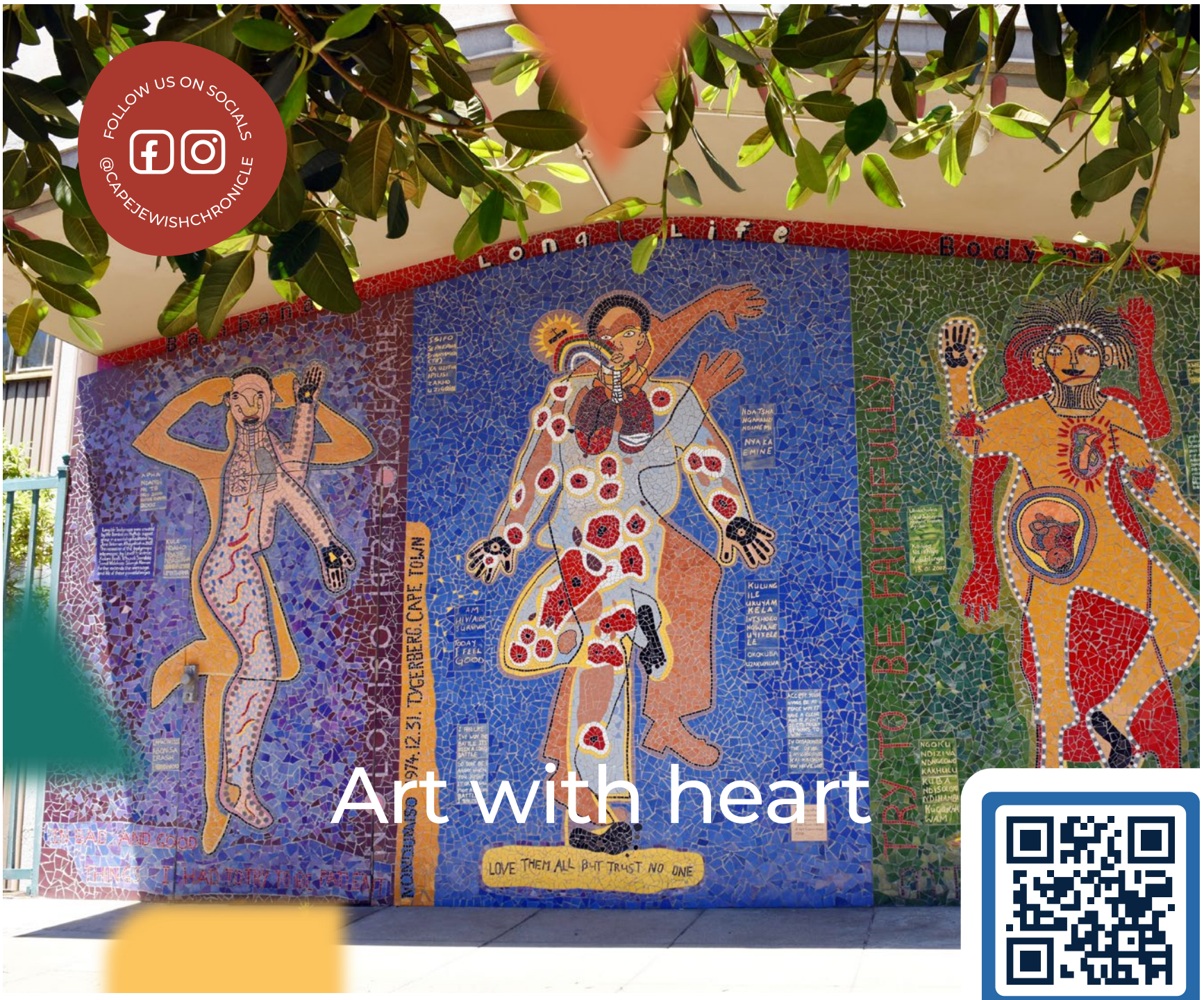
CAPE JEWISH CHRONICLE

Vol.43 No.10 | November 2026 | Digital Edition | cjc.org.za | R450/year



Art with heart

REMEMBERING LOVELL FRIEDMAN Z"L P3

UJC OUR COMMUNITY

The UJC funds over 50% of our beneficiary organisation's annual needs

Through one central fundraising campaign, we help sustain 36 organisations across education, care, security, youth and Jewish life.

One Campaign. Community wide impact.

IN THIS EDITION

NOVEMBER 2026



COMMUNITY NEWS

VIEWS Bonny's Beat	4
Shabbat Times	4
Mensch	6
Cape SA Jewish Board of Deputies	8–11, 16–17
SA Zionist Federation CC	15, 21
WIZO SA	18
Herzlia	19
Cape Town Holocaust & Genocide Centre	24, 27
Patrons of the CJC	29
Jewish Community Services	31
Temple Israel	32
Care Services	37
Cape Jewish Seniors Association	38
EVENTS November 2026	39
Jewish Literary Festival	39
Classifieds	40



ARTICLES & OPINIONS

OBITUARY An artist who left her mark on Cape Town	3
STORIES Micaela Lurie: A promise made at six, a PhD and a baby	7
COMMUNITY NEWS Old roots, new growth: Paarl's Jewish community celebrates its past and future	12-14
ARTS & CULTURE A dancer called 'Sir' 18	18
VIEWS Julian Resnick writes from Israel	20
STORIES Making waves	24
ENTREPRENEURSHIP From London to Cape Town, the City Coins legacy lives on	25
COMMUNITY NEWS A double century	26
COMMUNITY NEWS New Jewish learning programme for seniors	26
COMMUNITY NEWS Three friends... Three stories – one extraordinary bond	26
COMMUNITY NEWS A new chapter of Jewish life unfolds in Milnerton	28
COMMUNITY NEWS Considering burial in Israel? A practical family checklist	30
COMMUNITY NEWS Commemorating the October 7th attacks	28
EVENTS Be an Early Bird for the sixth Jewish Literary Festival	33
HEALTH Facing severe kidney disease	34
BOOKS Look out for these books	35
STORIES Small stones, powerful memories: A family's journey	36
BOOKS Farewell to Eden	37
FOOD A fresh look and flavour for kosher food in Cape Town	40





CAPE JEWISH CHRONICLE

Cape Town, South Africa
PO Box 4176, Cape Town, 8000
Phone: (021) 464 6736

Bonny Feldman, Editor, editor@ctjc.co.za

Adéle Gradner, Advertising, advertising@ctjc.co.za

Lisa Shapiro, Digital Marketing/Layout
digital@ctjc.co.za

Picture Credits:
Cover Michael Hammond; p20 Oleg Vakhromov/ Unsplash; p30 Nikodem Nijaki / Wikimedia Commons / CC BY-SA 3.0; p35 Wikimedia Commons

CAPE JEWISH CHRONICLE SUBSCRIPTION FEES AND DONATIONS

SNAPSCAN

DEBIT ORDER MANDATE

BANK: STANDARD BANK, **BRANCH:** THIBAULT SQUARE, **BRANCH CODE:** 020 909, **ACCOUNT NUMBER:** 070 703 493, **ACCOUNT NAME:** THE CAPE JEWISH CHRONICLE TRUST, **ACCOUNT TYPE:** CURRENT, **SWIFT CODE:** SBZAZAJJ

For assistance call 021 464 6736 or email subscriptions@ctjc.co.za

A beneficiary of the United Jewish Campaign. UJC OUR COMMUNITY

DISCLAIMERS

Errors, omissions and corrections The *Cape Jewish Chronicle* regrets any errors or omissions that may occur in the paper and, where possible, will attempt to rectify these in a subsequent edition, should such a measure be deemed appropriate. No repeat advertisement or credits will be given for small typographical errors which do not appreciably lessen the value of the advertisement. The appearance of an advertisement or photograph does not necessarily indicate approval or endorsement by the Editorial Board for the product or service advertised or photograph reproduced, and it takes no responsibility for any loss or damage suffered by any person as a result of the reliance upon the information contained therein. **Letters, Opinions and Contributions** Opinions expressed in this publication do not necessarily reflect the views of the Editorial Board or its sponsoring bodies. Letters submitted anonymously will not be printed. However, by agreement, the writer's name may be withheld in the publication. Letters are published subject to space being available. The Editor and the Editorial Board have the right to decide on the inclusion of any item submitted for publication. Letters may be edited for clarity, space and/or language. **Kashrut** Unless otherwise stated, food and catering services advertised in this publication are not under the supervision of the Cape Beth Din. **Financial** You should always obtain independent expert advice prior to making any financial investment, commercial or other decisions. Do not enter into any transactions of the above nature, based partly or wholly on the content of any advertisements or articles published in the *Cape Jewish Chronicle*.

CSO EMERGENCY LINE – 24/7
Security & Medical Emergencies
086 18 911 18

CARE SERVICES SUPPORT LINE
For support and guidance
087 999 7999

OBITUARY

An artist who left her mark on Cape Town

The passing of Lovell Friedman (Kibel) has robbed Cape Town of an exceptionally talented artist whose creativity, compassion and commitment to social upliftment left an enduring mark on the city.

An accomplished ceramicist, sculptor and mosaic artist, Lovell transformed ordinary spaces into places of beauty, reflection and connection. From the Cape Town Stadium and MyCiTi bus stations to the Red Cross War Memorial Children's Hospital and hospitals in Mitchells Plain and Khayelitsha, her work brought colour, imagination and meaning to countless Capetonians.

Her contribution extended far beyond artistic achievement. Believing in art's power to unite people, tell stories and create opportunities, she trained aspiring mosaic artists from disadvantaged communities, empowering many to establish independent careers. Her involvement in the Rock Girl initiative, creating colourful public benches to promote safer spaces, reflected her commitment to making Cape Town more beautiful and inclusive.

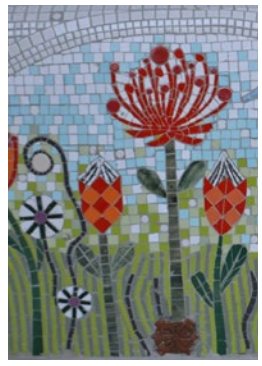
THE ORGANISATION BRAVE, WHICH LOVELL CO-FOUNDED, SAYS:

"Her unique talent has left a visual legacy across Cape Town and beyond, from her BRAVE Rock Girl Safe Spaces benches to her murals for the World Cup. When asked to help, Lovell's answer was always 'Yes, but...' Her 'but' was that community must be an equal partner."

Her work often carried a powerful social message. The moving *We Are Still Here* memorial in Cape Town's CBD, created with Leora Lewis, commemorates vulnerable children from the city's past. A mosaic bench created by Lovell and her team for UCT's Perinatal Mental Health Project Hanover Park clinic provides a welcoming refuge for mothers and healthcare workers. Her imaginative









Lovell Friedman surrounded by detail from her mosaic artwroks

hospital murals brought comfort, hope and joy to patients and visitors.

Lovell also made a lasting contribution to Cape Town's Jewish community. In 2024, a magnificent mosaic she created was unveiled at the Tahara House at the Cape Jewish Cemetery in Pinelands. Commissioned through the generosity of Suzanne Ackerman and Kathy Ackerman Robins, it replaced a deteriorating tapestry, incorporating elements of its original design, including plants, roots and tassels referencing tzitzit. Working with landscape architect Tarna Klitzner, Lovell created a meaningful addition to this important communal space.

For Cape Town's Jewish community, Lovell was a source of pride – a woman whose artistic excellence and commitment to *tikkun olam*, the Jewish principle of repairing the world, found expression throughout wider society. Her legacy lives on in her remarkable artworks, the lives she touched and the opportunities she created for others. ●

ARTIST AND ART CURATOR CHRISTOPHER PETER, WIDELY KNOWN AS THE LONG-STANDING DIRECTOR OF THE UCT IRMA STERN MUSEUM, COMMENTS:

What a loss to us all in the realms of the visual arts, public art and the teaching thereof! I admired Lovell greatly for her work and her generous outreach to others. She gave tirelessly to others, nurturing, participating and guiding with a sure hand but a light spirit - with much humour.

Projects executed under her watch at UCT were always meticulously overseen by her. And to this end none of her projects ever faltered.

SUZANNE ACKERMAN REFLECTS:

"It was truly devastating seeing her coffin in the room at the cemetery, standing in front of the extraordinary mosaic wall that she created over nine months. Yet, it was a fitting ending for the woman who had the vision to reflect the beautiful mood that was required there. It is heart-warming to know that Lovell and my father will forever be linked to the mosaic that is the Cape Town Jewish community."

"We worked with Lovell for nine months – symbolic really because it was the birthing of a new concept, a new idea."

"We called Lovell's mosaic at the cemetery *A Thousand Shards of Light*, representing the hundreds and thousands of people of every category, of every genre, of every era, coming together in that cemetery – a cemetery that represents to all of us in the Cape Town community a true mosaic of the legacy of South Africa."

"Lovell used her extraordinary talent to create a work in memory of my late father, Raymond Ackerman, utilising the symbols we all know and recognize: the tassles representing the roots of the growing future generations; the pebbles reflecting the pebbles that we leave at a grave as a sign of remembrance."



(L-R) Lovell Friedman, Tarna Klitzner, Suzanne Ackerman, Joel Merris, Kathy Ackerman Robins

VIEWS BONNY'S BEAT

A tiny gesture – a big impact



BONNY FELDMAN
Editor

We all encounter people we would rather avoid, let alone engage with. I've had my share: a narcissistic neighbour, a self-righteous colleague, someone intoxicated by his supposed power. Dealing with such people brings frustration and anger.

Yet there are encounters at the opposite end of the spectrum that deserve more attention. I should spend less time dwelling on unpleasant experiences and more time appreciating the positive ones. Why allow difficult people to occupy so much of our thoughts?

This struck me during a delightful afternoon of entertainment in Pringle Bay. A local resident performed three narrative pieces at an event organised by Brian Berkman, a former Capetonian who moved to the village a few years ago.

One piece recounted a touching incident from her years as a pharmacist at Mitchell's Plain Day Hospital.

As a middle-class professional, she occupied a different position in society from many of her working-class patients, a status compounded by South Africa's historical attitudes towards race.

One day, an elderly woman approached her, asking to speak privately. The woman was desperately poor. Her clothes were dirty and torn, and her frail appearance spoke of a difficult life.

When the pharmacist stepped aside, the woman held out her hand. In it was a small chocolate.

She explained that she had saved for three months to buy it. It was her way of saying thank you for the kindness, dignity and respect with which the pharmacist had treated her.

A small chocolate. Three months of saving. An extraordinary expression of gratitude.

That this encounter remained with the pharmacist for so many years, eventually finding its way into a piece of dramatic writing, speaks volumes. What seemed an ordinary act of professional courtesy to one person had meant the world to another.

The lesson is simple: treating people with dignity costs nothing, yet its impact can be immeasurable.

Coincidentally, I read about the Cape Town communal leader Eric Samson z"l, who championed kindness as an essential part of meaningful living.

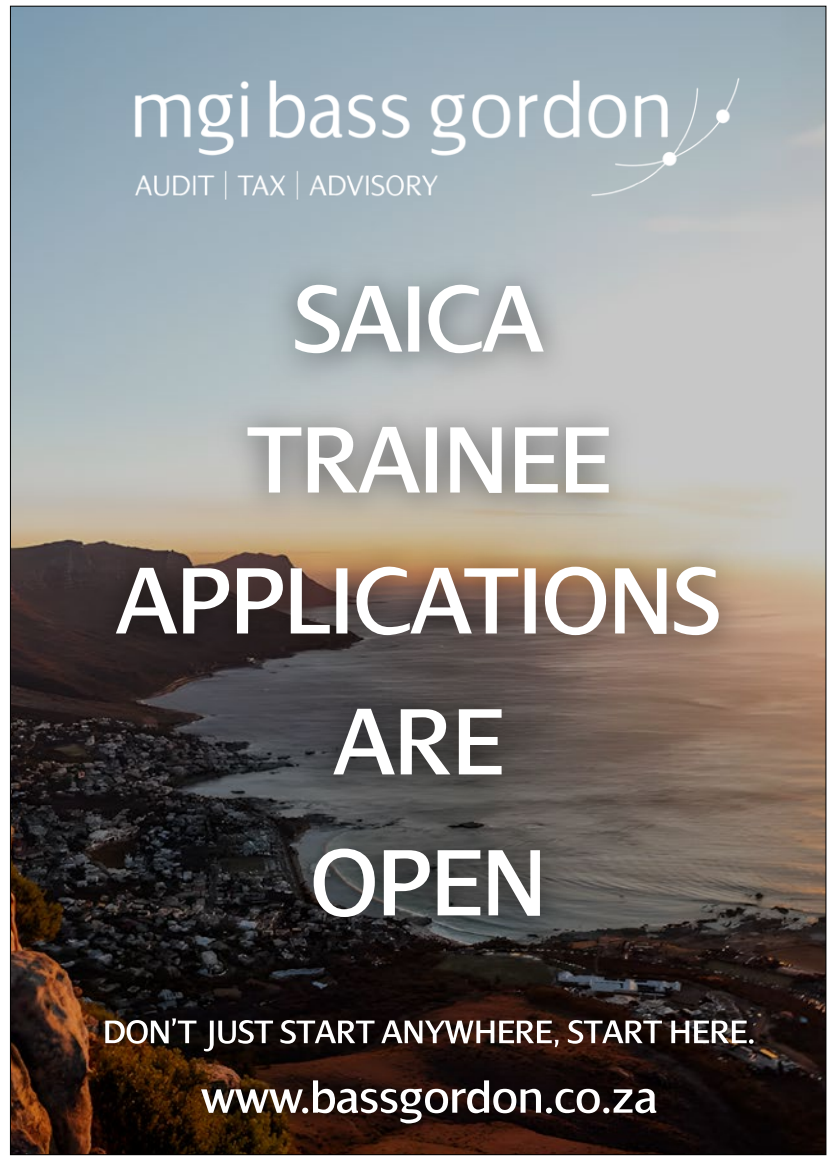
He was known for saying, "The more you give, the more you get!"

