town Holocaust & Genocide Centre	Discussing the Triumph of the Will, Propaganda Film. By Prof. Rolf Wolfswinkel	Wednesday, 6 March 18h00	admin@holocaust.org.za
ORT Jet Cape Town	InstaSavvy: Navigating the latest Instagram trends and tools – Dean Horwitz	Wednesday, 6 March 16h00 – 18h30	https://qkt.io/SmqJGb
UJW	Workshop with Kim Isaacsohn “Let’s start your dream..”	Wednesday, 6 March 10h00 – 11h30	projects@ujwcape.co.za
ORT Jet Cape Town		Friday, 8 March 08h30 – 10h00	
SAZF	Film Club: Operation Grandma	Sunday, 10 March 18h30	sazfevents@ctjc.co.za
ORT Jet Cape Town		Tuesday, 12 March 16h00 – 18h30	
ORT Jet Cape Town		Wednesday, 13 March 18h00 – 19h30	
Cape Jewish Seniors	Leonard Suransky speaks on Jihad and Genocide. R15.00	Wednesday, 13 March	admin@cjsa.org.za
Habonim	Mini Mach1	15 – 17 March	mazkir@habo.org.za
Cape Town Holocaust & Genocide Centre	Book launch: The Conversion with author Prof Wolf Gruner	Sunday, 17 March 14h00	admin@holocaust.org.za
UJW	Yoga Morning With Mina Stein	Monday, 18 March 07h45	projects@ujwcape.co.za
ORT Jet Cape Town	Business Talk – The future of Fintech is now – Leora Hessen & Tanya Golan	Tuesday, 19 March 18h00 – 20h00	https://qkt.io/BilvOT
UJW	Hamantaschen Bake	Wednesday, 20 March 18h00	projects@ujwcape.co.za
Cape Jewish Seniors	Barry Pogrud speaks on Wills and Bequests. Lunch thereafter. R70.00	Monday, 25 March	admin@cjsa.org.za
Cape Jewish Seniors	Shannon Pam speaks on the Power of Self Love. Lunch served. R100	Thursday, 28 March	admin@cjsa.org.za
The Jewish Agency for Israel	Aliyah Expo 2024	Thursday, 4 April	Page 15
Cape Jewish Seniors	3-night break at Goudini Spa	9 – 12 April	admin@cjsa.org.za
Temple Israel	Machaneh Experience Outdoors	26 – 28 April	Eric 021 762 1745
SAZF	Yom Hazikaron	Sunday, 12 May	sazfevents@ctjc.co.za
SAZF	Yom Ha’atzmaut	Tuesday, 14 May	sazfevents@ctjc.co.za

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CONSIDER THIS

THE MONTH OF ADAR

By RABBI EMMA GOTTLIEB



Adar is about happiness, miracles and transforming darkness to light. Usually, Purim is in Adar. In a leap year, it falls in Adar ב (Adar II). If Purim is delayed, is Adar I still meant to be joyful, or are there other themes we should be considering? Next month, Nisan, has a New Year (Pesach), according to the ritual cycle. Thus, Adar is the last month of the ritual year – a time to reflect on endings and beginnings, and how time spirals through our lives.

Moses' birthday and the day of his death were in Adar – a joyful birth dampened by danger; a death marking the dawning of a new age as the Israelites return to their land just as their leader leaves them forever. Normally, we hold the joy and the bittersweetness of Adar

together. Perhaps in a leap year, we are invited to sit in preparation for the ending of the ritual year yet, before the end actually comes, we have extra time to root deeply and intentionally into joy. We delay mourning to celebrate Shabbat. So too can we delay year's end while celebrating joy with abandon.

Since October 7th many people are feeling a daily heaviness. Whether we mourn the loss of soldiers and the plight of hostages, are saddened by the need for war, troubled by the suffering of all affected, advocating and praying for an immediate end to violence – wherever we find ourselves on the diverse range of Jewish responses, and especially as we feel the pain of how our different perspectives divide us – we are all

struggling. Might the double portion of Adar help us to suspend this heaviness and strife? To set aside our divisions and sadness and lean exclusively into joy?

That we survived all the trials of our shared history is nothing short of a miracle. That we are alive today to stand up for values we believe in – to fight for Israel, peace, and humanity – is something to be celebrated. Bravery isn't only soldiers and liberators – bravery is one woman using her voice to save her people; one man refusing to bow to the rulers of the day.

In these months of Adar, contemplate how to end this cycle – how to find light and joy, even in dark, difficult days.

Adar has begun. This is a leap year, so we get a double helping of joy.



Jews-by-Choice (JBC) class of 2023

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Belle Duwe



Jake Flax



FRIENDS OF THE UJC CAPE TOWN
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Friends of the UJC Cape Town year-end event



Ruth Leas, CEO Investec Bank PLC

On Thursday, 28th December guests gathered from around the globe for a celebration at the Friends of the UJC Cape Town year-end summer event.

The event, which has become a highlight of the festive season in Cape Town, was held at the newly built Investec offices in the V&A Waterfront. Investec has been our sponsor for 15 years and it was a privilege to host our event at their new home. A lovely evening was enjoyed by all and the feedback we received after the event was heartwarming.

Guests mingled with Friends from far and wide and enjoyed the magnificent views of this unique location. They were treated to a wonderful musical performance by duo Dani Bitton and Elanit

Judes and to gourmet food of the highest calibre, catered by Stanley Norrie and Jacques Erasmus of Hemelhuijs.

Ruth Leas, CEO of Investec Bank PLC, spoke on behalf of the Bank, whereafter Michael Kovensky introduced our Guest Speaker, the Mayor of Cape Town, Mr Geordin Hill-Lewis. Geordin was elected to Parliament in 2011 at the age of 24, at the time the youngest MP to be elected. He served as the DA's shadow minister for Finance and shadow minister for Trade and Industry. He served for five years as chief of staff to the then Leader of the Democratic Alliance and Premier of the Western Cape, Helen Zille. He has a Master's degree in Finance from the University of London. The Mayor spoke well and left all feeling inspired and hopeful.

Marco Van Embden, Chairman of the Friends and the David Susman Community Foundation addressed the guests and shared with them the Friends successful 15 year journey. The main focus of the annual Friends event is to ensure support for the sustainable future of the Cape Town Jewish community and to celebrate Jewish Life in the Mother City. The proceeds of the Friends event support the Community Foundation. These funds have grown significantly since inception, with dedicated oversight by a Board of Trustees. A number of important bequests and legacies have added to the financial strength of the Foundation. The Foundation is crucial to the Cape Town Jewish community, as it serves as a protection mechanism against any future adversity which may befall it.

The Community Foundation also supports strategic and impactful initiatives which will ensure the vibrancy, strength and longevity of the Cape Town Jewish community. Important projects are provided with seed funding in order to ensure the community continues to evolve and prosper.

We thank our Patrons, Friends, Donors and loyal supporters, and believe that the Friends as well as the Community Foundation will continue to grow from strength to strength.

We would like to thank our generous sponsor Investec Bank.

For more information on the Friends of the UJC Cape Town contact friends@ctjc.co.za or call +27 21 464 6700

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CONNECT, COLLABORATE, COMMUNITY

By Daniel Bloch, Executive Director, Cape SAJBD

LOST IN TRANSLATION?



Not for the first time I am seeing things being lost in translation, or comments taken the wrong way, or people being completely misinterpreted. A few weeks ago, I did an interview with an international online publication that not only got my organisation's name and my title incorrect, but also misquoted what I said. Then the excuse boiled down to Google Translate and differing languages. I also made a joke on a social WhatsApp group and I think some of my friends didn't find it funny. (But, don't worry, they are still my friends.)

One of the most notable 'lost in translation' pieces of communication of late, is the recent 'ICJ victory by South Africa'. Now I am no lawyer, neither am I a professor of anything, however I am fairly intelligent and have a basic understanding of English. Where in the ICJ ruling did the Court award a victory to South Africa? In fact, most view this as an embarrassing loss for our country as the ICJ did not call for a ceasefire or an end to military activities, nor did they find Israel guilty of genocide. I suppose our government needs to take every little win it can, as it hasn't been the easiest time for them of late.

All of this misinformation and miscommunication reaffirms in my mind how important it is to communicate with everyone on a consistent basis and get the messaging right! Particularly within our own community. We have spoken about this time and time again; however it needs to be repeated on a regular basis. The sharing of fake information is a problem. People love going onto social media and sharing fake news (unintentionally most of the

time) or commenting on fake news – and then landing up in hot water.

My advice to everyone is not to comment unless you are 110% certain of the facts. I know we all want to be the first person to share the Koch, however there are no prizes involved. At the Board we have a saying, "Weigh up the risk of losing vs the reward for winning". In this instance, sharing the wrong information or providing a comment on something which is untrue can land you in a world of problems and dig a hole so deep that not even Spiderman would be able to swing his way out of it.

