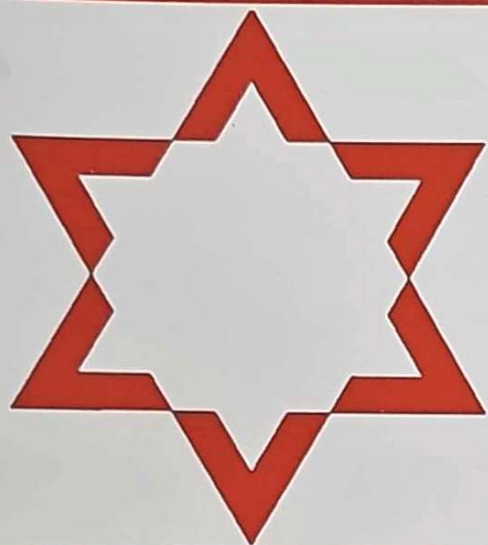


# Victory Park Hebrew Congregation Shana Tova



תשרי  
5772

September  
2011



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## OFFICE OF THE CHIEF RABBI ROSH HASHANA MESSAGE: 5772

On behalf of the South Africa Jewish community, it is an honour to extend warmest Rosh HaShana greetings to the Victory Park Shul community.

Life is our most precious gift from G-d. At this time of year as we pray to G-d to be given another year of life, to be written into the "Book of Life", we need to appreciate the value of every moment that G-d has given us to live on this earth.

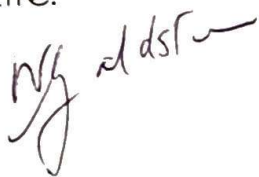
Rabbi Yisrael Meir Kagan, known as the Chofetz Chaim, was one of the greatest Torah scholars and leaders of the Jewish world until his passing in 1933. In those early years of the twentieth century, many Jews were leaving Europe to live in the United States of America. The story is told that the Chofetz Chaim asked someone who had just returned from a visit to tell him something about America. The man answered that in America, they say, "Time is Money", the Chofetz Chaim's rejoinder was that "Time is Life". Every second and minute that passes does so forever and can never be retrieved, and is part of the limited gift of life that G-d has given us. Judaism teaches us to appreciate every precious moment of life by, for example, saying blessings of thanks and gratitude to G-d for simple pleasures, such as eating a fruit or wearing special new clothes. The Talmud says that we must give thanks to G-d for every breath of air we take.

But Judaism teaches that life is not only about living in this world. G-d has placed within us an immortal soul that lives on in the world-to-come. Pirkei Avot (6:7) says, "Great is Torah for it gives life to those who do it, both in This World and the World to Come." The Torah shows us the path of life. It is called "a tree of life for those who grasp it" and shows us how to live and be truly alive in this world and the next.

It also shows us how to ensure the vitality and endurance of the Jewish People. You often hear debates about how to ensure Jewish continuity. History has proven that only when Jews are connected to Torah is there a sustainable Jewish future. The Talmud (Avodah Zara 3b) says that the Jew without Torah is a fish out of water and cannot survive. Rav Yosef Yehuda Leib Bloch explains the analogy: a fish on dry land flips and flops so vigorously that an ignorant observer may think that it is alive rather than in its death throes. So too people often are mistaken when they think that there is a Jewish future without Torah. The fish out of water analogy was used by the great sage of Talmud, Rabbi Akiva during the Roman oppression when it was forbidden to study or teach Torah. He defied the decree, putting his life at risk, and was advised not to do so - advice which he rejected comparing it to a fox warning a fish of fishermen's nets downstream, and advising them to avoid being captured by leaving the water. Rabbi Akiva was arguing that we are the fish and the Torah is our water and that without it there would be no Jewish People.

As we the South African Jewish community prepare for the new year, let us do so acutely aware that the sure path to a vibrant and eternal future, as individuals and as a community, lies in our loyalty to Torah. As we say in the evening prayers: "For it [the Torah] is our life and the length of our days".

My wife Gina and I wish you G-d's blessing for a good and sweet year, and may we all together be inscribed in the Book of Life.



With warmest wishes

*Rabbi Warren Goldstein*



## MESSAGE FROM THE CHAIRMAN JEFFREY SHER



As I write my chairman's message my mind is filled with one big question WHY??. The protest in Israel about the cost of living, the uprising in the Arab countries some of which have lead to repressive violence against their own people, the massacre in Norway, the riots in the United Kingdom, the deteriorating state of the world economy and at home the annual strikes and the failure of the ruling party to control the ANCYL which is out of control, amongst others. The starvation of millions of people throughout the world, the continued war in so many countries of the world because some group feels their rights have been abused. None of these many problems are those that relate to first or third world countries. What has gone wrong and where do the solutions lie? Most of these problems are in our face because of the modern world that we live in. The internet and the social media amongst other have

contributed to a world where everything is "now".

I firmly believe that the world has crossed the point of no return in trying to see that there is justice for all. Everyone has so many rights that it is impossible to ensure that everyone is treated fairly. In a world where a child may not be disciplined by his or her parents simply because the child's rights may be offended, where principals or school teachers are scared to reprimand a student, let alone discipline them, one has to question where the basic fundamental right of respect to our parents, teachers and adults has gone.

Central to our being as a Jewish people are the 10 commandments. The fifth commandment is Kavod et Avicha v'et Emicha. Honour thy father and thy mother. Respect for all people can be derived from this very important commandment. As the fifth commandment it is the last of the commandments between man and G-D and the first between man and man. If all the people of the world young and old, religious and secular, men and women would go back the basics I believe that we would see a change for the good of mankind and the world would become a safer and better place to live.

The internet and social media have become part and parcel of our way of life. Yet they are intrusive and out of control. There is almost no privacy anymore and it is expected that good or bad news is to be emailed, "tweeted" or put on facebook as soon as it happens. Sometimes I sit back and think of the good old days before cell phones and everything that came with them.

The Shul is facing a number of challenges. The greatest challenge that we face on the eve of 5772 is the fall in the number of people at all shul services. The morning Minyan is a really big concern where almost every week we are lucky to get a minyan 2 out of 5 mornings. The evening minyan is better but not always assured. Many days we rely of the help of the high school boys. Friday night and Saturday morning services have seen a drop in the number of people attending and those who come seem to be coming later and later. As we have said many times the glue that holds a community together is the minyan. The knowledge that should a person need to say Kaddish there will always be a minyan is not so assured in our Shul.

On the positive side we have had a number of Bar and Bat Mitzvah's take place in our Shul this year. We have also had a number of Ofrufs this year. We have had our regular dinners during the year, which have all been a success. All of these events have been catered for by a very able band of ladies who continue to excel themselves. On behalf of a grateful community I would like to say thank you for a job well done.

A few weeks ago we held our annual fundraiser. The event was well supported by Shul members and by outsiders and we raised much needed funds for the community. We have met the new principal of the high school, Mr. Gavin Budd, and look forward to a continued good relationship between the Shul and the School.

To the Rabbi and Rebbetzin thank you for all that you have done in the past year. To the Chazzan and the choir, many thanks as well for your wonderful contribution to our services, and we look forward to an uplifting Yom Tov.

My thanks go to all those who were involved in producing this wonderful magazine as well as to those who supported us by taking an advert, inserting a greeting or sponsoring a page.

We wish those members that are travelling far and wide to spend Yom Tov with family an enjoyable time and we look forward to your safe return.

Special thanks go to my wife and family for their continued support.

Zandra and I wish you all a Shana Tova U M'tuka - may we all be inscribed for a good and peaceful year.

*Jeffrey R. Sher*  
Chairman

## MESSAGE FROM RABBI ZUSMAN UZVOLK



Considering the recent riots in Britain, perhaps now Pink Floyd would say that we DO need education and we DO need thought control.

An article from the Daily mail (The Star August 11 2011) about the rioters got me going, "They are victims of a perverted social ethos, which elevates personal freedom to an absolute, and denies the underclass the discipline – tough love- which alone might some of its members to escape the swamp of dependency in which they live...They are the products of a culture which gives them so much unconditionally that they are let off learning how to become human beings...Unless or until those who run Britain introduce

incentives for decency and impose penalties for bestiality which are today entirely lacking, there will never be a shortage of young rioters and looters."