This philosophy extends beyond financial generosity. Giving our time, showing compassion, offering encouragement, or simply treating another person with respect can be every bit as valuable.

And perhaps that is the contrast worth remembering. While some people devote their energy to asserting their importance, others quietly make a difference through small acts of kindness.

To the narcissists, the self-absorbed, and those drunk on their own perceived power, there is a lesson worth learning.

The world would surely be a better place if more people understood that true stature comes not from how important you believe yourself to be, but from how you treat others. ●



SHABBAT TIMES

DATE		PORTION	CANDLE LIGHTING		
			Earliest	Latest	Ends
6/7 Nov	27 Cheshvan	Chayei Sara	17:54	19:01	19:56
13/14 Nov	4 Kislev	Toldot	18:00	19:08	20:04
20/21 Nov	11 Kislev	Vayetzei	18:05	19:15	20:11
27/28 Nov	18 Kislev	Vayish-lach	18:11	19:21	20:18

Make sure you receive your December/January print edition of the *Cape Jewish Chronicle* and the Chabad calendar.

Do we have the correct delivery address for you? Contact chronicleadmin@ctjc.co.za before 16 November to check.

MAKE YOUR LATER LIFE *your greater life*

OASIS
LUXURY RETIREMENT RESORT
CENTURY CITY

**All sold on a Sectional Title basis.*

PALME D'OR 502 — R10 080 000



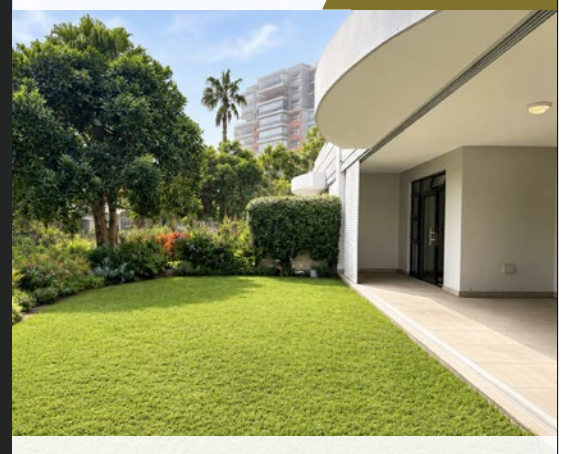
Immaculate & spacious 3-bed with sweeping mountain & ocean views.

PALM SPRINGS 201 — R4 000 000



95m2, open plan 2 en-suite beds & sun room, waiting for your personal touch.

PALME D'OR G02 — R8 995 000



Sought after 2-bed, with expansive terrace leading to a large exclusive-use garden.

A selection of light, spacious and luxurious apartments on offer, each with 2 parking bays & a storeroom. Oasis offers something for every taste.

Cape Town's most attractive and well-equipped retirement resort

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

Cindy 082 495 7168
Dianne 084 513 2305
Katherine 083 965 3391

CARE CENTRE
OASIS
CENTURY CITY • CAPE TOWN

A piece of cake!

"At Oasis Care Centre all my needs are met. The food is excellent, and the calendar is packed with fantastic activities and lovely outings. Living here really makes life a piece of cake."

Mrs. Meiring – Assisted Living resident.

OASIS CARE CENTRE OFFERS

ASSISTED LIVING • PHYSICAL REHABILITATION • FRAIL CARE • ALZHEIMER'S/DEMENTIA CARE

rabie HARRIES PROJECTS



*Oasis Care Centre residents' outing

Professional, warm and loving care in a luxury environment

Contact Lizzie Brynard-Brill: 021 528 7301 · lizzieb@capetownoasis.co.za · www.oasiscarecentre.co.za


MENSCH
Mitzvah
Day
SUNDAY
22 NOV 2026
10.00 - 13.00
JOIN US TO
HARVEST. PREP.
PACK & COOK.
Nutritious meals for 2000+ CHILDREN in Imizamo Yethu and Hangberg.
Bring the whole family for a morning of hands-on volunteering, with purposeful activities for kids and plenty of ways to make a difference.
HOUT BAY
FREE EVENT
BOOK HERE
https://qkt.io/Mitzvahday
IN PARTNERSHIP WITH
LOVE IN A BOWL
Mitzvah day is a global day of social action
GENEROUSLY SUPPORTED BY THE HENECK FAMILY FOUNDATION
WWW.MENSCH.ORG.ZA

STORIES

Micaela Lurie: A promise made at six, a PhD and a baby

At the age of six, Micaela Lurie announced to her parents: “I am going to cure HIV.”





L: Michaela in the lab; Above: Micaela and her husband with baby

KAREN MILLER

It was an ambitious declaration for a little girl growing up in Sea Point. But while childhood ambitions often give way to other interests, Micaela’s fascination with science only deepened. Now, at 30, she has a PhD in Medical Virology from the University of Cape Town (UCT), where her research has focused on one of South Africa’s most persistent public health challenges, a potential new way of identifying women at increased risk of HIV infection.

There is, however, another reason this graduation will remain unforgettable. Just three weeks before the ceremony, Micaela gave birth to her son, Levi, who arrived prematurely at 32 weeks. It is a remarkable combination: 11 years at UCT, a doctorate in a demanding scientific field, and a newborn who decided not to wait for the formalities.

Micaela attended Herzlia Weizmann Primary and Herzlia High School. An inquisitive child, she devoured books, particularly the DK general knowledge and science titles that fed her growing curiosity. By Grade 6, she knew she wanted to be a scientist.

There was another side to her, too. She loved drama, taking it through to matric. Far from being an unrelated interest, it gave her public-speaking skills that would prove useful in communicating science beyond the laboratory.

Medicine was a possibility, but after shadowing a doctor friend, she realised that treating patients was not quite her calling. She preferred working behind the scenes, investigating the science that might eventually improve their lives.

After studying biochemistry and genetics as an undergraduate, she worked in the field of infectious diseases and immunology before her path led her into HIV research. Then came Covid, which disrupted laboratory work at UCT as facilities closed for Covid testing. Her subsequent research became part of the GIFT project which addresses a problem that is both scientifically significant and easily overlooked: genital inflammation in women which may be caused by sexually transmitted infections, bacterial vaginosis and vaginal yeast infections. This inflammation can increase the risk of HIV infection and other reproductive health complications. Yet many women with these conditions have no symptoms and may go undiagnosed.

Micaela’s PhD investigated three cytokines, small proteins involved in the body’s inflammatory response and potential markers of this inflammation. The research forms part of the development of the Genital Inflammation Test, or GIFT, a test intended to help identify women who may need further investigation even when they feel perfectly well. It detects signs of inflammation, rather than HIV itself.

MICAELA LURIE HAS BEGUN THE NEXT CHAPTER OF A STORY THAT STARTED WITH A SIX-YEAR-OLD’S REMARKABLE CERTAINTY ABOUT WHAT SHE WANTED TO DO WITH HER LIFE.

The potential value is considerable in South Africa, where girls and young women aged 14 to 24 are particularly vulnerable to HIV infection. A simple, affordable test could eventually help identify women at risk and enable them to access appropriate testing and care earlier. GIFT is an international research undertaking involving South Africa, Zimbabwe and Madagascar. Its longer-term ambition is to develop a home self-testing kit, making screening more accessible and potentially helping to reduce the stigma surrounding sexual health. That goal remains some way off, but it offers a glimpse of how laboratory research might eventually translate into practical benefits for women.

Having graduated with her PhD in September, Micaela is moving beyond academia. She now works for an international company specialising in medical communications, scientific strategy, medical writing and global healthcare content creation. It is a change of direction, but one that allows her to apply her scientific knowledge in a broader setting.

And then there is Levi. His early arrival prompted an unexpected journey from Sea Point to Kingsbury Hospital, with a traffic officer escorting the family through the five o’clock rush-hour traffic. The officer was subsequently given an award for his vital assistance.

Levi spent three weeks in neonatal intensive care, is now home and thriving - and his mother has her PhD! Somewhere between the laboratory, the graduation stage and a new life with a premature baby, Micaela Lurie has begun the next chapter of a story that started with a six-year-old’s remarkable certainty about what she wanted to do with her life. ●

CAPE SAJBD
Engage I Educate I Empower

VIEWS CONNECT, COLLABORATE, COMMUNITY

THANKING OUR LOVED ONES

Being a community leader is not an easy job. In fact, it may be one of the most time-consuming and challenging roles out there – and that is saying a lot, considering I spent more than 15 years working in the events industry, regularly ranked among the most stressful industries in which to work.



DANIEL BLOCH
Exec. Director
Cape SAJBD

Over Simchat Torah, I spent a stress-free weekend celebrating our way of life at Marais Road *Shul* - the *shul* where my family and I are members. At the annual post-Simchat Torah braai, honouring the Chatan Torah and Chatan Bereishit, several speeches were given. The *shul* President and both Chatanim spoke brilliantly, but what stood out for me was how each of them ended.

All three have been involved in communal work for many years, whether through the *shul* or other communal organisations. They have given an extraordinary amount of time, energy, blood, sweat and tears to ensure that our community continues to thrive and prosper. Naturally, they thanked their colleagues and those who had worked alongside them.

But all three ended by thanking their families – and particularly their wives.

Their words made me think about my own family.

I have now been Executive Director of the Cape SAJBD for almost five and a half years and, to put it mildly, it has been an extremely busy period - not only for me, but for my team and our entire Council. And I simply could not do the work I do without the understanding and support of my wife (whom I have thanked in previous articles). The late nights, evening meetings, Sundays, community events, crises and travelling all come at a cost - and that cost is inevitably shared by the people waiting for us at home.

My wife runs her own marketing consulting business, manages our home, and is herself involved in communal life. Somehow, despite my absences, she still manages to get almost everything done.

Almost.

I have banned her from packing the dishwasher. I mean, really - side plates go on the bottom shelf, not the top shelf.

There is an old saying: "Behind every successful man is a woman." Perhaps today it should read: "Behind every successful individual is their better half."

That applies equally to the men and women who lead our community. We have extraordinary female communal leaders, and I would like to think the men in their lives are equally capable of juggling businesses, homes, children and communal responsibilities.

Or perhaps I am delusional.

Either way, there is a serious point behind this.

No matter which communal organisation you serve, chances are there is someone behind the scenes making it possible for you to do so. Someone cheering you on, listening to your speeches for the tenth time, offering advice, tolerating the phone calls during dinner, accepting another evening meeting and, most importantly, supporting your decision to give your time to the community.

They may not sit on the committee. Their names may never appear on the programme. They may not receive an award or be thanked publicly.

But they are part of the contribution too.

Whether you serve on a *shul* or school committee, lead the Board of Deputies, work in welfare, stand outside our community centres protecting us, volunteer with our youth or contribute through one of the many organisations that make Jewish life in the Western Cape possible, every role matters.

And behind so many of those volunteers and communal professionals are families making their own contribution by allowing us the time and space to serve.

So perhaps we need to say thank you more often.

To our husbands and wives, partners, children and families: thank you for sharing us with the community. Thank you for understanding why we sometimes miss dinner, why the phone never seems to stop ringing, and why "I'll be home shortly" does not always mean what it should.

And to those who are not yet involved in communal life, I have a challenge for you: step up and get involved. It is never too early and never too late.

NO MATTER WHICH COMMUNAL ORGANISATION YOU SERVE, CHANCES ARE THERE IS SOMEONE BEHIND THE SCENES MAKING IT POSSIBLE FOR YOU TO DO SO.

A strong Jewish community does not happen by accident. It survives and grows because people choose to participate, volunteer, lead, protect, educate, care and contribute.

If we want to protect our community, preserve our way of life and ensure that Jewish life in the Western Cape continues to grow and has a bright future, then all of us have a role to play.

Just remember to thank the people at home who make it possible.

And please – put the side plates on the bottom shelf. ●

CapeSAJBD capesajbd capesajbd.org
CAPE SAJBD Engage I Educate I Empower

THE CAPE SAJBD

CAPE SAJBD
Engage | Educate | Empower

The Cape South African Jewish Board of Deputies is the representative voice of the Western Cape Jewish Community.

We safeguard the rights, dignity and wellbeing of our community through advocacy, education, public affairs, strategic partnerships and community leadership. We engage with government, civil society, the media and communal organisations to strengthen Jewish life, combat antisemitism and build an inclusive South Africa.

Below are some of the key ways in which we serve our community.

REPRESENTATION

Representing the interests of the Western Cape Jewish community in dealings with Government, political leaders, municipalities and public institutions.

ADVOCACY

Safeguarding the religious, civil and constitutional rights of the Jewish community through engagement, advocacy and legal action where necessary.

COMBATING ANTISEMITISM

Monitoring, responding to and challenging antisemitism and hate speech while supporting members of the community and defending our constitutional rights.

PUBLIC AFFAIRS

Building constructive relationships with Government, diplomats, faith communities, civil society and the media.

EDUCATION

Educating students at schools, universities the wider public about Judaism, Jewish history, the Holocaust and contemporary antisemitism.

HUMAN RIGHTS

Championing democracy, equality, religious freedom and human dignity while standing against all forms of discrimination.

COMMUNITY SECURITY

Working closely with the Community Security Organisation (CSO) Cape Town and local & national security agencies to promote the safety and resilience of our community.

COMMUNITY PROGRAMMES

Delivering and supporting initiatives that strengthen Jewish identity, remembrance, civic engagement and social cohesion.

Examples include:

- Yom HaShoah
- Country Communities Engagement
- Partnering with 60+ Affiliate organisations
- Entrepreneurs' Network
- Social Justice Programmes

RELOCAPE

Helping individuals and families relocating to the Western Cape, connect with schools, synagogues, organisations and community resources.

CAPE BOD BURSARY FOUNDATION

Investing in the next generation through tertiary education bursaries that empower young people to achieve their potential.

YOUTH, STUDENT & YOUNG ADULT ENGAGEMENT

Supporting Jewish student unions in the Western Cape and developing future Jewish leaders through advocacy, leadership development and community participation.

COMMUNITY UNITY

Promoting an inclusive, connected and resilient Western Cape Jewish Community built on mutual respect, pride and shared responsibility.

OUR STRATEGY

ENGAGE
Building trusted relationships with Government, civil society, faith communities and strategic partners.

EDUCATE
Promoting understanding of Judaism, Jewish history, the Holocaust and the contribution of Jews to South Africa while combating prejudice.

EMPOWER
Giving our community the confidence, knowledge and support to live proudly as Jews and respond effectively to antisemitism and discrimination.

Representing our community since **1904**

www.capesajbd.org.za
sajbd2@ctjc.co.za
Cape SA Jewish Board of Deputies
@capesajbd
Cape SA Jewish Board of Deputies


2026
Local Government
Elections | 4 November
Your Municipality.
Your Services. Your Vote.
Decide The Future Of Your Community By Exercising Your Right To Vote
#VotesMatter
#DemocracyinAction
#ActiveCitizenship
CAPE SAJBD
Engage | Educate | Empower
www.elections.org.za

CAPE SAJBD
Engage I Educate I Empower

VIEWS MESSAGE FROM THE CHAIR

No double standards

If we condemn aggression, intimidation and abusive conduct when directed at Jews, we must be equally prepared to condemn it when it comes from within our own community. Anything less turns principle into convenience.



SIMONE SULCAS
Chairperson
Cape SAJBD

Over the past few years, our community has rightly spoken out against hatred, incitement and abusive public discourse. Through campaigns such as *Words Matter*, we have reminded society that language has consequences, that every person deserves dignity, and that disagreement must never become dehumanisation.

That principle cannot be something we demand only of others. It must begin with us.

Two recent incidents in Johannesburg have raised uncomfortable but necessary questions about how we engage those with whom we disagree. One involved the abusive verbal treatment of a member of the public by a member of the Jewish community. The other involved a Jewish individual aggressively confronting a business owner over the display of a Palestinian flag outside the shop premises.