Lost in translation also applies to stereotyping of people. There is a small group of individuals within our community who passionately protest against Israel, wave Hamas flags and stand in solidarity with their brothers-in-arms (not their Jewish brothers). Now, whilst several of these activists have fallen for the BDS lies, there are others in our community who are conflicted. They support the peace process and a ceasefire, however they very much believe in Israel's right to exist. Yet they have attended some of these 'Shabbos' functions to understand more about the organisation. Unfortunately the individuals have inadvertently been caught 'socialising' when in fact they are not part of this other organisation and do not share in their ideologies. We cannot lambaste them and take them to task without engaging with them first to understand where their minds are at.

Over the past few months, I have engaged with some of these individuals and their parents trying to understand their thinking, and I encourage any member of the community who is feeling conflicted to reach out to the Board. We are happy to engage in dialogue and find some common ground. We are one Jewish community and, as long as we remain steadfast, resilient and united, there is no obstacle we cannot overcome.

Executive Director of the Cape SAJBD, Daniel Bloch, spoke on Chai FM about why we as a community should stay in Cape Town whilst still remaining vigilant in the current environment. [CLICK HERE](#) to access it.

MESSAGE FROM THE CHAIR

By Adrienne Jacobson

SUMMERTIME



February in the Cape usually brings the best of summertime: warm evenings and ocean swims, Valentines and wedding season, and the promise of the year stretching ahead with all its projects and events.

The new year provides us with a really invaluable opportunity to evaluate, scrutinise and in some areas reassess the work that we do to optimise and utilise our resources efficiently and effectively.

The political climate since 2023 has seen our community facing wave after wave of hostility, not only from the outpouring of hate and bias in the media, from academics and even in sport, boycotts and protests, but the breakdown of the relationship with the ANC government.

Cape Town has taken a lot of the heat from protests outside our Gardens Jewish Community Centre where we have been subjected to offensive and threatening statements and hate speech from the protestors, to attacks on Herzlia school and boycotts and further protests outside Jewish-owned businesses.

Never before has the work of the Board been more important to the community, and our focus is firmly on areas like legal responses, advocacy and combating antisemitism – all aimed at protecting the civil rights of the community. We have hosted countless meetings with legal counsel, government officials both local and national, academia, consulates and embassies,

political parties, security officials, communal leadership, National Jewish leadership and of course the media. We have performed many interviews and submitted a variety of statements and articles throughout local and international media. Community engagement and communication is ongoing.

February also brings the preparation for Israel Apartheid week on university campuses, a particularly hard time for our students. Due to the horrific events of October 7th, we are expecting this year to be the most aggressive and problematic particularly at UCT. We are working closely with UCT leadership to understand the current climate and rise in tensions on campus and how we can ensure student safety and wellbeing. There will also be rules of engagement and an enforcement of the UCT codes of conduct to protect the rights of students both on campus and in the social media space. The Board firmly encourages dialogue and discussion, believes in upholding the constitution and everyone's right to freedom of expression and that students feel that UCT provides a safe platform free from discrimination and hate.

During this difficult time we can take inspiration from Nobel peace prize winner Martin Luther King, who led the struggle against racial discrimination in the 1960s. He advocated the principle of non-violent protest affirming that opposition should be tackled with compassion rather than aggression. We are working as hard as we can together with UCT to shift the tone and the narrative to one of peaceful engagement, of common humanity and dialogue around peace, rather than polarisation.

Together we are doing our best to bring about King's words: "I believe that unarmed truth and unconditional love will have the final word in reality." This is why right temporarily defeated is stronger than evil triumphant. We are focusing all our efforts toward an engagement where empathy triumphs over hate, humanity is prioritised, dialogue is respectful, and peace is chosen over anarchy.



RECENT ACTIVITIES OF THE BOARD



Tu B'Shvat at Glendale



Tree planting at Glendale for Tu B'Shvat



The Board was honoured to lay a wreath at the Memorial Plaque in memory of fallen soldiers

CAPE SAJBD
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International Court of Justice

What this means for South Africa and Israel: An analysis

Mary Kluk
National Vice President, SAJBD

Judge Dennis Davis
Emeritus Professor of Law, UCT

16 January, 2024
17h30 – 19h00

RSVP Required

IN PERSON & VIA ZOOM



Border Campaign Parade and Memorial Service hosted by the Memorable Order of the Tin Hats (Western Cape)



Daniel Bloch welcomes the audience for the ICJ Analysis held via Zoom



Deputy Chair of the Cape SAJBD, Simone Sulcas, thanks the panel

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 support your 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 13 911 13**



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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**



It is time to sow

JULIAN RESNICK writes from Israel

The Chronicle's regular columnist writing about Israel, Julian Resnick, visited Cape Town during February. We were thrilled to host him for a talk one evening while he was here, and there was enthusiastic interest in his talk among our readers.

We asked Julian to keep this month's column to the topic of his talk so that more of our readers have access to what he spoke about.



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.

I write this in a very different and complicated space right now. Those of you who have read what I write in this column might be surprised when I use the term "complicated space", when all it means is outside of Israel. But being away from home is very hard when your home is on fire, and in many ways the metaphor works.

Israel is a range of intense emotions right now: guilt, anger, regret, determination and, more than anything else, intense pain. Allow me to share with you some of the words my cousin Shiri Gavish Twito (granddaughter of the late Menashe and Molly Golshevsky of Woodstock) shared at her son Eyal's funeral. Eyal was killed fighting in Gaza a short while ago, defending us in Israel:

Once a great love cut my life in two.

The first part continues to flutter somewhere else like a torn snake... (Yehuda Amichai)

I replace the word love with the word bereft, I feel my past life in its death throes somewhere else...

And sometimes during the shiva, while people talk to me, I disconnect and dream dreams of life before you fall in battle, my hero...

I dream of you, my love, and feel the pain in my womb; the womb that carried you for nine months. I feel the pain in my arms that held you as

a child when you got a knock, and you ran towards me for a hug. The arms that opened when you came home, on vacation from your shlichut in Baltimore, the arms that opened when you returned from basic training in the army, the arms that opened when you came home after advanced training, the arms that opened when you came home after officers' course. And these arms now remain open, not holding on to anyone, up in the air, empty. There is no Eyal to come into my arms for a big, long, loving hug...

My Eyal, we are broken, we hurt, you left a hole, you left a huge space. I love you my Eyal, I love you until it hurts, I love now and forever. Ima

We are no strangers to PTSD in Israel. In my 47 years of living in Israel, we have been through many traumas, but never have we experienced anything like this. With the wry humour so characteristic of Israel, people are asking when will we get to the 'post' part, beyond the terrible trauma we are in the midst of right now. It continues to be October 7th in Israel. The day is still with us in so many ways. The media is still filled with reports from that day. With gruesome stories too awful to share; with stories of extraordinary bravery; with stories of the massive failure of our leadership, both political and military. As I watch and compare the news items and stories out of Israel with those in Israel, I uncover two parallel universes.

In one we are attacked, brutalized by a genocidal enemy, prepared to sacrifice their own people as they butchered, maimed, murdered, and raped our people on that terrible day, October 7th.

In the other there is no October 7th. The story begins a few days later and, as the perpetrators of the attack on children, women, old people, and some soldiers, hide behind their own women and children, so as to create the

appearance of an unwarranted attack on civilians, the world joins in a chorus of naïve protest. Mouthing words and slogans, getting off on the rediscovered joy of Jew hatred.

But not everyone has joined the chorus. I am filled with warm feelings as I discover that we still have numerous allies, often not plainly heard behind the shrill screams and chants of those who appear thrilled by the notion of driving us into the sea (as between "the river and the sea", there is clearly no room for me – or my wife, children or grandchildren – a chilling thought).

It is not only a pain-filled society right now. It is also a society which is responding in ways which make me intensely proud to have made the decision to move to Israel 47 years ago. The level of caring, of solidarity, can be only called extraordinary. Thousands of meals being prepared for soldiers; mobile showers taken to the front lines with clean socks and underwear, in addition to the soap and shampoo and towels; young people volunteering to work with the displaced children; social workers and psychologists volunteering their time to help those women who suffered from sexual assault on the 7th. The list goes on and on, and includes our friends from abroad, Jews and Gentiles alike who have come to help us in this hour of need.

I go home in a few days to Israel, to the place I love, to my home; a place filled right now with pain, but a place that once again will bloom and grow, will flower, but only if we are able to look beyond this pain and anger to a different reality, the joyous one we dream of, the one we have to continue to work for, now more than ever before.

"Those who sow in tears will reap with songs of joy."

Psalm 126

It is time to sow.





Cape Town's Connection to Israel

ADVOCATE EDUCATE CELEBRATE

SUPERNOVA SCREENING: 'The music festival massacre'

On February 7th 2024, the SAZFC hosted the screening of SUPERNOVA, in collaboration with the Sephardi Shul. With an overwhelming attendance of over 260 people from the Cape Town community, the screening was followed by the live heart-wrenching testimony of Yuval Vaknin – a survivor of the October 7th massacre, who shared her first-hand experience with the viewers.

The SUPERNOVA screening gave the audience a unique and comprehensive overview of the 7th October attack at the Nova Music Festival, while simultaneously allowing viewers to witness the events and

their aftermath, through the eyes of those who experienced it first-hand.

