# VICTORY PARK HEBREW CONGREGATION



September 2014 Tishrei 5775



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Cover Design by Leah Ermann

Layout & Design by Marion Zeller



#### Keeping it together

Chief Rabbi Warren Goldstein

The Gaza War revealed something that we all knew instinctively: no matter where you live in the world, every Jew is part of 'Am Yisrael' the Jewish People. As the crisis unfolded in Israel, and as protests and anti-Israel rhetoric erupted in capitals around the world, often accompanied dramatic increases in anti-Semitic acts and hate speech Jewish communities in every country were brought anto the frontlines Throughout the globe, and here in South Africa, Jews responded with rallies of support, prayer gatherings and initiatives to contribute to improving the situation in Israel. Together we have felt the awesome power from that emerges Jewish unity.

Unity is precious. It is about belonging. Our Torah teaches us that we do not merely exist in this world as lone individuals, but that we are part of something greater. We are born into families, and our



families into community, which, in turn, forms part of the global Jewish People, which is rooted in the communitu of generations of Jews going back almost four thousand uears Avraham, Yitzchak and This affords Yaakov. us a privilege that so many people in the modern world long for a sense of belonging. We live in a world of increasing

fragmentation, in which the bonds that bind people to each other marriage, family, community are araduallu beina dislocated. This is a tragedy for great human civilisation because these bonds are, to a large extent, what make us human

The Torah says, "It is not good for man to be alone". There is a very deep need for human beings to connect with each

other. The explosion in popularity of social media reflects this Although social media only actually fulfils this need at a superficial level. nevertheless reflects the deep craving that each one of us has to connect to others. Our Torah is G-d's wisdom and direction for how to truly connect in all our relationships, of which there are three primary categories: our relationship other Hashem. with people and ourselves. The Mitzvos quide us in nurturing and strenathenina these connections in the best possible way.

Rosh HaShana/Yom Kippur is a time when we seek to reconnect with Hashem, with the people around us and ourselves. Significantly, we do so part of community, relying on the power of unity. For when we come before G-d in judgment at the end of an old year and on the cusp of a new one, we do so not just on our own merit, but on the merit of the community. That is why when we come to

pray, rather than doing it alone, we gather together in shul. harnessing the power of unity to transform and uplift us Together, we are so much more than when we are separate. When we come together in a spirit of unity, as the Talmud says as "one person with one heart", achieve can greatness.

Last year, through the power of unity, through the power of "one person with one heart", we, the South African community Jewish the captured the imagination of world with our Shabbos Project. Word spread around the globe of the experience awesome that took place right the vast here as of majority community participated in and were inspired by it. Jewish communities around the globe were inspired by the unique qualities of our special African South community. Our unity, appreciation for Jewish values and way and OUL of life, creative proactive embrace of Judaism Shabbos the made

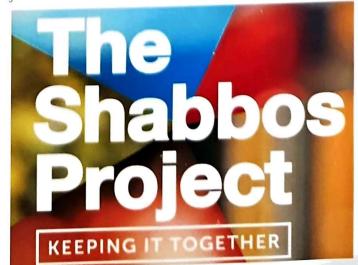
experience project inspiring for us - and now we have inspired others. And so, this uear's Shabbos Project, which will take place, please G-d, on 24/25 Parshat October. Noach, is going to be one for the entire world. More than 1000 partner groups in 170 cities in 30 countries have come forward to bring the Shabbos Project to communities. More are signing up every day and our very own South African Shabbos Project team is helping to guide all of these alobal efforts in cities such as Jerusalem, Tel Aviv. Haifa, Buenos Paulo, Sao Aires. Mexico City, Melbourne, Vienna, Berlin, London, Toronto, New York. Baltimore, Miami, Detroit, Paris and even Tokyo.

new meaning. This year we will be "keeping it together", with our fellow South African Jews, and with Jews across the world. This year, we have the opportunity to unleash the power and energy of Jewish unity on an unprecedented scale.

Let us all join hands again, "like one person with one heart" to lead the world in keeping one Shabbos together. In this merit may Hashem inscribe and seal all of the wonderful members of the Victory Park Hebrew Congregation, and, indeed all of us, with a good and sweet year filled with blessing.

The Shabbos Project is

about "keeping it together" reconnecting with ourselves, families, OUL and OUL community. The idea 0 it "keeping together" nas taken On a revolutionary



#### From the Rabbi

This past year will be remembered as the year of "Operation Protective Edge". The decisive actions of the IDF in dealing with the hundreds of rockets from Gaza launched Israel. the against discovery of the deep network of tunnels running from Gaza into the heart of Israel and of the dismantling tunnels of those destruction.

As we stand this Rosh Hashana in the securitu of our Shul and homes, with we recall shudder the evil plot that our enemies had planned for this Rosh . Hashana in terms of simultaneous multiple attacks in Israel by use of those tunnels. The words of עוכף will extra on take and significance this uear. relevance "Who by the sword and who by a wild beast?"

Will we and our children credit the Iron dome for the success of Operation Protective Edge or will we praise and thank Hashem for the multiple miracles that He showered upon



our people during this time?

I believe that one of the pitfalls after the success of the six day war was the slogan. Yisrael betach bTzahal -Israel place your faith in It precisely this kind of attitude, following success that our Torah warns us against." As your heart becomes arrogant you might Hashem".., And forget you will say in your heart "my own ability and the strength of my hand has accumulated this wealth for me" 8:17) (Devarim

Let me share with you some of the many miracles that were recorded during this operation:

Over 2,300 missiles fired into Israel by highly trained experts and not one person killed.

Hamas itself admits that "their G-d won't let us harm them."

The tunnels were discovered just two months before Hamas planned to use them to murder thousands of Jews on Rosh Hashanah.

Besides the success the operation, perhaps one of the "miracles" of operation, the was tremendous display of solidaritu and unitu Jewish the within community. Thousands parcels, food clothing and underwear, soaps and deodorants heartwarming and letters encouragement sent to the soldiers on the front.