The first incident should trouble all of us. This was not merely an ill-chosen phrase or a strong view expressed badly. It represented a profound failure of respect, decency and self-restraint. Whatever frustrations or convictions prompted it, no cause is advanced by treating another human being in that manner. An apology does not erase the seriousness of the conduct or end the need for honest reflection.

The second incident, although different in its circumstances, raises the same essential concern. Whatever one's view of the Israeli–Palestinian conflict, there is no justification for aggressively confronting a business owner over a political symbol or expression of opinion.

Neither incident should be confused with robust debate, passionate advocacy or firmly expressed disagreement. Judaism has never been afraid of argument. Respectful disagreement lies at the heart of Jewish learning and communal life. But there is a profound difference between challenging ideas and attacking people.

Respectful disagreement lies at the heart of Jewish learning and communal life. But there is a profound difference between challenging ideas and attacking people.

Many Jews are carrying genuine pain, anxiety and anger amid rising antisemitism, the trauma of 7 October and the continuing conflict in the Middle East. Those emotions are understandable. They do not excuse unacceptable behaviour.

Communities demonstrate integrity not by defending every action of their members, minimising misconduct, or treating an apology as the end of the conversation, but by saying plainly when conduct falls far short of the values they profess.

Our tradition teaches that every person is created *b'tzelem Elohim* - in the image of God - and demands *derech eretz* — decency, civility and respect. Those values are tested not when we meet people with whom we agree, but when we encounter views we find offensive, upsetting or deeply objectionable.

Words Matter was never intended as a lesson only for everyone else. It is also a challenge to ourselves. Conduct that is unacceptable does not become acceptable because it is committed by someone who shares our identity or supports our cause.

The standard we apply to others must be the standard we apply to ourselves. If we expect people to engage respectfully with Jews, we must engage respectfully with others. If we condemn abusive conduct directed at our community, we must condemn it when it emerges from within our own ranks.

The true test of values is whether we apply them when doing so is difficult, uncomfortable and close to home. No political disagreement, provocation or strength of conviction entitles us to humiliate, verbally abuse or aggressively confront another person.

Words Matter is not merely a slogan. Our words matter. Our conduct matters. Our example matters. And our willingness to hold ourselves to the same standards we expect of others matters most of all. ●

REPORT ANTISEMITISM & HATRED
Antisemitism Hotline 079 994 5573
CAPE SAJBD Engage I Educate I Empower
NO PLACE FOR HATE

REPORT SUSPICIOUS ACTIVITY
24-hr CSO Control Room on 086 18 911 18
CSO CAPE TOWN

COMMUNITY NEWS

Old roots, new growth: Paarl's Jewish community celebrates its past and future

More than 90 former residents of Paarl and Wellington reunited on a sunny October day, rekindling friendships, sharing memories and celebrating a Jewish community with a rich history and a promising future.

The reunion, first suggested by Dr Clive Rabinowitz, brought together generations of people whose roots lie in these historic Western Cape towns.

Paarl's Jewish history stretches back to the late 19th century, as evidenced by its oldest Jewish cemetery, which includes an Anglo-Boer War grave dating to 1901. At its peak in the late 1940s and early 1950s, the community numbered between 600 and 650 people.

"I believe Paarl was the largest country Jewish community in the Western Cape at the time," recalls lifelong resident Charles Press.

Like many country communities, Paarl and neighbouring Wellington experienced a steady decline as families moved away, often seeking Jewish schooling for their children. Wellington's synagogue, built in 1921, was sold in 1982 and converted into a church, with the remaining congregation joining Paarl.

But while many small Jewish communities continue to shrink, Paarl-Wellington is bucking the trend.

An influx of semigrants, attracted by the region's lifestyle, has brought new



Foundation stone of the *shul*



Gan Aviv Hebrew Nursery School 1969 graduation. Back row: Leo Reiff, Stephen Abrahams, Shana Dubowitz, Aaron Roup, Errol Kaufman; Middle Row: Michele Maron, Lindsay Davidowitz, Kevin Rabinowitz, Peter Allen, Bram Kansky; Front row: Adrian Koch, Jeff Peimer, Colin Silberstein, Rochelle Myers, Jill Rabinowitz



Gan Aviv 1969 graduates – Cedric Zieff, Shana Kagan (nee Dubowitz) and Errol Kaufman with their teacher, Minette Minitzer (nee Allen). Elana Kleviansky (nee Dubowitz) was an earlier graduate of the nursery school.

PAARL'S JEWISH HISTORY STRETCHES BACK TO THE LATE 19TH CENTURY, AS EVIDENCED BY ITS OLDEST JEWISH CEMETERY, WHICH INCLUDES AN ANGLO-BOER WAR GRAVE DATING TO 1901.



Tombstone dating from the late 1890s with Dutch lettering – old Paarl Cemetery



Anglo-Boer War grave in the old Paarl Cemetery – Trooper Horwitz passed away in 1901



Yom tov at Bertha Widan's house (1958)



Paarl Youth Rally 1957

PICTURES FROM THE EVENT



Best friends who have lived in Paarl throughout their lives – Ivan Braude and Charles Press



Rabbi Bryan Opert talks to the crowd



L-R: Shana Kagan, Tony Miller, Louis Minitzer, Adele de Almeida, Raoul Kaplan, Ivor Bloom, Ryan Linde



Esther Surdut (nee Press) and Dr Tevia Zieff



The Braude siblings – Shirley Saus, Ivan Braude and Bertha Levin



The Zieff siblings – Tevia, Bonita and Cedric – outside the front of the *shul*



Dr Clive Rabinowitz entertained the crowd with some humorous anecdotes about life in Paarl



Sharon Kling and Melanie Goodman (nee Peimer)



Wilfred and Charles Back



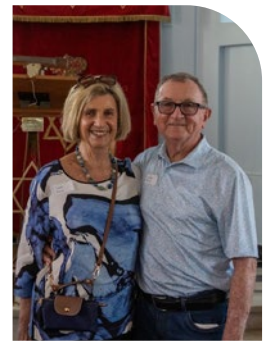
Jonathan and Bonita (nee Zieff) Shifrin



Bonita (nee Zieff) and Jonathan Shifrin were married in the Paarl *Shul* in the 1980s



Angela Miller-Rothbart



Yvonne and Charles Berman



Michael Barr, Lara Barr, Melanie Goodman (nee Peimer) and Michael Goodman

The reunion was more than a nostalgic gathering. It was a celebration of enduring connections, remarkable resilience and a Jewish future that continues to take shape in Paarl.



Brother and sister, David Witz (left) and Marilyn Levin (nee Witz)



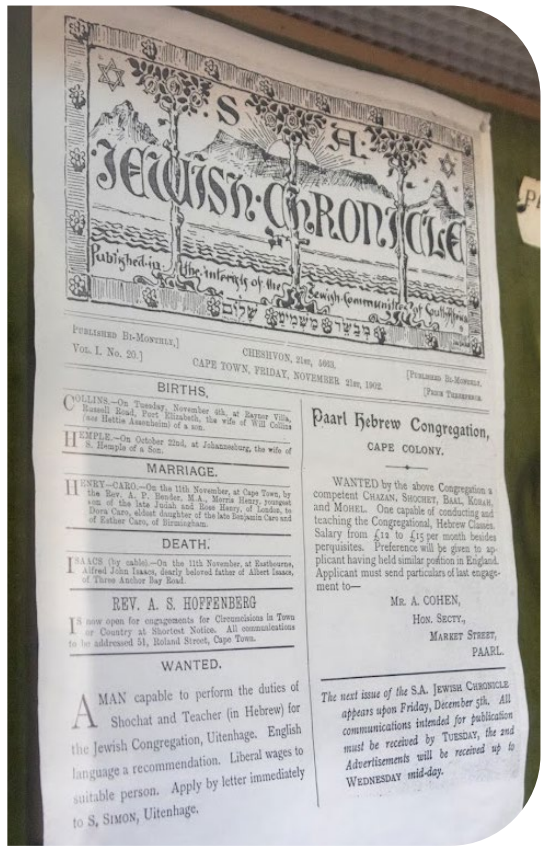
Louis and Dennis Minitzer

Continues on page 14

'Old roots, new growth: Paarl's Jewish community celebrates its past and future' – Continues from page 13



Photo c1936: Charles and Sarah Press on Paarl Rock. They had to climb up using chains. Note the suit and tie for the climb! (This photograph has been colourised from the original black-and-white image.)



S. A. JEWISH CHRONICLE

Published in the interests of the Jewish Community of Cape Town

Published Bi-Monthly.] Vol. I. No. 20.] CHESHVON, 21st, 5663. CAPE TOWN, FRIDAY, NOVEMBER 21st, 1902. [Published Bi-Monthly. From Thursday.

BIRTHS.

COLLINS.—On Tuesday, November 4th, at Rayner Villa, Russell Road, Port Elizabeth, the wife of Will Collins (nee Hettie Assenheim) of a son.

HEMPLE.—On October 22nd, at Johannesburg, the wife of S. Hemple of a Son.

MARRIAGE.

HENRY—CARO.—On the 11th November, at Cape Town, by the Rev. A. P. Bender, M.A., Morris Henry, youngest son of the late Judah and Rose Henry, of London, to Dora Caro, eldest daughter of the late Benjamin Caro and of Esther Caro, of Birmingham.

DEATH.

ISAACS (by cable).—On the 11th November, at Eastbourne, Alfred John Isaacs, dearly beloved father of Albert Isaacs, of Three Anchor Bay Road.

REV. A. S. HOFFENBERG

Is now open for engagements for Circumcisions in Town or Country at Shortest Notice. All communications to be addressed 31, Roland Street, Cape Town.

WANTED.

A MAN capable to perform the duties of Shochat and Teacher (in Hebrew) for the Jewish Congregation, Uitenhage. English language a recommendation. Liberal wages to suitable person. Apply by letter immediately to S. SIMON, Uitenhage.

Paarl Hebrew Congregation, CAPE COLONY.

WANTED by the above Congregation a competent CHAZAN, SHOCHET, BAAL KORAH and MOHEL. One capable of conducting and teaching the Congregational, Hebrew Classes. Salary from £12 to £15 per month besides perquisites. Preference will be given to applicant having held similar position in England. Applicant must send particulars of last engagement to—

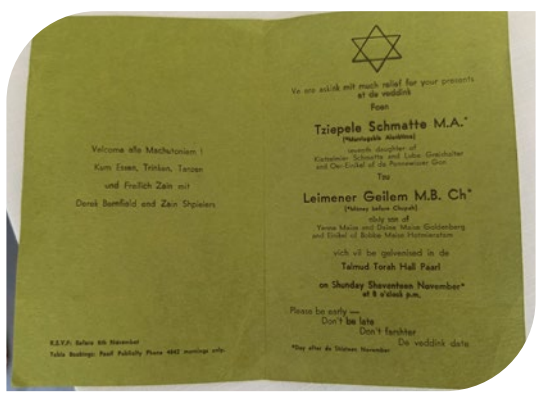
MR. A. COHEN, HON. SECTY., MARKET STREET, PAARL.

The next issue of the S.A. JEWISH CHRONICLE *appears upon Friday, December 5th. All communications intended for publication must be received by* TUESDAY, *the 2nd. Advertisements will be received up to* WEDNESDAY *mid-day.*

SA Jewish Chronicle 1902 – Paarl Hebrew Congregation placed an advert



An interesting Donations Board at the front of the *shul*



The programme for a mock wedding organised by the Paarl Congregation



Jonathan and Bonita Shifrin got married in the Paarl *Shul*



The organisers – Adele de Almeida, Ida Jacobson, Mark Kaufman, Ethne Abramowitz



Ethne (nee Skop) and Joel Abramowitz

WHILE MANY SMALL JEWISH COMMUNITIES CONTINUE TO SHRINK, PAARL–WELLINGTON IS BUCKING THE TREND. THE COMMUNITY DEMONSTRATES RESILIENCE AND WILLINGNESS TO ADAPT.



The happy-looking bride (on left) at the mock wedding

energy to the area. Equally significant is the congregation's innovative Abraham Membership, which welcomes non-Jewish spouses and interfaith families while preserving the community's Jewish religious identity.

Introduced earlier this year and featured in the September *Cape Jewish Chronicle*, the initiative has already attracted 13 families.

"Paarl is the fastest-growing community in South Africa," says Rabbi Opert.

Long-time resident Charles Back, a prominent figure in the farming and tourism sectors, credits the community's resilience to its willingness to adapt. The Abraham Membership exemplifies this approach, creating a more inclusive environment without compromising Jewish identity.

Today, the congregation continues to hold regular Shabbat and Yom Tov services, gather a *minyan* and host social events.

Its buildings are also enjoying a revival. The *shul* and Rabbi's residence have been renovated, while restoration of the old *cheder* building and hall is under way.

One reunion guest remarked, "The beautifully maintained *Shul* and new Kaufman Hall provided the perfect setting for the event."

For a community whose story spans more than a century, the reunion was more than a nostalgic gathering. It was a celebration of enduring connections, remarkable resilience and a Jewish future that continues to take shape in Paarl. ●

SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL

Cape Town's Connection to Israel

ADVOCATE
EDUCATE
CELEBRATE

"How can I help?" A strong message of resilience



JOSH SCHEWITZ
SAZF Cape Council

Knowing that well over a thousand people were murdered in the October 7 attacks three years ago is in itself shocking. But, when one is exposed to the stories of individual families, one's understanding of the true impact on ordinary people is much greater.

Leading Israeli businessman, international life coach and author, Doron Libshtein, brought home that reality when he spoke to over 650 Capetonians at a commemorative event on 7 October this year. The consequences for Doron's closest family were huge.

He spoke movingly about his brother, Ofir, and nephew, Nitzan, both of whom were tragically killed while defending the residents of Kibbutz Kfar Aza during the onslaught.

Ofir, Doron's "little big brother", was a well-known leader in Israel, having demonstrated strong leadership skills even during childhood. Elected to the office of Mayor of the Sha'ar HaNegev Regional Council, the region saw significant economic growth during his tenure. In addition, he and his wife established a much-loved project in Israel, Darom Adom (Red South), an annual event celebrating the blooming of wild red anemones in the Western Negev near Gaza. Ofir also served as the Chair of Habonim Dror.

At the commemorative event, video footage of Doron's sister-in-law, who lost both her husband and her son, left many in the audience feeling very emotional. One was left with the thought: How does a person continue living after such loss?

But Doron also gave us a positive message. He challenged all of us to ask a simple but powerful question: "How can I help?"

It is a question he lives by every day. His philosophy is that we can all be heroes when we ask how we can help – and then act on the answer. His words were inspiring, thoughtful and deeply poignant, reminding us that, even in the face of profound loss, each of us has the capacity to make a difference. This message is



particularly significant for us in the Diaspora: being a community that has stood up and helped our brethren in Israel in truly meaningful ways.

With an audience packed to capacity, the evening confirmed that, even in the darkest of times, our community stands united. We will not forget those who were taken from us. We will continue to stand proudly with Israel, to honour the memory of the victims by living our values openly and unapologetically, and to ensure that the world never looks away from what happened on October 7. ●

The commemorative event was hosted by the South African Zionist Federation Cape Council, in partnership with the Cape South African Jewish Board of Deputies, The Base, and the Jewish National Fund.

The event was sponsored by the Wilfred and Fay Back Charitable Trust.

SOUTH AFRICAN CHRISTIANS STAND WITH ISRAEL AND THE JEWISH COMMUNITY

From 5 500 worshippers gathered in Edenvale to 50 pastors travelling to Jerusalem, South African Christians are demonstrating that government policy does not speak for everyone on Israel.

At the A Million Women prayer gathering – held on Saturday, 19 September 2024, and attended by Israel's Deputy Ambassador Hen Feder – thousands prayed against antisemitism, for Israel, and for the safety of South African women.

"The scale and conviction of the gathering demonstrated that Christian South Africans who stand with Israel are increasingly



willing to make their voices heard," said SAFI National Spokesperson Bafana Modise. "It sent an unmistakable message that thousands are prepared to stand publicly against antisemitism and in friendship with Israel."

That solidarity continued in October 2026, when 50 South African Christian leaders joined more than 1 000 pastors from over 100 countries in Jerusalem to commemorate the anniversary of the Hamas-led massacre of 7 October 2023.

Thirty delegates represented the South African Community of Faith-based Fraternals (SACOFF), whose member organisations collectively represent 11 million South Africans, according to SAFI. Visits to Yad Vashem, the Nova Festival site, and Gaza-border communities brought delegates face-to-face with Jewish history and Israeli trauma.

SAFI Executive Director Daniel Yakcobi added that the delegation challenged any claim that the government's position represented all South Africans. These gatherings offer a powerful reassurance: beyond political headlines, Christian allies are publicly standing against antisemitism and building lasting friendships with Israel. ●

Find us SA Zionist Federation – Cape Council @sazfcapecouncil

CAPE SAJBD
Engage I Educate I Empower

Cape SAJBD AGM reflects on another year of service to the community

Communal organisations and community members gathered on 21 October for the Cape South African Jewish Board of Deputies (Cape SAJBD) Annual General Meeting and Conference, reflecting on another year of dedicated service to the Western Cape Jewish community.