I am reminded of the parent from the Shtetel who bemoans to the Rov about his child who has turned his back on Judaism. "I gave him all the things I did not have. I provided a comfortable home, I fed him well, I clothed him smartly, I sent him to a good school, and we went on family holidays...." The Rov responds: "What about the things that you DID have? Did you provide your child with those things as well?"

What did our grandparents have in the Shtetel?

Poverty, hard work, simplicity, discipline, commitment, respect for elders and a strong sense of community. In the home children saw commitment and endurance. There was a culture of learning, learning Talmud. There was a Beit Ha-kneset, a Shul a House of Gathering where people gathered on a daily basis.

A member of our community told me how he remembers taking chickens on his bicycle to the "sheichet" before school, here in Rustenburg. Another member told me how he was sent to boarding school at a young age so that he would be able to attend a cheder which was not available near his dorp. Most of those who attended the Cheder system regret that they did not take it seriously enough.

We are living in times of relative affluence. Kosher facilities, Jewish education and Jewish facilities are provided for. We have come a long way from the Shtetel but we have left behind many of the important values that the Shtetel had to offer.

Let me paraphrase the Daily Mail: Unless or until we introduce incentives for yiddishkeit and impose penalties for laziness and apathy, there will be a shortage of youngsters in our communities. Every time we curtail our personal needs, wants and luxuries for the sake of our Judaism we regain control of personal freedom from an absolute, we impose discipline – tough love. We teach our children how to become human beings.

With the approach of Rosh Hashana we need to do some stocktaking. It is easy to criticize Britain. It is scarier when we hear some of our own "youth league" politicians and others who demand unconditionally and feel that their "wants" are their rights. We cannot change them but we can do some house cleaning ourselves. We want G-d to provide for us but from our side we need to fulfil our Jewish obligations and responsibilities.

Laila and the kids all join me in wishing you all a wonderful new year. A year of health, wealth and success, physically and spiritually.

*Rabbi Z Uzvolk*

# MESSAGE FROM KING DAVID SCHOOLS VICTORY PARK

*"Seek the wisdom of the ages, but look at the world through the eyes of a child" (Ron Wild)*

As educators, we have the privilege of daily working with our young people who inherently face life with optimism, enthusiasm, vitality and hope, untainted by the disappointments and negativity of adult life.

On behalf of the staff, students and parents of King David Victory Park High School, my wish for each member of your congregation is that you approach the New Year looking through the eyes of a child and that your year may be one filled with abundance, success and happiness.

*Gavin Budd*  
Headmaster  
King David High School Victory Park



---

I feel honoured by the invitation to send my best wishes to the community for the coming year. The school and the shul share more than just a campus, we share the same destiny and the same heart. It has been most fulfilling working in Victory Park building towards a strong and vital community, and I look forward to actualising the precious potential of the children whose welfare we guard and whose foundations we build together.

May Hashem bless us all with a year of satisfaction from our labours and help us see His guiding hand in every part of our lives.

Shana Tova Tikateivu v'Tichateimu - May you be written and sealed for a year of goodness

Regards,

*Jannie Le Roux*  
Acting Headmaster  
King David Primary School Victory Park

*We wish all our family and friends L'Shana Tovah Tikatevu V'Tehatemu  
Anthony, Steph, Zack and Micah Fineberg*



# Fun times at King David Victory Park Pre-Primary School



As we look back at 5771, we can reflect on the memories and moments that we have created at our warm and nurturing school. These memories will lead us into the New Year filled with inspiration and a spark to create even better and more fulfilled moments both with families and friends.

I wish you and your families a G'Mar Chatima Tova - a good, healthy and prosperous new year. Shana Tova

LYNDA ROMAIN (PRINCIPAL)



## MESSAGE FROM THE REBBETZIN LAIA UZVOLK



Rosh Hashana is the birthday of the world. Well, not really. The first day of creation was on the 25th day of Elul. Man was created on the sixth day, Erev Shabbat. Until today things are always extremely hectic in the Uzvolk household on Erev Shabbat. We relive the tumult on a weekly basis. Could you imagine just having been created, just having gotten married, just having given birth to twins and having just arrived in "Club Eden- Med" having to unpack, although they did not have too many (any!) clothes, wash up and get ready for Shabbos. All before sunset!

So this year our world is turning 5772 years old. Yay world! Playing around with the Hebrew letters representing this coming year, I found a beautiful thought. The letters are ה'השע"ב - The Hay stands for 5000, "Taff"= 400, "Shin"=300, "Ayin"=70 and "Bet"=2. equals 5772. Changing around the letters we spell out the word "השבע" "TSBA". In Hebrew Tisbah means you will be satisfied like in "Ve-achaltah Vesavatah"- And you will eat and you will be satisfied. (from the benching)

I pray that this year I will have the peace of mind to really be satisfied with all that I have. Tumult and all. I am sure that most of you feel the same. We have so much to be grateful for but we don't seem to catch our breath to enjoy and appreciate it. So may it be a year of not only having all that we need, but a year of "Tisba". Being truly satisfied with what we have.

My husband and my kids join me in wishing you all a Shana Tova Umetukah.

*Laia Uzvolk*

## MESSAGE FROM CHAZZAN MARK SAMOWITZ



I recently attended a very interesting workshop on a plot in Midrand – a 'Vision Creation' day. The name intrigued me and I wasn't really sure what I was in for but it sure sounded different. Along with my fellow 'visionaries' we spent part of the day getting the creative juices flowing and the latter part of the day creating our vision boards. I poured through old magazines searching for words and images that would give me a graphical representation of my vision. The vision board is the culmination of that process - something visual that will live on the wall of my home as a constant reminder of my vision. On the day I wasn't quite ready to stick the images I had selected onto my vision board – I needed time to question and assess whether those were the images and words that resonated and were truly part of my vision or mere fantasy.

Most people would agree that a business needs to have a business plan – a plan that keeps the business on course, focused on measurable outcomes and profit targets. The business plan should be re-evaluated by management regularly, tweaked and changed as events unfold and new challenges and opportunities present themselves.

Doing my vision board got me thinking that while I may have a business plan for my business, I had never taken the time to document and map out a 'life plan' for my life – clarifying my life goals and dreams and my life's mission.

It is this very plan that we present to H-shem every year on Rosh Hashana – asking that He review it and grant us another year to implement it. The period from Rosh Chodesh Elul through to Yom Kippur is a period to review our 'life plan', to course-correct, to question, to change, to reconnect and to return – to return to the essence of who we are, appreciate our unique gifts, talents and the many blessings that have been bestowed upon us, to restore relationships that have soured, relationships with our fellow man and with the Creator of all Life.

Since the 'Vision Creation' day, I have been sifting and sorting through the images and words I selected for my vision board to get to the essence of my vision... and slowly a clear vision has emerged. Today I'm going out to buy some glue and stick down those images. I never imagined that a random 'Vision Creation' day would be so intimately and intricately connected to the work of Elul and Teshuvah! I pray that H-shem grant me the blessing of life in the coming year to fulfill my vision and I pray that the awe-inspired High Holidays give us clarity of vision and reconnect us to what's really important. May we all be inscribed and sealed for a good and sweet year!

*Mark Samowitz  
Chazzan*

*Wishing all congregants & their Families a blessed peaceful & prosperous New Year & well over the Fast  
LES AND BELINDA KOBRIN AND FAMILY*

*With compliments and best wishes  
Alan & Sue Bulafkin and Briggs Miller*



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# MESSAGE FROM TIM TRULUCK COUNCILLOR FOR WARD 117



I would like to take this opportunity to introduce myself as the new Councillor for Ward 117. But first I want to wish all the members of the Victory Park Hebrew Congregation a Happy New Year and I wish you well over the holiday.

A new Ward was created for the recent municipal elections and parts of 4 other wards were combined to form Ward 117. Along with Parkhurst, Parktown North, Rosebank, Saxonwold and Parkwood - Victory Park, Pine Park, Pierneef Park and a small portion of Blairgowrie around the primary school were combined to form the new Ward.