The solidarity rally at our local Huddle Park far exceeded expectations. I felt proud and emotional at the same time to be a part of such a nation.

Sadly Operation
Protective edge drew in its wake much criticism and unmasked vehement antiSemitism. It reinforced to us our need to

stand together because "If I am not for myself, then who is?" Our enemies want to see us divided and split, they recognise that our strength lies in our unity.

We pray that this year sees the people of Israel safe and secure and that Jews the world over should be able to carry their heads up high with strong Jewish pride.

Laia, and our kids join me in wishing you all A Ketivah, Va-Chatima Tova Leshana Tova Um-tuka!



# AM YISRAEL CHAI

#### From Our Ward Councillor

Tim Truluck

I would like to wish all members of the Victory Park Hebrew Congregation 'Shana Tova'.

As I enter the 4th year of my term of office, I hope that I can continue to work towards creating and preserving a safe and healthy environment in which we live.

It sometimes feels like an uphill battle to do this in Johannesburg, but we are making headway and are managing to hold the city accountable to its residents.

Councillor (DA), Ward 117, Joburg 083 619 2419 | ttruluck@qmail.com



#### From the Rebbetzin

Dear Friends

It's surreal to be writing this letter. It feels like it was the other day that I did the Rosh Hashana letter for the magazine. And yet, it feels like a lifetime ago! So much water under the bridge major then; since change in countless areas - globally; locally; Shul; school; additions; losses; relationships.... And hopefully in me too - in my wisdom; perception and thus my thought; speech and action. For that would mean that I've truly lived another year, TG, and been blessed to use it to grow TG!

A couple of weeks ago Hashem put me into Hashana pre-Rosh mode. introspective You see I was given the gift of being in Shul to Daven with our Selwyn Segal Guests. Mark's Davening (which we will miss!) had an spark as extra close reflected his relationship with our then And auests. Hashem gave me a "life shock". As I covered my eyes to say the Shema, I was hit in my



solar plexus! I was carried on the raw prayers of our guests.

Every one of us was saying the Shma to the best of our ability. Each voice a unique cry. Yet we were all saying the same words together. Individually we testified G-d's Oneness, proclaiming our identity as a Jew. And yet, I was jealous. My prayers paleď in comparison. I, who have been so blessed with my full physical faculties, kain ayin hora, am too and complicated cluttered. Here were the simple cries of pure Neshomas – complete in their unsophisticated wholeness. It was like listening to a primordial Cry.

And that got me thinking...

Firstly- what an equaliser! And yet, what a humbler! (If there is such a word!)

When push comes to shove this is whom we all are — Yidden! We're all HaShem's creations and we, Jews, have the privilege of being "Bni, Bchori Yisroel" — "My son, my firstborn, Yisroel".

If only we could stream away all the external and be true to our cores. Life would be so much simpler; far easier and naturally clearer.

These people don't get caught up in all the complications human calculations; of ego, they are just true unto themselves- unto their souls! Their prayers catapult to the Divine Throne stumble whilst mine along, caught up in the "could haves, would haves, should haves"; in complicated intentions and all the "understanding" which (conclusions?) simply limit me. Oh, to get it so right! Another thought- Within each of us there is "Chalek Elokah Mima'a Mamash", an " actua spark of G-d". I recall learning that if would focus on this

fact then there would

be no room for ill-

Continued on page 'c'





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feeling among us. For then we'd recognise that all that distinguishes and differentiates us is external — our bodies; our minds; our thoughts, speech and actions.

We actually are all one!
All part of G-d Himself!
Rich/poor; kind/cruel;
thin/fat; pretty/ ugly;
abled or "disabled"
(challenged!)... I am you
and you are me, and
we are Hashem's ,
created for the sole
(soul!) purpose of
making this world a
Dwelling Place for Him.

Then of course, the basic reflex thought of, "Thank You HaShem for all my faculties!"

How are all these thoughts going to

change me as we're propelled into the new year? I'd like to resolve ("Bli Neder" – "without a promise"- a Jew can't promise!) to advance "Attitude of with an Gratitude". To search for, acknowledge and focus on the positives in my world- globally; locally; in Shul; at home; the people who enter my life; in the few puzzle pieces of my daily existence which trying to together of HaShem's "bigger picture"...

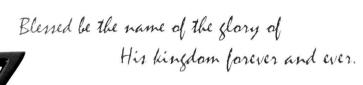
And hopefully, to identify and build the positivity in me- in my wisdom; perception and thus my thought; speech and action.. For that way I'll be a step closer to fulfilling my mission and making my difference in this world. To being the best me

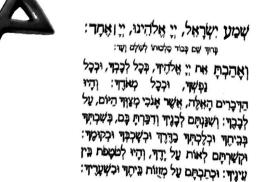
that I possibly can.

I'd like to invite you to join me in my voyage-of focusing on the positive!
Our Rabbi and Family join me in wishing you all a meaningful journey through Yom Tov and the entire New Year.

we look forward sharing it with you ?... May you and yours be blessed, inscribed and sealed for all that's only revealed good every level- Physically, Spiritually - and both combined. May we all only have simchas to share – especially the Simcha of Ultimate Moshiach Now! Shana Tova Umetuka Taikataivu vetaichataimu.

Warmly, Laia







You shall love the L-rd your G-d with all your heart, with all your roul and with all your might

# שנה מרבה יתרקה!

to the Victory Park Community



## From the Doctors & Staff at Sunninghill Radiology



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#### From the Chazzan

Mark Samowitz

Dear congregants,

I have enjoyed nine wonderful years Chazzan of the Shul my first three years from January 1999 until December 2001 and then the six years from July 2008 until August 2014. I have a very special connection with the Victory Park Shul and the Victory Park community. I sang in the choir as a boy soloist from age under Dr. Russel Lurie and Dr. Selwun Milner, had my Bar Mitzvah and my Ofruf at Victory Shul and Park celebrated many memorable and special milestones at the Shul.