The evening highlighted the Board's ongoing commitment to protecting Jewish communal life, combatting antisemitism, strengthening relationships both within and beyond the Jewish community, and ensuring that Jewish life in the Western Cape continues to thrive. Proceedings began with a powerful video showcasing the Board's work, highlighting the breadth of its activities, the community's understanding of its role, and the vital work being done behind the scenes to protect and preserve our way of life. To view the video click on this link.

This was followed by an inspiring address from Chairperson Simone Sulcas, who reflected on her first year in the role and the Board's achievements across community protection, interfaith engagement, advocacy, youth development and social responsibility. Her address reinforced the importance of unity, resilience and collective responsibility in navigating the challenges facing Jewish communities today.

Guests were then treated to a lively and insightful conversation between Executive Director Daniel Bloch and Wayne Sussman, one of South Africa's leading political analysts and election commentators. Their discussion explored the country's evolving political landscape, the upcoming local government elections and the key issues shaping voter sentiment. Wayne also shared his perspectives on international political developments and elections from around the world.



Beyond the formal proceedings, the AGM provided a valuable opportunity for communal leaders, affiliates and community members to connect, reflect on shared achievements and look ahead to the year to come – all while enjoying some great refreshments, of course!

The Cape SAJBD extends its sincere appreciation to its affiliates, communal partners and the broader Jewish community for their continued trust, support and partnership. It is through this collective commitment that we continue to build a strong, united, resilient, proudly Jewish and proudly Zionist community in the Western Cape.

Missed the AGM and Conference? Don't worry! The evening was recorded, and we look forward to sharing highlights and memorable moments across our social media platforms in the coming weeks.



JOIN THE CONVERSATION

Our Executive Director, Daniel Bloch, explores our community – talking to community members, stakeholders and partners.

From Cape SAJBD board members to personalities like Gareth Cliff, to individuals living in George and Oudtshoorn – in our Ed Talks podcast, Daniel highlights the work of the Board, discusses serious issues affecting our community, and showcases positive stories. All while having some fun.

SCAN/CLICK TO PLAY

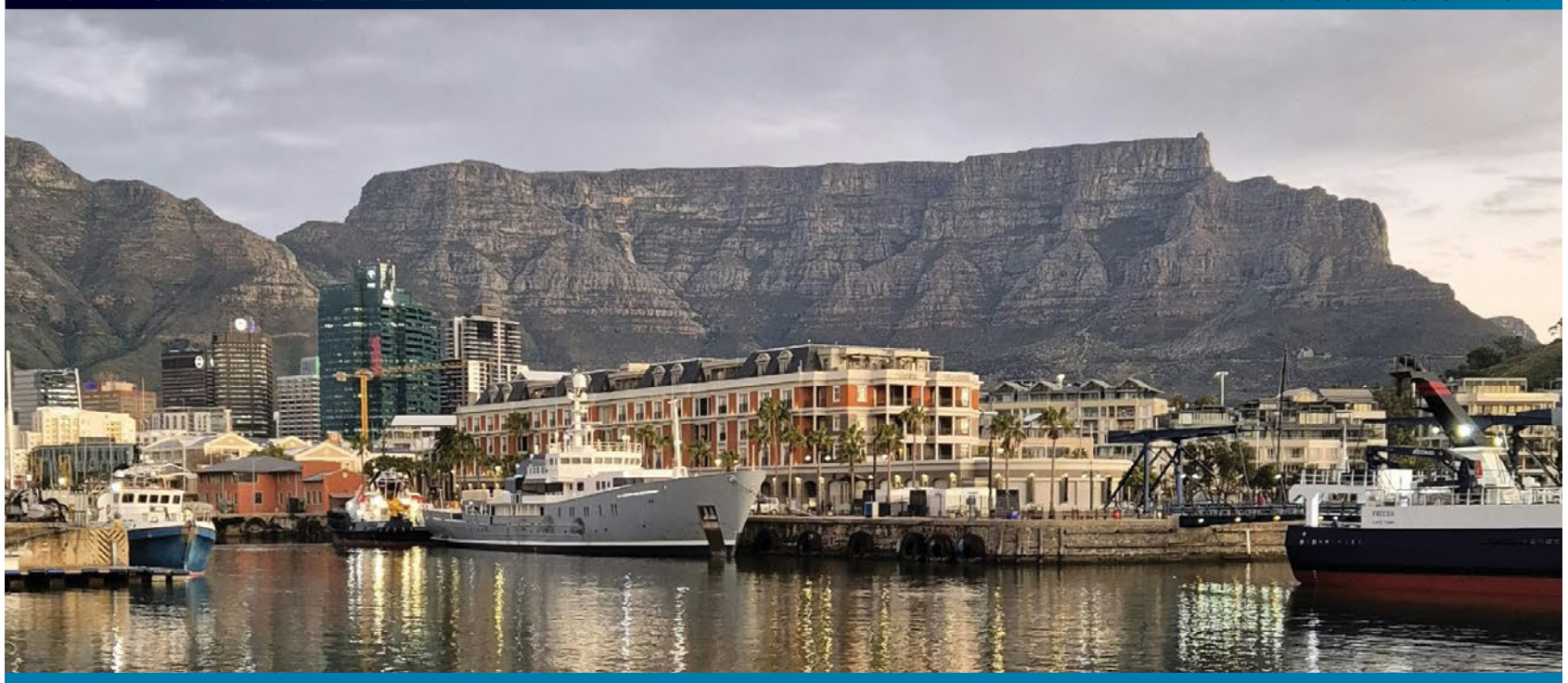
ED Talks is serious... But not *too* serious.

Watch on **Facebook, Instagram, LinkedIn and YouTube. #EDTALKS #capesajbd**

CapeSAJBD capesajbd capesajbd.org

CAPE SAJBD
Engage I Educate I Empower

RelоCape



New to Cape Town?

The Western Cape Jewish community **welcomes** you!

Recently relocated? Looking to reconnect?
Or simply want to learn more about our community?

Discover the **organisations**, **services** and **opportunities** that make our Jewish community so vibrant. From education and youth to advocacy, welfare, seniors and communal life, we're here to help you find your place.

60+ Community Organisations
Advocacy | Care Services | Education | Seniors | Shuls | Youth

Have a question or looking for the right organisation? We'd be happy to help.
Contact us **| @sajbd2@ctjc.co.za**

Explore. Connect. Belong.

CAPE SAJBD
Engage | Educate | Empower

UJC OUR COMMUNITY

THE DAVID SUSMAN COMMUNITY FOUNDATION
Sustaining our Community Forever

ARTS & CULTURE

A dancer called ‘Sir’

The *Cape Jewish Chronicle*’s July edition carried three obituaries, including one honouring Geoffrey Neiman – better known by his stage name, Enrique Segovia.



More recently, the dance community honoured him and his legacy through a dance performance called *SOBREMESA* – a single performance specially curated to celebrate his far-reaching contribution to Spanish dance and the arts. As a testament to his contribution to dance the world over, all proceeds from the event are being used to support the Theatre Benevolent Fund.

Presented by Artscape and Cape Ballet Africa, the evening brought together dancers from various companies, artists and friends to pay tribute to Sir Geoffrey, an iconic dancer, choreographer and teacher, whose career included a 20-year dance partnership with Mercedes Molina.

His enduring cultural legacy also included helping to establish the Spanish Dance Society, going on to play a key role in devising the Society’s male syllabus. This syllabus has assisted to preserve, promote and maintain standards for Spanish dance across five continents. His leading role was recognised in him being named Honorary Life President of the Society, and in being awarded in 1999 the ‘Cruz de Oficial de la Orden de Isabel la Catolica’ by King Juan Carlos of Spain, an award that led to him carrying the title ‘Sir’.

TRIBUTES FROM LEADING FIGURES IN CAPE TOWN’S CULTURAL COMMUNITY:

Marlene le Roux, CEO of Artscape, says, *“We have bid farewell to a giant of the arts. Sir Geoffrey Neiman was far more than a celebrated figure in dance. He was a guiding light, a mentor, an advocate, and an unwavering champion of the arts.*

His influence stretched far beyond the stage, touching the lives of countless dancers, performers, teachers, and arts practitioners across South Africa and around the globe. Through his vision, passion, and generosity of spirit, he inspired excellence while reminding us of the transformative power of creativity. The arts community has lost one of its great custodians, but his legacy will continue to live on in every artist he encouraged, every career he helped shape, and every audience member moved by the beauty he brought into the world.”

Debbie Turner, artistic director and founder of Cape Ballet Africa: *“Sir Geoffrey was a remarkable patron, a passionate advocate for the arts, and devoted supporter of ballet whose enthusiasm for artistic excellence enriched countless lives. As we reflect on his contribution to the cultural landscape of South Africa, we celebrate a life devoted to beauty, creativity and the transformative power of the arts.”* ●



WIZO South Africa
Women's International Zionist Organization

WIZO SA DONATES FOUR SPECIALLY DESIGNED WHEELCHAIRS TO HOPE HOME

Women’s International Zionist Organisation (WIZO) South Africa has donated four state-of-the-art wheelchairs, imported from Israel, to Hope Home in Johannesburg, bringing comfort, mobility and renewed opportunities to young people living with disabilities.



L-R: Wendy Roth, vice chairman WIZO Johannesburg and Helen Maisels-Trisk, vice president WIZO South Africa

The brightly coloured wheelchairs, designed specifically for young people, were donated through WIZO SA’s Wheelchairs of Hope outreach programme, made possible through fundraising initiatives and the generosity of private donors.

Behind this meaningful contribution lies an extraordinary commitment to service, compassion and leadership, exemplified by WIZO SA Vice-President Helen Maisels-Trisk, whose dedication and determination played a pivotal role in bringing the initiative to fruition. Helen went to considerable lengths to ensure that the wheelchairs made their way from Durban to Johannesburg, demonstrating the hands-on leadership and unwavering commitment to doing what is right that have become hallmarks of her work.

Helen comes from a family with a proud tradition of activism and service, where the belief in standing up for others and making a tangible difference is deeply rooted. She continues to honour that legacy through her work with WIZO, bringing energy, integrity and a profound sense of responsibility to the organisation’s mission.

The handover was an especially memorable occasion for Helen and WIZO Johannesburg Vice-Chairperson Wendy Roth. Both were deeply moved by the experience, touched by the spirit, optimism and resilience of the young people at Hope Home, as well as the dedication of the therapists and teachers who support them every day. Their emotional response reflected the significance of the occasion and the very human impact of WIZO’s work.

Hope Home, situated in Westcliff, Johannesburg, is a century-old institution providing residential care and schooling for young people with disabilities. The donation is an investment in dignity, greater independence and the possibility of fuller participation in everyday life. The initiative also reflects the strength of collaboration within WIZO SA, ensuring the wheelchairs reached the young people for whom they were intended.

WIZO is a global women’s movement headquartered in Israel, dedicated to advancing the status of women, supporting social welfare and promoting Jewish education. WIZO SA is one of its oldest federations, with a history spanning more than a century. WIZO SA President Shelley Trope-Friedman continues to champion these causes.

Through initiatives such as Wheelchairs of Hope, WIZO continues to translate its values into meaningful action, demonstrating how committed leadership, collective generosity and a belief in doing the right thing can transform lives, one young person, one wheelchair and one act of compassion at a time. ●



Liam Baruch: Top Academic Pupil in Grade 12



Sienna Berridge, Liam Baruch, Saskia Gofman and India Kirstein: The Rossouw Van Zyl Memorial Award for attaining 90% or more in the Preliminary examinations

Matric class of 2026 marks a milestone

There were smiles, tears and plenty of nachas as Herzlia High School celebrated the Matric Class of 2026 at its annual Valedictory Ceremony.

Their high school journey began in the shadow of COVID, missing some much-loved camps and Shabbatons along the way. Yet they created their own memories through friendships, sport, school productions, Jewish life and everyday school experiences.

2025-26 Head Student Sienna Berridge captured this beautifully in her address: “As Herzlians, we are a mosaic of everyone who has touched our lives and been a part of our journey.”

The evening also recognised outstanding achievements with the presentation of Herzlia’s Premier Awards:

- Top Academic Pupil in Grade 12: Liam Baruch
- Rossouw Van Zyl Memorial Award: Liam Baruch, Sienna Berridge, Saskia Gofman and India Kirstein
- Principal’s Award for Extraordinary Commitment to the School: Sienna Berridge



Sienna Berridge: Principal’s Award for Extraordinary Commitment to the School as well as the Zalman Avin Memorial Award for Best All-Rounder.

- Zalman Avin Memorial Award for Best All-Rounder: Sienna Berridge
- Union of Orthodox Synagogues Cape Council Award: Zackary Daniel
- Achvah Award: Adam Kaimowitz

“AS HERZLIANS, WE ARE A MOSAIC OF EVERYONE WHO HAS TOUCHED OUR LIVES AND BEEN A PART OF OUR JOURNEY.”

– Sienna Berridge, 2025-26 Head Student

The ceremony was particularly poignant as it marked Shane Brorson’s final Valedictory as Herzlia High School Principal before his retirement at the end of the year. His message to the matrics was simple: “Who you become is ultimately more important than what you achieve.”

Mazaltov to the Herzlia Matric Class of 2026. We wish you every success in your exams and the exciting chapters ahead! ●



Zackary Daniel: Union of Orthodox Synagogues Cape Council Award for contribution to Jewish life



Adam Kaimowitz: Achvah Award for menschlichkeit

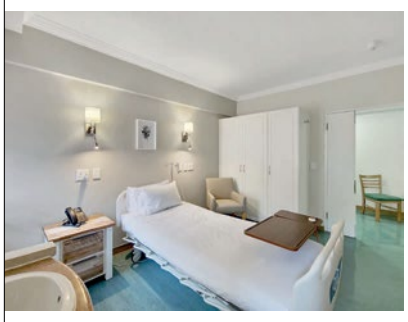


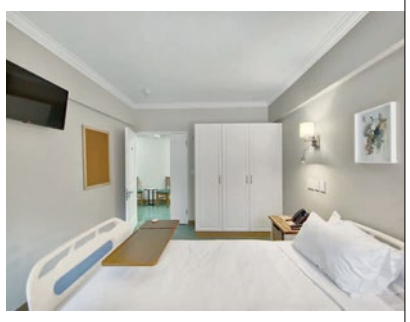
Herzlia Matric Class of 2026

PALM GARDEN RETREAT

Dignity, comfort & expert care when you need it most

PREMIUM RESPITE & DEMENTIA CARE AT PALM GARDEN RETREAT, SEA POINT





Caring for a loved one with dementia can be demanding. Palm Garden Retreat offers secure, luxurious day and overnight respite care, giving caregivers time to rest and recharge with peace of mind. Within our boutique retreat, The Cotton Club frail care centre provides compassionate, 24/7 nursing, palliative and cognitive support tailored to individual needs, ensuring your loved one is safe, comfortable and expertly cared for.

OUR CARE INCLUDES

Luxury Accommodation – Private en-suite rooms with nurse call systems and a welcoming, homely atmosphere.

24/7 Professional Nursing – Continuous monitoring and compassionate care from skilled nursing staff.

Dietician-Approved Meals – Freshly prepared breakfast, lunch, dinner and two daily tea snacks.

Boutique Comfort – Inviting communal lounges, dining facilities and a secure courtyard garden.

Take time to recharge.
We'll care for your loved one.

Whether you're travelling, facing an emergency or simply need a break, rest assured your loved one is in caring hands. At Palm Garden Retreat, we care for your family like our own.

Rates are tailored based on the length of stay and specific care requirements. Contact us for a personalised quote.

Call: +27 21 430 6200 | Email: operationsmanager@palmgarden.co.za

75 Regent Road, Sea Point, Cape Town, 8005

www.palmgarden.co.za

Prophecy was given to fools





JULIAN RESNICK writes from Israel

There is a notion in Jewish culture that, after the destruction of the Temple, prophecy was given to fools.

The origin of this saying is to be found in the tractate Bava Batra where Rabbi Yochanan says, "From the day the Temple was destroyed prophecy was taken from the prophets and given to children and fools". The context is the destruction of the Second Temple by the Romans in 70 CE, and I feel duty bound to give the original Talmudic version – in spite of having wonderful, bright grandchildren – as I am on my way to Tel Aviv at just before 8 in the morning and all around me men are Davening Shacharit with *talitot* and *tefilin*.

By the time you read this the results of the Israel elections will be known, and half of Israel will be in mourning and half of Israel will be overjoyed. This is a prophecy I am willing to make as I am totally convinced of it. I am living in an Israel more divided than ever. And this is the reality, in spite of the 'Together we will Win' and other slogans produced by our government and other influencers after October 7th.

We love exaggerating in Israel. Everything is an existential threat – well almost everything. From Maccabee Tel Aviv losing a basketball game to the Kinneret dealing with aggressive algae.

But the upcoming elections are an exception to this rule. It is a make-or-break election. Israel will be a place in which one half of the population will have lost their dreams – their big dreams – of what the Jewish State is to be.

