

Victory Park Hebrew Congregation



September 2015
Tishrei 5776

Victory Park Specialist



Carole Levin

011 341 1300



VERED
estates

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both going strong with numerous pupils in both . We thank the Rabbi for the Bar Mitzvah programme and Karen Sandler for the Bat Mitzvah programme.

To the ladies of the community who participate in the baking club, we need to give a big thank you. Not only are our functions a pride

Thank you!

and joy of the community but the cakes and various different items added to the weekly brocha are most welcome. To all of these ladies we would like to say a big thank you and keep up the good work. Should any member of the community want to celebrate a simcha or sponsor a brocha please feel free to contact us and we will gladly oblige.

To all those members and families who are not well we wish you all a Refua Sheleima. If anyone is aware of members who are not well, please inform the Rabbi so that they can be added to the Refua Sheleima list.

At this time of the year when we enter the month of Elul and begin our own introspection it is beholden on us to give some thought to those who are less fortunate than we are. If anyone is aware of those in our community who need assistance please let either the Rabbi or the chairman know so that the community can assist where possible.

My thanks to all 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

To the Rabbi and Rebbetzin thank you for all that you have done in the past year. Chaim Shalpid will be officiating over the high festivals and we welcome him back. Michael Sandler has undertaken the position of Chazzan during the

year and we would like to express our thanks to Michael for his efforts. To Leeat Confait who has looked after the children's services for the past year we say thank you. We look forward to an uplifting Yom Tov.

We wish those members who 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.





From the Chief Rabbi's Desk

Chief Rabbi Goldstein



Unadorned

The sounds of the Shofar are the cries of a soul longing to be close to its Creator

Drinking salt water creates an unquenchable thirst. The more you drink, the thirstier you become. One of our great sages, the Vilna Gaon, compares the pursuit of materialism to drinking salt water.

Materialism divides people. It creates jealousies and competition. It also separates us from G-d because it deflects us from our true purpose. When people become consumed by their possessions, by *things* – when they focus on what they are clothed in, rather than who they are – then an emptiness enters their life, a void which cannot be filled.

That is not to say that the Torah prohibits enjoying this physical world. On the contrary, it is a *mitzvah* to joyfully partake of the great blessings that G-d has afforded us – but we do

so always with a higher purpose in mind, always as a means and not an end. So many of the *mitzvot* guide us in enjoying the wonderful pleasures of this world, but they do so through a system of values and within a framework of spirituality.

G-d has created each and every one of us with a *neshama* – a soul – that lies at the centre of our very being. It is who we are. Rabbi Samson Raphael Hirsch says we should realise that we are not a body with a soul, but a soul clothed in a body. We are essentially spiritual beings – and by living a life filled with good deeds, *mitzvot*, spiritual connection and kindness, we nurture our souls and feel a sense of deep satisfaction. On the other hand, when the soul is ignored, and it is only the body that is fed, an unquenchable thirst is created at the core of a human being.



The *shofar* is a call to remind us of who we really are. It is a call to the soul. Its sounds do not relate to the material world. According to our sages, the sounds of the *shofar* are the cries of a soul longing to be close to its Creator and to its purpose in life. The *shofar* is unadorned; the *halacha* says that it may not be covered with gold or silver. It is pure. It is simple. It is natural. The sounds it emits are not melodious or crafted in a sophisticated fashion, they are

merely straight, direct spiritual calls from our souls to G-d. And when that connection is established we feel a true sense of joy.

So much of the time we spend in shul over Rosh HaShana is dedicated to this great *mitzvah* of the *shofar*. And as we stand in shul this year – not just listening to the *shofar*, but *hearing* it – let's use those precious moments to introspect, to reflect deeply on who we are and why we are in this world; let's get in touch with our spiritual essence, our G-d-given *neschama*; let's contemplate the fact that when we live a life in accordance with the calling of the soul, we will find true meaning and deep, profound joy.

The *shofar* is a call to return to who we are. Guilt is the discomfort we feel from becoming disconnected from our ultimate purpose and unmoored from our true identity. On Rosh HaShana, as the shofar sounds, we look ahead to the joy of becoming not just better people – but who we *are*.

With warmest Rosh HaShana wishes to all at the Victory Park Shul! May Hashem inscribe us all for a good and sweet year filled with His blessings.



TOGETHER AGAIN

23/24

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2015

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Message from the Rabbi

Zusman Uzvolk

Dear All

One of the highlights that this past year might be remembered for is the launch of "Windows 10."

Now I know that it's not on top of the agenda for all, but I would like to draw three lessons which I believe to be relevant to all of us.



Lesson one can be learned from the way in which the upgrade was made to be installed. The idea was that even while installing the higher version of Windows, no files, documents or settings would be lost. In short, the transition was developed to be smooth and not to interrupt the existing settings.

I believe that one of the prominent characteristics of Judaism is that it is meant to be Peaceful. "דרכיה דרכי נועם." (Mishlei 3) "Its ways are ways of pleasantness and all its' paths are those of Peace".

We live with extreme stress which is often translated into rage and violence. Unfortunately, religion is frequently used to justify and even glorify forcefulness and animosity.

How do we determine the validity of new or different approaches? The first yardstick to decide whether something is right or wrong is

to measure the peace which it will achieve and the peacefulness with which it will be achieved. Can it be "installed" without disruption?

The second lesson, is to look at the prominent feature of Windows 10. The main idea is to create a continuum . To be able to transport information from the computer to the phone, to the tablet and back, all in a seamless fashion. To connect the home to the office in an uninterrupted manner.

Our lives are often fragmented between work, home, religion and recreation. We talk about fighting to keep a healthy balance between the different compartments of our lives and we do our best at this juggling act. It is often in the transition between one section and the other that the unexpected occurs. This leads to a certain amount of frustration.....

Judaism seeks to unite all the parts. Whether at home, or at work or at Shul. Whatever we are doing can be directed to one goal and purpose. "בכל דרכיה דעהו" (Mishlei 3) " Know Him in all your ways. There need not be disjointed compartments to our lives, all the sections can fit into one continuum, one task of serving our Creator.

The third lesson is not to be satisfied with one's previous accomplishments. Windows 7 was great. Some even had windows 8. Who had Windows 9? Yet, Microsoft invested money, time and resources into the further development of windows 10.

Our sages had another way of expressing this idea. They said "Ma-allin Ba-kodesh" meaning that in matters of holiness one always increases. The message is that we may not stagnate and be complacent. We need to grow and intensify our efforts in keeping Mitzvot.

What was good until now is not enough for tomorrow. To paraphrase, never rest "until your good is better and your better is best."

It is with the above in mind that Laia and I wish you all a peaceful, seamless year of growth.

כתיבה וחתימה טובה לשנה טובה ומתוקה



JIM TRULUCK WARD COUNCILLOR

In 9 month's time we will be in the midst of Johannesburg's most important local elections. If the city continues in its current trajectory under the ANC-led administration, our Mayor and his committee will continue swanning around at conferences and pushing pet projects while we live in fear of incorrect bills, power outages, loadshedding confusion and no traffic lights every time it rains.