The filmmakers collected footage from dozens of different sources including Hamas' own cameramen and Go Pros, mobile phones of the victims, and CCTV footage from first responders who were on site. Duki Dror, co-producer and director, said: "The scenes and testimonies we have documented are almost inconceivable and unprecedented."

We will continue to stand united as a community with Am Yisrael and pray for the release of all the hostages.





Cape Town's Connection to Israel

ADVOCATE EDUCATE CELEBRATE

Looking forward to a year with Habo!

by BRAD GOTTSCHALK

As we re-enter our routines for the year – school lunches, homework and extra lessons – it's important to remember that the excitement and joy offered by Habonim is not limited to December. We have released dates for two of our many programmes offered throughout the year.

Mini Machaneh

Our beloved Mini Mach is back – better than ever! From 15-17 March, bring your Mini Mach essentials – sleeping bags, snacks, friends – for an unforgettable weekend back on the campsite. Whether it's stargazing or tiyul, paint wars or gangeshlach, there is no place to be other than the Habonim campsite!

Shorashim

Our upcoming Grade 10 Israel Trip, Shorashim, takes place from 27 June-16 July, and there is a buzz of excitement about it. Shorashim is one of the most

impactful trips to experience. We have a jam-packed schedule, touring the classics, with some fun surprises up our sleeves. Sign up – or risk missing out on the Tel Aviv buzz or Jerusalem spirituality.

For any queries, contact us:
mazkir@habo.org.za



COHORT 9: Embracing Leadership and Tikkun Olam

By: EYTAN LABE

The early months of the year have proven to be a whirlwind of activity for Cohort 9, brimming with enriching experiences and meaningful engagements. Following the Jewish Identity Shabbaton and the immersive HintHunt workshop, participants have seamlessly transitioned into the next phase of their programme with unwavering enthusiasm.

Central to their current pursuits are two pivotal pillars: leadership and Tikkun Olam (Repairing the World). Delving into

the essence of leadership, participants are not only grasping its significance but also cultivating practical skills essential for effective leadership roles. Moreover, the cohort is deeply engaged in exploring the profound concept of Tikkun Olam, discerning its relevance in their journey as emerging Jewish leaders.

Excitement mounts as Cohort 9 eagerly anticipates the upcoming Jewish Community Mifgash (JCM) Week, set to coincide with the extended weekend in March with the Johannesburg Cohort.



HintHunt Live Experience Workshop

Find us SA Zionist Federation - Cape Council

@sazfcapecouncil

Off to a great start!

By JESSICA CONNÉ

Our first week of tochnit started with some incredible activities as we launched into 2024.

From sporty activities like a mock Olympics, a scavenger hunt and Rush, to enjoying yum food – baking cupcakes, toasting marshmallows, braaing and picnicking!

On top of our tochnit launch, three amazing programmes were also launched: EQT, Mini Mach and Hadracha.

We are excited for the year ahead and the amazing experiences that await us!

Kadimah Bnei Akiva!



Bnei Akiva Cape Town's Mini Mach 2024, taking place 28-31 March

For more information about any of these wonderfully meaningful programmes, please contact the Bnei Akiva office.

The ultimate reunion: Machaneh in a night

By DANIELLA BESWICK AND JAMIE HANSEN

On 16 February, Netzer maddies and channies joined together at Temple Israel Wynberg for the ultimate camp reunion: a sleepover!

The evening started out with a classic Netzer service led by three maddies along with Rabbi Greg. Jamming out to our classic tunes and beats was the start of a classic Netzer evening, taking everybody back to the magnificent

Machaneh experience.

The next morning peulot were run about Jewish ancestry in Spain for the channies and kids at Temple Israel's cheder, and the day ended with a classic peulah about the pillars of Netzer and how they present themselves in our daily lives.

All in all, the channies got to see their friends again and get excited about the Netzer year to come!



Netzer chanichimot and madrichimot enjoying some classic Netzer games after lunch

ALiYAH

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CT 4 APRIL III
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2024





MENSCH IS THE LEADING JEWISH SOCIAL JUSTICE NETWORK IN SOUTHERN AFRICA

MENSCH: a start to the new year

Mensch started the year off bringing our network of Jewish social change leaders together for a networking brunch in Durbanville. It was an opportunity to reconnect after the summer holidays, to discuss our plans for the year ahead, and get some perspective, inspired by the wide open space of the location, after a difficult few months. Thirty Mensch Network Members, Board Members and staff gathered, ate and delved into what drives and sustains their commitment to enabling positive change in South Africa.

We are looking forward to an impactful and engaging year ahead – watch this space for more details!



Shannon Pam, Jacqui and Sixolile Mabombo-Benson



Sasha Rodenacker, Danny Diliberto, Michalya Schonwald Moss and Gillian Lasker Lourenco



Kerry Hoffman, Ruby Chames, Danny Diliberto, Sixolile Mabombo-Benson



Mensch Network Members



Danielle Klaff and Karen Kallman



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By appointment only

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info@collectorsinvestments.com
www.collectorsinvestments.com

VOLUNTEERING in Israel in the wake of October 7th



Lisa Sandler (third from left) together with the organisers of the event

In a previous edition of the Cape Jewish Chronicle, we highlighted the spirit of volunteering in Israel to help the country get through the very dark period it is currently experiencing. Our focus was on Gayle Saxe, and now we share the volunteering story of Lisa Sandler, the Head of ORT Jet Cape Town, who visited Israel in her private capacity for one month to help the people and the country.

Lisa told her story at a fundraising event organised by the Gilah branch of WIZO Cape Town. As she explained, “I felt completely immobilised after the shocking events of October 7th. And, so, I felt an overwhelming need to do something. Visiting the country as a volunteer was the solution to this quest.”

Arriving on Day 66 of the conflict – during December – she spent four weeks in the country, returning to South Africa on Day 98. She found a country in deep trauma. “Speaking to people there, one has the sense that people cannot see an end to this war,” she explains. “This is one reason why it’s crucial that the citizens of Israel feel the support of Diaspora Jews and other people from across the globe. We need to show that, through working together, Israel can be stronger.” Lisa saw active citizenry on a daily basis as people across the country got involved in anything they could to help, and volunteering is yet another way of demonstrating this.

Doing a variety of jobs while in the south of the country – including

packing clothing and toiletries – Lisa also spent time helping out in the agricultural sector, harvesting sweet potatoes for Leket, the National Food Bank for Israel.

“Calling on contacts in World ORT Kadima Mada, I was also able to visit some of the incredible projects run by the ORT organisation,” she explains. She visited Kfar Silver, an ORT-run youth village and educational facility that caters for over a thousand children. Located in the south, it is in a particularly vulnerable location but, luckily, the majority of children were not there at the time of the horrific attacks of October 7th because it took place during a holiday period. “While I was glad that most of the children weren’t there at the time of the attack, it was heartbreaking for me to meet teenagers from Ukraine there. They had come there to be safe from the war in their own country, only to end up being seriously threatened by incoming rockets from Gaza and the fear of terror attacks in what should be a safe haven. There is quite obviously huge trauma among these young people,” she says.

Volunteering in Israel during this period of crisis has been a seminal event for Lisa. She encourages others with the means to do so to volunteer too. “The country needs all the help it can get,” she explains, “and volunteers will be needed for a long time to come.” She met both Jewish and Christian Zionists from all over the world, establishing new friendships with people sharing a similar need to make a difference.

Funds raised during the event go to the WIZO Emergency Fund, which provides crucial support to women, children and families affected by the ongoing crisis in Israel. Particular focus areas include:

- The reinforcement and renovation of bomb shelters and secure rooms across WIZO institutions
- The provision of psychological support services
- The provision of crisis telephone hotline services for members of the public
- The provision of food vouchers, clothing and essential needs for displaced families. In addition, tablets are distributed to school-aged children, facilitating remote learning

MEDICAL DOCTOR 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). 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.

The upmarket premises are easy to locate in the heart of Cape Town. Make an appointment now on **021 421 2019** Open Monday-Thursday 7am-3pm, Friday 7am-2.30pm.



DR E. LURIE
GENERAL PRACTITIONER

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www.dredenlurie.co.za
2504 Foreshore Place
2 Riebeeck St
Cape Town





HOW TO LIVE HAPPILY AS YOU AGE

We all want happiness, health, and to remain active. And, in this post-pandemic world, we look for ways to get the most out of each day. Here are a few ideas to assist you to live your life fully:

Start a hobby or activity. Many people want a hobby but are limited by working lives and family obligations. But now is when you can try the different options for crafts or hobbies to identify one that's best, or to enhance what you have done before.

Sign up as a volunteer. Volunteers are the lifeblood of many organisations, and we at the CJSA would love to have you assist with our activities. You can derive so much pleasure when you volunteer, and it is not uncommon for volunteers to give a new lease on life to those they assist. Studies show that people who make time to help others often feel happier themselves.

Spend time outdoors. In Cape Town, we do not have an excuse – we have wonderful weather conducive to enjoying the outdoors, whether it's a walk in the park, sitting on a bench on the beachfront watching the waves and boats in the bay, hiking, or going on a picnic. Warm weather boosts morale and promotes a positive mood.