I have Victory Park Shul thank for my education in Chazzonis. I was fortunate to learn from Rabbi David Shaw and especially Chazzan Ari Klein and it was at Victory Park that my love for Jewish music began. I am eternally grateful to the Shul for believing in me and for me my first pnivip fulltime Chazzonis job at age nineteen.



I have enjoyed the very special connection I have had with the very special congregants of Victory Park Shul and I will miss seeing their familiar faces and personalities.

I have enjoyed working with the choir and thank in particular Alon and Hilan Berger and Chaimowitz Jonathan such being stalwarts. have thoroughly enjoyed working with them on Tov's Yom and together, inspiring the congregation.

I have thoroughly enjoyed working with our youth and teaching them the tunes that have been the mainstay of our congregation, passing on the torch to the next generation.

it has been an absolute pleasure working alongside Rabbi Uzvolk. Thank you to him for his support and encouragement.
Thanks also to Laia for being a friend to Sara and for always being so hospitable and caring.

A big thank you also to Rabbi Baumgarten and Leiba, who hosted me as a teen many times in their home on many a Shabbos. Thanks to the Rabbi for his guidance and direction when I first started as Chazzan at age nineteen.

Lastly, thanks to Alan and Jeff and the Victory Park Shul committee for the very good relationship we've enjoyed over the last few years.

I wish the Shul much Hatzlacha and Bracha in all its endeavours and may it only grow from strength to strength.

I wish the entire congregation a Shana Tova Umetuka! May you all be inscribed and sealed for a sweet year, a year of good health, peace, success and brocha!

All the best and fondes regards, Mark



Eat fruit & veg and stay healthy

173 Beyers Naude Drive Northcliff

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WISHING ALL OUR CLIENTS

A HAPPY NEW YEAR

AND WELL OVER THE FAST





#### Sylvia Glasser – A Knighthood from the Kingdom Of the Netherlands.

Taken from the Netherlands Fmbassy web-site.

Ambassador André Haspels of the Embassu of the Kingdom of the Netherlands presented Ms Sylvia Glasser with a royal decoration behalf of His Majesty Willem-Alexander of the Netherlands Sylvia has been awarded a knighthood in the Order of Oranjefor Nassau her contribution democracy (during and after apartheid), cultural cooperation between South Africa and the Netherlands. education and the arts (especially for her commitment to the training of young dancers of all races).

In 2001 Wim Kok the Prime Minister of the Kinadom of the Netherlands during his visit to South Africa came to see Moving *into Dance* teach at an city school. inner Bekezela and wrote letter this to Glasser "Looking on my visit to South Africa I shall treasure

the memory of having experienced samples of your Edudance Project at first hand. It was most stimulating witness the enthusiasm of your staff and the future teachers. Above was heartening to see how much the children were enjouing this approach to education"

Difference Making а through Dance

In 1978 Glasser started Moving into Dance (MID) as an inter-racial dance group company parttime training organisation during the dark days of apartheid in the garage of her Victory Park house. The first performance of MID was at the King David Primary school hall under principal Barney Myers in 1980 followed Ьу performance at Wits Great Hall in early 1981. In 1987 MID moved to Braamfontein Recreation Centre with support of the late David Neppe and Cecil Bass (City Councillors).

In 1992 Glasser started the full-time Community Dance Teachers Training Course (CDTTC) disadvantaged

talented youth and developed the Edudance Outreach programme. Edudance is a MID methodology in which basic education concepts such maths. language, spelling issues such Conservation, HIV and Aids, Road Safety or taught through dans Learning is dynamic.

In 2006 the full-time I/ training became SAQA accredited Performing Arts Training Course (PATC) in dance as well as computer skills communication, that is currently based Newtown. Students come Mpumalanga, Limpopo, the Free State, Northern and Eastern Cape and Gauteng. Graduates of this training have become national and international choreographers, performers, directors, television stars. MID's Professional Dance hà Company performed througho South Africa, as well a Holland. Franc-Sweden, Israel, Canada Ghana, Australia. amongst others.

This page is sponsored by Jack Mink

. dae 114

#### Job Creation

Moving into Dance over the past 36 years has broken the cycle of poverty in hundreds of lives.

Oscar Buthelezi 2010 graduate wrote "It prevented me from being in the street and doing crime and drugs. Because of MID I'm a positive Artist around the community"

Sonia Radebe 2002 graduate wrote "MID has helped me make a

living out of dance".





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



As we embark on the chapter of a New Year and look back at 5774, hopefully all of us at Victory Park Pre Primary school have created memories and moments that 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

From Lynda, staff, parents and children

#### WHAT DO YOU LIKE ABOUT ROSH HASHANAH?

"Apples dipped in honey" - Demi E

"We read the siddur" - Olivia

"I like honey" - Isaac

"I like the sound of the shofar" - Aaron

"On Rosh Hashanah we are kind to everyone" - Kiera

"When you give people money" - Carla

"I love the challah" - Dylan

"I like the shofar sound" - Benjamin

"Its time to be with your family" - Jack

"because you eat apples and blow the shofar" - Seth

"I Love all the things for Rosh Hashanah, I Love the challah" - Safriel

#### WHAT IS ROSH HASHANAH?

"it's a new day" - Ethan

"You have to wear brand new clothes" - Tzilah



#### WHAT DO WE DO ON ROSH HASHANAH?

"we blow the shofar" - Demi C

"we eat apples dipped in honey" - Matt

"we eat round challah with raisins" - Eden

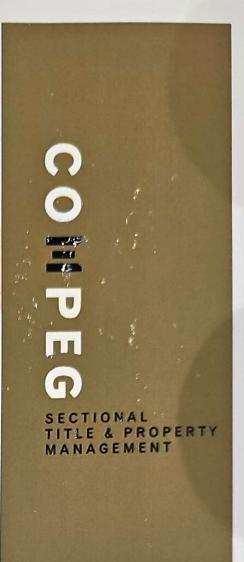


#### WHAT DOES THE SOUND OF THE SHOFAR DO?

"it takes our prayer up to heaven" - Kira-Lee



# Wishing all our clients Shana Tova Umetuka



wishing
the victory park
shul community
I'shanah tovah
u'metukah
and
well over the fast.