Having said that, it is not all doom and gloom. Hard work by myself, city officials, the residents' associations, management district and businesses have resulted in some notable achievements in the ward.

For instance, the R6.8 million phase one upgrade of the parking and dams, the removal of paid parking in Parkhurst and the introduction of fibre to the home - very soon, the whole ward, from Saxonwold to Victory Park will be connected.

Currently under way or soon to be happening is the new R70 million Zoo parking deck, a revamp of the Parkhurst Bowls and Soccer Club between Victory Park and Parkhurst, a new parking area and mountain bike trail planned in Delta Park, new linear parks, a library and clinic in Rosebank and 25km of cycle lanes radiating from Rosebank and joining with the Spruit in Victory Park.

All of the above is very exciting, but I think my biggest achievement is keeping you all connected and informed about what is going on in our ward and our city.

I want to end by wishing everyone
Shanah Tovah!

F

rom the Rebbetzin

Laia Uzvolk

Dear Friends

It's been a long year, and yet a very short twelve months! A veritable roller coaster.

This time last year I had a father living in this world. Today, BH, we are blessed with his namesake. My family and I want to thank you for being there for us on this bumpy ride. Each of you in your own way has added to the love and support we have felt from our community.



On that note and at this time of year we would like to apologise to anyone whom we did not thank personally for your good wishes and very generous gifts and meals – both at the time of our loss and our simcha. Our phones were stolen shortly after the birth and thus we lost track of whom we had thanked. Our phone contacts were gone too! We sincerely appreciate all your generosity and love.

Although we have done our best, we also want to thank you for your understanding if we have not been as “hands on” as we would have liked to have been. These last two and a half years, and particularly this one have been rather overwhelming. The silver lining is that now that we have lived through it, it's like we've been on a practical training course and can be even

more “there” for you and yours. May we all only have simchas to share.

A friend of mine shared this beautiful idea that I find very helpful at “New Year's resolution time”:

There's a saying that goes, “In the way a person wants to be led they lead him”. (Makkot pg 10b) The idea is that we have free choice and Hashem takes us the way we choose to go. So who is the “they” in the saying?

One answer is that our thoughts (as do our speech and actions) create angels.

Thus, the kind of thoughts we choose to think about create those types of angels and THEY are the ones who lead us where we want to go! Thus we are responsible for our destiny. It's up to us to choose healthy, happy, kosher thoughts.

On a practical level I've worked long and hard at trying to change the language of my thoughts, speech and even my written word. I remember learning that the brain cannot comprehend negative words. Thus, if I say “I am NOT silly”, my brain hears “I AM silly”. So rather try to say “I am clever” in the first place! I try to phrase things in the positive format – especially when asking for - or giving- a blessing. I find it so much more expansive (as opposed to less limiting)!

“Positive thoughts,
positive actions,
positive results!!”

Lisa Boehning
© 2011 Lisa B.

{“Please bless her health- including her head”
as opposed to “Please take her headache
away”.

As we stand at the doorstep of a New Year let's
choose positive, kind, building thoughts...and
think of the way we DO want to go!

My husband and children join me in wishing
each one of you a wonderful new beginning.

Brownies

½ cup Cocoa

2 cups Sugar

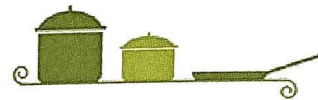
¾ cup Oil

4 Eggs

1 ½ cups Sifted Flour

1 tsp Baking Powder

Bake at 180°C for 35 - 45 minutes



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Recipe:

Challah

2 cups overflowing with sugar

7 tsp salt

5 cups hot water

20g instant yeast

4 eggs

1 cup oil

Start with 6 cups flour - Knead

Then add 4 cups flour - Knead

Then add 4 cups more flour - Knead

Then 1 cup flour - Knead

Then 1 cup more flour - Knead

- Add 1 cup flour at a time as necessary until dough is not sticky.
(should be soft & can be a little sticky)
- Don't use more than about 18 cups flour in total. If still sticky rather add some oil
- Bake in preheated oven at approximately 180°C for 45 minutes.
- Turn trays around midway to ensure even baking



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NEW YEAR



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Yamim Noraim Prayers in a Nutshell

Chaim Shalpid

At the outset, I would like to take this opportunity and wish the whole congregation a Shana Tova u Metukah, a truly sweet, good and healthy year for all of us, both here and in Israel.

I would also like to express my excitement at being together with the community and leading the services over this most special time within our calendar, please G-D may all our prayers be answered.

I thought that I would focus on the beautiful prayers/ tefilloth that we say over Rosh Hashanah and Yom Kippur and provide the congregation with a brief explanation of what the prayers mean and why they are said specifically at this time.

Jewish law requires that we pray 3 times a day, ie: Shacharit – morning, Mincha – afternoon and Ma'ariv – evening. Over the Yamim Noraim period, the same rule applies with some differences, namely, the Mussaf [extra] service said on both days of Rosh Hashanah and the slightly different version of Ma'ariv on Yom Kippur, namely Kol Nidrei and the additional service of Neilah said towards the end of Yom Kippur

On Rosh Hashanah, the central theme of the Torah reading is the story of Avraham being instructed by Hashem to sacrifice his cherished son Yitzchak. The theme of the Torah reading has a direct correlation to the underlying theme

that permeates through the Mussaf service on Rosh Hashanah.

The Mussaf service is split into 3 sections, in fact, there is a common argument about which Mussaf service is longer, RH or YK? To settle this I can say the following, the silent prayer of Mussaf on RH is longer than the silent prayer of Mussaf on YK, but, the repetition of the Mussaf service is by far longer on YK then on RH.

The 3 sections of the RH Mussaf repetition are:

- Malcuhyot – Kingship
- Zichronot – Memories
- Shofaroth – The Shofar



The connection

Over the RH period we coronate and proclaim Hashem's rule and kingship over the world, the 2 days are dedicated to this idea and our focus is directed towards that reality. Therefore, the Torah reading has the underlying idea that Hashem gives a human being an instruction, an instruction that on the surface seems quiet impossible and inhumane, yet, what does man [Avraham] do? He obeys to the final point of almost fulfilling his mission, Avraham expresses the human trait of complete submission to Hashem's command, the human trait of a servant obeying his king.

With this underlying idea permeating through the Torah reading, it makes sense that the theme of the Mussaf service should carry on with those concepts. Therefore, right through

cont. page 14

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the silent prayer as well as the repetition service we:

- Proclaim Hashem's kingship – malchuyot
- Remind ourselves and Hashem about his abundant mercy, wonders and might - zichronot
- Recall the Shofar blasts which glorified his presence in this world – shofaroth

The melodious tunes sung during this period also form part of the picture that we try to create, ie: we glorify and anoint Hashem as the supreme ruler and king of us and humanity.