Adopt a dog or assist at an animal shelter if you don't want to have a pet in your home. The unconditional love from animals certainly makes one happier and provides an opportunity to exercise and enjoy fresh air. Some studies show that owning a dog can decrease anxiety levels and blood pressure.

Spend time each day with people you love. Best practice to promote happiness is to be in close proximity with at least one person every day. However, electronic services like Zoom and FaceTime allow us to stay connected even when we aren't near one another. Regular chats via telephone or other means promote feelings of warmth, increasing our endorphin activity, i.e. our 'feel good' hormones.

Continue working if possible and only if you remain fulfilled. You will be stimulated from being productive, active and fulfilled in an enjoyable field. However if you are not happy in what you are doing, don't feel obliged to remain in the position. Rather move to a

more low-key, less stressful position.

Practise gratitude. There are so many ways in which we can show gratitude - and promote our health – reducing blood pressure and cholesterol. Being grateful decreases feelings of hopelessness, stress and depression.

Boost your mood and overall health by smiling and laughing. When you smile your body produces serotonin, dopamine and endorphins, chemicals that make you feel good and increase your happiness levels. It is also suggested that happiness and laughter increase longevity too.

Focus on what's in your control and try to change things that make you unhappy. Don't focus on things beyond your control.

Meditation and yoga help to enhance memory and mood. Practised regularly, they can bring you happiness.

Eat correctly and mindfully, focusing on pulses, proteins, fruit and vegetables as your main source of diet. Your body will thank you for doing everything in moderation, and good eating habits decrease the risk of diabetes and other diseases.

Exercise regularly. Whether it's chair yoga, gentle walking or swimming, exercise is the best way to remain fit, and to sustain muscle tone and lung capacity.

Watch news in moderation. There is so much trauma worldwide, so try to restrict watching TV news and limit your cell phone use to a maximum of 30 minutes daily. Feel good movies or documentaries are a good way to reduce stress.

Make amends with your family. Reduce your stress levels by letting go of the past. Old arguments and disagreements can lead to constant stress, which isn't good for your long-term health.

Take all prescribed medication, ensuring that you do so as directed. Don't borrow or share medication with family or friends. Regular check-ups are also important to ensure that you maintain optimum health.

Have 7–9 hours of undisturbed sleep every night to prevent tiredness during the day. Turn off tablets or phones at least an hour before bed to enable normal melatonin production. Warm baths, relaxing music or

special hot drinks assist with getting to sleep easily.

Even if you only look at a few of these suggestions, it's a step in the right direction to living mindfully and enjoying the journey. You can get involved in suggested activities at our centres, so join a branch closest to you where you will be encouraged, supported and assisted to start and maintain the journey to living a meaningful, healthy life.

Upcoming special activities:

Day Trip on the Red City Tour bus, enjoying a trip around the Peninsula and a fish and chip lunch in Hout Bay.

Arts & Crafts Exhibition on 5 March at our Sea Point branch. It will be well worth visiting the exhibition as there will be beautiful items on display from all our artists and crafters, and some are for sale.

The exhibition is from 10h00–15h00.

Our annual Goudini 3-night break takes place from 9–12 April. Bookings are open.

Contact the office for information on any of these activities.

Diana Sochen, Executive Director



In my Pocket craft morning in Sea Point



Milnerton members visited the Urban Park in Green Point



Milnerton members enjoying Hout Bay



Chair yoga in Sea Point



Aviva and Freda Farkas celebrating Freda's 90th birthday

SOCIAL AND PERSONAL

BIRTHS:

Joy Rubenstein – Granddaughter
Hilda Wilk – Great-grandson

ENGAGEMENT:

Sonia Norrie – Grandson

SPECIAL BIRTHDAY:

Freda Farkas – 90th

ANNIVERSARY:

Liz and Selwyn Kantor – 59th

WELCOME to new members:

Leonore Bain, Helene Kolevsohn,
Jay Spencer, Melanie Shirk

WELL WISHES to those who have been under the weather. We are holding you all in our thoughts and prayers:

Collette Levin,
Liz Kantor,
Cecily Mendelsohn,
May Sher



MIMESIS – The blurred line between nature and man

Long in preparation, the fascinating exhibition of Israeli artist Moran Kliger’s work at the South African Jewish Museum opened in December last year. While the artist planned to be here for the opening, the events of October 7th played havoc with her travel plans. She was, however, finally able to visit Cape Town during February.

Well worth viewing, this is an exhibition making its mark on the local art scene. A graduate of Israel’s Shenkar College of Engineering, Design and Art, and the holder of a Masters in Fine Art, Kliger works from her studio in Tel Aviv. Following her mother’s advice that “Art doesn’t pay”, she began her working life as a graphic artist but soon realised that her passion lay in fine art. Proving her mother’s advice wrong, she has enjoyed a successful career as a fine artist, exhibiting in numerous countries. Her talent was recognised in 2015 when she was selected for a full scholarship from the Fountainhead Residency Program in Miami.

The solo exhibition currently on at the Museum is called Mimesis – a focus on the tensions between the civilised and wild elements of the human psyche. “I deal in my works with the transition between culture and nature,” Moran explains.

There are two elements to the exhibition: the landscapes and the primates. “I have framed the landscape works in circular frames,” she says, “because they serve as windows that give the viewer a glimpse into an ancient world. In the detail of each landscape, you can pick up hints of impending disaster but also signs of hope and renewal.” In essence, these works reflect the cycle of life and death, and the unrelenting nature of change.

As for the primate works – housed separately from the landscapes – these are a series of drawings examining the meeting point between man and ape. “With these drawings, I am challenging our conventional notion of the hierarchies of the natural world. The drawings are very large, and so the human viewer, being smaller in comparison, feels weaker than the primate. Humans are usually at the top of the evolutionary pyramid, but we now feel small in front of these creatures.”

One is certainly struck by the size of the works, and many a visitor to the

exhibition has wondered how the artist is able to produce works of this size. “I have a large studio,” Moran explains, “so I work on the floor, which gives me sight of the entire work at any time.”

A number of techniques are employed during the long process involved in producing these works. According to Moran, “The large-scale format of my works means that what I produce is labour-intensive. There is a great deal of small detail, and the detail has to be repeated to fill the large image I am creating. I work with different techniques such as engraving on painted paper, ink on paper, burning on plywood, screen print, digital print, pastel, pencils, watercolour and more... The technique I choose to work with is always related to the subject or the emotion I want to convey to the viewer. With this exhibition, I wanted to convey a realistic feeling of nature and tangible creatures, so I chose to use pencils that allow a high level of precision.”

Make your way to the SA Jewish Museum soon to view this exhibition – and stand in awe of the giant works and the fascinating techniques employed by the artist.

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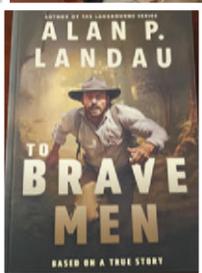
Moran Kliger





BOOK TALK

Author of LANGBOURNE series visits Cape Town



Alan Landau (at the head of the table) in conversation with readers

The Jacob Gitlin Library recently hosted visiting author, Alan Landau, well known for his Langbourne series of books, during a visit to Cape Town from Australia. Rather than hosting a conventional book launch, the Library chose a different format, calling on fans of his books to join in for an intimate informal meet-up and chat.

The Langbourne series consists of six historical fiction novels, all of which tell the tale of the two young Jewish Langbourne brothers, who come to Southern Africa in the late 19th century from Ireland, where they have been struggling to make a living. Arriving in Port Elizabeth they land up moving to Cape Town and begin making cigarettes on their landlady's stoep. As their business expands they travel into the interior with a cart and oxen. The novels tell tales of their adventures in Cape Town, Transvaal and Rhodesia as

well as the Anglo Boer wars. The brothers face numerous challenges in Africa, but are also able to benefit from the opportunities they find in their new home and build an empire.

Alan explained that the books reflect the story of his own family and the growth of the family business in Rhodesia/Zimbabwe, an enterprise he himself eventually headed up. While so many family histories are not known, he was privileged to get to know the story of his forebears from the regular stories his late father told him that had been handed down. It was in more recent years that Alan felt the need to pass the stories on to the next generation – his son – and this sparked the writing of what was initially meant to be one book. "When I started writing the book, I soon realised that there was so much to tell that it would go beyond a single book, perhaps three," he says. "But how wrong I was – the whole story ended up as a series of six books!"

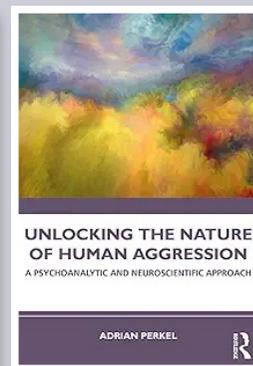
Having seen the success of the Langbourne series, Alan has since written other books: a Covid project written under a pseudonym, and his latest book, just released in South Africa, *To Brave Men*, which is set against a significant event in Zimbabwe's past. Lovers of the Langbourne series will no doubt be happy to know that the Langbourne brothers reappear in this novel, albeit in a different context.