with our best wishes

fickey jackie
klawansky
and family

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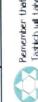


All Hadrand, for Varzetts during this penod must, be made before Yon Kippun

NOTES. We do not say Tacherun from Your Kippur until 2 Mancheshvan

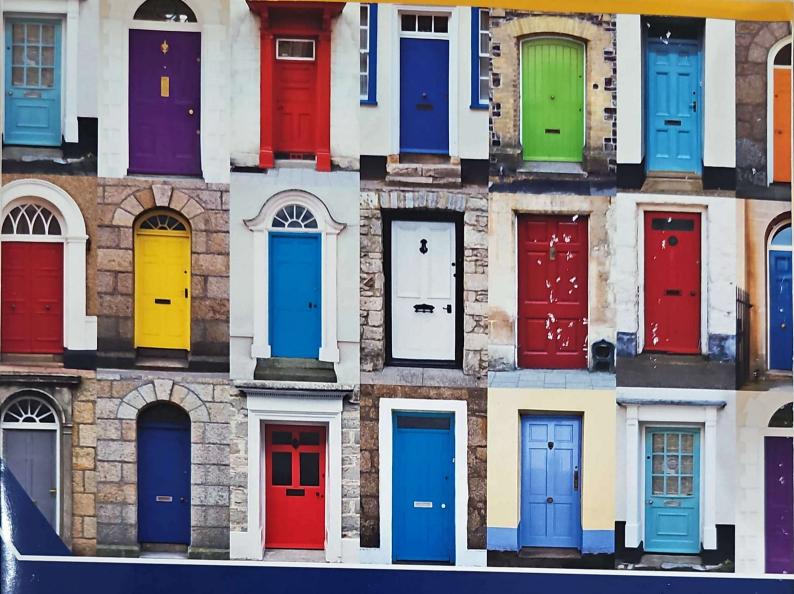












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### A photographic interpretation

By Itzik Rubin



These paintings represent parshat Lech Lecha, when Hashem told Avraham to leave his homeland and his birthplace.

Avraham accepted Hashem's command with no hestitation and had the faith to know that Hashem would protect him where ever he goes. Hashem promised him that he will have wealth and his nation will multiply.



The top picture shows Avraham leaving his birthplace The bottom picture represents the wealth that Hashem promised him.

Blessed are You, L-rd our G-d,
King of the universe, who has
sanctified us with His
commandments and commanded
us to affix a Mezuzah









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enjoyed by all



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Wishing you a sweet, healthy and peaceful new year

Chag Sameach from



### A Time for Reflection and Gratitude

Carol Arenson

(Please excuse my lack of using names in case I leave someone out. Certainly not on purpose, but even teachers have lapses of memory)

Rosh Hashanah is a time for reflection and thanksgiving. When thinking about my career, I think back on some 30 years of working with Children and their Parents and Grandparents.

My first thanks must go to my own children who wanted to attend King David High School and to the principle of the Pre-Primary School who gave me a job so that I could travel from Randfontein to Victory Park each day and bring them to school.

At the end of each year, the school thanked teacher is most profusely usually with a gift and a meaningfully written card. This is always appreciated, but has anyone ever thought all about what the children their and



families have done and meant to the educator?

To the Parents and Grandparents thank you for the privilege of allowing me to be part and of your YOUR children's ives YOU were so kind and and always caring showed areat me and respect recognition. Can one ask for anything more? I loved going to work to greet you and I will never forget my time with YOU. Whether a smile or a chat and even a joke, we laughed, enjoyed and spent such a good time together. I salute you all!

What can I say to all the amazing children that I taught?

Do you know that you CHILDREN are real people. There are no airs and graces and you say it like it is -----such innocence.

freshness, simplicity and honesty. Not always easy and sometimes a challenge, but that is what growing entails. I learnt so much from you and wish that could repeat dau. remember each what did I learn? Do you know that vomit is pink if you have strawberry pops for breakfast? Also girls bris don't have there because nowhere to put the bandage! And if you are curious you are a Yentel

But most of all you taught me about the meaning of love and life and the fact that we are all different and have different personalities. And no matter who you are, you are important and must be respected by all those around you. You all have so much to give to this world and life must be filled with hard work and also lots of fun and laughter. You must be happy and satisfied with yourself and your life. Never give up!

When we moved to Victory Park, my first visit to our Shul was rather daunting. Do I take the left or right steps and where do I sit? I got up the steps and heard a little boy's voice shout "Hello Carol". He recognised me from school and from that moment my welcome to Shul was done and I felt at home.

When I look around at the children I have taught in our wonderful community, some of you are still at school some wearing white blazers, some wearing honours blazers and most of you happy to wear ordinary blazers. Others that have left school are doctors. engineers, accountants, business men, shop keepers, dancers. singers, actors, etc etc etc. and whatever you achieved miraculous. To those who have had difficulties never give up and never stop trying. You can do it you know.

Then I also see that some of you are married and have your own children. How incredible and some lucky teacher will have the honour of teaching your children!

Thank you for reading the inner thoughts and memories of a teacher who is grateful to Hashem for giving her the opportunity to teach you all.

Just know that a little piece of each of you is mine and will stay in my heart forever.