I have been a Parkhurst resident since my wife and I moved to Johannesburg from Lusaka in 1997. Before becoming a Councillor, I was a researcher and office manager for Mutengo Consulting, a Learning and Organisation Development consultancy that works with local and international NGOs in Southern, Central and Eastern Africa. I was also the Environmental Chair for the Parkhurst Residents Association and am involved with the Parkhurst Recreation Centre and Verity Park User Group. I have researched and published the histories of Parkhurst and Linden, and also published the popular Dog Walk booklets in the mid 2000s. I am also the Leader of the Johannesburg Slow Food Convivium (Group) and have a passion for local, seasonal, traditional and artisanal food. Walking the dog or cycling along the spruit is one of my favourite activities as is playing petanque at the Parkhurst Rec.

Regards  
Tim Truluck

## COOKING WITH LAIA'S MOM

### Chicken in Honey Marinade

A few Rosh Hashonahs ago, I was idealess as to what to make. So my mother, who is a gourmet chef (sorry I didn't get that gene!), went on a mission to find chicken recipes. This is my favourite from that expedition - quick, easy, yummy and everyone loves it...Laia

**Method:** Simply Mix all the ingredients together and pour over the chicken...Enjoy!

- 2 Tbs oil
- 2 Tbs vinegar (I use lemon juice...much healthier!)
- 1 Tbs sugar
- 2 Tbs honey
- 2 Tbs sherry (any sweet wine - the home made wine you made with our Rabbi works well!)
- 1/3 C soya sauce
- Garlic powder (I don't use)
- Pepper



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# Laugh a little

Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter". Esther always replied, "I know Morris, but that helicopter ride is fifty dollars -- and fifty dollars is fifty dollars".

One year Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance." Esther replied, "Morris that helicopter is fifty dollars -- and fifty dollars is fifty dollars".

The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won't charge you! But if you say one word, it's fifty dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know -- fifty dollars is fifty dollars."

**Q: Why do Jewish Mothers make great parole officers?**

**A: They never let anyone finish a sentence.**

**Q: How many surgeons does it take to do a circumcision?**

**A: Four skin doctors**

**Q: What do you get when you lock 2 Jews in a room?**

**A: 3 opinions**

**Three Jewish mothers are sitting on a bench in Balfour Park shopping centre talking about (what else?) how much their sons love them.**

**Sadie says "You know the Chagall painting hanging in my living room? My son, Arnold, bought that for me for my 75th birthday. What a good boy he is, how much he loves his mother."**

**Minnie says, "You call that love? You know the Mercedes I just got for Mother's Day? That's from my son Bernie. What a doll."**

**Shirley says "That's nothing. You know my son Stanley? He's in analysis with a psychoanalyst in Sandton. Five session a week. And what does he talk about? Me."**

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# HAZKARA FOR YIZKOR SERVICE

Please complete and return this form to the Victory Park Hebrew Congregation, P.O. Box 84230, Greenside 2034, to arrive no later than Monday 26<sup>th</sup> September 2011. Alternatively fax the form to 011 728 4619 or email your particulars to [chai.jeffrey@iafrica.com](mailto:chai.jeffrey@iafrica.com) or [alanlew@iafrica.com](mailto:alanlew@iafrica.com).

If your Hazkara list is the same as last year, please email your donation for the Hazkara's through to the email address stated above

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please make a Hazkara for the following:-

FULL HEBREW NAME  
OF DEPARTED

FULL HEBREW NAME  
OF DEPARTED'S FATHER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I enclose herewith/please debit my account with an amount of R \_\_\_\_\_ as a donation to the Shul in memory of the above departed one(s)

SIGNATURE

DATE: \_\_\_\_\_





# Yahrzeit



We wish long life to the following congregants who have yahrzeit during the coming month

|              |          |             |              |                |
|--------------|----------|-------------|--------------|----------------|
| Abrahamsohn  | Alfred   | Father      | 22nd Elul    | 21st September |
| Copans       | Arlene   | Father      | 23rd Elul    | 22nd September |
| Damelin      | Barry    | Mother      | 23rd Elul    | 22nd September |
| Triebwasswer | Sheryl   | Father      | 23rd Elul    | 22nd September |
| Ritz         | Minnie   | Brother     | 27th Elul    | 26th September |
| Raff         | Sheila   | Mother      | 28th Elul    | 27th September |
| Gordon       | David    | Brother     | 29th Elul    | 28th September |
| Oscherowitz  | Louis    | Father      | 2nd Tishrei  | 30th September |
| Lurie        | Ockie    | Wife        | 3rd Tishrei  | 1st October    |
| Arenson      | Carol    | Mother      | 4th Tishrei  | 2nd October    |
| Paiken       | Sam      | Mother      | 5th Tishrei  | 3rd October    |
| Schnaid      | Linda    | Husband     | 6th Tishrei  | 4th October    |
| Chait        | Hazel    | Mother      | 7th Tishrei  | 5th October    |
| Damelin      | Barry    | Father      | 7th Tishrei  | 5th October    |
| Copans       | Arlene   | Mother      | 8th Tishrei  | 6th October    |
| Lang         | Jerome   | Father      | 8th Tishrei  | 6th October    |
| Rome         | Maureen  | Mother      | 8th Tishrei  | 6th October    |
| Levin        | Julius   | Brother     | 9th Tishrei  | 7th October    |
| Schnaid      | Caron    | Father      | 15th Tishrei | 13th October   |
| Friedland    | David    | Mother      | 16th Tishrei | 14th October   |
| Friedland    | Louella  | Father      | 17th Tishrei | 15th October   |
| Ritz         | Minnie   | Husband     | 17th Tishrei | 15th October   |
| Sher         | Jeffrey  | Grandmother | 19th Tishrei | 17th October   |
| Cohen        | Jack     | Mother      | 20th Tishrei | 18th October   |
| Strimling    | Michael  | Mother      | 20th Tishrei | 18th October   |
| Block        | Michael  | Grandmother | 21st Tishrei | 19th October   |
| Marks        | Gillian  | Son         | 21st Tishrei | 19th October   |
| Marks        | Lara     | Brother     | 21st Tishrei | 19th October   |
| Feigin       | Jonathan | Grandmother | 23rd Tishrei | 21st October   |
| Blacher      | Dave     | Father      | 24th Tishrei | 22nd October   |
| Gordon       | David    | Mother      | 24th Tishrei | 22nd October   |
| Fihrer       | Joan     | Father      | 25th Tishrei | 23rd October   |
| Miller       | Shelli   | Father      | 26th Tishrei | 24th October   |
| Klawansky    | Tickey   | Father      | 27th Tishrei | 25th October   |
| Levin        | Julius   | Father      | 30th Tishrei | 28th October   |
| Tepper       | Morris   | Mother      | 30th Tishrei | 28th October   |

N.B. Yahrzeit candle should be lit on the night before the given date

# A Deeper Look Into How A Torah Is Made

We all know the basics of a *Sefer Torah*, it contains the Five Books of Moshe Rabaynu, it is divided in Parshiot, and each Shabbos, Yom Tov, Monday and Thursday we read from the Torah. But there is a lot more about a Torah that you may not know, for example how is a torah made?

## Preparing the Parchment

A Torah is made by a *Sofer*, a specially trained man. He handwrites the Torah onto sheets of parchment. These sheets are called *Klaf's* and they are specifically used for writing a Torah. The *Klaf* must come from a kosher animal, usually a goat, cow or deer. The *Sofer* then takes the skin and soaks it in lime water for nine days and then to dry it is stretched over a wooden frame. While the skin is stretched out drying, the *Sofer* scrapes the skin removing all hairs and making the surface smooth by using a sanding machine on it.

When the skin is dry the *Sofer* cuts it into numerous rectangles. The Torah usually contains 248 columns, and each rectangle that is cut can hold 3 or 4 columns. On average one Torah may require more than 80 skins in total.

When the parchment is ready the *Sofer* then applies a straight edge to draw a writing pattern, usually 42 horizontal lines across and 2 vertical lines defining the borders for each column. The *Sofer* will also leave a blank space, according to tradition of 5 fingers wide, between the writing area and the margin.