Yom Kippur

With respect to YK, we have 5 services said over the 24 hour period, namely:

- Kol Nidrei – ma'ariv
- Shacharit – morning
- Mussaf – extra service
- Mincha – afternoon
- Neilah – closing service

Kol Nidrei is named after the opening part of the service before Ma'ariv. The actual prayer is dedicated to the annulment of a person's vows. The tune that is intoned during the service has its roots dating back to the Spanish Inquisition of 1492, a very solemn and difficult time in Jewish history.

The underlying theme of the Torah reading is the service performed by the High Priest [Kohen Gadol] on Yom Kippur inside the Beit Hamikdash [The Temple in Jerusalem]. The underlying theme that carries through the Mussaf service is the same, namely, the functions and service performed by the High Priest in the Beit Hamikdash on Yom Kippur. Therefore, there is a direct correlation between

the theme of the Torah reading and the theme contained within the YK Mussaf service. Why does the Torah reading as well as the Mussaf service focus on the High Priests service? Yom Kippur is the Day of Atonement, a day for Tesuvah/ repentance. The High Priest performed very specific jobs on Yom Kippur seeing that he was the appointed representative of the community and therefore needed to perform these functions in order to request acceptance of his personal Tesuvah, acceptance of his family's Tesuvah and acceptance of the Tesuvah of the community.

The key focus of Yom Kippur is the concept of Tesuvah/ repentance so it makes sense that the themes that are found within the prayers of the day will direct us towards reaching a point of doing sincere Tesuvah.

Neilah, the closing service is said once a year only on YK, there is no 5th prayer or service within the Jewish calendar, we are only required to pray 3 times a day. Therefore, this unique reality makes this service the most auspicious one unlike any other prayer we have within our tradition. For this reason it is also the only prayer where you are required to stand for the whole time. It is always viewed as the last chance to show Hashem that an individual is truly regretful for his actions and wants to do proper Tesuvah.

In closing, it is clear that the different prayers that are said over this period have underlying themes and ideas which are inter-connected to each other, not only to keep us focused on what needs to be achieved but to enhance and assist us in reaching our own personal spiritual goals and objectives during this special and holy time.

Once again I extend good wishes for a Shana Tova, may we all be inscribed in the Book of Life for a good and healthy new year.



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Aliyah for the Uninitiated

Nili Schamroth

I made Aliyah in May 2014, and my first year has been a huge learning and integrating experience.

Recently a patient of mine, a 90 year old Olah Hadasha (the term in Israel really just means 'not born in Israel' regardless of how many years you may have lived here) and I were swapping Aliyah stories – as one often does in Israel. She told me how she came to Israel by ship from Romania in the 1940s and innocently asked if I too came by ship, bringing an instant smile to my face.

My Aliyah started off with a bit of a bang. I came here in the beginning of the Israeli summer, looking forward to spending my time before starting to work in the sun, at the beach and improving my Hebrew. Alas, Hamas had other plans for my summer; an exposure to the darker side of the Middle Eastern conflict. I recall one morning, while I was buying my very vital daily morning coffee, an air-raid siren went off. I was ushered with the rest of the patrons into the next door building's bomb shelter. There, introductions were made, jokes were shared and coffee was sipped until the booms outside had dissipated, and then we all returned to our daily routine. On another occasion I, like so many other Israelis, had the pleasure of greeting my neighbours in my bath towel, due to Hamas' insistence on rudely interrupting my morning shower. A much skewed reality of life.

I started off as the "Quiet Polite South African" and slowly - or as they say in Hebrew "para para" i.e. cow by cow (no alleged link to the concept of Lebola) - I have learnt to get my Chutzpah on. Unlike other countries where people are hesitant to talk about politics, religion, and money, I learned very quickly that Israelis will readily enquire about all aspects of your life, even those of a personal nature. They will ask what you think about the Middle East situation and immediately tell you their opinion! They will enquire about the cost of your accommodation rental and if you fast on Yom Kippur, practically even before they ask you your name. There are times that I wish Israelis would be a bit more polite and tactful, and not insist that 'Potjie' is an Israeli invention. This is a new fad at Israeli bonfires, and



although I try to explain about the original historical link to the Voortrekkers, Israelis are adamant that they are the 'start-up nation' for everything.

It's been a whirlwind experience integrating myself in this melting pot of International Jewry and the unique Israeli culture. There are however some things that I won't be getting used to: including my patients calling me "chayim sheli" (my life) or "neshama sheli" (my soul) just after meeting me. As their doctor I find these terms ironic. But there is something special and unique in the Israeli hospitals – I

have lit Shabbat candles with fellow doctors while on Friday night shift, have said Havdalah with my patients and shared handmade Baklava from family weddings of my Arab patients. The most important investment I made was to work intensely on my Hebrew from the start. I often joke with my colleagues that my Hebrew is transgender friendly as I often mix up male and female verbs. And I also provide some good entertainment with my vocabulary mistakes; such as in the middle of night offering a patient a sandwich instead of a pillow. More importantly, a year down the line I am now able to discuss and explain patient problems in Hebrew, and can vociferously join in the arguments with twenty other Israeli doctors, amongst whom some very strong opinions abound. The fact that there have been several Monty Python references in the doctors' tearoom, confirms that I have found the right place for my medical specialist training.



All in all, as I look back at my year here, I realize how lucky and fortunate I have been. The springboard for my Aliyah experience has been my family - who have been immensely supportive of my decision. Israelis often ask me if I made Aliyah alone or with my family. The real answer is definitely with my family as evidenced by the many, many FaceTime hours spent talking with them. It was difficult being far away from my family especially during a time of illness, but thanks to the wonders of the electronic age I was able to communicate on an almost daily basis with them, and share in their constant optimism. My family was always with me, and I with them.

Reflecting on this past year I am very grateful for the blessings of my new venture in life. May we all be blessed with good beginnings in the forthcoming year.

Shana Tova





**DIAL A
MENSCH**
08 18 18 18 18

We live in a bubble – a bubble where people assume that all the Jews within our community have sufficient financial resources and family support. The reality is different, and there are so many people who do not have the ability to get to a medical appointment or even to the shops. With resources stretched to the limit, a paid ride literally means less in their trolleys.

Some have vehicles but have no one to turn to if they get stuck - family members are often continents away. And not all Jews have a community, and if they have the misfortune of needing a Shiva minyan, they have nowhere to turn.

Dial a Mensch was established 11 months ago because of all these realities, and in this time has assisted hundreds of people in need.

A call through to the number 08 18-18-18-18 gets answered by a dispatcher, and the ever growing group of volunteers is made aware of the requirement either via a phone call to them or a WhatsApp group. If they can assist, they step up and are sent the details.

Initially set up to provide non-emergency lifts, basic road side assistance and help with Shiva house minyanim, the vast majority of calls received on a daily basis are for lifts. People need to get to and from the Johannesburg General Hospital, to shops for food, to pharmacies, to a hairdresser, to visit a sick friend, to collect a food parcel.