Alan has kindly donated two copies of his latest book to the Gitlin Library. The book is also available for purchase. All books in the Langbourne series are available at the Library, as is his other book, *Of Sand and Stars*.

New book by Cape Town psychologist HUMAN PSYCHE AND AGGRESSION



Adrian Perkel signing books at the launch of his book



aggression using data from various contexts that we can relate to, such as during the apartheid period in South Africa, and as we evidence this in theology, serial killers, and the speeches of historical figures during periods of war, such as the Second World War and the Ukrainian/ Russian conflict."

Local clinical psychologist Dr Adrian Perkel recently launched his book, *Unlocking the Nature of Human Aggression: A Psychoanalytical and Neuroscientific Approach*. Adrian holds an MA in Clinical Psychology and a D.Phil, and has practised for many years as a psychologist specialising in individual adult and couple psychotherapy. He has also served as a lecturer in Psychology at the University of the Western Cape.

Adrian explains that, "The book is a neuropsychanalytic and scientific exploration of aggression. I believe that the aggressive drive plays a central role in psychopathology and the genesis of individual symptoms, systemic conflicts and violence. I look at the mechanism of

The book makes for valuable reading for analysts in practice and training, psychologists and other mental health professionals, as well as among students and the general reader looking for a modernised theoretical model of the destructive and aggressive drive of the psyche. The arguments made in the book will facilitate better interventions for individual and couple patients, and for interventions at systemic and organisational levels.

The book is available for borrowing from the Jacob Gitlin Library and for sale from Loot (<https://www.loot.co.za/product/unlocking-the-nature-of-human-aggression/pycc-8045-g480>), Routledge (<https://routledge.pub/Unlocking-the-Nature-of-Human-Aggression>), and other major online retailers such as Amazon.

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I was accepted into Anthropology Honours at UCT. I TURNED IT DOWN

By ERIN DODO



Erin Dodo writes a column reflecting the voice of Jewish youth in Cape Town. A student at the University of Cape Town, she serves as Chairperson of the Western Cape branch of the South African Union of Jewish Students.

When I began my academic career at the University of Cape Town, the concept of Anthropology truly did appeal to me. Anthropology is defined as the study of societies and cultures – and, as I came to learn, often the cultures ‘lesser known’ to the western world. I decided to make Anthropology my second major, the other being Political Science and Governance (and what I am actually doing my Honours in).

Initially, I was fascinated. I found myself asking all the right questions, thinking all the right thoughts. If the goal of Anthropology was to challenge Western thought, I was doing the job. The aspect of Anthropology that drew me in the most was that, if we were to be studying culture, then my exploration into Jewish identity and culture would not only be accepted but celebrated. I was not the only Jew in the course that had this expectation.

As the University of Cape Town is renowned as the best academic institution in Africa, the department of Anthropology has a huge responsibility: not only must they maintain the reputation that precedes them, but they must continue to produce the research that has kept UCT on top.

As we all know, whether some would like to accept it or not, Israel forms an integral part of our culture and history. More than that, Israel is the producer of some of the greatest anthropological thinkers and researchers. Their writing on peoplehood and community has shaped much of the anthropological thought that we digest in modern academia.

When I was in first year in 2021, most of the University academic work

was still online. It was during online lectures and tutorials for Anthropology that I had an experience that would forever shift how I engaged with the discipline. This happened when a fellow peer told us she refused to read anything written by someone born in Israel – referring to an essay written by another student we were instructed to peer-review.

As it is in my nature to confront, I asked this student to engage with me on this, as I saw it as outrightly prejudiced. In the conversation I was told Hamas’ existence is not only valid but welcomed in the resistance movement.

In my second year, I was voted onto the Students’ Representative Council at UCT, where I was the first Jewish student to sit on the UCT SRC in over 10 years. My position as Chair of SAUJS Western Cape is one of the things I am the most proud of and, when one of my Anthropology peers posted a photo of me, calling me a “Zionist murderer” apparently “exposing” what the future leadership at UCT looked like, I began to wonder if it was a coincidence that every negative experience about who I am as a Jew came from someone I had sat in a classroom with for our anthropology classes. But I was still enjoying Anthropology at this point; I was getting firsts consecutively; and related to a lot of the research.

By third year, I had already been approached by the lecturers urging me to pursue Anthropology for my postgraduate career. However, it was an experience in my last few weeks of third year that helped me understand that my future was not in the Anthropology department. This happened after October 7th, when on the class group chat, the following

“Anthropology is not a safe space for Zionists.”

was sent: ‘Anthropology is not a safe space for Zionists.’

I have never been shy about speaking out about my beliefs or my religion. I never will be. The crux of most of my academic research relies on my lived experience as a Jew as its core motivator. I am not afraid to engage with these people – in fact, I welcome it but, when I got my acceptance for Honours in Anthropology, I had to truly consider if what I had to say would be heard, or if it would all fall on deaf ears.

Anthropology equipped me with some of the best critical thinking skills, and I would not be where I am in my leadership roles or in my own research without it – but I ended up turning down the opportunity to pursue Anthropology Honours at UCT. Despite the invaluable skills it equipped me with, the department’s refusal to provide a safe space for diverse perspectives, particularly regarding my Jewish identity and beliefs, has compelled me to redirect my academic journey. In a discipline meant to celebrate cultural diversity, the exclusion of certain narratives undermines the very essence of Anthropology. As I forge ahead into Honours in Political Science and Governance, I remain committed to championing inclusivity and fostering an academic environment where every voice, irrespective of origin or belief, is not only acknowledged but valued.

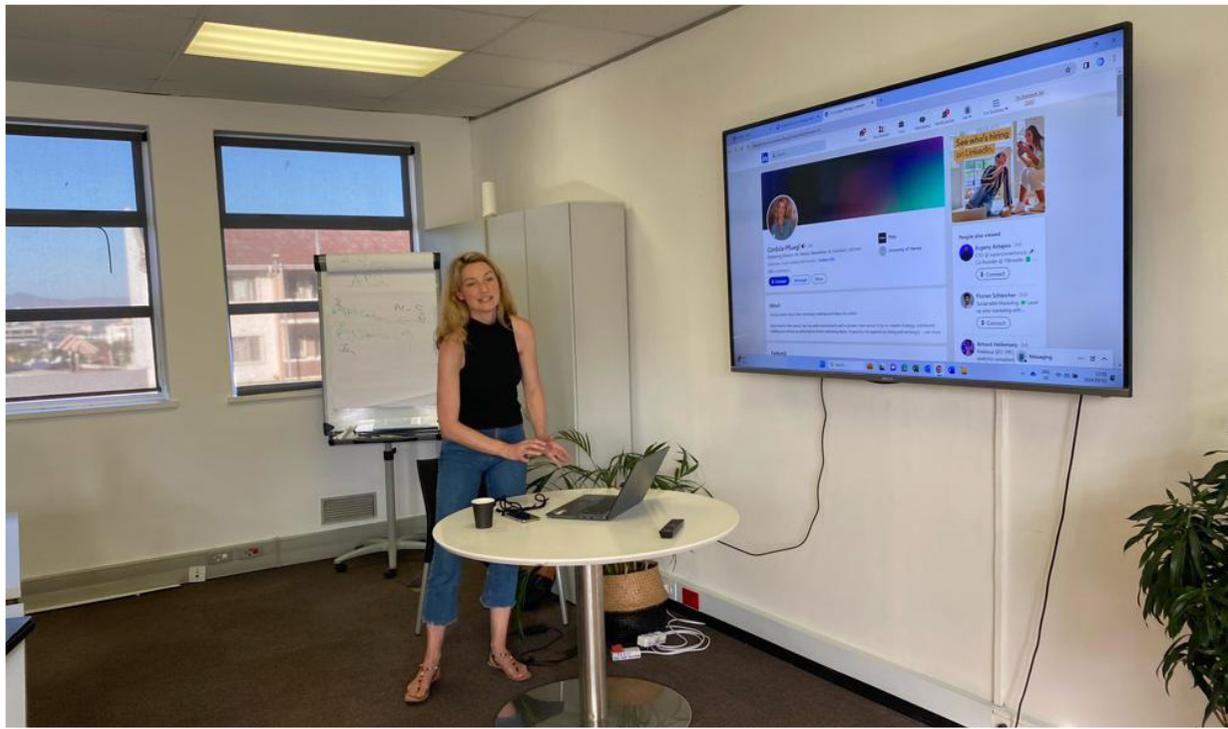




ENTREPRENEURS' HOTSPOT

BOOST YOUR BUSINESS with LinkedIn

By EDITOR



Cordula Pfluegl presents to the ORT Jet Cape Town audience.

Social media can be a valuable tool for business, but using it wisely and to the greatest effect takes some thinking. At a recent workshop organised by ORT Jet Cape Town, Cordula Pfluegl, a specialist in the Marketing field with a particular interest in the use of social media, provided valuable guidance on using LinkedIn for business.

Choosing LinkedIn as a marketing tool for your business certainly has merit. It's a platform that is steadily growing, and already has 135 million active daily users, with 11 million being in South Africa. Of the 135 million, almost 60 million are company profiles, which demonstrates that it is seen as being of value in the business arena.