#### I LOVE YOU ALL!

I wish Rabbi and Laia and family and the entire community, a very sweet and happy Rosh Hashanah and a meaningful and easy Fast We don't remember the days,

We remember the moments

- Cesare Pavese

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Hebrew Congregation

Shana Tova well over the fast

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#### Our Baking Club Stephanie Fineberg

A few years ago, there appeared an ad on TV that went something like this: Adorable granddaughter: "Gran, what did you do for fun?" Grandmother: "We cooked!" Adorable granddaughter, exasperated: "Yes, but what did you do for Grandmother. incredulously: "We baked, of course!"

Well, this could be true for any of us in the Victory Park Baking Club - we bake and we cook ...... and it is fun!

More than a year down the line and the Baking Club has enjoyed tremendous success and growth. It was with much trepidation that we first approached our pots and pans, blenders and mixers. But we soon made good

friends with these and they have become "the tools of our trade". We have learnt what works and what is enjoyed. We strive to please the community with our 'craft'.

We have taken on an enormous amount of catering over the past uear, from regular special brochas, to brochas, to brochas for barmitzvahs and batmitzvahs. the to successful Vegas Nights, to Shavuoth and Simchat Torah dinners. We even tackled a 500barmitzvah strona which took brocha skills organizational from which any lifecoach could learn!

We've done it all.... and taken it in our stride. At times we have had to be resourceful, accommodating and adaptive.

Our team has increased with the additions of Yael Raff and Andy Koton. Yael is constantly on call to check dozens of eggs and turn ovens on. We are so grateful to you Yael, both for 'eggs and ovens' and for your delicious muffins. Andy,

our resident banana farmer's wife, for those banana loaves made with home-grown bananas and love.

The cliché - you reap what you sow - rings here. true Joanne. Leslu. Melanie, Carol. Sue, Yael, Andy, Steph all put in a huge Our cakes. effort. biscuits. SOUDS. lasagna.....taste commitment, dedication and pride. We are all delighted to provide our community with baked delectable and goodies scrumptious food. We are also so proud to be doing our part promote the warm and supportive Victory Park community.

Ladies once again, join us if you wish. Also, we are constantly on the lookout for great recipes. So, if you have any you would like to share, please feel free...!



#### CHERRY, ALMOND & CHOCOLATE CAKE

#### Ingredients:

720gjar sour cherries

200g unsalted butter at room temp.

230g (I cup) ground almonds (almond meal)

100g dark chocolate, grated

2 Tablespoons rum (or juice from the cherries)

75g (½ cup) self-raising flour, sifted

I Teaspoon ground cinnamon

Icing sugar, for dusting

#### Method:

- ∝ Preheat oven to 180°
- $\propto$  Grease a 26cm round cake tin and line the base with baking paper
- $\infty$  Drain the cherries, reserving the juice if necessary, place the cherries on paper towel and pat dry.
- $\propto$  Add the eggs one at a time, beating after each addition until just combined.
- $\propto$  Stir in the ground almonds, chocolate, run (or cherry juice), flour and cinnamon, then add the cherries.
- $\infty$  Pour the mixture into the prepared tin and bake for 55 minutes, or until a skewer inserted into the cake comes out clean.
- $\propto$  If the cake is overbrowning, cover the tin loosely with foil. Leave the cake to cool in the tin for 5 minutes before turning out onto a wire rack.



#### Fruit Salad Cheese Cake

Grease a springform tin
Crush one packet Tennis Biscuits with a little melted butter (not too much butter as
cakes makes a lot of its own liquid)
Press onto base of springform tin

#### Mix together:

4 x 300 ml tubs sour cream 4 x 425 g tinned mixed fruit cocktail WELL drained 2 cups castor sugar

#### Method:

Pour mixture over biscuit base
Bake for 25 minutes at 180
degrees
Turn oven off and allow cooling in oven
Best made the day before serving
Refrigerate until ready to serve

As easy as it is delicious!





#### Savoury Tart

Crush any salty crackers and mix with melted butter

Press onto base of springform tin

#### Top with:

Tuna mayonnaise Chopped tomato Grated egg Guacamole Grated cheese

#### Yiddish Proverb

If the rich could hire other people to die for them,
 the poor could make a wonderful living.

#### Yiddish Proverb

 You can't control the wind, but you can adjust your sails.

#### Yiddish Proverb

 What you don't see with your eyes, don't invent with your mouth.

#### Yiddish Proverb

 A hero is someone who can keep his mouth shut when he is right.

#### Yiddish Proverb

• One old friend is better than two new ones.

#### ewish Proverb

 One of life's greatest mysteries is how the boy who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.

#### Yiddish Proverb

 A wise man hears one word and understands two.

#### Golda Meir

 Pessimism is a luxury that a Jew can never allow himself.

#### Albert Einstein

 Life is like riding a bicycle. To keep your balance you must keep moving.

#### Albert Einstein

 We can't solve problems by using the same kind of thinking we used when we created them.

#### Albert Einstein

 Intellectuals solve problems; geniuses prevent them,

#### Albert Einstein

 Any intelligent fool can make things bigger and more complex, It takes a touch of genius - and a lot of courage to move in the opposite direction.

#### Israel's Wi-Fi lesson

Arthur Goldstuck

South Africans are used to public Internet access being slow and restrictive. In Tel Aviv, free access goes hand in hand with a competitive spirit, writes ARTHUR GOLDSTUCK

Walking down the main road of one of Tel Aviv's main shopping avenues. Dizengoff Street, a strange thing happens on phone. It picks up an open Wi-Fi network and, when one clicks on it, it asks you to accept terms and conditions, and then connects directlu through to the Internet. NO payment, no subscription, no password, no credit card

That seems like magic to South Africans, accustomed as we are to restrictive connectivity. Even when Wi-Fi is free, it usually needs a convoluted mixture of vouchers and arcane passwords.

So when the "FREE\_TLV" network

simply lets you in, you can be forgiven for glancing round furtively to make sure you're not doing something wrong. But soon, it becomes apparent that this is the norm rather than a strange trip down a rabbit hole.