In total there will be 3 or 4 columns on each piece of parchment, these are called *amudim* (amud - column). Usually there are 3 *amudim* on 1 piece of *yeriah* (sheet) and not more than 8. Once all these steps are complete the parchment is ready to be written on.

## Writing a Torah

The *Sofer* uses a quill when writing a Torah, the feather must come from a kosher bird. A point is carefully carved in the end of the feather. When writing G-d's four letter name the *Sofer* must use a special quill to do so.

The ink that the *Sofer* uses is a combination of powdered gall nuts, copper sulphate crystals, gum arabic and water. Fresh ink is a dark black colour.

## Completing the Torah

Once the Torah has been written, the *Sofer* sews the individual pieces of parchment together. To do so he uses a thread called *gidin* which is made from the leg sinews of a kosher animal. One stitch is made every 6 lines of text, sewing the backs of the parchment so that the stitches are not visible from the front. Once sewn together, the scroll is sewn onto wooden rollers called *Atzei Chayim* (trees of life). The Torah is then dressed and ready to be used. To celebrate the completion of the Torah there is a special celebration done within the community, this is called a *Siyyum Torah*.



*Wishing my family, friends & the community a happy new year. Jack Mink*



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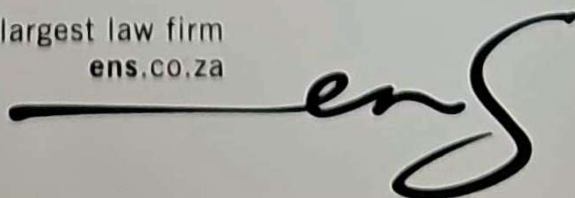


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# LUACH

September - October 2011

| Sunday   | Monday   | Tuesday  | Wednesday   |
|--|--|--|---|
| <p>25</p> <p>Selichot 12.00am<br/>Shachrit 8.00am</p> <p>Mincha &amp; Maariv 6.00pm</p>  | <p>26</p> <p>Selichot followed by Shachrit 5.30am</p> <p>Mincha &amp; Maariv 6.00pm</p>                                    | <p>27</p> <p>Selichot followed by Shachrit 5.30am</p> <p>Mincha &amp; Maariv 6.00pm</p>                                    | <p>28</p> <p>Erev Rosh Hashana<br/>Selichot followed by Shachrit followed by Hatarat Nedarim<br/><b>Eriuv Tavshalin</b><br/>Candle lighting before 5.49pm<br/>Mincha 6.00pm<br/>Maariv 6.15pm</p> |
| <p>2</p> <p>Fast of Gedalia<br/>Fast begins 4.38am<br/>Selichot followed by Shachrit 7.30am</p> <p>Mincha &amp; Maariv 6.00pm<br/>Fast Ends 6.26pm</p> | <p>3</p> <p>Selichot followed by Shachrit 5.30am</p> <p>Mincha &amp; Maariv 6.00pm</p>                                     | <p>4</p> <p>Selichot followed by Shachrit 5.30am</p> <p>Mincha &amp; Maariv 6.00pm</p>                                     | <p>5</p> <p>Selichot followed by Shachrit 5.30am</p> <p>Mincha &amp; Maariv 6.00pm</p>  |
| <p>9</p> <p>Shachrit 8.00am</p> <p>Mincha &amp; Maariv 6.00pm</p>  | <p>10</p> <p>Shachrit 6.00am</p> <p>Mincha &amp; Maariv 6.00pm</p>   | <p>11</p> <p>Shachrit 6.00am</p> <p>Mincha &amp; Maariv 6.00pm</p>   | <p>12</p> <p>Erev Succoth<br/>Shachrit 6.00am</p> <p><b>Eiruv Tavshalin</b><br/>Candle lighting before 5.55pm<br/>Mincha 6.00pm<br/>Maariv 6.15pm</p>   |
| <p>16</p> <p>Chol Hamoed<br/>Lulav &amp; Etrog<br/>Eat in Succah<br/>Shachrit 7.45am</p> <p>Mincha &amp; Maariv 6.00pm</p>                             | <p>17</p> <p>Chol Hamoed<br/>Lulav &amp; Etrog<br/>Eat in Succah<br/>Shachrit 5.45am</p> <p>Mincha &amp; Maariv 6.00pm</p> | <p>18</p> <p>Chol Hamoed<br/>Lulav &amp; Etrog<br/>Eat in Succah<br/>Shachrit 5.45am</p> <p>Mincha &amp; Maariv 6.00pm</p> | <p>19</p> <p>Hashana Rabba<br/>Lulav &amp; Etrog<br/>Eat in Succah<br/>Shachrit 5.30am</p> <p><b>Eiruv Tavshalin</b><br/>Candle lighting before 5.59pm<br/>Mincha 6.00pm<br/>Maariv 6.15pm</p>    |

## NOTES:

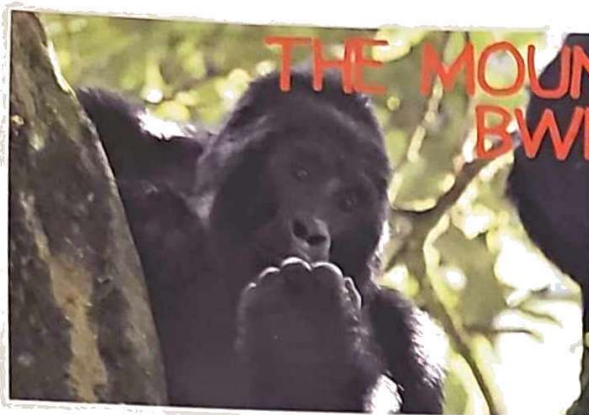
We do not say Tachnun from Yom Kippur until 2nd Marcheshvan  
All Hazkarot for Yahrzeits during this period must be made before  
Yom Kippur

# 5772

| Thursday                             |   | Friday                        |  | Saturday                       |  |
|--------------------------------------|---|-------------------------------|--|--------------------------------|--|
| <b>Rosh Hashana</b> 29               |   | <b>Rosh Hashana</b> 30        |  | <b>Shabbat Shuva</b> 1         |  |
| 1st day                              |   | 2nd day                       |  | Haazinu                        |  |
| Shachrit 8.00am                      |   | Shachrit 8.00am               |  | Shachrit 9.00am                |  |
| Shofar 10.30am                       |   | Shofar 10.30am                |  |                                |  |
| Tashlich followed by Mincha 5.00pm   |   | Mincha 6.00pm                 |  | Mincha & Oneg 5.40pm           |  |
| Maariv 6.15pm                        |   | Maariv 6.15pm                 |  | Shabbat                        |  |
| Candle lighting after 6.38pm         |   | Candle lighting after 5.50pm  |  | Maariv & Motzei Shabbat 6.39pm |  |
|                                      |   |                               |  |                                |  |
|                                      | 6 | <b>Erev Yom Kippur</b> 7      |  | <b>Yom Kippur</b> 8            |  |
| Selichot followed by Shachrit 5.30am |   | Kaparot                       |  | Shachrit 8.00am                |  |
|                                      |   | Shacharit 5.45am              |  | Yizkor 10.45am                 |  |
|                                      |   | Mincha 3.00pm                 |  |                                |  |
|                                      |   | Candle lighting               |  | Mincha 4.00pm                  |  |
|                                      |   | Fast begins 5.53pm            |  | Neilah 5.15pm                  |  |
| Mincha & Maariv                      |   | Kol Nidrei 6.15pm             |  | Maariv & Fast ends 6.42pm      |  |
|                                      |   |                               |  |                                |  |
| <b>Succot 1st day</b> 13             |   | <b>Succot 2nd day</b> 14      |  | <b>Shabbat Chol Hamoed</b> 15  |  |
| Eat in Succah                        |   | Eat in Succah                 |  |                                |  |
| Shachrit 9.00am                      |   | Shachrit 9.00am               |  | Shachrit 9.00am                |  |
| Mincha 6.00pm                        |   | Mincha 6.00pm                 |  |                                |  |
|                                      |   |                               |  | Mincha & Oneg 5.45pm           |  |
| Maariv 6.15pm                        |   | Maariv 6.15pm                 |  | Shabbat                        |  |
| Candle lighting after 6.45pm         |   | Candle lighting before 5.56pm |  | Maariv & Motzei Shabbat 6.46pm |  |
|                                      |   |                               |  |                                |  |
| <b>Shemini Atzeret</b> 20            |   | <b>Simchat Torah</b> 21       |  | <b>Shabbat</b> 22              |  |
| Eat in Succah                        |   |                               |  | Bereshit                       |  |
| Shachrit 9.00am                      |   | Shachrit 9.00am               |  | Shachrit 9.00am                |  |
| Mincha 6.00pm                        |   | Mincha 6.00pm                 |  |                                |  |
|                                      |   |                               |  | Mincha & Oneg 5.50pm           |  |
| Maariv & Hakafot 6.15pm              |   | Maariv 6.15pm                 |  | Shabbat                        |  |
| Candle lighting after 6.49pm         |   | Candle lighting before 6.00pm |  | Maariv & Motzei Shabbat 6.50pm |  |
| Simchat Torah Dinner                 |   |                               |  |                                |  |