Sometimes taking over 10 calls a day, Dial a Mensch needs the support from those who can give an occasional lift. There is no specific time commitment, one helps when one can.

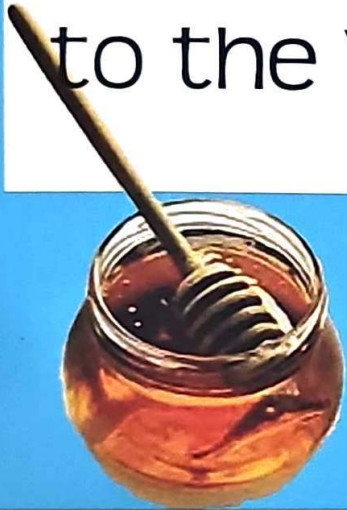
Dial a Mensch is independently funded and asks for no money from the people it assists, and neither does it fundraise from the community. The angels of the organisation are its dispatchers and volunteers, people who give a little of their time to transform someone else's day.

In order to ensure maximum parental nachas, it must be said that Dial a Mensch was started by Gary Arenson who started life on Victory Park streets. To play your part, please contact Gary on 082 776 3504, or send a mail to info@dialamensch.co.za. If you have a licence and your own vehicle, you can make a difference

This page is sponsored by Jack Mink. Wishing the Rabbi and his family, my family and friends; and the community a happy new year.

שנה טובה ומתוקה!

to the Victory Park Community



From the Doctors & Staff
at Sunninghill Radiology

The Professional members & all members of our Staff
extend to the Rabbi, the Chazan, the Chairman,
Committee & their families & all congregants
our best wishes for the New Year
& well over the Fast.

May the coming year be a year of peace in Israel;
health, wealth, happiness & prosperity to one & all.

bove attorneys

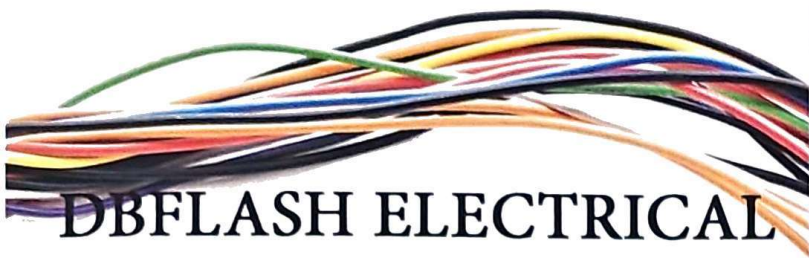


Fun times at
King David Victory Park
Pre-Primary School



We wish you and your families a G;Mar chatima Tova—a good,
healthy and prosperous new year
Shana Tova
From Lynda and all the parents, teachers and
children of KDVPSPS

We wish all a special year of health and happiness. Maurice and Jill Sack and family



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Calendar

MONDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Selichot followed by Shachrit 12.00am 8.00am</p> <p>Mincha & Maariv 5.45pm</p>	<p>Selichot followed by 5.30am</p> <p>Mincha & Maariv 5.45pm</p>	<p>Selichot followed by Shachrit 5.30am</p> <p>Mincha & Maariv 5.45pm</p>	<p>Selichot followed by Shachrit 5.30am</p> <p>Maariv 5.45pm</p>
<p>Erev Rosh Hashanna Selichot followed by Shachrit followed by Hatarat Nedarim 7.15am</p> <p>Candle Lighting before Mincha Maariv 5.42pm 6.00pm 6.15pm</p>	<p>Rosh Hashanna 1st day Shachrit Shofar Tashlich followed by Mincha Maariv Candle Lighting after 8.00am 11.00am 5.15pm 6.15pm 6.31pm</p>	<p>Rosh Hashanna 2nd day Shachrit Shofar Mincha Maariv & end of Yom Tov 8.00am 11.00am 5.50pm 6.32pm</p>	<p>Fast of Gedalia Fast begins Selichot followed by Shachrit Mincha & Maariv Fast ends 4.56am 5.30am 5.45pm 6.19pm</p>
<p>selichot followed by Shachrit 8.00am</p> <p>Help Build shul Succah</p> <p>Mincha & Maariv 5.45pm</p>	<p>selichot followed by Shachrit 5.30</p> <p>Mincha & Maariv 5.45pm</p>	<p>Erev Yom Kippur Kaporot Selichot followed by Shachrit Mincha Candle Lighting & Fast begins Kol Nidrei 5.45am 3.00pm 5.46pm 6.15pm</p>	<p>Yom Kippur Shachrit Yizkor Mincha Neilah Maariv & Fast ends 8.00am 11.00am 4.00pm 5.15pm 6.35pm</p>
<p>Erev Succoth Shachrit 8.00am</p> <p>Candle Lighting before Mincha Maariv 5.48pm 6.00pm 6.15pm</p>	<p>Succoth 1st day Shachrit Mincha Maariv Candle Lighting after 9.00am 6.00pm 6.15pm 6.79pm</p>	<p>Succoth 2nd day Shachrit Mincha Maariv & end of Yom Tov 9.00am 6.00pm 6.38pm</p>	<p>Chol Hamoed Shachrit Lulav & Etrog Eat in Succah Mincha & Maariv 5.45pm</p>
<p>Hashana Rabba Shachrit Lulav & Etrog Eat in Succah 7.15am</p> <p>Candle Lighting before Mincha Maariv 5.51pm 6.00pm 6.15pm</p>	<p>Shemini Atzeret Eat in Succah Shachrit Yizkor 10.45 and Geshem Mincha Maariv and Hakafot Candle Lighting after 9.00am 6.00pm 6.15pm 6.40pm</p>	<p>Simchat Torah Shachrit followed by Hakafot Mincha Maariv & end of Yom Tov 8.30am 6.00pm 6.41pm</p>	<p>Shachrit 6.00am</p> <p>Mincha & Maariv 6.00pm</p>

Notes: We do not say tachanun from Yom Kippur until 2nd Marcheshvan.
All Hazkarot for Yarzeits during this period must be made before Yom Kippur.