The question on the table is ultimately not the issues with Iran or the Palestinians. The question on the table is whether we will be living in an open, liberal, democratic, inclusive society WHICH ALSO KNOWS HOW TO DEFEND ITSELF AGAINST EXTERNAL ENEMIES WHILE DEFENDING ITSELF AGAINST INDIVIDUALS IN THE SOCIETY WHO USE THE EXTERNAL THREATS AS A WEAPON AGAINST THE OPEN SOCIETY, or whether we will be living in a society which begins to LIMIT OUR FREEDOMS AND DEMAND THAT WE ARE ON MESSAGE AND, IF WE ARE NOT, WE ARE THEN DEFINED AS TRAITORS.

Am I exaggerating? I think not. I grew up in an on-message society in South Africa, and I recognise the language and the first steps taken by those who wish to limit freedoms.

An I not taking the external threats seriously? I am. Every Jewish political leader in Israel is aware of the threats and have the wherewithal to defend our country. The notion that only one leader can defend us is in itself a very dangerous one.

I hope and pray that my next article will be filled with joy – not with pain. ●

SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL

Cape Town's Connection to Israel

ADVOCATE
EDUCATE
CELEBRATE



HABONIM DROR

HONOURING OUR ROOTS, INSPIRING OUR FUTURE

Habonim Dror Southern Africa was honoured to stand alongside Doron Libstein at the recent October 7 commemoration in Cape Town. Doron's brother, the late Ofir Libstein, was a proud member of Habonim Dror, reflecting the deep connection between our movement, Israel and the values of community, leadership and Zionism.

On October 7, Ofir demonstrated extraordinary courage and selflessness as he fought to defend his community of Kfar Aza, tragically losing his life while protecting the people and home he loved. His bravery and unwavering commitment to his community continue to inspire us all.

As we remember the past and look towards the future, we are reminded of the importance of creating meaningful Jewish experiences for the next generation.

This December, Habonim Dror will once again bring together Jewish youth from across South Africa for Machaneh Achshav U'Letamid, taking place from 6–23 December on our beautiful campsite in Onrus.

Through friendship, education, Jewish identity and unforgettable experiences, Machaneh continues to inspire young Jewish leaders and strengthen the bonds that connect our community.

Aleh Ve'Hagshem – Rise up and fulfil!

BNEI AKIVA

MACHANEH YAALEH VEYAVO

RAPHY DA COSTA, ROSH MACH

Dear Cape Town community,

Bnei Akiva Machaneh 2026 is just around the corner, and I am so excited to share this experience with you and your children.

This year, the name for Machaneh is Machaneh Yaaleh Veyavo.

It's a prayer many of us know well, with so many different ways of connecting to and being seen by Hashem. He's searching for the best in each of us, the spark, no matter where we are holding.

That's exactly what we're going to do this Machaneh. Every *Madrich, Channich, Rosh,* doctor, medic and CSO member will be searching for that same spark in one another. And once the spark is found, we've got something to build on.

How do we build and improve? By simply getting up every day and showing up. That's all Hashem asks of us, and it's what we should be asking of one another too.

Find the spark. Get up. Show up.



SAUJS STELLENBOSCH

SAUJS STELLENBOSCH KICKS OFF ITS THIRD YEAR STRONG!



GEMMA COHN

SAUJS Stellenbosch is excited to begin the year with our newly elected committee, led by Chairperson Gemma Cohn. Following a recent committee bonding session, we are working together to strengthen and grow our Jewish student community.

In October, we hosted a 7 October commemoration event, creating a space for our community to reflect and remember. We are also partnering with the SRC to distribute exam packs to support students in need during the upcoming exam period.

As Chairperson, Gemma Cohn is thrilled to build a welcoming space where every Jewish student feels connected and supported. With our Jewish student community expected to reach over 200 people, we are especially eager to welcome new students to Stellenbosch in 2027. Every prospective or current student is encouraged to reach out to our committee as we look forward to an incredible year ahead!

Find us SA Zionist Federation – Cape Council @sazfcapecouncil

ADVERTORIAL

AGEING IN PLACE



For many families in the Jewish community, the family home is far more than just a place to live. It is where families gather around the Shabbat table, where grandchildren visit during Yom Tov and where years of memories are built, shared and passed from one generation to the next.

As time goes on, however, many homeowners begin facing an emotional and practical question: can we continue living safely and comfortably in the home we love?

For families living in double-storey homes, stairs can gradually become a daily challenge. Often, the first signs are small. A hesitation before going upstairs. Avoiding certain rooms. Leaving something behind because the climb feels like too much effort. For children and loved ones, there may also be a growing concern about safety, independence and what the future might hold.

Yet the thought of leaving a cherished home, familiar surroundings, and a close-knit community can feel overwhelming. Many South Africans assume that growing older means eventually having to downsize or move into a retirement estate. More families, however, are discovering that there is another option.



Ageing in place has become an increasingly important conversation for homeowners who want to maintain their independence, remain close to loved ones, and continue enjoying the comfort and familiarity of home for years to come.

At Lifta SA, we believe growing older should never mean giving up the home, lifestyle and independence that matter most. A home should continue supporting you through every stage of life, which is why more homeowners are choosing to future-proof their properties with elegant and practical Home Lift solutions.

A Home Lift is not simply about convenience. It is about preserving dignity, independence, safety and quality of life. For many families, it means remaining close to children, grandchildren, friends, places of worship, and the community connections that form such an important part of daily life. It also gives families peace of mind, knowing that movement between floors can remain safe and comfortable long into the future.

Lifta SA specialises in beautifully designed European Home Lifts that combine style, safety and practicality with minimal building work. Unlike traditional lifts that often require major structural changes, our Home Lifts are designed for quick and efficient installation in new or existing homes. Many homeowners are surprised to learn that adding one is often far simpler and less disruptive than expected.

The Duo is ideal for compact spaces and everyday convenience. Designed for two passengers, it travels smoothly between floors using slim support rails that guide the lift safely up and down. Its modern appearance blends beautifully into the home while maintaining a small footprint, making it a practical solution for homeowners who want greater accessibility without compromising on style.

For homeowners looking for additional space and flexibility, the Trio offers even greater comfort and accessibility. Spacious enough for a wheelchair or multiple passengers, it is ideal for larger homes or families planning for future mobility needs. Whether carrying shopping, luggage or simply moving comfortably between levels, the Trio provides a safe and elegant solution that allows homeowners to continue enjoying every part of their home with confidence.

Both models are designed with safety and ease of use as priorities. Features such as battery backup, smooth start and stop movement, and simple user-friendly controls help provide reassurance for homeowners and their families. Most importantly, they are designed to help people remain independent and comfortable in the homes they cherish most.

When compared to the emotional and financial cost of moving, including transfer fees, estate agent commissions, moving expenses, and the stress of downsizing, many homeowners see a Home Lift as a valuable long-term investment. It not only improves accessibility and convenience but can also add future readiness to the property itself.

At Lifta SA, we are proud to help South African families continue living independently, confidently and comfortably in the homes and communities they treasure most.

Because sometimes the best move is staying exactly where you are.

Website: www.lifta.co.za
Email: info@lifta.co.za
Contact number: 080 737 3737

Why Choose Our **Home Lifts?**



Speedy Installations

All our Home Lifts can be installed within 2 days.

No Shaft Required

The Home Lift's unique rail support means there is no need to build an expensive and messy shaft.

Retro-fit

Due to their design and simplicity of installation, our Home Lifts can be installed after the house has been built.



Size

Duo Home Lift has a tiny footprint of just 0.8 square metres (carrying capacity of 170 kgs) while Trio is only 1.3 square metres (carrying capacity of 250 kgs).

Power Requirements

Our Home Lifts operate by way of a normal 220V plug and there is no need for 3-phase power.

Silence in Action

Our Home Lifts do not make use of noisy hydraulics or external mechanisms and due to their unique drive system, they have an audible noise level of fewer than 48 decibels.

E: info@lifta.co.za | T: 080 73 73 73 7
www.lifta.co.za

STORIES

MAKING WAVES

At just 15, Cape Town's Mia Braun is proving that determination, courage and a commitment to making a difference can take you a long way – even across continents!

Earlier this year, the *Cape Jewish Chronicle* reported on Mia's appointment to the Cape Town Junior City Council and her successful completion of the gruelling Robben Island swim in May. Since then, this remarkable young woman has continued to make waves, both in the sporting arena and through her commitment to uplifting others.

In September, Mia travelled to Turkey (Türkiye) to compete in the 39th Hellespont Swim Race, a historic open-water event that takes swimmers across the Dardanelles Strait from Europe to Asia. The challenging 4.5–5km crossing attracts swimmers from around the world and is held annually to commemorate Turkish Victory Day – when the Turks overcame foreign occupation and were then able to declare themselves an independent republic.

Mia made history as the youngest international swimmer, and youngest South African, to participate in the event.

Competing against a formidable international field, she finished first among international swimmers in her age group, with approximately 400 international competitors participating in the event. She also placed 10th overall in her age group, and an impressive 72nd out of 866 female competitors of all ages.



Mia swimming with her coach Britt around Cape Point

It wasn't all smooth swimming, however.

"At one stage I went a little off course and ended up swimming into the current. Once I realised this and changed the plan, I finished the race strongly," Mia recalled.

Back on home shores, Mia tackled another extraordinary challenge in early October: the Three Capes swim around Cape Point. Completing the approximately 11km endurance route around the southern tip of the Cape Peninsula, she is believed to be the youngest swimmer ever to have achieved this feat, although official confirmation is still pending.

But Mia's ambitions extend well beyond collecting sporting accolades.

Building on the community-minded spirit reflected in her Junior City Council appointment, she has recently joined forces with *The Little Optimist*, a Cape Town non-profit organisation based at Battery Park at the V&A Waterfront.

Through sailing therapy and small Optimist dinghies, the organisation helps vulnerable and disadvantaged children develop confidence, resilience and emotional wellbeing. More than 90% of the children it serves come from disadvantaged backgrounds.

Mia is particularly passionate about ensuring that every child learning to sail can also swim. She hopes to help teach swimming skills, while raising awareness and funds for the academy.

As part of her involvement, she is scheduled to deliver a motivational talk to the academy's newest intake of young sailors.

From conquering powerful ocean currents to helping children navigate life's challenges, Mia is demonstrating that success isn't simply about how far you can swim – it's also about how many people you can inspire along the way. ●

A Conversation with **Vivienne Asya Koorland** | Part of the Three Friends. Three Stories Exhibition



How does a past we have not lived through shape who we are?

How do we inherit a past we have not lived through ourselves? And what happens when the memories, silences and unresolved pain of one generation become part of the next?

Join us for a special conversation with artist **Vivienne Asya Koorland**, exploring the complex relationship her mother Talma, also called Thelma, had with the past, and the ways in which their shared history shaped their relationship as mother and daughter. Through the lens of intergenerational trauma, we will reflect on how the past continues to live within families, influencing identities, relationships and the ways we understand ourselves.

The discussion will include excerpts from a film documenting Talma's first post-war visit to Poland, accompanied by Vivienne. Together, we will explore the emotional impact of this journey on both women, and how returning to places marked by violence, loss and memory can bring buried histories into the present in unexpected ways.

Moderated by **Jakub Nowakowski,** Director of the Cape Town Holocaust & Genocide Centre, this conversation invites us to consider what it means to live with inherited memories, to confront painful histories, and to find ways of relating to a past that is never entirely gone.

Wednesday 2 December, 6pm | **CTHGC, 88 Hatfield St, Gardens**

CAPE TOWN HOLOCAUST & GENOCIDE CENTRE

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

ENTREPRENEURSHIP

From London to Cape Town, the City Coins legacy lives on



Sharon Jaffe and Doron Duveen

When Sharon Jaffe's father established City Coins in Cape Town in 1967 - the same year the iconic Krugerrand was introduced - he could hardly have imagined that almost 60 years later, his daughter would be running the business from London.

Sharon's involvement in City Coins was never part of her career plan. Having lived abroad for 31 years – first in the Netherlands and then in London, where she has built a career in an entirely different field – taking over a Cape Town coin dealership was an unexpected turn of events.

But City Coins is no ordinary business. It is a remarkable family legacy, shaped by tragedy, resilience and an extraordinary woman.

In 1975, Sharon's father was killed in an accident, leaving her mother, Natalie, with two young children and a third on the way. Despite being hearing-impaired, Natalie took over the business, gave birth to her youngest son and transformed City Coins into a thriving enterprise.

Described by Sharon as "an absolute icon", her mother helped establish South Africa's numismatic market internationally through a partnership with a British auction house. She was also a respected member of Cape Town's Jewish community, known for her philanthropy, which included supporting Highlands House and funding a special hearing-loop system at the Baxter Theatre.

"When my mom died of cancer four years ago, I had to decide whether to close the business or find a way to preserve my parents' legacy," Sharon explains.

Initially, her priority was simply to protect the jobs of City Coins' employees while considering the options.



South Africa's smallest Krugerrand, the 1/50th-ounce 'baby Krugerrand'

Then came an unexpected opportunity. Doron Duveen, formerly of Balducci Restaurant, which had closed during Covid, was a longstanding City Coins client and close associate of Sharon's mother. Interested in a new venture, he joined forces with Sharon to give the business a new lease on life.

With Sharon in London and Doron in Cape Town, the pair have modernised operations, relaunched the brand, introduced e-commerce and transformed the company's traditional postal auctions into fully automated online medal auctions. They have also established a partnership with the South African Mint.

In addition to selling coins, the business also deals with medals and banknotes, and recently launched online medals after having run 74 auctions by post. Sharon points out that, "City Coins is the top medal dealer in South Africa", and that the firm has introduced a jewellery range offering necklaces, pendants and bracelets.

Perhaps their most exciting innovation is introducing South Africa's smallest Krugerrand, the 1/50th-ounce 'baby Krugerrand', containing just 1/50th of an ounce of pure gold. By making authentic gold coin ownership accessible to smaller investors, City Coins is opening up a traditionally exclusive market. "This is an item that makes for a perfect bar- or batzmitvah gift," Sharon says. "It will hold its value into the future, providing the young person with an investment they will take with them into adulthood and beyond."

Sharon's decision four years ago has certainly achieved her goal: to continue her family's legacy into the future via a thriving family enterprise. ●

City Coins is a sponsor of the Cape Town Coin Show – run by the SAAND (The SA Association of Numismatic Dealers) – which takes place on 14 November 2026 at the Century City Conference Centre. Entrance is free. More information is available on CityCoins.com. Visit the City Coins stand at the show!





A DOUBLE CENTURY

Two members of the Cape Town Jewish community reached milestone birthdays recently. Celebrating their 100th birthdays were Bobby Benatar and Helen Chorn.

Bobby grew up in Rhodesia to parents from the island of Rhodos, while Helen lived in Wynberg for many years.

Best wishes for a wonderful year ahead, Bobby and Helen.

NEW JEWISH LEARNING PROGRAMME FOR SENIORS

The Chabad Centre of Cape Town is launching a new programme, geared to provide the opportunity for Jewish learning for semi-retired and retired people. Known as *Kollel Tifres Levi Yitzchok*, the programme will run every morning from Monday to Friday.

According to Rabbi Mendel Popack, the founder of the programme, "We will begin with a Davening session at 7.30am, and then participants can join a Chumash session, in which we will learn about the daily lesson from the Chumash. The final session will involve different Rabbis offering Beis Medrash Style learning on a range of topics." Participating Rabbis include Rabbis Popack Senior and Junior, Rabbi Ruben Suiza, and Rabbi Kalman Green.

The programme focuses initially on men, but programming for women is planned for early in 2027. ●





The three friends with their husbands (L-R): Helene Joffe (nee Mindel), Thelma Koorland (nee Szymson), Eve Kaplan (nee Baldinger)

Three friends...Three stories – one extraordinary bond

About two years ago, in my *Bonny's Beat* editorial, I reflected on the way we speak about tragedy through numbers.

EDITOR

"Seven killed in Ukraine attack." "Twelve innocent people died." Six million.

The numbers matter. But behind every one of them was an individual – a person with a character, a family, dreams, ambitions and hopes for a future that may never have come. When history is reduced to statistics, it is all too easy to lose sight of the people behind them.

That thought came back to me recently when I heard about a fascinating temporary exhibition opening at the Cape Town Holocaust & Genocide Centre (CTHGC) in December.

At its heart are three women. Three close friends. Three Cape Town personalities whose names will be familiar to many readers – and three very different Holocaust experiences.

There is Hélène Joffe, known affectionately as 'Madame Joffe' to generations of Herzlians; Thelma Koorland, whose catering became something of a Cape Town institution in a bygone era; and Eve Baldinger, whose father, Kurt Baldinger, established the well-known manufacturing jewellery business Baldinger Jewellers.

Their friendship would last a lifetime. Their children grew up together, with some of those friendships continuing into the next generation.

But what brought these three women together in the first place?