Cordula adds that, "In terms of more recent developments in the world of technology, it's also useful to consider that LinkedIn belongs to Microsoft. And, since Microsoft is the main driver of the Artificial Intelligence (AI) revolution, there is every reason to expect that LinkedIn will be enhanced by AI in the future."

In her own use of LinkedIn for business, Cordula realised the potential for the platform when she posted a recommendation for something. The post proved extremely popular, achieving 160 000 hits. "This demonstrates that a good post can reach a

substantial number of people, even if you don't have a large number of Followers on LinkedIn yourself," she comments.

When using LinkedIn for your business, it's valuable to understand a bit about how the LinkedIn algorithm works. Here are a few insights you should take note of:

- The algorithm evaluates content in the first 60 minutes after it has been posted. If the content proves to be of interest in that period and you achieve some responses – Likes, Shares or Comments – the post will remain visible for a further six hours. The algorithm also assesses factors such as the amount of time other people dwelled on the post, and whether the post was reshared.

Bearing in mind this time factor, you should post content when most people are active on LinkedIn. Cordula explained that mornings are best, and that it is not a good idea to post over weekends.

- A share without a Comment is of less value than when a Comment is included by the sharer.
- The algorithm does not like the inclusion in a post of a link to another website, because LinkedIn is set up with a view to the user staying on the platform.

- While tagging other people or businesses has value, the algorithm does not like posts that tag more than five profiles. So, be selective about who you tag.
- The algorithm can identify AI-generated material, and it does not like posts with this sort of content. "In essence," says Cordula, "authentic content carries far more weight. It's also more credible to your audience."

When it comes to developing content for LinkedIn, Cordula stresses that simple text, written well, is crucial. "You can reuse content that's appeared elsewhere," she explains. "If you have a blog on your firm's website, for instance, reuse that content – and consider republishing existing content in a newsletter that you post with some regularity."

As for images, non-branded pictures work best – again, it's about authenticity. Images of people tend to attract attention. Video content can also be useful, but it should be carefully selected and not be too long.

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To attract more people as Followers, you can apply a few techniques, such as publishing newsletters with quality content; run Q&A and advice sessions, allowing Followers and guests to communicate directly with your business; and provide podcasts. Running polls can also work well: this way, you can increase the engagement achieved by your posts.

Another way to attract new Followers is to post relevant material about the business on your personal LinkedIn page. That way, your own Followers will see the business communication and they may then choose to follow your business page.

Cordula also suggests that good, personal recommendations from customers can be used to boost your business on LinkedIn.

"I've been able to use LinkedIn very successfully in my own business ventures," Cordelia concludes. "You can do so too."





PROPERTY TRANSFERS: Issues relating to delays in conveyancing

By MARLON SHEVELEW



In this month's law feature, we focus on common issues affecting the transfer of properties. Our expert in the field is Marlon Shevelew of attorneys, Marlon Shevelew & Associates Inc. Marlon provides us with information regarding conveyancing and problems with conveyancing, and provides advice about how to avoid delays.

Role players in a property transaction

Property Practitioners: Experienced estate agents guide clients through the process. A smooth transfer is more likely if the agent and transferring attorney have a good working relationship.

Transferring Attorney: The transferring attorney co-ordinates with various parties like SARS for transfer duty and the municipality for rates clearance certificates. Timely submission of necessary documentation is crucial. The transferring attorney also liaises with the bond registration attorney and/or bond cancellation attorney.

At what stage of a property transfer can a delay occur?

Delays in property transactions can occur. After a sale is confirmed, the transfer process involves multiple parties, procedures and documentation, and each of these elements carries risks of delays.

What sort of situations most often result in delays in the transfer of properties?

Common reasons for delays include:

- Out-of-sync timelines, especially in linked deals where funds from one sale are needed for another;
- The Purchaser is struggling to secure bond finance. Sometimes the parties have to extend the due date for the transfer so that more time is available for the finalisation of the bond by the bank;
- Incorrect budgeting for transfer and bond registration costs;
- The seller having to evict a tenant for the transfer to proceed;
- Unforeseen circumstances such as a burst geyser or leak in the roof that must be repaired;
- Lost title deeds – This is a common scenario when the property is unbonded and the seller has misplaced the title deed;
- Difficulties getting the documents signed by all the parties, especially if, for instance, one of the parties is travelling or does not live in South Africa;
- Delays with securing the various compliance certificates that



- are needed, e.g. an electrical compliance certificate;
- Delays in receiving rates clearance certificates from Council and transfer duty receipts from SARS

Tips for buyers and sellers

Sellers

- It's advisable for homeowners considering selling to give a 90-day notice of bond cancellation to their bank. This helps avoid late cancellation fees and delays.
- Ensure you know where to find the original title deed.

Buyers

- Approaching a bond originator – these are financial institutions like ooba and Better Bond – at an early stage is good because it will help you to know what price category you should be

considering when looking for a property to buy.

- Clients should be transparent about their financial situation from the start. This allows agents to facilitate the process, including pre-qualification by a bond originator and a credit check.
- Buyers, especially those who are self-employed, should avoid making expensive purchases that could affect their creditworthiness and should apply for pre-approved bonds to avoid a lengthy bond application procedure.

All parties

- Effective communication and co-operation with transferring attorneys and agents is key.
- For clients outside South Africa, granting power of attorney to someone within the country can help.



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

Contact the Editor on editor@ctjc.co.za

www.cjc.org.za



HEALTH FOCUS

Natural health products under the spotlight

By EDITOR



Liora Henen

The use of natural products for the treatment of health issues has come a long way over the past few decades. Providers of natural remedies were few and far between 25 years ago – and it was seen as a ‘fringe’ sector with only a limited following among members of the public. Today, however, the industry has grown, and products are far more readily accessible from many pharmacies and even supermarkets.

Liora Henen, a Capetonian who has run her long-established Sea Point store, Health Matters, for the past 26 years, is encouraged by this trend. As she says, “It seems that ‘health’ supplements have gone commercial – trendy even – and this is a good thing because it shows how much this industry and people’s need to be healthy has grown.”

What many would call ‘alternative medicine’ is more correctly termed ‘complementary medicine’ or ‘holistic’ or ‘natural’ healthcare. In essence, it is an ‘alternative’ to modern or allopathic (conventional) medicine. The products are available both as preventative measures and for the treatment of a number of conditions – gut-related issues, difficulty sleeping, a lack of energy, joint problems, menopause, the common cold, flu, and moderate anxiety – but this form of treatment does not purport to heal more serious or life-threatening illnesses.

According to Liora, “If you have an ailment of the type mentioned, you may want to consider a natural treatment rather than turning immediately to modern medicine. One benefit is that there is less chance of suffering any of the side effects that allopathic medicines may cause. While natural remedies use the whole plant or

mineral for the development of a product, conventional medicines are generally synthesised in a laboratory environment where the active ingredients of the source are extracted and removed from the whole, and combined with other substances. While this type of medication is generally safe, side effects are possible as a result of the manufacturing process.

Complementary medicines are also useful for general health. Liora comments that, “Vitamin C, co-enzyme Q10 or B vitamins, essential omegas and a good probiotic are probably the most important for daily overall health.”

Where someone has a particular condition, a practitioner should consult thoroughly with the person to determine the correct diagnosis before recommending suitable options. A holistic approach is crucial. “We look at the person’s whole body, and take into consideration the person’s particular needs at the time, and their present emotional, physical and mental state,” Liora explains, mentioning that this approach is particularly important. Customers come with complaints such as lack of Vitamin D or iron, cholesterol, menopause, joint complaints, macular degeneration, and so on. Complaints such as these may be treated using Western Herbal Medicine, Chinese Medicine, Ayurvedic Medicine or Homeopathic Remedies, among others.

It has taken some time for the conventional world of medicine to understand the role that natural remedies can play in health and treatment. Most doctors do not recommend alternative medicines, largely because they were not exposed to the concept during their studies. “But this is changing,” Liora says. “Today I see younger and newly registered GPs recommending vitamins and some natural remedies to support their conventional medical approach and recommendations. And some GPs who have been practising for a long time and keep up with new information and research are also beginning to understand the role that this sort of medication can play.”

Unfortunately, complementary medicines are not yet fully covered by medical aids but, if a medical practitioner has prescribed this type of medication, one can submit the invoice to one’s medical aid. Some medical aids will reimburse one for certain of the products prescribed.

There are various reasons why holistic healthcare has gained in popularity. This trend is clear from research which shows that at least half of the total population of the world uses some kind of complementary and alternative medicine.



PRODUCTS: 1) Stress-less massage oil, 2) Sport rollon, 3) Cold & sinus mini rollon, 4) Wake up inhaler, 5) Silent moments



Doryce Sher

Another Capetonian working in the field of natural medicine is Doryce Sher. A trained pharmacist, Doryce became disillusioned with allopathic medicines being widely used and abused, and felt the need to offer something other than a drug to help a patient feel better.

“I had come across aromatherapy and saw the potential in using essential oils as active ingredients,” she explains.