Remember that as Yom Tov is Thursday & Friday we must say Eiruv Tavshalin on Erev Yom Kippur

Tashlich will take place at the river where Zonda Ave & Danya Rd meet



# THE MOUNTAIN GORILLAS OF BWINDI, UGANDA

Colin & Naomi Schamroth

In May of this year we were privileged to travel to Uganda to present papers at a Pan-African cardiac congress. After the congress we took a few days off and travelled to the Bwindi Impenetrable National Forest to track the mountain gorillas. One's image of the gorillas has been that of large giants sitting on erupting volcanos or enshrouded in mist, as depicted in the films such as King Kong and Gorillas in the Mist.

The Bwindi Forest has been recognised as a World Heritage Site since 1994. It is one of Africa's most ancient rain forests and is located in Uganda, very close to the borders of Rwanda and Democratic Republic of Congo (DRC). It is a volcanic mountainous region, just south of the equator. The forest extends to above 2600 meters above sea level and is often enshrouded in mist. Although only 530 km from Kampala, Uganda's capital, it is a full days drive through very picturesque scenery. Mountain lakes dot the area and most of the hills and the mountains are fully terraced and cultivated, with very little natural vegetation.

The Mountain Gorillas are an endangered species, not to be confused with the Lowland Gorillas which are far more numerous. There are only about 900 of these primates left in the world and about 350 of them are located in Bwindi. Permits to view them have to be obtained weeks beforehand, and there are very strict rules regarding the visit. If one has any illnesses, they will not let you participate as genetically the gorillas are not far removed from man and human infections can easily be passed on to them. No food or beverages are allowed when you are in proximity to them and there are rules against flash photography and the use of walking sticks. Groups are limited to a maximum of 7 visitors. There are 4 vantage/access points around the park (which is probably of a similar size to the Pilanesburg Reserve) from which groups can enter to track the gorillas. The success rate for sighting the gorillas is greater than 90%. Permits are expensive however some of the money paid is put back into the communities surrounding the park. As a result Bwindi apparently does not have a problem with poaching, which is not the case with the DRC and to an extent Rwanda, where recently there was a very well publicized baby gorilla 'kidnapping' case. Although mountain gorillas are also found in the Virunga Park nearby Bwindi, this park straddles the Rwanda and DRC borders which the animals cross readily, and tracking, as well as poaching and security, is a problem.

We were a group of 3 visitors (being off-peak season), but our team comprised two guides, a guard, trackers and porters. The guard, armed with an AK47, is present because of occasional encounters with solitary and aggressive forest elephants which may need a shot fired into the air to scare them away. The porters are needed as you trek through very steep inclines and valleys to get to the gorillas. The trackers go ahead and track the gorillas from their last position the previous day, and then the group follows. The gorilla tracks are flattened vegetation and not the paths we commonly associate with game in South Africa. The forest is truly 'impenetrable' and the guides and trackers use machetes to clear a path. We were fortunate as we only trekked a few hours before the gorillas were located, but some groups can trek the whole day!

The animals are strict vegetarians. The group we encountered numbered 23, including two silverbacks (adult males), one infant, and some juveniles. They have been habituated to the presence of humans and tolerate them well, and were not at all startled by our presence. They went about their normal activities – almost completely ignoring us. When we encountered them, they were up in the forest canopy, and then came down to forage on the ground. They are massive and bulky animals, yet one is not afraid or intimidated by them despite being only meters from them. The guides keep a minimum distance of 3 meters from the animals, but the gorillas do come closer to humans out of curiosity. One female gorilla took a shine to me (or it may have been my shiny ring) and came up to touch me. I recoiled and she put her head down as if embarrassed by my reaction. She rolled herself in a coy manner. One of the silverbacks had a lame front paw and could not climb the trees to pick fruit. It was fascinating to see the other clan members picking fruit and throwing it down to him – something one does not see elsewhere in the primate kingdom, where it is very much everyone for themselves. The group foraged all around us, eating, playing and mating. It was fascinating to witness these gentle giants up close.

All too soon the time was up. The park guides are very strict that you only have one hour in proximity to the gorillas. This is the gorillas' entire exposure to humans for that day – the rest of the time they are left in peace.

Mountain gorilla tracking is really one of the great lifetime experiences and to be highly recommended. It is disconcerting that they are so endangered and could easily become extinct. It was a privilege to experience this encounter.

*Sponsored by the Schamroth family*





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# Kids page

Find these words in the puzzle

- SHABBAT
- TALMUD
- MINCHA
- LEKACH
- MIKVAH
- MAHZOR
- TISHRI
- HOLIDAY
- SHOFAR
- MITZVAH



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | A | B | B | A | T | L | C | Q | C | T | L | Y |
| H | F | T | L | K | F | Q | S | M | P | Q | I | W | V |
| O | J | E | E | Y | O | X | H | P | S | P | S | J | M |
| P | Q | R | K | M | U | D | O | X | P | S | H | B | R |
| O | H | E | A | I | C | W | F | E | I | C | R | B | Q |
| H | L | K | C | K | H | M | A | I | T | I | I | V | Y |
| O | H | Y | H | V | F | B | R | M | I | N | C | H | A |
| L | B | W | T | A | I | C | F | I | O | R | M | M | J |
| I | N | J | T | H | N | P | A | T | Q | W | A | T | M |
| D | O | J | Y | Q | E | J | T | Z | P | A | H | B | Q |
| A | W | P | S | W | A | D | Q | V | B | E | Z | I | I |
| Y | U | U | N | P | U | X | Q | A | G | D | O | W | B |
| H | T | A | L | M | U | D | F | H | C | V | R | D | H |

## ROSH HASHANA WORD FIND

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| Q | U | I | X | Z | H | U | F | G | Z |
| W | S | M | A | R | O | Y | D | H | I |
| E | Y | H | S | C | N | T | S | I | K |
| R | H | O | O | V | E | R | A | E | A |
| E | A | L | S | F | Y | E | V | R | R |
| F | U | P | D | B | A | W | U | H | O |
| I | R | K | P | N | J | R | H | S | N |
| L | E | J | F | L | H | Q | S | I | R |
| T | T | H | G | H | E | A | E | T | E |
| H | C | I | L | H | S | A | T | Q | W |

- SHOFAR
- TERUAH
- TESHUVA
- ZIKARON
- TASHLICH
- RAM
- APPLE
- LIFE
- HONEY
- TISHREI





# Sudoku

1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| א |   | ט | ב | ה |   |   | ח | ד |
| ד |   | ה | ט | ג |   |   | א |   |
| ח |   | ג |   | ד | א |   | ט |   |
|   |   | ב |   | ט | ג |   | ז |   |
|   | ח | ז |   | ו |   |   |   |   |
|   | א |   |   | ב |   | ד |   | ח |
|   | ג |   | ד | א |   | ט |   | ה |
|   | ט |   | ה | ז |   | ח |   | ג |
| ב |   |   | ג | ח |   |   |   | ז |

HOW IT WORKS  
 Fill in the grid so that every row, every column and every 3x3 grid contains the nine different letters with no repeats.