What did they recognise in one another? And what shared thread, woven through three very different experiences, became the foundation of such an enduring friendship?

That is where this exhibition becomes far more than a history lesson. It takes us beyond the enormous numbers associated with the Holocaust and introduces us to three individual lives – lives shaped by what happened to them, but also by friendship, family and the futures they went on to build in Cape Town.

And perhaps that is what makes their story especially compelling. These are not distant figures from a history book. They became part of the fabric of our own community.

But the exhibition does not focus solely on the three friends – a generation directly affected by the Nazi persecution, war and their aftermath. It also explores the generations that came after them: their children and grandchildren, and the ways in which the Holocaust stories of their families continue to resonate with them today.

I'm deliberately not telling you too much more.

Instead, visit the CTHGC this December and discover the remarkable stories of Hélène, Thelma and Eve for yourself – and the bond that connected them across the decades.

The exhibition will also be accompanied by a series of special events offering further opportunities to explore the women, their experiences and the stories behind their friendship.

If you thought you knew these three familiar Cape Town names, you may discover that there is much more to their stories than you imagined. ●

Three Friends Three Stories

AN INTIMATE EXHIBITION



EVE THELMA HÈLÉNE

They formed a lifelong bond and forged a profound and enduring friendship that spanned six decades. Each of their family stories reflects a distinct and significant aspect of the Holocaust.

On View Dec 2026 - Feb 2027
Sunday - Thursday: 10am - 5pm
Friday: 10am - 2pm

Cape Town Holocaust & Genocide Centre, 88 Hatfield St, Gardens

The Cape Town Holocaust & Genocide Centre is honoured to present this intimate exhibition.

CAPE TOWN HOLOCAUST & GENOCIDE CENTRE

COMMUNITY NEWS

A new chapter of Jewish life unfolds in Milnerton



Above: Enjoying Sukkot at the *shul*

The sounds of children playing, enthusiastic singing at Friday night services, and the lively conversations that accompany communal meals are once again filling the Milnerton Hebrew Congregation (MHC).

After a period of uncertainty about its future, this longstanding *shul* is experiencing a revival, bringing fresh energy, new initiatives and a growing sense of togetherness to Milnerton's Jewish community.

For more than 45 years, the *shul*, which grew out of the Milnerton Jewish Guild, has been the spiritual and social heart of Jewish life in the area. But just 18 months ago, its future was looking increasingly uncertain. With expenses exceeding income and essential maintenance being postponed, the congregation faced the difficult challenge of finding a sustainable way forward.

The turning point came when Rabbi Avigdor Blumenau, who was considering relocating to Cape Town, learned of the congregation's situation. His arrival, together with Rebbetzin Dvori Blumenau, marked the beginning of an exciting transformation. The efforts put in are certainly reaping rewards.

Shabbos attendance and *shul* membership have grown, with lively Carlebach-style Friday night services bringing music and enthusiasm into the congregation. Shabbos morning services are followed by communal *brochas*, where congregants mingle with the young men studying at the newly established *Yeshivas* Meshech Chochmah.



Some of the young congregants with Rebbetzin Blumenau on the right



L-R Rabbi Sruli Soloman, Rabbi Avi Shlomo and Rabbi Avigdor Blumenau

The *yeshiva*, which opened in 2025, has become an important catalyst for the *shul's* revival. Its students bring youthful energy to services, learning programmes and community celebrations, creating meaningful connections between generations.

Daily religious life has also expanded. Two morning *minyanim* now accommodate more congregants, including those wishing to say Kaddish, while participants in the earlier *minyan* can enjoy breakfast with the *yeshiva* students.

Learning opportunities have multiplied, too. Tuesday evening sessions with the *bochurim*, Rabbi Tanzer's increasingly popular Shabbos *shiurim*, and other learning activities are helping to make the *shul* a centre of Jewish engagement throughout the week.

Women have also become an important focus of this renewed community life. Rebbetzin Blumenau, who holds a doctorate in psychology, has introduced dedicated learning opportunities, including a Shabbos *shiur* for women and *seudah shlishit* gatherings at her home. Her hospitality and outreach have extended beyond regular *shul* attendees, creating opportunities for more women to connect, learn and develop friendships.

Young people are equally central to the congregation's future. Rabbi Justin Swaine, who has moved to Milnerton with his family, is leading a youth initiative in association with OHRSOM Student. Students from Torah High and Herzlia Highlands have already participated in activities on the *shul* campus.

The physical surroundings reflect this renewal. The children's playground has been refurbished, classrooms transformed into playrooms, and a garden established at the entrance. Fresh paint, improvements to the building and a shared workspace are helping create a more welcoming environment.

Festivals, too, have taken on a new vibrancy, with guest *chazzanim*, visiting speakers and communal meals strengthening the bonds between congregants.

Importantly, the revival is not simply about restoring the *shul* to its former strength. It is about imagining what Jewish community life in Milnerton could become.

Plans are underway to establish a new non-profit umbrella organisation branded ChaiCape to support the congregation and broader Jewish activities, while helping secure the *shul's* financial future. The vision is for a vibrant Jewish campus offering religious, educational, cultural and recreational opportunities.

Proposals include a kosher deli, community gym (which has already been established), a revitalised library and, potentially, the return of a Jewish nursery school. Work has also begun on improving security, while the long-awaited *eruv* project has been revived and is awaiting council approval.

There is already growing interest from Jewish families considering making Milnerton their home. The suburb offers the most affordable accommodation for young couples in Cape Town that is located near a *shul*.

For Milnerton's Jewish community, the future is no longer simply about keeping the *shul* doors open. It is about ensuring that more people, of all ages, have every reason to walk through them. ●



Life begins when you stop saying "What?"

If conversations seem softer, television louder, or dinner-table stories harder to follow, it may be time for a professional hearing assessment.

At Cape Hearing Aids, our Audiologists combine advanced hearing technology with personalised care to help you hear naturally, comfortably, and confidently again.

Because the finest things in life - good company, great conversation, and good stories are meant to be heard properly.

Hear the moments that matter most, today.

CAPE HEARING AIDS
AUDIOLOGISTS

WHERE TO FIND US?

Find a practice near you:
Sea Point, Claremont, Pinelands, Century City, Table View, Melkbosstrand and Goodwood

Book an appointment
We come visit YOU, in the comfort of your home or you can visit us at our practice.

Call or whatsapp us:
021 434 5601
021 556 4236 (W/App)

BENITA ARDENBAUM



Founder and Managing Director

of Benita Ardenbaum Attorneys

BENITA ARDENBAUM FAMILY LAW

30+ Years Experience in Family & International Divorce Law

Thought Leader in the legal industry

Provides a client centred approach

EXTENDED PRACTICE AREAS

Family & Divorce Law | Commercial Law | Conveyancing

+15,000 Court Appearances | +12,000 Happy Clients | +500 International Cases

Benita is a proud member of the **International Academy of Family Lawyers (IAFL)**, an elite global association of the most experienced and skilled family law specialists.

International Academy of Family Lawyers
IAFL

Cape Town Office | 012 679 1770

The Hudson, 30 Hudson Street, First floor 102, De Waterkant, Cape Town

Also with offices in: **Durban** | **Johannesburg**

benitaardenbaum.com

CAPE JEWISH CHRONICLE

The Cape Jewish Chronicle records its appreciation of the continued support given by the following sponsors:

Anne Roosenschoon & Family

THE GLUCKMAN FAMILY, CAPE TOWN

The Wilfred and Fay Back Charitable Trust

The Susman Charitable Foundation

Rubi and Anne Chaitman Foundation

With compliments from Aggie Hirsch in memory of Freddy

forvis mazars

THE MAUERBERGER FOUNDATION FUND

THE HAROLD AND BEATRICE KRAMER FOUNDATION

Goldschmidt Family Foundation

Pick n Pay
Inspired by you

THE SILVERMAN FAMILY FOUNDATION

Stanley and Zea Lewis Foundation

The Henry Van Embden Family Foundation

With compliments
Blue Diamond Almonds
Almond Breeze
www.almondbreeze.co.za

With compliments
The Jack & Ethel Goldin Foundation

With compliments from
THE BEN & SHIRLEY RABINOWITZ FOUNDATION TRUST

With compliments
Kalman, Esther and Michael Maisel Trust

COMMUNITY NEWS

Considering burial in Israel? A practical family checklist

In many Jewish homes, burial wishes are understood rather than discussed. A parent may have mentioned wanting to be buried in Israel, perhaps years ago, but the family may not know whether any arrangements have been made.



MORDECHAI OVADIA

Starting that conversation can feel uncomfortable. However, a calm discussion in advance can give relatives clarity and time to consider the choices together.

For South African families considering burial in Israel, the following checklist can help turn a general wish into a practical plan.

BEGIN WITH THE PERSON'S WISHES

Before looking at locations or prices, ask what matters to the person concerned.

Is burial in Israel a firm preference or something they would like to explore? Is there a particular connection to Jerusalem, another area, or relatives already buried there? Would they want a spouse or other family members nearby?

Allow everyone time to think. The purpose of the conversation is to understand their wishes, without pressing them towards an immediate purchase.

Write down what has been agreed, and make sure close relatives know about it.

INVOLVE YOUR RABBI AND LOCAL BURIAL ORGANISATION

A family should not have to work out every detail alone.

Speak with your Rabbi and the local *Chevra Kadish*a or funeral provider about how arrangements could be co-ordinated between South Africa and Israel. Ask whom the family should contact first when the need arises.

It helps to establish which organisation would handle each part of the process and who would communicate with the cemetery in Israel.

Even if a plot has already been purchased, these conversations are still worthwhile. Owning a plot does not, by itself, tell relatives how to arrange the burial.

UNDERSTAND THE LOCATION

Ask to see a map and photographs of the plot or section being considered.

Think about the relatives who may wish to visit. Where will they be travelling from? How accessible is the section? If adjoining plots are important, ask whether they can be confirmed.

Families sometimes assume that purchasing in the same cemetery means being buried close together. Clarify the actual location of each plot before making a commitment.

Any details that are particularly important to the family should appear in the written arrangement.

LOOK AT THE COMPLETE COST

Ask for a clear explanation of what the quoted price covers.

Does it relate only to the plot, or does it include other services? What would need to be paid separately for arrangements in South Africa, transportation to Israel, burial services and a monument?

Some expenses may only be determined later. Ask which these are, rather than assuming everything is included.

Keep a written record of the price, payment terms and any remaining obligations. A clear explanation now can help prevent uncertainty for relatives later.

KEEP THE PAPERWORK TOGETHER

Choose one accessible place for the agreement, plot details, receipts and correspondence.

Include the names, telephone numbers and email addresses of the relevant organisations in both countries. Tell a trusted relative where these records are kept, and consider giving them a copy.

Check whether any further documents or arrangements remain outstanding. If something is unclear, ask the provider to explain it in plain language.

The family should be able to understand the plan without having to search through years of messages.

CONSIDER THE PEOPLE LEFT BEHIND

Burial in Israel may fulfil a deeply held wish, while also creating practical questions for relatives in South Africa.

Discuss who would wish to travel, how family members would stay informed, and whom they could turn to for support. These conversations deserve as much attention as the choice of cemetery.

Where families or members of a congregation would like to explore arrangements together, they can ask about neighbouring plots or a community section. Availability and terms should be clarified, and each participant should understand their own purchase.

LEAVE A CLEAR PLAN

The most useful outcome is a short written summary: the person's wishes, any arrangements already made, where the documents are kept, and whom to call first.

Review it when circumstances or contact details change.

Planning ahead is an opportunity to listen carefully and leave loved ones with guidance they can understand when they need it. ●



ABOUT THE AUTHOR

Mordechai Ovadia works with Land of Israel Burials, helping families and communities explore burial options and practical arrangements in Israel.

JEWISH COMMUNITY SERVICES CAPE TOWN

www.jcs.org.za

JCS@WORK Depression and Suicidal Thoughts in Adults and Teenagers

AMBER GORDON
Social Worker

Depression and suicidal thoughts can affect anyone, regardless of age, background or circumstances. However, the signs may look different in adults and teenagers. Some people may openly express their distress, while others may hide their feelings or show changes in their behaviour. Recognising these warning signs can help us identify when someone may be struggling and needs support.

Adults may sometimes hide their struggles by continuing to work, caring for others or maintaining their usual responsibilities, even when they are experiencing significant emotional distress.

Adults experiencing depression, suicidal thoughts and ideations may show the following signs:

- Persistent sadness, hopelessness or feelings of worthlessness.
- Losing interest in hobbies, relationships or social activities.
- Changes in sleep, appetite or energy levels.
- Difficulty concentrating or managing daily responsibilities.
- Withdrawing from family and friends.
- Increased irritability, anxiety or substance use.
- Talking about wanting to die, feeling trapped or having no reason to live.
- Expressing that others would be better off without them.
- Giving away possessions or making unexpected arrangements for dependants.
- Increasing alcohol or substance use or engaging in unusual risk-taking.
- Withdrawing from loved ones or putting personal affairs in order unexpectedly.

Depression in teenagers can sometimes be harder to recognise because emotional and behavioural changes may be mistaken for typical teenage development. Teenagers may struggle to explain what they are feeling and may express emotional pain through anger, isolation or changes in behaviour rather than directly asking for help Warning signs to look out for include:

- Persistent irritability, anger or frequent emotional outbursts rather than obvious sadness.
- Withdrawing from friends, family or previously enjoyed activities.
- A sudden drop in school performance, attendance or motivation.
- Changes in sleeping patterns, including sleeping excessively or struggling to sleep.
- Changes in appetite or eating habits.
- Increased sensitivity to criticism, feelings of worthlessness or excessive guilt.
- Increased secrecy, risk-taking or substance use.
- Frequent physical complaints, such as headaches or stomach aches, without a clear explanation.
- Expressions of hopelessness, feeling misunderstood or believing that nobody cares.
- Talking or posting online about death, suicide or having no reason to live.
- Cutting or other forms of self-harm.
- Giving away treasured belongings or saying goodbye in an unusual way.
- Expressing that they are a burden, that nothing will improve or that they cannot cope anymore.
- A noticeable change in behaviour, mood or personality, particularly following bullying, relationship difficulties, loss or another distressing event.

A sudden improvement in mood after a period of severe distress should not automatically be taken as a sign that everything is fine, especially if other warning signs are present. It is important to remember that not everyone experiencing depression will have suicidal thoughts, and not everyone who is suicidal will show obvious warning signs.

Whether we are concerned about an adult or a teenager, the most important thing is to approach the person with kindness, patience and without judgement. Don't be scared to ask directly if you are concerned, ask whether they are thinking about suicide or are feeling depressed. Encourage the person to seek profession help, by contacting a social worker, psychologist of doctor that can provide support. Don't just leave the conversation but stay connected with the person and check in regularly, keep reminding the person that they are not alone, that they are loved and cared for.
If someone is at immediate risk of suicide, take the situation seriously. Stay with them if it is safe to do so, help them access urgent professional support and reduce access to anything they could use to harm themselves, where this can be done safely.
We as a community have a responsibility to look out for each other.

We may not always know what someone is experiencing behind closed doors. Adults may hide their distress behind responsibilities, while teenagers may communicate their pain through changes in mood, behaviour or relationships.

Recognising these differences helps us respond with greater understanding and compassion.
A simple conversation, a willingness to listen or helping someone access professional support can make a meaningful difference. We do not need to have all the answers. Sometimes, the most important thing we can do is notice, ask, listen and remind someone that they do not have to face their struggles alone.

Please contact Jewish Community Services on **021 462 5520** or **care@careservices.org.za** if you would like further information.

"Adults may hide their distress behind responsibilities, while teenagers may communicate their pain through changes in mood, behaviour or relationships."



#JewishCommunity #JCS #CapeTown #SocialWork #Depression

80 years בית ישראל TEMPLE ISRAEL
Cape Town Progressive Jewish Congregation

VIEWS CONSIDER THIS

The Holiness of the Everyday



RABBI TAMARA SCHAGAS

Our tradition opens this week's Torah portion with a curious doubling: "And the lives of Sarah were one hundred years, and twenty years, and seven years; these were the years of the lives of Sarah" (Genesis 23:1).

The classical commentators linger on why her age is fractured into separate categories. Why not simply say 'one hundred and twenty-seven'? Perhaps because a full human life is never one single, unbroken line. We live many lives within one lifetime – distinct chapters, changing seasons, and sacred crossings that each hold their own integrity and purpose.

As this issue of the Chronicle reaches you, we find ourselves in the final days of the month of Cheshvan, on the threshold of welcoming Kislev. Cheshvan is unique in our Jewish calendar because it contains not a single festival. After the spiritual intensity of Elul, the solemn awe of Yom Kippur, and the communal warmth of dwelling under the leafy canopy of the Sukkah, Cheshvan gently deposits us back into routine. The shofar falls silent, the festive tables are packed away, and we return to the cadence of the ordinary.