Over the past 30 years, Doryce has developed a manufacturing business, Aromatic Apothecary, making various aromatherapy products to treat and assist with everyday ailments. Her products are used topically, not taken

orally. “The products are easy and ready to use in the form of massage oils, bath oils, burner oils, mini rollons, inhalers, and muscle relief products available as rollons, spray-ons and rub-on creams.”

The most popular products among Aromatic Apothecary’s products are the Silent Moments range, mini rollons for headache and sinus, amongst other common ailments, and the muscle pain relief products.

Doryce formulates the products herself, and manufactures them in a facility approved by the South African Health Products Regulatory Authority, which falls under the National Department of Health, and which is responsible for ensuring the safety of health products available to the South African public.

Aromatic Apothecary’s products are sold at various stores – including Health Matters in Sea Point – and via her website: <https://aromatic.co.za/>. For more information about Health Matters, visit <https://healthmatters.net.za/> instagram: @health_matters_za.

Capetonians who got their teeth into their profession!



Front row (l to r): Bernie Radomsky, Ralph Ginsberg, Les Lazarus
Back row (l to r): Mervyn Rosenberg, Tony Ashberg, Mike Ostrofsky

Cape Town's dental fraternity owes its sophistication today to the huge contribution of Jewish specialists in the field in previous years.

Retired maxillo-facial surgeon, a former President of the Western Cape branch of the South African Dental Association, Dr Mike Ostrofsky, explains that, "When I first moved to Cape Town 47 years ago, there were over 80 Jewish dentists practising here."

Many of these dental specialists took on leadership roles in the profession. Retired periodontist, Dr Bernie Radomsky, explains: "In 1980, I joined the Cape Town branch of Alpha-Omega, an International organisation of Jewish dentists, becoming President of the Cape Town chapter in 1986/7." The organisation was founded in the early 20th century in the USA because of the exclusion of Jews from dental schools in that country at the time. Mike was also involved in the association, serving for a while as the President of the Southern Hemisphere region. According to Mike, "Being involved in this organisation was particularly valuable since I was able to keep up to date with trends in the profession internationally through the contacts I made with dental professionals working elsewhere."

Overseas training was crucial to gaining knowledge for specialist fields of dentistry. In addition to attending conferences overseas, some of these practitioners attended courses elsewhere, such as Dr Tony Ashberg, who learned specialist techniques in the USA, Israel and Switzerland.

It was through the access to international trends and knowledge that Mike, Drs Les Lazarus and Bernie Radomsky became the first in Cape Town to do implants. "In fact, the local Jewish dental developed into a profession offering unique specialist treatments," Mike says. "By way of example, Dr Ralph Ginsberg became an orthodontist, while Les Lazarus specialised in prosthodontics. Others include Bernie Radomsky, a periodontist; Tony Ashberg, who qualified as an endodontist, doing root canal treatment; and Dr Mervyn Rosenberg, well-known for his work with crowns, bridges and dentures."

Mervyn, in fact, became a specialist in a number of fields: following further studies, he became a specialist in prosthetic dentistry, with a special interest in dentures. "My practice was general dentistry, but I focused on geriatric dentistry, and offered full and partial dentures and implant supported dentures," he explains. He subsequently also learned about laser surgery following a year in the United States.

Dr Lazarus, now aged 96, fondly remembers the early days of his long career as a prosthodontist. He explains that prosthodontics is a specialised field within dentistry, in which the practitioner constructs crown and bridgework attached to dental implants in place of removable dentures, a solution used in the past.

"When I started out around 1965," he says, "there was no registrable training in South Africa in prosthodontics, so one had to go overseas to conferences and meetings to learn. I had the privilege of learning from Dr Arthur Lewin, whom I regard as the godfather

"It's thanks to these pioneers in dentistry that Capetonians today have access to world-class dental health."

of prosthodontics in South Africa. He had gained knowledge from travelling internationally and meeting specialists overseas. After a few visits to the USA I was accepted by the Medical and Dental Council and placed on the register in the specialty – at the time I was the only prosthodontist practising in Cape Town."

Armed with the necessary skills and a caring approach, many of the Jewish dentists became extremely popular among both the Jewish and wider population of Cape Town. By way of example, a practice in Sea Point, run by Mervyn Rosenberg and Tony Ashberg, together with others at various times, became possibly the biggest dental practice in Cape Town.

Many of these pioneers in the field of dentistry in Cape Town also made extremely valuable contributions to the training of new practitioners. London-educated, Dr Ralph Ginsberg, who practised in Somerset West, Rondebosch and in the City Centre, lectured to postgraduate dentistry students at the University of the Western Cape (UWC) from 1976 until 2021. And, despite having retired recently and being an octogenarian, he regularly fields requests from the UWC Dentistry Faculty to come back! Both Mervyn Rosenberg and Tony Ashberg were similarly involved in lecturing to dentistry students. Mike Ostrofsky, too, educated dentists at UWC for 25 years, and he trained the first maxillo-facial surgeons of colour at Groote Schuur Hospital at the Head and Neck Clinic.

The commitment of these dental specialists touched many lives over a number of decades - from the 1960s until today. Their dedication to helping others was also seen in the depth of their charitable work. Many hours were spent treating indigent patients within the Jewish community and in the wider Cape Town society. Organisations such as Oranjia, the Jewish Helping Hand Society, Highlands House, and Glendale, among others, remember with gratitude the many occasions on which these busy practitioners offered their specialist treatment – among the best in the country – for free.

RECOLLECTIONS

RALPH GINSBERG comments that his best patient ever was not human. "I had to do a crossbite correction on an Alsatian dog once," he recalls, "and the dog was perfectly behaved!"

MERVYN ROSENBERG: "My Dental Assistant worked with me for 47 years. She was a very special woman who anticipated my every move and was loved by all the patients. She apparently had a Jewish grandfather."

At Glendale home the dentists offered dental examinations on alternate Sundays, either treating them in their practices or referring them for major treatment under general anaesthetic. Bernie points out that, "In addition to the contribution of the dentists, the Cape Town Anaesthetic Clinic provided their clinic and anaesthetists at no fee, and private Jewish dental clinics treated indigent patients identified by the Anaesthetic Clinic for free."

In terms of helping the wider community, after graduating from Wits University Dentistry School, Mervyn Rosenberg ran the dental practice in Ceres when the town was recovering from the devastating September 1969 earthquake. In lieu of his national army service. "This involved an enormous amount of community service," he explains. "I gained great experience while treating a wide range of patients - prisoners, farmworkers, schoolchildren from poverty-stricken communities, and the elderly." Similarly, Mervyn and Tony ran a once-a-week practice in Bonteheuwel.

It's thanks to these pioneers in dentistry that Capetonians today have access to world-class dental health.

TRENDS IN EMIGRATION

By GRANT SAKINOFSKY of Smooth Migration



Grant grew up in Cape Town and has lived in a number of different countries. He currently resides in Canada. His business operates in Canada, South Africa, the UK and the USA. They do not deal with any immigration matters, but focus on providing for the needs of people who relocate, such as building a credit history in the new country so as to be able to access things like real estate, mobile phones, insurance policies, mortgage bonds, the purchase of a business and a vehicle, etc.

For many years, South Africans have investigated the possibility of leaving the country to live elsewhere. At various times, often following particular events, the numbers considering a move show a significant increase. Relocation expert, Grant Sakinofsky, who has operated a global relocation firm, Smooth Migration, for the past five years, shares some insights into trends relating to this.

According to Grant, “Events like the war in Ukraine and the October 7th attacks impact people around the world both directly and indirectly. Indirect impacts are seen in changed migration patterns, challenges in global supply chains, and various other global changes. As for direct impacts, these events may mean that people are feeling the devastation personally or that their family members may have been affected by things like injuries, the loss of homes and the loss of livelihoods.”

As for the Jewish community of South Africa, there is a great deal of uncertainty about our government’s stance on the war in Gaza. This has led to heightened discomfort for some people about our future in this country.

“These type of events inevitably result in a spike in enquiries about relocation and emigration,” Grant explains. “While each individual may respond differently, a happening of this sort may result in the realisation among particular individuals that they no longer want to deal with a struggle that is not theirs and thus there is a motivation to leave the country.” Grant’s firm has assisted over 400 South Africans and some other nationalities to relocate to the locations that the firm operates in.

Grant has identified the major prompts for relocation currently as:

- War or conflict
- Educational opportunities
- Overpopulation
- Political causes
- Environmental factors
- Better healthcare
- Social and religious reasons
- Poverty

Research by Grant’s team has identified the semigration trend in South Africa, in terms of which there has been an increase in people moving locally from the northern provinces of South

Africa, such as Gauteng, to the Western Cape. But, there is also a drive among more people to emigrate entirely. “There was a time when many people looked at obtaining a secondary passport or residency elsewhere as a backup plan, but now there is a bigger demand for actual physical moves,” Grant comments.

Based on information provided by immigration agencies, Grant points out that members of the South African Jewish community are most attracted to these countries: Australia, Canada and Israel, which appear to be easier to get into. The USA is still in high demand, but this is a choice more suited to high-net worth individuals.