Tashlich will take place at the river where Zonda Avenue and Danya Road meet

2015

THURSDAY	FRIDAY	SHABBAT
10 Selichot followed by Shachrit 5.30am Mincha & Maariv 5.45pm	11 Selichot followed by Shachrit 5.30am Mincha & Maariv 5.45pm Candle Lighting before 5.41pm	12 Parsha Nitzavim Shachrit 9.00am Mincha & Oneg 5.30pm Shabbat Maariv & Motzei Shabbat 6.30pm
17 Selichot followed by Shachrit 5.30am Mincha & Maariv 5.45pm	18 Selichot followed by Shachrit 5.30am Mincha & Maariv 6.00pm Candle Lighting before 5.42pm	19 Parsha Vayelach Shachrit 9.00am SHABBATH SHUVA Mincha & Oneg 5.30pm Shabbat Maariv & Motzei Shabbat 6.33pm
24 Shachrit 8.00 PUBLIC HOLIDAY Mincha & Maariv 5.45pm	25 Shachrit 6.00am Mincha & Maariv 6.00pm Candle Lighting before 5.47pm	26 Parsha Haazinu Shachrit 9.00am Mincha & Oneg 5.40pm Shabbat Maariv & Motzei Shabbat 6.36pm
Chol Hamoed Shachrit 5.45am Lulav & Etrog Eat in Succah Mincha & Maariv 5.45pm	1 Chol Hamoed Shachrit 5.45am Lulav & Etrog Eat in Succah Mincha & Maariv 6.00pm Candle Lighting before 5.50pm	2 Shabbath Chol Hamoed KOHELET Eat in Succah Shachrit 9.00am Mincha 6.00pm Mincha & Oneg 5.40pm Shabbat Maariv & Motzei Shabbat 6.39pm
8 Shachrit 6.00am Mincha & Maariv 6.00pm	9 Shachrit 6.00am Mincha & Maariv 6.00pm Candle Lighting before 5.53pm	10 Parsha Bereshit Shachrit 9.00am Mincha & Oneg 5.50pm Shabbat Maariv & Motzei Shabbat 6.43pm



From the Primary School

Rabbi Seeff

Dear Victory Park Shul Community

On the morning of Rosh Hashanah, Rivka went into the bedroom to wake Moshe and tell him it was time to get ready to go to the Shul, to which he replied in a dull voice, 'I'm not going.'

'Why not?' Rivka demanded.

'I'll give you two good reasons,' he said. 'One, they don't like me, and two, I don't like them.'

Rivka replied in an exasperated voice, 'I'll give you two good reasons why you must go to Shul. 'One, you're 54 years old, and two, you're the Rabbi.'

While most Rabbis today will make it to Shul on Rosh Hashanah, fewer of our community members and youth are attending the services. South Africa is not unique in this regard and we are merely following a trend that can be witnessed around the world. The question is – can this trend be reversed? Can we as a community inspire our peers to return to shul, to re-engage with our religion and traditions? Should we even try?

I personally believe that our wonderful South African Jewish community is unique in the fact that most of us still send our children to Jewish day schools. A simple fact but one that indicates there is still a desire for most families to be part of Jewish tradition and to inculcate this desire in their children. This is a very significant point which provides our community

with a tremendous opportunity. How do we capitalise on this to see higher levels of Jewish engagement across our communal organisational landscape?

It is time for all stakeholders to shift our paradigms and to shift the way we engage with our constituencies. Judaism and Jewish education needs to be far more interactive and far more engaging. It also needs to be far more inclusive by running programmes that integrate parent and child in joined learning experiences. The shuls and the schools need to work together to deliver a product that is relevant and inspiring for our community members without compromising in any way on halachic standards. Schools and shuls are not independent silos – they are united by one common goal – education. We as a people have a wonderful collective story – and it is incumbent on us to make the new generation of South African Jews love that story, and live that story with pride - through using the multiple educational channels and infrastructure at our disposal. The Torah is called a "Tree of Life" – it is forever vibrant, forever relevant, even to the i-Generation, and if not the shuls and schools – then who?

I wish your community much success and look forward to increased levels of interaction between our organisations to educate and inspire our pupils and parents. This is a lofty New Year resolution but definitely one worth trying. The rich heritage and vibrancy of our Jewish community depend on it.

Shana Tova U'metukah to you and your families

It has been a wonderful experience to have been members of the Victory Park Congregation for 38 happy years. Bev and Tony Lutrin



*Wishing all our
clients
Shana Tova
U'metuka*

Class of 1975 – KDHS 40th Reunion

Jeffrey Sher

Our class was born and grew up in apartheid South Africa and, after graduating, was flung to all the corners of the world, in another diaspora for our generation. It is fitting that we gather together in Israel after 40 years of wandering in the world to reunite to celebrate our class, tell each other our stories, renew relationships that were broken by time and distance and, perhaps, to discover new ones that may flourish in the future.

This was part of the invitation that we as past pupils of King David received. I was privileged to be one of the 52 past pupils who attended the reunion in Jerusalem in April this year. There were 38 from Linksfield and 14 from Victory Park, there were participants from South Africa, Israel, United States, Canada and Australia. This represents about 25 % of the pupils from each school.

The reunion took place over Yom Ha'Zicharon, Yom Ha'Atzma'ut and Shabbat and took place at the Dan hotel Jerusalem. There was an amazing atmosphere as we all got together to reminisce over the past 40 years and to swap our stories and introduce our families to all the other participants.

On the evening before the reunion some 12 of us Victory Parkers met at the home of one of the ladies who lives outside Jerusalem. We got together at 20h00 and were reliving the memories of the years and when we next looked it was 2am in the morning and we were scrambling to find two taxis to take us back to

Jerusalem. Such was the camaraderie that existed.

On the first day part of the reunion was for those who wanted to share their stories and or families with the other participants. About 25 of the group shared what they wanted to and it was amazing to see what the various individuals had achieved over the past 40 years. If our year is representative of what past years Alumni of the King David Schools have achieved we as a small portion of the pupils matriculating each year have excelled by world standards.

The reunion took place over two very important days in the calendar in Israel. To go from the sombre mood of Yom Ha'Zicharon in to the joyous celebrations of Yom Ha'Atzma'ut is something special that one has to be part of. There are no words to describe the feelings that abound in Israel over these two special days.

On the second night we went on a night time tour of the new tunnels in the old city. This was an amazing tour. Having done the older tunnel tour on two previous occasions it was an eye opener to see these new tunnels that have recently been opened to the public. As the tour was coming to an end one of the guys said that he was an ovel and would like to say Kaddish at the wall. He was not a regular shul goer but as he was this close to the Western Wall he felt that he had to say Kaddish at the wall. One of the other guys said he had Yartzheit that night and would like to say Kaddish as well. At 22h00 on a cold April night the group as a whole said let's go the wall to daven Maariv so that the guys could say Kaddish. This was another way

in which the group had come together over a short but wonderful stay.

The programme ended with a Friday night Shabbat service followed by dinner. All of the non-Israelis stayed and participated in what was a wonderful end to a very special reunion. I am very grateful to have been able to partake in this event.

We ended by all agreeing to meet in Jerusalem to celebrate our 50th reunion



Victory Park class of 1975 in Jerusalem for their 40th reunion

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Wishing friends & family
Shana Tova Umetuka

Anthony, Steph, Zack &
Micah Fineberg

Wishing everyone a
healthy, happy &
fulfilled year.

Alan and Lesley
Lewis

אז מען שלאָפט מיט דינט שטייט מען אויף מיט פֿליי.

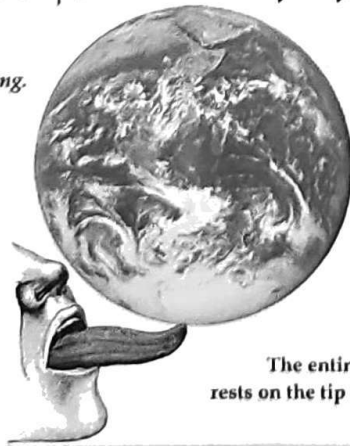
Az men shloft mit hint, shteyt men oyf mit fley.