It is easy to mistake the ordinary for the mundane. Yet the true spiritual challenge of our tradition has never been how high our souls can soar during the holidays; it is whether we can sustain that elevated frequency on a regular Tuesday morning. Can we carry the promises we whispered to ourselves during the Days of Awe into the boardroom, the kitchen, the grocery aisle, and our quiet interactions with one another?

The portion bears the title *The Lives of Sarah*, yet this is precisely how the Torah announces her death. It is striking that the very parasha that begins by naming her many lives is the one dedicated to the tender, earthly care of her passing. There are no thunderous revelations here, no splitting of seas, and no heavenly voices. Instead, it is built entirely out of the sacred textures of ordinary human existence: mourning a beloved partner with deep respect, conducting an honest business transaction for a resting place in Hebron, extending hospitality to strangers, and an act as simple as drawing water from a well to quench the thirst of a weary traveller. Sarah's sanctuary was not built of gold; tradition teaches that a radiant cloud rested over her tent because her everyday life was filled with generous, conscious presence.

This Shabbat, as we read Chayei Sarah, we also recite Birkat HaChodesh, blessing the incoming month of Kislev. In just a few short weeks, the Hanukkiah will illuminate our windows. Our tradition teaches that we are forbidden to use its flames for our own utility; the mitzvah is simply to gaze at them, to witness the fire that illuminates (ha-me'ir) rather than the fire that consumes (ha-soref). That is the quiet magic of fire, and the marvel of the simple oil we so easily take for granted. When you choose to be present, when you treat another person with unconditional dignity, and when you honour our own authentic voice, you kindle that pure, luminous presence.

As I bid farewell to this remarkable community and step into my own next chapter, I leave you with a blessing born of Cheshvan's quiet wisdom: May you never lose sight of the extraordinary hidden inside the ordinary. May you continue to lead, build, and nurture with open hearts, knowing that every act of presence is an act of creation, and that the light we bring into the world is woven from the simple, faithful choices we make every day.

Chodesh Tov and thank you for the magic of the ordinary. ●

BNEI MITZVAH MAZAL TOV!





To Levi Maritz and Kai Pezaro and their families.

CHALLA BAKE









Clockwise from top left: Lisa Sandler and Fiona Fisher; Keegan Nel with his beautifully braided challot; Karen Kallman and Gill Saks; Merle and Graham Craig and Judy Nowitz

SIMCHAT TORAH



A special Simchat Torah tradition

EVENTS

Be an Early Bird for the sixth Jewish Literary Festival

Literary lovers and followers of popular Jewish authors are in for a treat on Sunday February 28, 2027 when the sixth Jewish Literary Festival takes place.

Expect to be inspired and enthralled by opinions, discussion and conversations with a programme that features both virtual and in-person authors. Sessions will cover a wide range of contemporary issues, fictional escapes and historical intrigue. The line-up includes both international and local authors in a day to feed the literary soul.

Early Bird tickets go on sale on Tuesday November 17 on Quicket so make sure you get the best price and secure your place for this highly anticipated one-day event.

Headlining the day at the plenary session will be our guest visitor from the UK, the highly respected British journalist and author, Jonathan Freedland, who will be in conversation about his latest non-fiction work, 'The Traitor's Circle - The True Story of a Secret Resistance Network in Nazi Germany - and the Spy Who Betrayed Them'. Author of a weekly column in The Guardian, co-host of podcast Unholy: Two Jews on the News, host of BBC Radio 4 contemporary history series The Long View, he is also author of three non -fiction works.

Another highlight will be a virtual session with three ex-South Africans about the Jewish tradition of philanthropy. Author Solly Kaplinsky talks to Lisa Farber (Melbourne) and Sir Mick Davis (UK) about why they give.

With 25 sessions to choose from, it's a welcoming day of learning, debate, discussion and diversity for all – you don't have to enjoy reading to enjoy JLF!

The full programme will be revealed soon.

Keep updated: Jewish Literary Festival – Facebook

www.jewishliteraryfestival.org.za

For further information please contact Beryl Eichenberger 082 490 6652. hipzone@mweb.co.za

COMMUNITY NEWS

Commemorating the October 7th attacks



Three years after the shocking Hamas attacks directed at Israeli civilians and military outposts, the Cape SAJBD, together with the SAZF Cape Council and other partners, dressed in black and stood at seven landmarks across South Africa, holding posters displaying information about the reality of the attacks of 7 October 2023.

According to the Cape SAJBD, "We stood so that South Africans can see the truth, understand the horror of that day, condemn the atrocities committed, and remember the innocent lives that were so brutally stolen.

Three years later, we remember.

We remember those who were murdered.

We remember those who were taken hostage.

We remember the families whose lives were changed forever."



A small group of pro-Israel supporters also held posters and Israeli flags on October 7, showing their support for Israel.



On 7 October this year, Capetonian Eleanor Katzeff and some friends held a memorial for the victims of the October 7th massacre. Eleanor commented, "Today we gathered: a small group of friends, to remember and pray and hold space for our shared grief and enormous love. It seemed right that we were so insignificant in numbers, since that is what we are in this world of ours. A few Jews scattering yellow roses, and remembering that we are here because somewhere our ancestors survived so that we might live. A few Jews saying Kaddish for every one of us who feels the pain of this overwhelming mantle we all must carry for the next generation."

HEALTH

FACING SEVERE KIDNEY DISEASE

Life changed dramatically for young Cape Town mother Aviva Zartz when a routine visit to her doctor revealed that her kidneys were functioning very poorly. Suddenly, a woman who had otherwise been healthy was facing Stage 5 kidney disease, urgent dialysis and the prospect of a kidney transplant.



Aviva Zartz with her daughter

Blood tests organised by her GP prompted an emergency hospital admission, and dialysis treatment was urgently needed. Lacking medical aid, Aviva was admitted to Groote Schuur Hospital to be stabilised. Owing to the long list of patients requiring dialysis at Groote Schuur, the family had to make use of private dialysis services – and so they appealed for help with the costs. "I've been hospitalised three times in the last few months, and have needed to see a physician, nephrologist, and a vascular surgeon – all at private medical rates."

Aviva has now gone onto a medical aid which will kick in in June next year, and the testing for a suitable kidney donor will commence in April. In the meantime, relatives and friends are preparing to undergo testing to establish whether they might be suitable donors.

Other specialist care is also needed for additional health conditions that have arisen.

Currently, Aviva is dependent on dialysis, which has become a regular part of her life, leaving her exhausted and requiring major changes to her diet and daily routine.

"It makes you realise how easily life can change in a second," Aviva comments. "From being a healthy person, it's been a huge adjustment."

"The outpouring of love from friends and family has been absolutely phenomenal," says Aviva, "but I've still got a long road ahead of me."

The *Cape Jewish Chronicle* spoke to Dr Nicci Wearne, the Head of Department, Nephrology and Hypertension, at Groote Schuur Hospital, about kidney health:

LOOKING AFTER YOUR KIDNEYS

Kidney disease is a major global health problem. The World Health Organization estimates that 674 million people worldwide are living with chronic kidney disease (CKD).

In South Africa, the full burden is difficult to establish because national prevalence data are limited and studies have produced varying estimates. The South African Renal Registry recorded 9 093 people receiving chronic dialysis or living with a functioning kidney transplant in December 2024. This figure represents people receiving treatment for kidney failure; it does not include everyone living with CKD.

Our kidneys work quietly in the background. They filter waste and extra fluid from the blood, help regulate blood pressure, and keep important salts and minerals in balance. Kidney disease can develop gradually, and many people feel completely well in its early stages. That is why people at increased risk should not wait for symptoms before getting checked.

Diabetes and high blood pressure are two of the most common causes of CKD. Other causes include inherited conditions, inflammation of the kidneys, kidney injury, and infections such as HIV and tuberculosis. The cause can sometimes remain uncertain, even after investigation. Kidney disease is not a single illness, and the right care depends on understanding what is affecting each person.

High blood pressure is both a cause and a consequence of kidney disease. Over time, uncontrolled pressure can damage the small blood vessels in the kidneys. Damaged kidneys can then make blood pressure harder to control, creating a harmful cycle.

Early kidney disease often has no warning signs. A blood pressure check alone cannot rule it out. For people with risk factors, such as high blood pressure, diabetes, HIV, a family history of kidney disease, or a history of complications during pregnancy, simple tests can help identify problems: a blood test to assess kidney function and a urine test to look for albumin, a protein that can be an early sign of kidney damage. A healthcare professional can advise what follow-up is appropriate following an abnormal test result.

There are practical steps that support kidney health: know and manage your blood pressure and blood sugar; take prescribed medicines as directed; stay active, eat a balanced diet and avoid smoking. Avoid using anti-inflammatory pain medicines frequently or for long periods without medical advice, as some can harm the kidneys. If you have a condition that puts you at risk, ask your healthcare provider whether your kidney function and urine should be checked.

When kidney disease is advanced, treatment may include dialysis or transplantation. Dialysis replaces some of the kidneys' functions, while a transplant may be an option for people who are suitable and have access to a donor. Living donation is a generous gift, but the donor's health and informed choice must always come first, and every potential donor needs careful assessment.

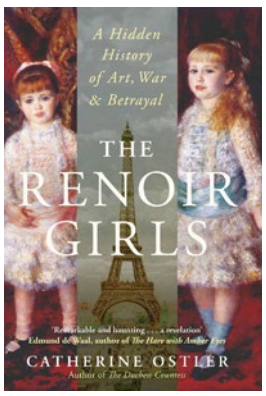
Kidney disease can be frightening, especially when diagnosed at a young age. Knowing the risks, testing early and getting appropriate care can help protect kidney health and support people living with kidney failure.

BOOKS

LOOK OUT FOR THESE BOOKS

The *Cape Jewish Chronicle* has invited some of our readers who are book lovers to share their recommendations about books they have read – and loved! Please share your recommendations by contacting editor@ctjc.co.za.

NON-FICTION



THE RENOIR GIRLS. A HIDDEN HISTORY OF ART, WAR & BETRAYAL BY CATHERINE OSTLER

Recommended by **SHERYL SCHKOLNE**



This astonishing true account of a Jewish banking dynasty in nineteenth century France is a remarkable record of that period in time. Simon Sebag Montefiore calls the book 'A dazzling achievement, heartbreaking, glamorous, revelatory and utterly gripping.' In *The Renoir Girls*, published in 2026, Catherine Ostler has exhibited a detailed understanding of the world of a wealthy family and the society that they are a part of.

Louise Cohan d' Anvers commissioned Pierre-Auguste Renoir in 1881 to paint her younger daughters Elisabeth and Alice ('Pink and Blue'). This Impressionist painting, with overtones of innocence and joy and which has become such a world-famous painting by Renoir, is in sharp contrast to the realities of the lives of the family. The Cohan d'Anvers lead assimilated lives - European royalty being amongst their acquaintances. When the world situations deteriorated with the Franco- Prussian War and the Dreyfus case, there was a rise in antisemitism. It's impact on the Jewish community as well as French society at large is addressed. The Great War, the years in between and WWII are covered in depth. This includes the tragic ending for Elizabeth, the older of the two sisters depicted in the painting.

We are told of Renoir's life and the providence of the famous painting up to the present: it is now housed in a museum in São Paulo. This book is a nuanced record of extreme wealth, privilege, marriages, wars and politics, as well as generosity and deceit. *The Renoir Girls* has become a *New York Times* bestseller, and is well worth reading. It is available from the Gitlin library.

WEBINAR

Recommended by **BONNY FELDMAN**



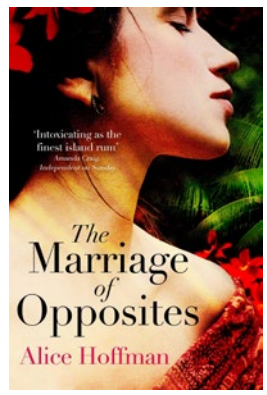
CLICK/SCAN to watch

The British Jewish academic and writer Aviva Dautch, who serves as Executive Director of *Jewish Renaissance* magazine, interviewed the writer of *The Renoir Girls*. Dautch navigates the conversation particularly well, since she is well-informed and clearly well-prepared for the discussion about the book and the context of the periods it covers.

In this webinar, available on YouTube here, Catherine Ostler provides fascinating insights into the mood in France at the time of the Dreyfus Affair, as well as providing an historical background to antisemitism in France. Her extensive research undertaken for the writing of the book makes for an engaging discussion about Renoir the person, the social milieu that the wealthy French Jewish family found itself in, and the stories of the individuals within this family.



FICTION



THE MARRIAGE OF OPPOSITES BY ALICE HOFFMAN

Recommended by **SHERYL SCHKOLNE**

This is a remarkable story loosely based on the life of Rachel who was the mother of the famous Impressionist artist Camille Pissarro. The Jewish life on the Caribbean Island of St Thomas in the nineteenth century makes for interesting and insightful reading. Rachel is married off at a young age to an older widower with a couple of young children as part of a financial arrangement between her father and her new husband. Some interesting details include, for example, when the *Shul* is rebuilt after a fire, that the floor is set of sand to symbolise the nomadic life of Jewish people.

The close Jewish community and the importance of 'appearance' becomes a central theme when Rachel is widowed and falls in love with her first husband's nephew who arrives from Paris to claim his family's inheritance. Frederic Petit is much younger than her and there is strong opposition from the Jewish community to their love affair from both St Thomas as well as in Denmark - of which St Thomas was a colony. The Jewish community sees it as 'incest' and won't allow them to marry. Frederic is religious and he is no longer allowed to be part of a 'Minyan'. Rachel and Frederic have children out of wedlock including Camille.

Camille, who only appears later in the book, has an uncomfortable relationship with his family as he is not a traditional student or businessman. Instead he is obsessed with exploring the world through his art and his choices are a constant challenge to the acceptable Jewish life.

The writing is evocative and one feels the smells of the exotic flowers and fruits, the tastes of the island rum and sights of the turquoise Caribbean in Hoffman's writing.

Alice Hoffman, an American writer has written many books dealing with historical fiction including *The Dovekeepers* (2011) and *The Book of Magic* (2021). This book, published in 2015 is available at the Gitlin library. ●

STORIES

Small stones, powerful memories: A family's journey

Six small brass memorial stones, laid in the pavements in front of the house where they lived in Ahnatal-Weimar in Germany this September, have brought the extraordinary and tragic history of a Jewish family back to the place they once called home.

Known as *Stolpersteine* (stumbling stones), these memorials commemorate individual victims of Nazi persecution. For Peter Loewenstein, whose parents fled Germany in 1933 and eventually settled in South Africa, the ceremony on 7 September was an opportunity to honour his family's history and reflect on its lessons for today.

The six stones commemorate Peter's parents, Bernhard and Irmgard Loewenstein; his aunt and uncle, Viola and Hugo Alexander; and the Alexanders' children, Herta Jacobi and Helmuth Alexander.

The Loewenstein family had deep roots in Germany. Bernhard, born in 1908, was the youngest of six children raised in an Orthodox Jewish household in Meimbressen. The children attended Jewish primary school before continuing their education in Kassel, enjoying friendships with Jewish and Christian neighbours alike.

Bernhard married Irmgard Wildau in September 1932. The couple settled in Ahnatal-Weimar, unaware of how dramatically their lives would change just four months later when Hitler came to power.

In March 1933, Nazi SA paramilitaries rounded up approximately 240 people in the Hofgeismar district. Among them were Bernhard, his father Salomon and his brother-in-law Hugo Alexander. All three were brutally beaten and tortured before being released.

"My father had been beaten so badly that he could not walk unaided for several months," Peter recalled during his address at the ceremony.



***Stolpersteine* for Bernhard and Irmgard Loewenstein**

Helen explains. Her mother and father were both German-Jewish refugees, whose family had fled Germany in the 1930s. "Bernhard Loewenstein and his family 'adopted' us to help my mother, and so I became very close to Bernhard's son Peter. When Bernhard opened a tie factory in Bulawayo in the then-Rhodesia, my mother went to work for him, so our family also moved there." The friendship continues into current times.



Helen having dinner with the Loewensteins



***Stolpersteine* for the Alexander family**

Fearing further arrests and deportation to Dachau, members of the family fled to the Netherlands, abandoning their homes, businesses and possessions.

Bernhard and Irmgard subsequently emigrated to Johannesburg in 1936, fearing that the Nazis would eventually invade the Netherlands. They resolved not to have children while the Nazis remained in power, and Peter was born only in 1947.

But escape did not erase the trauma.

Peter recalled that his father, previously a fit athlete, suffered lifelong anxiety, serious health problems, and what would now be recognised as post-traumatic stress disorder.

The family subsequently moved from South Africa to Rhodesia and then Zambia, before Bernhard returned to Germany with Irmgard in 1972. Their final years together in Germany were difficult.

For other family members, the consequences of Nazi persecution were even more devastating.

Viola, Hugo and their children fled to the Netherlands in 1933. In 1942, all four were arrested and sent to Westerbork transit camp, before being deported to Theresienstadt in January 1944.

Continues on page 39.