2

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| ז |   | א | ח |   | ד |   | ט |   |
|   |   | ח | ט |   | ב |   | א |   |
|   | ב | ט | א |   |   |   | ח |   |
|   | ג |   | ו | א |   | ה |   |   |
|   | ה |   | ד | ח |   | ז |   | ט |
|   | ז |   | ב | ט |   | ג |   | א |
| ד |   |   | ג | ב |   |   |   | ו |
| ב |   | ז | ה | ו |   |   | ג | ד |
| ו |   | ג | ז |   |   |   | ה | ב |

3

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | ה |   | ח | ט |   | ו |   |   |
|   | א |   | ד |   |   | ז |   | ה |
|   | ו |   | ה |   |   | א |   | ט |
|   | ב |   | ז |   |   |   |   | ח |
| ה | ז |   |   |   | ט |   | ו | ד |
| ח | ט | א |   |   | ב |   | ה | ז |
| א | ח | ט |   |   | ד |   | ז |   |
| ו | ד | ב |   |   |   |   | ט |   |
| ז | ג | ה | ט | א |   | ד | ב |   |

# Sudoku Answers

1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| א | ו | ט | ב | ה | ז | ג | ח | ד |
| ד | ב | ה | ט | ג | ח | ז | א | ו |
| ח | ז | ג | ו | ד | א | ה | ט | ב |
| ה | ד | ב | ח | ט | ג | ו | ז | א |
| ג | ח | ז | א | ו | ד | ב | ה | ט |
| ט | א | ו | ז | ב | ה | ד | ג | ח |
| ז | ג | ח | ד | א | ו | ט | ב | ה |
| ו | ט | א | ה | ז | ב | ח | ד | ג |
| ב | ה | ד | ג | ח | ט | א | ו | ז |

2

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| ז | ו | א | ח | ה | ד | ב | ט | ג |
| ג | ד | ח | ט | ז | ב | ו | א | ה |
| ה | ב | ט | א | ג | ו | ד | ח | ז |
| ט | ג | ב | ו | א | ז | ה | ד | ח |
| א | ה | ו | ד | ח | ג | ז | ב | ט |
| ח | ז | ד | ב | ט | ה | ג | ו | א |
| ד | ח | ה | ג | ב | ט | א | ז | ו |
| ב | ט | ז | ה | ו | א | ח | ג | ד |
| ו | א | ג | ז | ד | ח | ט | ה | ב |

3

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| ג | ה | ז | ח | ט | א | ו | ד | ב |
| ט | א | ח | ד | ב | ו | ז | ג | ה |
| ב | ו | ד | ה | ז | ג | א | ח | ט |
| ד | ב | ו | ז | ג | ה | ט | א | ח |
| ה | ז | ג | א | ח | ט | ב | ו | ד |
| ח | ט | א | ו | ד | ב | ג | ה | ז |
| א | ח | ט | ב | ו | ד | ה | ז | ג |
| ו | ד | ב | ג | ה | ז | ח | ט | א |
| ז | ג | ה | ט | א | ח | ד | ב | ו |

## HOW TO MAKE MONEY WITHOUT REALLY TRYING

Michael Sandler



That was a test, and if you're still reading I think you failed. You can't make money without really trying. You know full well there are no short-cuts or secret paths to wealth or any other achievement. Don't even pick up that envelope that says you may already be a winner. There's only one way to guarantee you don't lose more than you win in the lottery, and you play it that way all the time.

Yes, perpetuating a noble tradition of enticing but misleading headlines, the link between the content and title of this article is as strong as the shadow of a bridge-spanning 6 gauge twisted steel wire cable. Disappointing, but while we're on the subject of tests, let's ask a question.

Avraham was tested ten times by G-d, and the tenth test was the hardest. As a prophet, there would have been no doubt in his mind that this was what G-d wanted, for His own inscrutable reasons. That Avraham overcame his nature through self-abnegation and conviction and trust and strength of will left an eternal high-water mark on the moral history of mankind. He passed his test, and we are sustained by the merit of his actions even until today.

But why did he have to go through all of that? For whose benefit was he tested? Not G-d, surely. He who sees into the depths of men's hearts needs no demonstration of what lies there and how it might stand against its nemesis. It must be Avraham who was shown how far his faith extended, something he couldn't be sure of until the dreadful moment of truth.

This was something he had worked towards all his life. Uncounted Jews have given expression to the commandment to love G-d with all your nefesh, allowing Him to take their soul with acceptance and trust. Avraham showed he was equal to that test when he was thrown into Nimrod's furnace. By killing his spiritual heir, however, he sacrificed me'od, more than his life. He sacrificed his life's work, and the perpetuation of a connection to truth, the world was dying from lack of this connection. It seems he couldn't know that he was capable of such sacrifice until the test was passed.

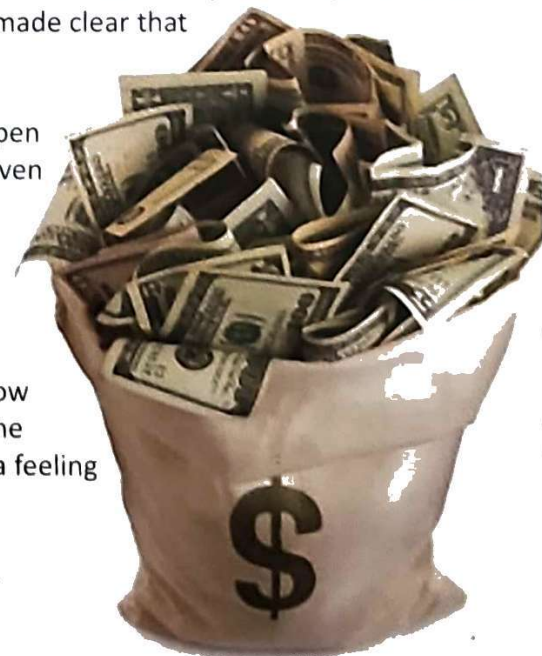
It might seem a strange question, but why didn't he know? He is described as a man of such incisive intellectual power he burned through a world entirely full of the worship of idols to find one Hand, felt but unseen, guiding creation with pervasive, subtle harmony. Still, he wasn't sure of his level.

The fact that we are encouraged to learn from his actions goes to show our potential as his descendants. "When will my deeds reach the level of my forefathers?" The fact that we are supposed to measure ourselves against such a singular entity in the whole history of the world implies that even if our mark doesn't reach his, the scale we're on extends all the way there. So what can we learn?

It seems to me that incremental growth is undetectable, and we only know how far we have come when our eyes are jolted suddenly to our progress. Those small good deeds, those habits we practice because they're the right thing to do, accumulate with imperceptible thickness on our nature, until one day it's made clear that here we've built a small part of a mensch.

And the bad deeds? It's my experience that breaking your nature doesn't happen these days. We're incapable of categorically changing our natural inclination even if prior generations were. Our task is to channel our dispositions towards the good. To be too lazy to respond to insult. Too anti-social to listen to slander. Too overbearing to allow others to move the topic of conversation towards gossip. Too oblivious to see other's faults.

Then one day comes a test which you pass, whose purpose seems to be to show you how deep your seemingly trivial behaviour has rooted. Then you realise the merit you've accumulated through tiny increments, and perhaps then comes a feeling that you've made money without really trying.



# Fun Times At

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# Victory Park Shul

Cash  
Bonanza  
Draw



Vegas Night



Community Simchas





## VICTORY PARK CAP

More than three and a half years have passed since the VPCAP tactical vehicle began its first patrol of the streets on the northern side of Victory Park. Within a short while the dramatic decrease in crime had effectively silenced the prophets of doom and gloom who predicted that the security initiative would fail.

Today over 72% of residents have joined VPCAP. Many currently enjoy the advantage of discounted short-term insurance premiums which companies like Pogir Bastion offer CAP subscribers.

The proven success of the CAP model in the all of the suburbs in which it has been implemented provides irrefutable evidence that ordinary citizens can mount an effective response to the seemingly insurmountable challenge of crime.