Restaurants and coffee shops usually offer free Wi-Fi with a simple, password, standard usable for as long as are in immediate vicinity the establishment. South Africa; places invariably issue a one-off voucher valid for perhaps an hour. After all, they're doing you a favour, letting you buy their food or coffee, right?

Tel Aviv approaches it differently. According to mayor Ron Huldai, installing a free network demonstrates the city's aim of being a leader in innovation. It began rolling out 80 hotspots in September last year and it now covers parks, beaches, tourist attractions and shopping areas.

But in reality, the connected country starts the moment you

land at Ben Gurion International Airport between Tel Aviv and Jerusalem. Free Wi-Fi in the airport sets the tone.

Yes. many other international airports also offer free Wi-Fi, but in severely degraded form. Heathrow giver you half an hour before you have to sta paying; most America airports throttle speed so badly, the services are almost unusable. Other airports, outside business lounges. welcome only paying customers. Hello. South Africa.

The national Egged bus line which runs within and between cities across Israel has installed free Wi-Fi in 1500 inter-city buses. Again, they require only that the user accepts terms and conditions. Same with the Metropoline bus service

This has a simplication:
someone trying to
or run a business, le
travel no longer mean
downtime. In cities, cost
of Internet access is no

longer a major challenge.

Most hotels in Tel Aviv and Jerusalem offer free Wi-Fi. In Jerusalem, the hospitality extends the to most unexpected places. In the Muslim Quarter of the Old City, in an ancient shop called Sinjlawi that has been in the same family for generations, Omar Hamad invites customers to connect to his shop's Wi-Fi hotspot.

In the middle of Jerusalem's bustling Mahane Yehudah food market or "shuk", hang around the David Dagim stand, and you can use the fishmonger's free Wi-Fi.

Meir Brand, Managing Director for Google Israel, South Africa and Greece, sees it as an extension of Israel's success as a "start-up nation". It reflects the way in which Israelis, "from individuals to cafe owners to large businesses", have embraced the Internet

and its opportunities, he says.

At Google's Tel Aviv offices, an entire floor is devoted to giving startups a free meeting space – along with free Wi-Fi.

"When people have access to the Internet anytime, all the time and my home city of Tel Aviv is one of the most connected cities in the world - then of course it's great for users," says Brand. "But also means that people can more easily collaborate on ideas. innovate. become entrepreneurs and build businesses"

The concentration of technology industries around the Tel Aviv area has resulted in the world's most significant high-tech cluster outside Silicon Valley – known as Silicon Wadi. Free Wi-Fi didn't make that happen, but it will ensure that the innovation won't dry up for lack of connectivity.

#### SOME OF ISRAEL'S TOP INVENTIONS

**Waze**, a GPS-based geographical navigation application program for smartphones.

Waze Ltd., which was founded in 2008 In Israel by Uri Levine, software engineer Ehud Shabtai and Amir Shinar

The **Babysens**e breathing monitor by HiSense alerts parents of respiratory cessation (apnea) in babies. The Israeli breakthrough technology has helped protect more than 600,000 babies from crib death around the world

Intel Israel changed the face of the computing world with the 8088 processor (the "brain" of the first PC), MMX and Centrino mobile technology. Israeli engineers at Intel in the 1990s had to convince skeptical bosses to take a chance on MMX technology, an innovation designed to improve computer processing. It's now considered a milestone in the company's history.

Disk-on-Key, the ubiquitous little portable storage device made by SanDisk, was invented by Dov Moran as an upgraded version of disk and diskette technology through the use of flash memory and USB interface for connection to personal computers.

MobileEye combines a tiny digital camera with sophisticated algorithms to help drivers navigate more safely. The steering system linked device sounds an alert when a driver is about to change lanes inadvertently, warns of an impending forward collision and detects pedestrians.

Hazera Genetics, a project of two professors at the Hebrew University Faculty of Agriculture, yielded the cherry tomato — a tasty salad fixing that ripens slowly and doesn't rot in shipment



The professional members and staff of BOVE ATTORNEYS wish the entire community a year of health, wealth and happiness

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#### **Glasgow 2014**

Brian Sneag

A dream, an ambition something beyond reality.

TO the witness Commonwealth Games in Glasgow – hopefullu being able to see enough on television. Better still to be in Glasgow at the time of the Games and being able to obtain tickets for some of the events. Unbelievablu better to be part of Team South Africa and participate in Games. This is dream come true - I had been appointed manager of the Para-Bowls team, part of the Bowls team and members of approximately 250 athletes and management representing Team South Africa the participating at Commonwealth Games.

This was the start of meetings, training schedules, training camp, filling in reams of forms, medical examinations as well as ensuring the athletes did not test positive for any banned substance.



There was nothing tedious or boring doing this, it was all part of the excitement.

The players and communicated regularly. We discussed the importance fitness, regular practice, fitness mental strength as well as the role that every member needed to play as well as what was expected of them. In addition to discussing strategy we also set our goals the GOLD MEDAL.

Mid July, just 2 days before we were due to leave, the entire Team gathered Birchwood Conference Centre in Boksburg where we received our kit for the 3 weeks packed in trave luggage which was also provided for us. The 2 days we spent at the get-together were attending meetings and briefings from various sectors e.g. dealing with the

media, dealing with antidoping testing of athletes, dress code, etc as well as meeting the other members of our Team S.A.emphasised over and over again, we are one team.

The day before we were due to fly out we were treated to a lunch in Pretoria with the Deputy President, Cyril Ramaphosa as well as the Minister of Sport, the Deputy Minister of Sport as well dignitaries from SASCOC. After returning to our accommodation we prepared for a gala farewell banquet that evening to which our partners were invited. A truly memorable day.

Luggage packed. weighed and packed into vehicles taking it to O.R.Tambo checking in. Dressed in our travel kit and track suits it was now time for the team to board buses and suddenly it was here, we were off Scotland Great excitement, much talking, yet a silence, as each of us were deep in thought – the dream had now begun, we needed to perform in

order to fulfil our dreams.