HALTING THE *STOLPERSTEINE* PROJECT

Recent news from Germany is that in one area of the country, the right-wing council has banned the placing of new *Stolpersteine*. This decision has resulted in a flurry of comments and many people in the country are concerned about this move.

The Guardian quoted one concerned citizen of the town of Heidenau as saying, "They want to drive the victims' memory out of the city centre, just like the victims themselves were driven out."

Thank You!

YOU SHOWED UP. AND LOOK WHAT WE ACHIEVED.

Together, we didn't just reach our R11.5 million target. We exceeded it, raising over

R12 million!

Behind every rand raised is a community that cares. And behind this remarkable achievement are seven welfare organisations providing dignity, companionship, connection and vital support to those who need it most.

To our donors, thank you for your generosity. To our volunteers, thank you for giving your time, energy and enthusiasm to make this possible.

To every person who played a part, THANK YOU.

This is the power of community.
Together, We Are One

SEVEN ORGANISATIONS · Care Services · #We are One 2026 · ONE BIG DREAM

astra · Jewish Community Services Cape Town · Oranjia · CJSA · necharna · Glendale home · Highlands House

Supported by UJC Our Community

Care Services
CARING FOR OUR COMMUNITY

BOOKS

Farewell to Eden

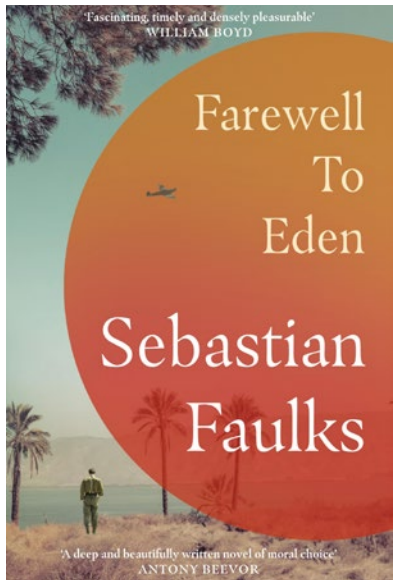


Reviewed by
BERYL EICHENBERGER

Sebastian Faulks's new historical novel *A Farewell to Eden* is a timely addition to the slew of stories coming out of the Middle East. But it is so much more than that.

Set as it is from 1946 in Palestine, to the England of the 1950s and beyond, through to the 80s, the tensions of the time and places are seen through the eyes of ex-Army officer Philip Deval. This is an unspooling of a life whose soul is touched and influenced by what he experiences; a life with emotional scars that take him on an unexpected path. Masterfully written, Faulks takes you on a journey that asks questions of morality and humanity.

Philip is an ordinary man, steadfast, calm, philosophical, respected, not a risk taker. Deployed as a peacekeeper to Palestine after his Army service, when the British Mandate was about to expire; when the drawing of state lines would have far reaching consequences. In the Holy Land he makes solid friends, such as padre Matthew Kilvert who challenges his faith; he participates in undercover operations; contemplates the question of coexistence and politics; experiences terrorism in the King David Hotel attack; and contemplates the future he sees for this country. His belief in justice and moral obligation sees him become an unlikely player in a deadly game.



Sebastian Charles Faulks is a British novelist, journalist and broadcaster. He is most notable for his historical novels set in France – *The Girl at the Lion d'Or*, *Birdsong* and *Charlotte Gray*.

1951 and Philip is in Britain as he becomes a teacher at a girls' school. He meets and befriends the enigmatic, quiet, controlled music teacher Frances Darwood whose story has also shaped her, but it is their enduring friendship that threads and supports through the years ahead.

Faulks is the master of the slow reveal, hiding events within his words. Unfurling them. Shocking the reader, making you backtrack in case you missed anything. His research brings people and environments to sparkling life, enriching the reader with facts and characters, interlinking stories. It is a reflection of a time of huge upheaval, when everything was questioned. He crafts a tension that ebbs and flows. Written in 50s-style vernacular, it is a picture of a fractured generation. Above all, it is a beautifully told story of a man's battle with his conscience and his humanity.

SCAN/ CLICK ON THE QR CODE TO LISTEN TO THIS BOOK REVIEW.

CJSA CAPE JEWISH SENIORS ASSOCIATION

Cape Jewish Seniors Association

CJSA

DIRECTOR: Diana Sochen 021 434 9691 director@cjsa.org.za | ADMIN: Amanda 021 434 9691 admin@cjsa.org.za



Sea Point members enjoying Majong

Special times for CJSA members

Spring has been celebrated in many wonderful ways this year, with CJSA members enjoying outings to admire the colourful flowers at various locations. After the cold winter months, there is nothing quite like spending time outdoors, appreciating nature and enjoying the company of friends.

The past month has also been filled with celebrations, with the High Holy Days taking centre stage. Many members were delighted to spend these special occasions with family who visited Cape Town for the festivals.

Special thanks go to the *shuls* that invited our members to participate in the festivities of Sukkot and Simchat Torah. Southern Suburbs members enjoyed a wonderful morning at Clarewyn Shul, while Sea Point members were treated to a concert featuring Cantor Ivor Joffe and Jason Helman. Beverley Chiat added a personal touch by singing to her mother, who celebrated her 80th birthday in the Sukkah.

Rabbi Hecht gave everyone the opportunity to hold the Lulav and Etrog while reciting the appropriate blessing, and visiting Rabbi Tamara Shagas visited each of our branches to blow the Shofar for members. Temple Israel also hosted its annual Simchat Torah party, featuring special entertainment enjoyed by members and the wider community.

CJSA members also participated in acts of kindness to commemorate the birthday of the late Eric Samson z'l. The Samson family generously sponsored a special tea in his honour, a thoughtful gesture that was greatly appreciated by members.



Milnerton members on their weekly Wednesday walk (left), and visiting Vergenoegd wine estate (right).

HEALTHY AGEING: STAYING ACTIVE, ENGAGED AND INDEPENDENT

Ageing is not about slowing down, but about adapting, staying healthy and continuing to thrive. A holistic approach that combines physical activity, good nutrition and mental stimulation can help seniors maintain their independence while enjoying a fulfilling life.

Healthy living involves nurturing the body, mind and spirit. Although ageing may bring changes in energy levels, mobility and mood, these need not define our lives.



Southern Suburbs members enjoying the Samson Kindness Matters tea

SOCIAL AND PERSONAL

We congratulate our members who have had joyous occasions during the last month.
Wedding: Shulamit Rozowsky – marriage of granddaughter in Israel
Golden Wedding: Peter and Tzilli Reizenberger
Birthday: Leina Sank – 90, Avril Galp – 80, Val Smollan – 80, Selma Chiat – 80
Engagement: Sonia Norrie – Grandson, Rochelle Winer – Grandson

Wishes to those who are not well: Trevor Lomofsky, Rita Herman, Carie Clift, Tina Philips, Ruth Reichlin, Joan Sarembock, Marge Lee.

Condolences to the families who have lost loved ones who are CJSA members: Lola Krafchik.

Physical activity plays an important role in maintaining independence and confidence. Gentle activities such as walking, yoga and water aerobics can improve flexibility, balance and co-ordination, helping to prevent falls. Regular movement also strengthens the heart, boosts energy and improves mood.

Start with just 10–15 minutes of activity daily, gradually increasing as stamina improves. Every movement counts!

Maintaining strong bones is equally important. Weight-bearing and balance exercises, together with nutritious meals containing sufficient calcium and vitamin D, help support bone health. A balanced diet also provides the energy and nutrients the body needs.

Mental wellbeing deserves equal attention. Keeping the brain active through puzzles, hobbies, crafts and other stimulating activities supports cognitive health while creating opportunities for social interaction and reducing loneliness.

Remember, staying active is not about pushing yourself beyond your limits, but celebrating what your body can achieve. If feelings of sadness or low mood persist, seek support before they become overwhelming.

Regular medical check-ups, preventive care and informed lifestyle choices are also essential for maintaining health and quality of life as we age.

CELEBRATING OUR VOLUNTEERS

CJSA could not function without the dedication and generosity of its many volunteers, who contribute their time and energy in countless ways.

To acknowledge their invaluable support, CJSA will be hosting a special volunteer appreciation lunch. We look forward to welcoming our volunteers and giving the CJSA team an opportunity to personally thank each one for their selfless contribution.

Their kindness and commitment make an enormous difference to the lives of our members and to the CJSA community. ●

Diana Sochen, Executive Director



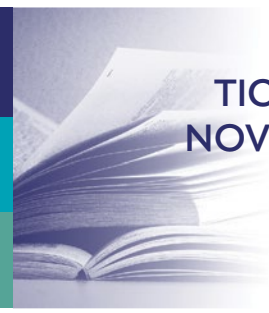
Milnerton members enjoying Kalk Bay

November 2026 Community Events

ORGANISATION	EVENT	DATE	FOR MORE INFO
Connect Circle	The Meaning of life is to find your gift. The Purpose of life is to give it away. An evening with Rebbetzin Avigail Popack.	Wed, 4 Nov 19h30	RSVP: https://connect-circle.com/events
ELEVATE RUN	Free weekly community run and walk on the Mouille Point promenade, on the grass opposite the Seattle. Run 3km or 5km, or walk 2.5km. All paces welcome. Book each run on the ELEVATE Run app and scan in when you arrive.	Launch run: Thurs 5 Nov. Meet 18h00, starts 18h30, with a DJ leading the run. Then every Thurs at the same times.	Instagram @elevateruncpt, or call Amitai on 076 630 9780
ORT JET CAPE	Sales Success Interactive Session: Inospace CT – ORT JET CAPE collaboration with Entrepreneurs Network (EN).	Thurs, 5 Nov	Look out for the invitation.
Cape Town Holocaust & Genocide Centre	Film: The Lark Farm. A movie about Kristallnacht	Mon, 9 Nov 18h00	admin@holocaust.org.za
ORT JET CAPE	Annual Appreciation Event	Wed, 11 Nov 17h30	Look out for the invitation. Venue TBA
Connect Circle	Welcoming Kislev. An inspiring evening and work-shop in honour of the new month.	Wed, 11 Nov 19h30	For more information: https://connect-circle.com/events
Jacob Gitlin Library, South African Jewish Museum, and UCT Kaplan Centre	Book Talk – Sound me Out: A Lifetime of Music and Memories by Jeanne Zaidel-Rudolph	Tue, 17 Nov 17h30 for 18h00	RSVP: admin@gitlinlibrary.co.za
MENSCH	Mensch Mitzvah Day: HARVEST & COOK-UP. Join us at the Love in a Bowl community farm, preparing food for children and vulnerable residents in the Hout Bay area.	Sun, 22 Nov 10h00-13h00	For more info contact Jodi@mensch.org.za
Cape Town Holocaust & Genocide Centre	Film festival	Mon/Tue/Wed 23/24/25 Nov 10h00	RSVP: admin@holocaust.org.za
ORT JET CAPE	Business Webinar: Wrapping up 2026 & being fully prepped for 2027 – Facilitated by Anton Ressel	Wed, 25 Nov	
Connect Circle	Bringing Light Home: A festive Chanukah cooking workshop	Wed, 25 Nov 19h30	For more information: https://connect-circle.com/events
Cape Town Holocaust & Genocide Centre	Opening: Three Friends ...Three Stories exhibition	Sun, 29 Nov 18h00	RSVP: admin@holocaust.org.za

JEWISH Literary FESTIVAL
jewishliteraryfestival.org.za

JLF 2027
28 FEBRUARY 2027
EARLY BIRD SPECIAL



TICKETS ON SALE FROM NOVEMBER 17 ON QUICKET
Quicket
EXPERIENCE AWESOME

'Small stones, powerful memories: A family's journey' – Continued from page 36

Hugo was murdered at Auschwitz in 1944. Helmuth survived imprisonment at Auschwitz and Dachau but died shortly after liberation in May 1945. Viola died at Bergen-Belsen. Only Herta survived, eventually rebuilding her life in the United States.

Numerous other relatives, including Peter's grandparents Rosalie and Salomon, perished in Nazi concentration camps.

The September ceremony was particularly meaningful because descendants, relatives and family friends travelled from different countries to participate, honouring lives that persecution had scattered across continents.

Peter expressed gratitude to the local organisers who had worked to preserve the memory of Ahnatal-Weimar's Jewish residents.

But his message extended beyond remembrance.

"We should never forget what happened during the Nazi era," he said, urging people to actively oppose racism, antisemitism and religious oppression wherever they occur.

The *Stolpersteine* ensure that the names of six individuals remain part of the streetscape of the town they once inhabited. More importantly, they remind future generations that behind every name is a human story – of family, belonging, suffering, survival and loss.

And, as Peter's address made clear, remembering the past carries a responsibility to confront injustice in the present. ●

If any of our readers would like to share their family's *Stolpersteine* story, please contact the Editor at editor@ctjc.co.za.

FOOD

A FRESH LOOK AND FLAVOUR FOR KOSHER FOOD IN CAPE TOWN

Sea Point shoppers have something to look forward to this November! After being closed for renovations since January, the Pick n Pay store in the Adelphi Centre is preparing to reopen at the end of November – with a fresh new look and an exciting range of kosher deli foods.



The tasting team hard at work

The reopening promises more than a revamped supermarket. It also marks a significant development in efforts to expand the Kosher food available to Cape Town's Jewish community.

The initiative follows discussions involving several people active in the Kosher food sector, including the UOS (Union of Orthodox Synagogues) and Rebbetzin Lee Liebenberg of the Claremont-Wynberg Hebrew Congregation, who raised the need for greater variety and improved quality in prepared Kosher meals.

Speaking to the *Chronicle*, UOS Chairman Phillip Weinstein commented: "The anticipated opening of the revamped Pick n Pay store in Sea Point has allowed the UOS to facilitate a discussion for our community with Pick n Pay, with the goal of enhancing the variety and quality of the Kosher offerings as an addition to the various other Kosher deli options already available in Cape Town."

Phillip also acknowledged the challenges facing Kosher consumers as regards the price of Kosher red meat. "The UOS is aware of various price point concerns among the Kosher community in Cape Town, and is working hard to find a feasible solution to ease these pressures as much as possible," he said.

According to UOS Executive Director Joel Merris, the contributing factors to the high price have been the cost at 'the farmer's gate' (the price of livestock supplied to the abattoir for Kosher slaughter), and the abattoir's costs to the wholesaler (before the retail margin is added). "We are fully aware that the price of Kosher meat has become a challenge for many," he explained. "The UOS has been engaging with all stakeholders and role-players in the industry over the past 18 months, in the hope of reducing the retail price of Kosher meat. We are hopeful that we will see the results of these efforts in the coming months, with a reduction in cost for the Kosher consumer of Kosher red meat in Cape Town. The UOS continues to substantially subsidise *Shechita* with the sole purpose of making Kosher meat more affordable to the Kosher consumer in Cape Town."

Meanwhile, the new deli range has already undergone its first taste test. A representative group of women from the Jewish Community recently gathered at Pick n Pay Claremont to sample an extensive selection of dishes, including colourful salads, meat and chicken dishes, traditional Israeli favourites, and dessert.

Their feedback will help determine which dishes make the final cut, with some recipes being refined ahead of the launch.

The new range is expected to debut when the Sea Point store reopens in late November. A trial period will follow, during which customer response will determine which items become permanent fixtures and which may disappear from the shelves.

For Cape Town's Kosher consumers, the developments offer the prospect of greater choice, improved quality and more affordable options.

The *Chronicle* looks forward to hearing what readers think once they've had a chance to sample the new offerings. Will they pass the taste test? Let us know! ●

CLASSIFIEDS

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

I WILL BUY YOUR VEHICLE!

Since 1996
Phone Melville
072 132 5572

ELAINE'S BLINDS

Contact Elaine's Blinds for all new blinds, servicing, repairs and cleaning. Stephen and Elaine Guinsberg Tel 021 713 1349 or WhatsApp 084 608 5239

JOFFE PLUMBING

For all sanitary plumbing repairs, maintenance and renovations. Phone Hilton 082 789 2897 or 066 470 1424

SON FOR HIRE

Gideon's Transport for all your driving needs. Lifts, shopping, deliveries. Call Gideon on 082 455 3868 for assistance.

WE WANT TO BUY
SILVER JEWELLERY
CHINA GLASSWARE
ART SCULPTURE
HOUSEHOLD GOODS, etc

Burr & Muir
Antiques/Collectables

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

021 4181269
email: info@burrmuir.com
www.burrmuir.com

SORT IT

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

Gardiner Stone

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



Showroom 132 Durban Road Bellville
Bellville 021 948 2152 Paarl 021 872 1508 Strand 021 854 5890
Ros Gardiner 072 2414 120
gardiner@gstone.co.za www.hebrew.gstone.co.za
FOR ALL MEMORIAL REQUIREMENTS

CHRONICLE · CAPE JEWISH

GET CONNECTED TO OUR CPT JEWISH COMMUNITY

FOR ADVERTISING CONTACT
ADÉLE GRADNER
WhatsApp: 083 321 5222
Email: advertising@ctjc.co.za
Call: 021 464 6736