### ***Peace of Mind***

Informal, mutually beneficial partnerships between the security service providers for CAP, SWAP or GAP and the SAPS continue to be remarkably effective in the fight against crime. In many instances the exchange of information and merging of resources has led to the apprehension of dangerous criminals.

Whilst no one can deny the increased peace of mind which the CAP system has brought to our area, there are unfortunately a relatively small number of residents who have no compunction about enjoying the benefits of a safer suburb at the expense of their neighbours and friends.

### ***CAP Projects***

The VPCAP Committee has moved beyond its initial mandate of administering the security initiative and involved itself in a number of projects aimed at improving our day-to-day quality of life. Alliances with the Johannesburg Roads Agency and City Power have led to the repair of pot holes as well as the swift refurbishment or replacement of defunct street lights in our suburb. Similarly, the Committee has established sound working relationships with the SAPS which have resulted in the eviction of vagrants and other undesirables from our beautiful Delta Park.

### ***Safe Zone***

VPCAP subscribers unanimously welcomed the introduction of a 'safe zone' – the designated area situated at the diesel pump at the Engen Garage in Road No 3; where residents who suspect they are being followed can call the ICCC to ensure they are met by the CAP tactical vehicle.

Residents who have not yet subscribed to this essential security initiative and wish to do so can contact [info@vpcap.co.za](mailto:info@vpcap.co.za) or Michael Block on 082 770 6587

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# The 8 Most Important Things to Know About Rosh HaShanah

By: Ariela Pelaia

## 1. The Jewish New Year

Rosh Hashanah is the Jewish New Year and according to Jewish tradition marks the anniversary of the creation of the world. The phrase Rosh Hashanah literally translates to "Head of the Year." Rosh Hashanah occurs on the first and second days of the Hebrew month of Tishrei (which usually falls sometime in September or October on the secular calendar). As the Jewish New Year, Rosh Hashanah is a celebratory holiday but there are also deeper spiritual meanings tied to the holiday.

## 2. Judgment Day

Jewish tradition teaches that Rosh Hashanah is also the Day of Judgment. On Rosh Hashanah, God is said to inscribe the fate of every person for the upcoming year in the Book of Life or the Book of Death. The verdict is not final until Yom Kippur. Rosh Hashanah marks the beginning of the Ten Days of Awe, during which Jews reflect upon their actions over the past year and seek forgiveness for their transgressions in hopes of influencing God's final judgment.

## 3. Teshuvah (Repentance) & Forgiveness

The Hebrew word for "sin" is "chet," which is derived from an old archery term used when an archer "misses the mark." This informs the Jewish view of sin: all people are essentially good and sin is a product of our errors, or missing the mark, as we are all imperfect. A critical part of Rosh Hashanah is making amends for these sins and seeking forgiveness.

Teshuvah (literally "returning") is the process by which Jews atone on Rosh Hashanah and throughout the Ten Days of Awe. Jews are required to seek forgiveness from people that they may have wronged over the past year before seeking forgiveness from God. Teshuvah is a multi-step process for demonstrating true repentance. First one must recognize that they have made a mistake and genuinely desire to change for the better. They must then seek to make amends for their actions in a sincere and meaningful way, and finally demonstrate they have learned from their mistakes by not repeating them. When a Jew is sincere in his or her efforts at teshuvah, it is the responsibility of other Jews to offer forgiveness during the Ten Days of Awe.

## 4. Mitzvah of the Shofar

The essential mitzvah (commandment) of Rosh Hashanah is to hear the sounding of the shofar. The shofar is generally made from a hollowed out ram's horn that is then blown like a trumpet on Rosh Hashanah and Yom Kippur (except when the holiday falls on a Shabbat, in which case the shofar is not sounded). There are several different shofar calls used on Rosh Hashanah. The tekiah is one long blast. The teruah is nine short blasts. The shevarim is three blasts. And the tekiah gedolah is a single long blast, much longer than the plain tekiah.

## 5. Apples & Honey

There are many Rosh Hashanah food customs but the most common is the dipping of apples into honey, which is meant to signify our wishes for a sweet new year. Learn more about this tradition in the article: [Apple and Honey on Rosh HaShanah](#).

## 6. Festive Meal (Seudat Yom Tov)

A festive meal shared with family and friends to celebrate the New Year is central to the Rosh Hashanah holiday. A special round loaf of challah, which symbolizes the cycle of time, is generally served and dipped in honey with a special prayer for a sweet new year. In terms of other kinds of foods that are served on Rosh HaShanah, local customs and traditions vary widely, both between different Jewish communities and from family to family. You can learn about some of the customs in this article: [Rosh Hashanah Food Customs](#).

## 7. "L'Shana Tovah"

The traditional Rosh Hashanah greeting appropriate for Jewish friends on Rosh Hashanah is "L'Shana Tovah" or simply "Shana Tovah" which loosely translates as "Happy New Year." Literally you are wishing them a good year (see item 2 above). For a longer greeting you can use "L'Shana Tovah u'Metukah," wishing someone a "good and sweet year."

## 8. Tashlich

On Rosh Hashanah, many Jews may follow a custom called tashlich ("casting off") in which they walk to a naturally flowing body of water such as a river or stream, recite several prayers, reflect upon their sins over the past year and symbolically cast them off by throwing their sins into the water (usually by throwing pieces of bread into the stream). Originally tashlich developed as an individual custom, though many synagogues now organize a special tashlich service for their congregants to perform the ceremony together.

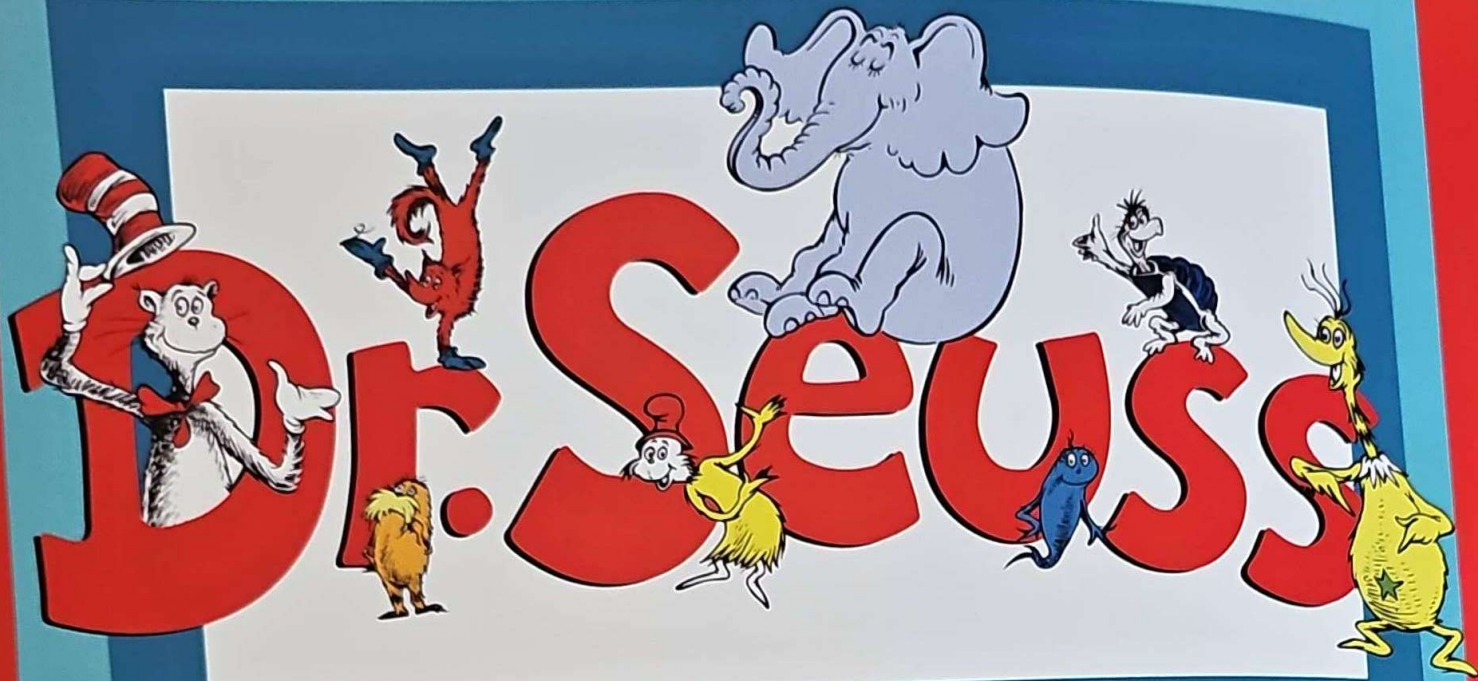




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The Professional Members and support staff of Bove Attorneys, whose core values are confidentiality, competence professionalism and who care for the wellbeing and welfare of our Clients extend to the Rabbi, the Chazan, the Chairman, Committee Members Congregants and their families our best wishes for a year which is filled with health wealth happiness and prosperity and that we are all philosophically inspired and enriched during the High Holy Day period.