The demographics of those emigrating has also changed: it is no longer just a working holiday for those in their 20s or a company transfer amongst those in their 30s and 40s. Today, interest in emigrating is seen among all ages and all backgrounds.

Grant advises that relocation to another country will be smoother if sufficient research is done and if the advice of experts in the field is obtained prior to making a decision about emigrating.



Understanding antisemitism in South Africa

By EDITOR

Professor Milton Shain, an expert on the history of antisemitism in South Africa, spoke at the University of Cape Town’s Summer School in late January. Offering three lectures on the topic, Shain divided his talks up chronologically across the 20th and early 21st centuries.

Shain makes a distinction between Ideational and Programmatic antisemitism: the difference being that the one reflects the presence of antisemitic ideas, while the other reflects antisemitic actions, such as violent acts.

As regards the extent of the antisemitism prior to the 1930s, using various examples of antisemitic activity, Shain

challenged the notion that there was no antisemitism at this time, and that the problem only surfaced in line with the rise of Fascism in Europe in the 1930s.

The 1930s and ‘40s saw a set of factors that created a ‘perfect storm’ for antisemitism to flourish, allowing for the intensification of ideational antisemitism. This was evident from the many conspiracy theories relating to Jews that were promoted by Fascist organisations.

In more recent times, anti-Zionism became a more dominant theme, and today little distinction is evident between anti-Zionism and antisemitism. For Shain, recent events highlighting this include

the anti-Herzlia School sentiment; and the government’s stance on the Gaza war, which stands in stark contrast to its silence on the many other humanitarian crises elsewhere (e.g. in Syria, Yemen, and with the Uyghurs in China).

For the first decades of the twentieth century Jews were seen as not quite ‘white’, although many held important positions. This ended after the Second World War when the Sauer Commission

investigating the race question made no mention of Jews as a race apart. The Jewish Question as a public issue was dropped by the National Party which came to power in 1948.

Professor Shain’s course offered a fascinating insight into the history of antisemitism in South Africa, and concluded with his understanding of the hatred being seen since the October 7th Hamas attacks in Israel.

Milton Shain’s series of books on antisemitism in South Africa is available for purchase, and for borrowing from the Jacob Gitlin Library. The latest book in the series, *Fascists, Fabricators and Fantasists: Anti-Semitism in South Africa from 1948 to the Present*, was published in 2023.

NO CHILD SHOULD BE LEFT BEHIND: Afrika Tikkun Bambanani pioneers inclusive education

For three decades, Afrika Tikkun has been a beacon of hope and transformation in South Africa, touching the lives of thousands of children and individuals. Founded by Dr Bertie Lubner and the late Chief Rabbi Cyril Harris, this organisation embodies the Jewish principle of “Tikkun Olam”, the imperative to repair the world. Through its holistic Cradle-to-Career (C2C) approach and internationally certified Early Childhood curriculum, Afrika Tikkun has become a symbol of empowerment and opportunity for countless individuals in need.

Thirty years ago, Bertie Lubner had a vision – a vision to make a meaningful difference in the lives of disadvantaged communities in South Africa. Fuelled by his deep-rooted Jewish values of compassion and justice, Lubner established Afrika Tikkun with a mission to uplift, educate and empower. His tireless dedication and unwavering commitment laid the foundation for what would become one of the most impactful social development organisations in the country.

Following in his father’s footsteps, Marc Lubner has taken the helm at Afrika Tikkun. Under his leadership, the organisation has not only sustained its vital programmes but also expanded its reach and impact.

At the heart of Afrika Tikkun’s work lies the concept of Tikkun Olam – the Jewish belief in the responsibility of every individual to contribute to the repair and healing of the world. Through its comprehensive programmes spanning education, healthcare, and socio-economic development, Afrika Tikkun embodies this timeless principle in action. By equipping children and young adults with the tools they need to break the cycle of poverty and build a better future, the organisation is not just offering assistance but empowering individuals to become agents of change in their own lives and communities.

Afrika Tikkun’s Cradle-to-Career model is premised on laying a firm foundation and continuing the education journey right through to young adulthood. Afrika Tikkun Bambanani (ATB) is the vehicle through which we carry out the vital underpinning of Early Childhood Development (ECD). ATB founders, Theresa Michael (Chief Executive Officer) and Tessa Forman (Chief Operating Officers), are the driving force behind ATB’s Department of Basic Education approved and internationally accredited curriculum. ATB’s innovative curriculum not only caters to learners aged 1-6 years but

equally equips practitioners with tools for inclusive education.

No child should be left behind, especially in the pursuit of quality education

ATB’s inclusion in the classroom stands as a paramount objective, resonating with the right to education; particularly as we commemorate Human Rights Month. The organisation’s regular training initiatives undeniably fortify its commitment to ensuring that every child, regardless of ability or diverse needs, has equal access to educational opportunities. Through its outreach initiatives, ATB is entrenched in over 250 underprivileged communities across parts of South Africa. In the Western Cape, specifically, ATB has implemented its ECD programme in 32 centres across the Western Cape: Kensington, Mfuleni and Plettenberg Bay.

Training for inclusive education: a guiding motto

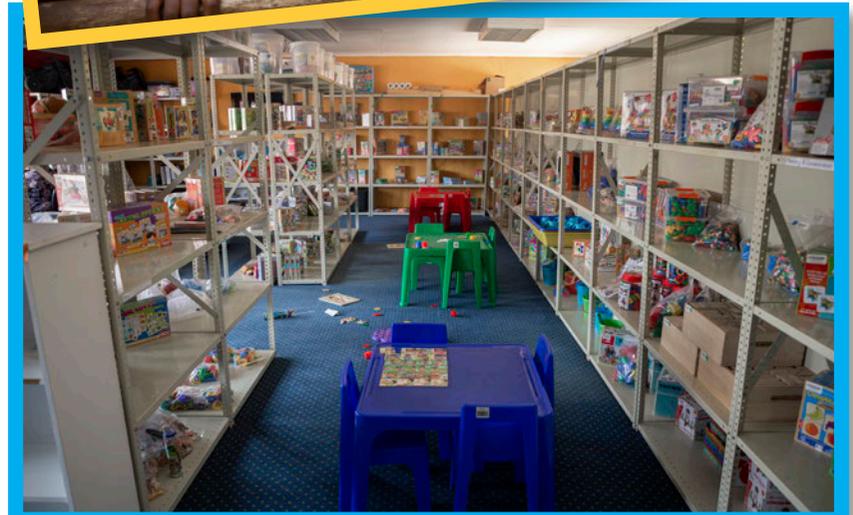
By training teachers in inclusive education, ATB aims to eliminate barriers that may hinder children with disabilities or diverse needs from experiencing the transformative power of education. This approach aligns seamlessly with the organisation’s guiding motto: “No child should be left behind.”

ATB embraces the principle of inclusivity as a fundamental right for all children, and our commitment to inclusive education extends beyond training. The organisation actively contributes to the development of a curriculum that promotes inclusivity and covers all essential aspects of a child’s development. By incorporating these elements, ATB strives to provide a well-rounded education that caters to the unique needs of every child. This aligns perfectly with the broader human rights theme, emphasising the right to education for all.

Impactful strides in rural ECD centres

ATB trainers are now better prepared to usher in positive change in the rural Early Childhood Development centres they serve. Through their unwavering dedication and commitment to inclusive education, ATB and its trainers have made a tangible impact on the lives of 20,000 children in 2023, ensuring that no child is left behind in their pursuit of inclusive education and a brighter future.

In 2023, in a dedicated step towards fostering inclusive education, ATB trainers completed a transformative training programme at Johannesburg’s Bellavista School, a global Centre for Excellence in education. Armed with a diverse range of strategies and techniques acquired through



internationally researched inclusion training, ATB trainers are set to collaborate closely with rural ECD centres, sharing their expertise and supporting the implementation of inclusive practices in classrooms.

Expansion into Western Cape: a pioneering effort

In a pioneering effort in Mfuleni, in the Western Cape, ATB is mainstreaming children with severe disabilities into ECD centres and primary schools. This initiative, in partnership with Sabrina Love and The Learning Initiative, reflects ATB’s commitment to expanding inclusive practices beyond Gauteng. Plans are underway to establish this project as a model for mainstream inclusion in the Cape,

fostering collaboration with national and Western Cape Departments of Education.

Continuous upskilling and global certification

ATB trainers undergo monthly upskilling in inclusion practices, aligning with global trends. Their recent certification with Education Alliance Finland is a testament to the team’s commitment to maintaining high standards of training.

As we celebrate Afrika Tikkun’s 30th anniversary, these strides in inclusive education exemplify the organisation’s unwavering dedication to transforming lives and creating a future where no child is left behind, for 30 years and beyond.



SIMCHA SNAPS

Bat Mitzvah



Bat Mitzvah of Ateret Hack at Ohr Someyach, January 2024.
(Photographer: Yolande Kretzmer)



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Change forces us to consider new opportunities, materialise new dreams and define new purpose. If you or anyone you know of has a suitable inside and outside child friendly space in the vicinity, please let me know. References available on request. Contact Shelley on 072 506 6263 or email: lilpeople@iafrica.com



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