A 7 hour stopover in Dubai, tiring but did not matter as we were on our way to Glasgow where we were met by a SASCOC official and directed to the buses for transport to the athletes village, home 7,200 from the Commonwealth countries. New double storey houses, new furnishings each house consisting of  $4 \times 2$  bed bedrooms. bathrooms and lounge with a television set. Countries were grouped together in this enormous area - self contained townships with very tight security and all the facilities. A massive dining open 24 hours a day with a variety of stalls catering for everything from breakfast midnight snacks. other smaller dining halls with slightly different foods, laundries open until late at night, buses running a set route through the entire village every 7 minutes and all of this free of charge.

Each country was entertained to their

own flag raising ceremony by a group of young performers followed by 2 days of practise at the Games venue.

It was now time for us to dress in our outfits for the Opening Ceremony. A gooseflesh, emotional and unforgettable experience. The Games had begun.

For the Para-bowls the first group to compete were the visuallu impaired mixed pairs over 2 days in the sectional round robin. Our South African pair never lost a game, won section qualified to play against New Zealand in the semi-finals whilst Scotland played against Australia in the other semi-final. This resulted in the much awaited clash between us and Scotland as the final which was televised. In front of a large crowd of spectators South Africa played consistent bowls and triumphed to win the first Gold Medal for South Africa in these Games.

After a 2 day break it was the turn of our physically disabled bowlers to attempt to emulate their visually impaired team mates. They were unbeaten in section qualified to play England for a place in the final against New Zealand. Playing very DOOD bowls our triples team triumphed and were ready for the final. In a very closely contested game of bowls again televised and appreciated by all we once again triumphed to give Team South Africa another Gold Medal.

The realisation of our goals, just reward for the many hours of practise, the result of bonding together we returned home full of pride, uncountable memories, thankful for being given the privilege of an unforgettable journey.

















# Mazeltov!











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

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

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

ommunity

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

Shana Tova and well over the Fast to our family and the community. From Les and Iona Samowitz and Family

> Shana Tova and well over the Fast. May you be inscribed for a sweet year filled with good health, peace and prosperity. Mike and Lynne Strimling and family

Shana Toya and well over Fast from Ari and Lisa hal and Family

Chag Sameach and well over the Fast, From the Sarkin Family

Wishing all our friends good Yom Tov. From the Rosenthals

Wishing our family, friends and the community a healthy. happy and prosperous New Year. From Jonathan and Loren Traub and Family

> Shana Tova and well over the Fast. Arthur, Sheryl, Jayna and Zianda Goldstuck

Wishing my children, grandchildren, great grandchildren, family, friends, the Rabbi, his family and the community Shana Tova and well over the Fast. Lucky Miller

> Wishing our family, friends and the community a Happy New Year and well over the Fast. From Russel & Andy Koton and Family

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

friends & community Shana Tova & well over the Fast. From Stuart. Marion & Emma Zeller

Wishing our children, grandchildren, family, friends, the Rabbi, his family and the community Shana Tova and well over the Fast. Jeffrey, Zandra &

YomTov Greetings to our Wishing our family, friends and the community from Mel and Ellis

> Leslie Belinda Justin and Sherri Kobrin with the entire communit year of health weal and happiness in the coming year

Messages

Wishing all our friends and community a happy New year and well over the Fast. The Kassel Family

Our sincere and good wishes for a peaceful 5775, filled with wonderful blessings. Carol & Stanley Arenson

wishing the Rabbi and Family and the victory park community shall tova umetuka and well ove the fast. Love from the Rubin Family

Shana Tova to the Victory Park Community from Craig, Debbie, Gaby and Josh Nossel

Wishing all members of the community a Happy and Healthy New Year. May you enjoy blessings and prosperity in the year ahead.

Alf & Freida Abrahamsohn

Wishing the Victory Park Community 'shana tova' The Schamroth family

Wishing our family and friends a healthy, happy and prosperous New Year. Mel and Anne Stamelman Barry and Tzippy Damelin
wish the Rabbi and
Rebbetzin, family and
friends a Shana
Tovah.Kitivah vechatimah
tovah to all

Shana Tova. Wishing the community L'Shanah Tovah Tikatevu and well over the fast. With love the Wainer family

Louis & Clara
Oscherowitz and
family wish the
Rabbi, Laia &
family and the
congregation Shana
Tova U Metuka

Wishing our family, friends and the community a healthy, peaceful and prosperous New Year. From Herman and Ettie Kaplan.

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

Wishing our family and friends Shana Tova and a happy and healthy New Year and well over the fast.

Love the Nathan Family

Wishing the Rabbi and family,
Victory Park Committee and
Congregation a shana tova
umetuka.
David and Sylvia Glasser

Alan and Lesley Lewis wish the entire community a healthy, happy and fulfilled year

#### 11 Things You Should Give Up To Be Happy

Extracted from http://www.purposefairy.com

Here is a list of 15 things which, if you give up on them, will make your life a lot easier much and much, happier. We hold on to so many things that cause us a great deal of pain, stress and suffering — and instead of letting them all go, instead of allowing ourselves to be stress free and happu - we cling on to them. Not anumore. Starting today we will give up on all those things that no longer serve us, and will embrace change. Ready? Here goes:

1. Give up your need to always be right There are so many of us who can't stand the idea of being wrong - wanting to always be right even at the risk of great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it. Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this

question: "Would I rather be right, or would I rather be kind and happy?" What difference will that make? Is your ego really that big?