If you sleep with dogs, you get up with fleas.

די גאַנצע וועלט שטייט אויף דער שפיץ צונג.

*Di gantse velt
shteyt af der shpits tsung.*



*The entire world
rests on the tip of the tongue.*

Good Yom Tov!

With love Lee, Jake,
Hannah and Jesse
Berkowitz

Shanah Tovah to all
our Jewish clients.



Wishing you and your families a happy,
blessed and of course sweet year ahead.

Our Baking Club

Stephanie Fineberg & Joanne Goldberg



Once again another year has flown by and the VP Baking Club is still standing the test of time. 2015 has seen many delicious functions, including our eagerly awaited and ever growing popular Yom Tovim dinners which we always celebrate with style and gusto, followed by a good few glasses of vino.

Time spent baking and cooking in the shul kitchen together affords wonderful opportunities to forge friendships, and to shriek with laughter, when at the end of a marathon baking session there seems to be an extra egg, or cup of flour standing unused. Dismayed we turn to each other, often with Joanne declaring she should have taken her customary Ritalin before embarking on, in Andy's words "the great shul bake-off". On a Friday morning you can be assured of a steady stream of High School staff and students popping their noses around the door, to see what caused the delicious aromas, which have emanated from the kitchen into the hall during assembly.

In light of the above, we extend an invitation to the ladies of the community to please join us in the baking club. Be it once a week, once a month, or once every 3 months, your

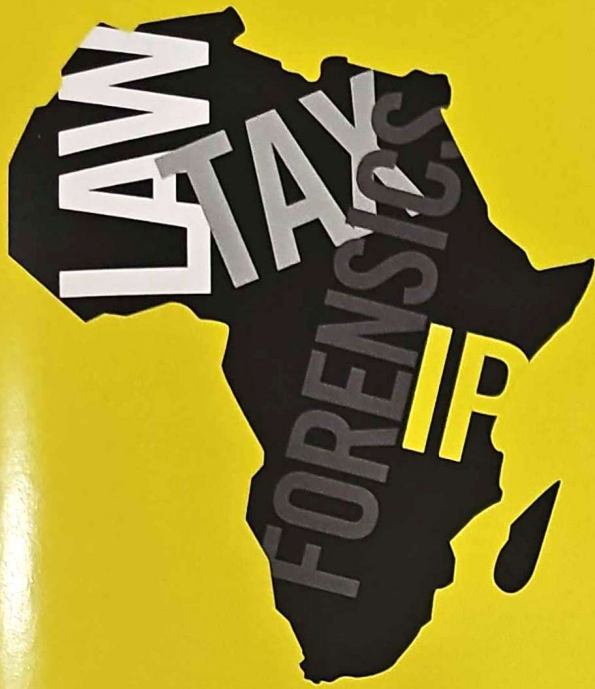
contribution would be invaluable. If you would like to at any stage to pop past, to observe, have a cup of tea and a chinwag, or just to help measure some ingredients we would love to have you and you would be pleasantly surprised how fast a morning goes by when you're having fun.

Thanks to Leigh, who whenever she can, rolls up her sleeves, steps up to the plate and helps when she can. To the rest of the ladies, you know who you are, who from time to time swing through the kitchen, be it to roll a bulke, mix some icing, THANK YOU!! We love having you and don't stay away toooo long.

Sadly we said goodbye to 2 of our fabulous baker girls, Sue and Andy, who due to work commitments are unable to bake regularly any longer. We thank them for their enthusiasm and dedication, and please ladies any spare time you have you're always welcome.

Wishing one & all
L'shanah Tovah Umetuka
A Good Year





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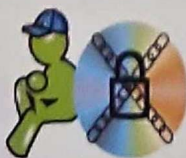
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var Torah from a Bat Mitzvah Girl

Ruby Gimpel

My Parsha is Nitzavim and Vayelech, it's a double parsha found at the end of Devarim that is about Moshe passing his responsibility to Joshua and his passing away.



As Moshe is preparing the people and Yehoshua to enter the land of Israel without him, he says to them two very famous words which a lot of you will be familiar with 'keep calm'. Just kidding, but he does actually say something similar, chazak ve'ematz which means be strong and have courage'. There are multiple times where these famous words are mentioned in the Torah, first of all three times in my parsha, from Moshe to Bnei Yisrael, then from Moshe to Yehoshua, and lastly from Hashem to Yehoshua. They are also found in the book of Joshua and in Psalm 27 Ledavid Hashem Ori, which we read every day in Elul, asking Hashem for strength and courage in the process of Teshuva. We are four days away from Rosh Hashanah, and it feels like from the Parsha this week, to the prayers throughout Elul, chazak ve'ematz is everywhere.

Why are these words mentioned now, at this point as Moshe is about to die?

To answer this question, let me set the scene for you. Moshe says to Bnei Yisrael, today I am

120 years old, Hashem has said to me that I cannot cross the Jordan. You are responsible for this next part of your journey and so I wish you to be strong and have courage. Moshe has held their hand for the past forty years and now he is no longer going to be with them as they enter Eretz Zavat Chalav Udvash. So he offers them the blessing of chazak ve'ematz.

But, these words sound very alike and the Torah never wastes words, so what do each of these mean?

One idea is that when people say strength it refers to a person's inner qualities, chizuk is about finding one's personal strength. Courage is something different, it is strength that grows from faith in Hashem. Courage is a belief that when things seem tough, we don't only have to rely on a personal strength, we can depend on a belief that something greater than us is on our side.

From a Jewish point of view, you need chizuk and ometz, strength and courage to live your life to the fullest. Put differently, we need our personal strength to do our bit but we always need our faith that Hashem is helping us too.

With this difference in mind, we understand why Bnei Yisrael needed to hear these words now. Up until this point, Bnei Yisrael have been wandering in the desert without a home, but Hashem has provided them with the man, given them a cloud by day and fire by night to protect them and has made all their decisions for them, just like my parents have been doing for me.

cont. page 34

Wishing the Rabbi, Rebbetzin and entire congregation a shana tova umetuka. Jonathan and Lorien Gimpel and Family

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But now their leader, Moshe is passing on the baton to Yehoshua to lead them into this land. They have to start fighting their own battles, taking care of themselves and their land and providing food for their households. In other words, they have to grow up. What a big difference.

This sounds very similar to my life. Up until now my mom has given me breakfast and shlepped me to and fro from school, to my extra murals and anything else that I need. My dad has done all that when my mom isn't available, and they have made the pathway for becoming who I am today. But now at my Batmitzvah I have to start taking responsibility for myself and my life as Bnei Yisrael had to do. It's an exciting but yet nerve wracking time, but I have to take the strength and courage from my parsha. My parents have given me the tools to find my own inner chizuk. But luckily, I don't have to rely only on myself, I also have the blessing of courage, relying on the help and strength of Hashem. And mom and dad, don't think about this in the wrong way, maybe you will still have to make me breakfast or take me places but you get the point I am trying to make.