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## Green Eggs and Ham...the edited version



Ham and Eggs,  
I'll Never see,  
They are not KOSHER,  
So let me be!

I will not eat green eggs and ham.  
I will not eat them, Sam-I-am.  
But I'll eat green eggs with a biscuit.  
Or I will try them with some brisket.

I'll eat green eggs in a box.  
If you serve them with some lox.  
And those green eggs are worth a try  
Scrambled up in matzoh brie!

And in a boat upon the river,  
I'll eat green eggs with chopped liver!  
So if you're a Jewish Dr. Seuss fan,  
But troubled by green eggs and ham,

Let your friends in on the scoop:  
Green eggs taste best with chicken soup!

Dr. Seuss  
My

# VICTORY PARK HEBREW CONGREGATION COMMITTEES



## Committee:

Standing(L to R):  
Mel Stamelman, Anthony Fineberg,  
Ellis Falkof, Heide Block, Alan Bulafkin,  
Stephen Fittinghoff

Seated(L to R):  
Alan Lewis, Adrienne Skikna, Jeffrey  
Sher, Dana Kassel, Sue Fleishman

Other Members:  
Ben Sachs, Ben Kassel, Paul Freinkel,  
Louis Oscherowitz, Stan Arenson

## Ladies Committee:

Standing(L to R):  
Marion Zeller, Sherri Kobrin,  
Nicolle Morris, Laura-Glynn Sher,  
Sue Fleishman

Seated(L to R):  
Rene Milner, Esther Rubin,  
Dana Kassel, Tzippy Damelin,  
Stephanie Fineberg



# Community

We wish all our family & friends  
L'Shana Tovah Tikatevu  
V'Tehatemu - Anthony, Steph,  
Zack & Micah Fineberg

Gerry, Jannette Jacobson and family  
wish the Rabbi and Mrs Uzvolk,  
committee and the congregation a  
very Happy New Year and well  
over the Fast.

Wishing everyone a happy New  
Year and well over the Fast.

Love the Kassels

With best wishes from  
the Block Family

Wishing our friends & the community  
Happy New Year & well over the  
Fast. From Dov, & Sue Fleishman  
& Family

Chag Sameach. Mike and Elaine  
Greenblatt and Family

Ephraim and Elaine Dove and family  
wish everyone in the community a  
healthy and peaceful Rosh Hashannah.

Alan and Lesley Lewis and family  
wish everyone a year of health,  
happiness and fulfilment.

Julius & Brenda Levin wish family &  
friends a peaceful, healthy & sweet  
New Year & well over the fast

Michael & Ilona Stein and family  
wish all congregants Shana Tova  
and well over the Fast.

Wishing you a Shana Tova Umetuka!  
Best wishes from Jonathan, Janele,  
Jesse and Ailee Mae Gabriel

Our sincere and good wishes for  
a peaceful 5772, filled with  
wonderful blessings.

Carol & Stanley Arenson

A SHANA TOVA to the Victory  
Park community from Tickey and  
Jackie Klawansky and family.

Shana Tova and well over the  
Fast. From the Rubin Family

Shana Tova and well over  
the Fast. From Arthur, Sheryl,  
Jayna & Zianda

Greetings from Freida and Alf  
Abrahamsohn and Family

Wishing our family and friends,  
the Rabbi and the community  
Shana Tova. From Mannie and  
Marilyn Chaimowitz and family

Wishing all our family and  
friends Shana Tova and a  
meaningful Fast. Stephen  
and Anna Fittinghoff

# messages

Wishing my children grandchildren,  
family and friends all the best for  
the coming year.

Lucky Miller

Best wishes for the New Year.  
All enjoy good health and much  
happiness together with our beloved  
Rabbi, Rebbetsin and family. Love  
Aubrey, Jennifer, Gershon and Sarah  
Hurwitz and Frieda Lutrin

Chag Sameach and well over  
the Fast. Wayne & Annalise  
Tichauer & Family

Wishing our family & friends a healthy,  
happy & prosperous New Year  
Mel and Anne Stamelman

Shana Tova and well over the  
Fast from the Meyerthal Family

Wishing our family, friends & the  
community a healthy, happy &  
prosperous New Year.

Jonathan & Loren Traub & Family

La Shannah Tova to the  
Victory Park Community.

Ben & Maryann Sachs & Family

Wishing the community a happy  
healthy and peaceful New Year.

Joel & Salome Hurwitz & Family

Shana Tova and well over the Fast.  
From the Hetz Family

Shana Tova and well over the Fast  
to our family and the community.

From Les, Iona and Mark Samowitz

Shana Tova and well over the Fast.  
May you be inscribed for a sweet  
year filled with good health, peace  
& prosperity.

Mike, Lynne, Barri & Jonti Strimling.

Shana Tova from the Rosenthals

Wishing our family, friends and the  
community a Happy New Year and  
well over the Fast. From Dave and  
Shirley Koton and Family

Wishing our family, friends & the  
community a Happy New Year &  
well over the Fast.

Russel & Andy Koton & Family

Best wishes for a happy and  
healthy New Year from  
Bulka & Rene Milner

Wishing our family, friends & the  
community a healthy & blessed  
New Year & well over the Fast.  
David, Louelle, Shai, Boaz, Micah  
& Roxan Friedland & Minnie Ritz

Wishing the community a happy  
& healthy New Year.

David & Paulette Rothstein & family

Chag Sameach &  
well over the Fast.

From the Sarkin Family

# Let's Learn Our Anthems



Israel

As long as the Jewish spirit is  
yearning deep in the heart,  
With eyes turned toward the East,  
looking toward Zion,  
Then our hope - the two-thousand-  
year-old hope - will not be lost:  
To be a free people in our land,  
The land of Zion and Jerusalem.

Kol ode balevav  
P'nimah -  
Nefesh Yehudi homiyah  
Ulfa'atey mizrach kadimah  
Ayin l'tzion tzofiyah.  
Ode lo avdah tikvatenu  
Hatikvah bat shnot alpayim:  
L'hiyot am chofshi b'artzenu -  
Eretz Tzion v'Yerushalayim.



הַתִּקְוָה  
כָּל עוֹד בְּלִבְּב פְּנִימָה,  
נֶפֶשׁ יִהְיֶה הַיְהוּדִי הוֹמְיָה.  
וּלְפָאֵתִי מִזְרַח קְדִימָה  
עֵין לְצִיּוֹן צוֹפְיָה.  
עוֹד לֹא אֲבָדָה תִּקְוַתְנוּ,  
הַתִּקְוָה בַּת שָׁנוֹת אֶלְפִים,  
לְהִיּוֹת עַם חֹפְשֵׁי בְּאֶרְצֵנוּ,  
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

## South Africa



nkosi sikelel'i Afrika. Maluphakanyisw' uphondo lwayo.

nkosi sikelela, nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso, O fedise dintwa

Le matshwenyeho, O se boloke, O se boloke.

setjhaba sa heso, Setjhaba sa South Afrika - South Afrika

Uit die blou van onse hemel, Uit die diepte van ons see.

Oor ons ewige gebergtes, Waar die kranse

antwoord gee, Sounds the call to come together find united we shall stand

Let us live and strive for freedom in South Africa our land

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# Shana Tova and well over the fast to all our clients and friends

from the staff at Just Letting Bedfordview,  
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