- 2. Give up your need for control Be willing to give up your need to control always that everuthing happens to you and YOU around situations. events. people, etc. Whether they are loved ones. coworkers. Or strangers you meet on the street - just allow them to be. Allow and everuthing everyone to be just as they are and you will see how much better will that make you feel.
- 3. Give up on blame Give up on your need to blame others for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.
- 4. Give up your selfdefeating self-talk Oh my. How many people are hurting themselves because of their negative, polluted and

repetitive self-defeating mindset? Don't believe everything that your mind is telling you — especially if it's negative and self-defeating. You are better than that.

- 5. Give up complaining. Give up your constant complain to need many, about those many, maaany things people, situations. events that make you unhappy, sad depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to. It's not situation triggers those feelings in you, but how you choose to look at it. underestimate Never the power of positive thinking.
- 6. Give up the luxury of criticism Give up your need to criticize things, events or people that are different than you. We are all different, yet we are all the same. We all want to be happy, we all want to love and be loved and we all want to be understood. We all want something, and something is wished by us all.

7. Give up your need to impress others Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. THE MOMENT YOU stop truing so hard to be something that you're not, the moment you take off all your masks, the moment accept and embrace the real you, you will and people will be rawn to YOU, fortlessly.

resistance to change.
CHANGE is good.
Change will help you move from A to B.
Change will help you make improvements in your life and also the lives of those around you. Follow your bliss, embrace change — don't resist it.

9. Give up your excuses Send them packing and tell them they're fired. You no longer need them. A lot of times we limit ourselves because of the many excuses we use. Instead of growing and WORKING ON improving ourselves and our lives, we

get stuck, lying to ourselves, using all kind of excuses — excuses that 99.9% of the time are not even real

10. Give up attachment This is a concept that, for most of us is so hard to grasp and I have to tell you that it was for me too, (it still but it's something impossible. You get better better with TIME AND practice. The moment you detach yourself from all things, (and that doesn't mean you give up your love for them because love and attachment have nothing to do with one attachment another. comes from a place of fear, while love... well, real love is pure, kind, and self less, where there is love there can't be fear, and because of that, attachment and cannot coexist) ove YOU become peaceful, so tolerant, so kind, and so serene. You will get to a place where you will be able to understand all things without even trying. A state beyond words.

11. Give up living your life to other people's expectations. Way too many people are living a life that is not theirs to live. They live their lives according to what others think is best for them, they live their lives according to what their parents think is best for them, to what their friends, enemies and their their teachers. government and the media think is best for them. They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what need....and eventually they forget about themselves. You have one life - this one right now - you must live it, own it, and especially don't let other people's opinions distract you from your path.

behappy

# Yahrtzeit List

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

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

			19th FILL	14th September 2014
SHFR	Jeff	Grandfather	21St FLUL	16th September 2014
CHAIMOWITZ	Manfred	Mother	21St FIU	16th September 2014
LANTERMANS	Bernice	Mother	21St FLUL	16th September 2014
DOVE	Elaine	Mother	21St FLUL	16th September 2014
SLOTSKY	Mona	Mother	22nd ELUL	17th September 2014
ABRAHAMSOHN	Alfred	Father	23rd ELUL	18th September 2014
COPANS	Arlene	Father	23rd FLUL	18th September 2014
DAMFLIN	Barry	Mother		18th September 2014
TRIFBWASSER	Sheryl	Father	23rd EUL	22nd September 2014
GLADSTONE	Alvin	Mother	27th FIUI	22nd September 2014
RITZ	Minnie	Brother	27th EUL	23rd September 2014
RAFF	Sheila	Mother	28th ELUL	24th September 2014
GORDON	David	Brother	29th EUL	
KRAWITZ	Jack	Wife	and TISHREI	26th September 2014
KRAWITZ	Leon	Mother	and TISHREI	26th September 2014
OSCHEROWITZ	Louis	Father	and TISHREI	26th September 2014
BERGER	Lal	Father	3rd TISHREI	27th September 2014
ARFNSON	Carol	Mother	4th TISHRFI	28th September 2014
SCHNAID	Linda	Husband	6th TISHREI	30th September 2014
CHAIT	Hazel	Mother	7th TISHREI	1st October 2014
DAMELIN	Barry	Father	7th TISHREI	1st October 2014
GLADSTONE	Lauren 🧽	Great Grandmother	7th TISHREI	ist October 2014
COPANS	Arlene	Mother	8thTISHREI	2nd October 2014
LANG	Jerome -	Father	8thTISHREI	2nd October 2014
ROME	Maureen	Mother	8thTISHREI	2nd October 2014
EPSTEIN	Jeffrey	Father	9th TISHREI	3rd October 2014
LEVIN	Julius	Brother	9th TISHREI	3rd October 2014
COLLE	Monty	Mother	13th TISHREI	7th October 2014
SCHNAID 🚁	Linda 🦯	Father	15th TISHREI	9th October 2014
FRIEDLAND	David	Mother	16th TISHREI	10th October 2014
FRIEDLAND	Louella	Father	17th TISHREI	11th October 2014
RITZ	Minnie	Husband	17th TISHREI	11th October 2014
SHFR	Jeffrey	Grandmother (1)	19th TISHRFI	13th October 2014
STRIMLING	Michael	Mother	20th TISHREI	14th October 2014
BLOCK	Michael	Grandmother	21St TISHREI	15th October 2014
MARKS	Gillian	Son	21St TISHREI	15th October 2014
MARKS <	Lara	Brother	21St TISHREI	15th October 2014
HYMAN	Maxine	Brother	21St TISHREI	15th October 2014
BENETAR	llana	Grandfather	24th TISHREI	18th October 2014
BLACHER	Dave	Father	24th TISHREI	18th October 2014
GORDON	David	Mother	24th TISHREI	18th October 2014
			7 1.07 // (L)	10th 0ttbbt/ 2014



## **GAUTENG'S**

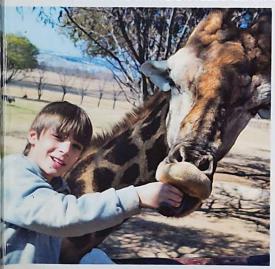


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