Perhaps this is why the mitzvah of shemitah which is coming up next year, is mentioned in this Parsha. Shemitah is the mitzvah of letting the land rest which occurs every seven years. Three things happen in the Shemitah year, workers rest, the earth rests and we leave the gates of our fields open for everyone to take their share. The first connection between shemitah and entering the land is obvious, we are entering the land and Hashem is teaching us to care for it responsibly and not abuse it. But there is a deeper connection that links shemitah to chazak ve'ematz.

For six years, we work the land, we use all our chizuk, our inner strength to produce our livelihood. But in the seventh year, we let go, and hand over to Hashem and it becomes

more about ometz or courage, trusting that we will be ok for a year and allowing Hashem to take care of us, just like when we were wandering in the desert.

This makes me think that life is about searching for the balance between chazak and ematz, sometimes we are more in chazak and sometimes more in ematz and maybe sometimes we find the perfect balance.

Change can be a scary time. On the one hand it's so exciting, what will happen next? But on the other hand, change can be filled with danger. And the theme of this Parsha, the Jewish month and what's happening to me today is all about change and passing the baton. Bnei Yisrael are transitioning from a landless people to a nation with a beautiful land, they are moving from the desert to Israel. Moshe is handing over his job as leader to Yehoshua. In our Jewish calendar we are about to move from the past year to a new year with Rosh Hashanah and lastly the biggest change in my life, is this change from girlhood to Jewish womanhood, on my batmitzvah.

But with change comes the gift of chazak ve'ematz - and so as we face Rosh Hashanah next week I take these words from my parsha and wish you all chizku ve'imtzu, may you find your perfect balance between your personal efforts and support from Hashem.

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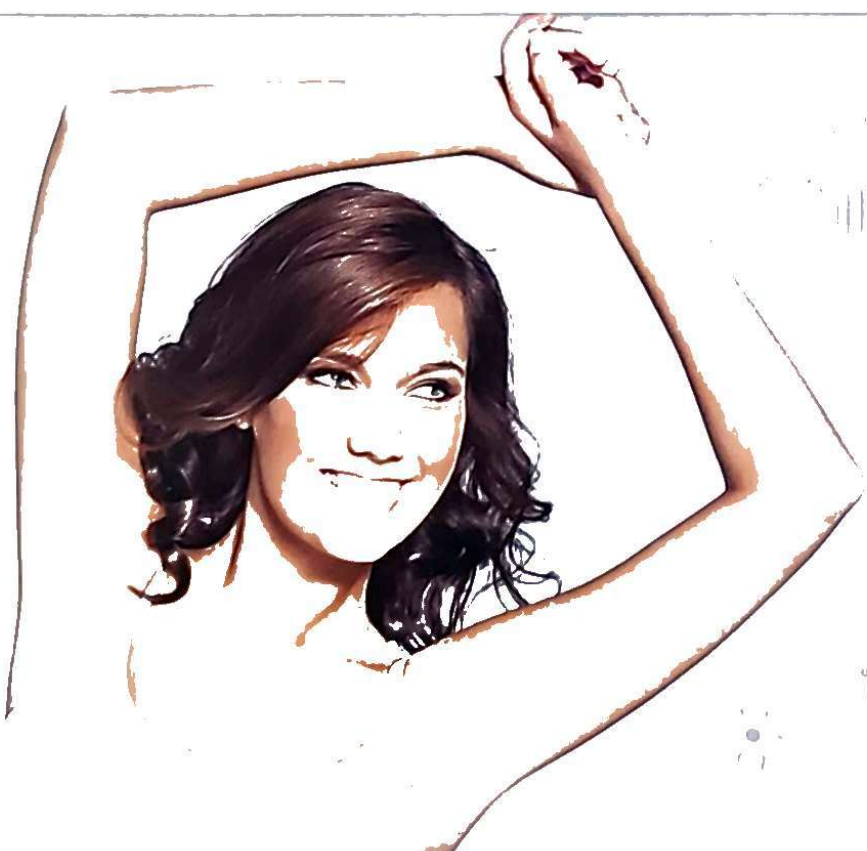
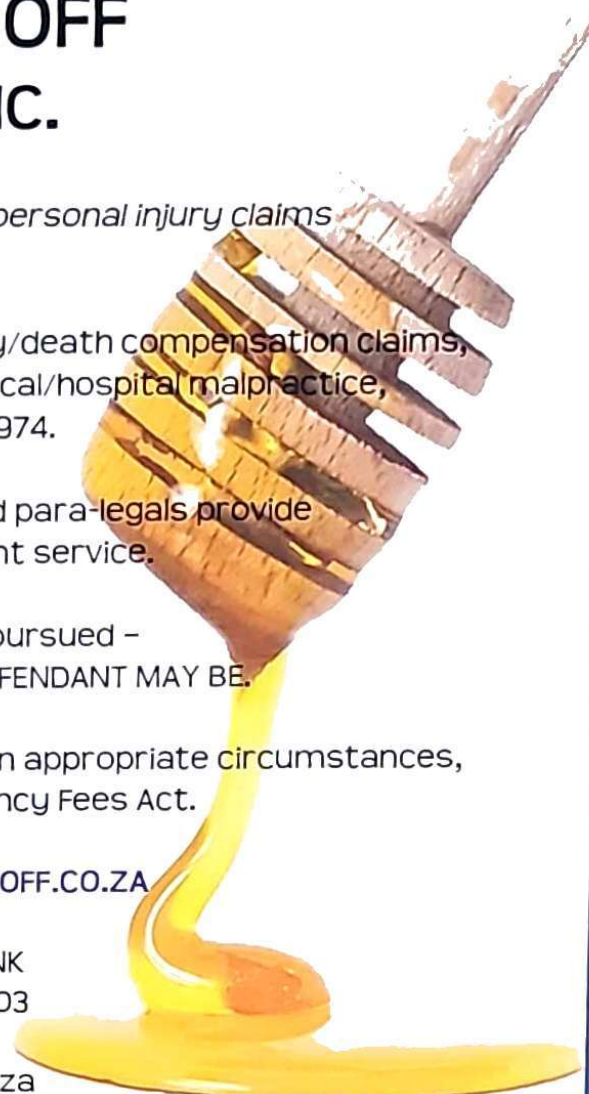
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Tour de Aaron

Aaron Fleishman

After a long journey to Belgium, I was thrown straight into the deep end of the European racing. The racing there is a different level



to back home in South Africa. There are 200 people, all fighting for position on a 5m wide road, which lends itself to some tough racing. I was selected to race in the Junior Tour De France which would take place in the Alps. On the first stage I was a domestic for my team mates which meant I was going back and forth bringing them bottles as it was over 35 degrees. I was then told to race which was going well until I was instructed to go the wrong way at the finish line, and was unfortunately disqualified from the race. I was very disappointed but determined to race even harder.

As we were 30km from Antwerp we got to watch the start of Stage 2, of the Tour de France which was incredible. I was lucky enough to go to Paris to watch the final stage of the Tour de France along the Champs Elysee. There were so many people and I finally understand how big the race actually was. While in Paris I got to meet multiple professional riders, and was able to go to a party with them.

I raced multiple races in Belgium over the 6 weeks that I was there. It is very different there, as races only start late in the afternoon compared to back home where we start races at the crack of dawn. I got to explore the city of Antwerp which was very interesting. I saw some amazing sites and could not believe how lucky I was to be in Europe at the young age of 17.

In one race there were 5 other South Africans who I ended up beating, boosting my confidence a lot. At the beginning of my trip I was being dropped by the bunch and by the end I was getting a top 20 in a race. That is a huge feat when you cycle overseas. Off the bike, I learnt so many life lessons that I would not have been able to learn otherwise, as it was like I had moved out of home and was living alone (which was quite scary). I had some Australian riders staying with me and they helped me a lot as they were much older than me.

Thank you to all the people that made my trip possible. I am so grateful to have been given this wonderful opportunity,



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We wish the Rabbi, Laia and Family and all the congregants a Ketivah ve-Chatima Tovah.
Louis and Clara Oscherowitz

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

Wishing you a happy and healthy new year. Shana Tovah V'Metokah.
The Rosenthals

Wishing the community a happy New Year and well over the fast.
Ellis and Mel Falkof

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

Chag Sameach!
Peter, Tish, Daniel, Joshua and Jesse Berman

Wishing the Rabbi, the Chazan, the Chairman Committees and their families and all congregants our best wishes for a happy healthy prosperous New Year and well over the Fast.
Leslie Belinda Justin and Sherri Kobrin

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

Shana Tovah from Eli and Joy Ovadia and Family

Wishing the Victory Park community a Shana Tova Umetuka from the Nossel Family

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

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

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

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

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

Shana Tova to our family, friends & community.
Stuart & Marion Zeller & family

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

Our sincere and good wishes for a peaceful 5776, filled with wonderful blessings.
Carol & Stanley Arenson

Wishing the Rabbi and Family and the Victory Park community shana tova umetuka and well over the fast.
Love from the Rubin Family

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

Wishing you good health, happiness, peace and prosperity. Today and all through the year! L'shanah Tovah!
Love the Wainer family

Barry and Tzippy Damelin wish the Rabbi and Laia and family, friends and family a healthy and sweet year. Gmar ketiva ve chatima tovah.

Shana Tova Umetuka & fast well. David, Louella Friedland & family and Minnie Ritz

Maryann, Ben and Family wish the congregants of our wonderful Victory Park Community a Shana Tova Umetuka and may we grow in strength.

Sincere good wishes for a happy, healthy, peaceful New Year and well over the fast.
Les & Iona Samowitz and family

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

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

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

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

Shana Tova and well over the Fast from Ari and Lisa Meyertal and Family

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

ahrtzeit List

SURNAME	NAME	YAHRTZEIT	DATE	
GORDON	David	Brother	29th Elul	13th September 2015
KRAWITZ	Jack	Wife	2nd Tishrei	15th September 2015
KRAWITZ	Leon	Mother	2nd Tishrei	15th September 2015
OSCHEROWITZ	Louis	Father	2nd Tishrei	15th September 2015
BERGER	Lal	Father	3rd Tishrei	16th September 2015
ARENSON	Carol	Mother	4th Tishrei	17th September 2015
SCHNAID	Linda	Husband	6th Tishrei	19th September 2015
SCHNAID	Caron	Father	6th Tishrei	19th September 2015
DAMELIN	Barry	Father	7th Tishrei	20th September 2015
GLADSTONE	Lauren	Great Grandmother	7th Tishrei	20th September 2015
COPANS	Arlene	Mother	8th Tishrei	21st September 2015
GLAZER	Basil	Mother	8th Tishrei	21st September 2015
LANG	Jerome	Father	8th Tishrei	21st September 2015
ROME	Maureen	Mother	8th Tishrei	21st September 2015
UZVOK	Laia	Father	8th Tishrei	21st September 2015
EPSTEIN	Jeffrey	Father	9th Tishrei	22nd September 2015
COLLIE	Monty	Mother	13th Tishrei	26th September 2015
SCHNAID	Linda	Father	15th Tishrei	28th September 2015
SCHNAID	Caron	Grandfather	15th Tishrei	28th September 2015
FRIEDLAND	David	Mother	16th Tishrei	29th September 2015
OVADIA	Eli	Mother	16th Tishrei	29th September 2015
FRIEDLAND	Louella	Father	17th Tishrei	30th September 2015
RITZ	Minnie	Husband	17th Tishrei	30th September 2015
SHER	Jeffrey	Grandmother	19th Tishrei	2nd October 2015
STRIMLING	Michael	Mother	20th Tishrei	3rd October 2015
BLOCK	Michael	Grandmother	21st Tishrei	4th October 2015
MARKS	Gillian	Son	21st Tishrei	4th October 2015
MARKS	Lara	Brother	21st Tishrei	4th October 2015
HYMAN	Maxine	Brother	21st Tishrei	4th October 2015
BENETAR	Ilana	Grandfather	24th Tishrei	7th October 2015
BLACHER	Dave	Father	24th Tishrei	7th October 2015

GORDON	David	Mother	24th Tishrei	7th	October 2015
FIHRER	Joan	Father	25th Tishrei	8th	October 2015
MILLER	Shelli	Father	26th Tishrei	9th	October 2015
GLADSTONE	Alvin	Father	27th Tishrei	10th	October 2015
KLAWANSKY	Tickey	Father	27th Tishrei	10th	October 2015
GLADSTONE	Lauren	Mother	28th Tishrei	11th	October 2015
PEPPER	Morris	Mother	30th Tishrei	13th	October 2015
KLAWANSKY	Tickey	Mother	1st Cheshvan	14th	October 2015
DAMELIN	Tzipora	Mother	4th Cheshvan	17th	October 2015
MINK	Jack	Brother	4th Cheshvan	17th	October 2015
ARENSON	Dana	Father	6th Cheshvan	19th	October 2015
BERNSTEIN	Denise	Father	6th Cheshvan	19th	October 2015
FRIEDMAN	David	Father	6th Cheshvan	19th	October 2015
TRIEBWASSER	Sheryl	Husband	6th Cheshvan	19th	October 2015
MARKS	Lara	Grandmother	9th Cheshvan	22nd	October 2015
HYMAN	Maxine	Grandmother	9th Cheshvan	22nd	October 2015
MARKS	Gillian	Mother	9th Cheshvan	22nd	October 2015
KROWITZ	Eric	Brother	11th Cheshvan	24th	October 2015
RAFF	Sam	Father	11th Cheshvan	24th	October 2015
TEMKIN	Louise	Mother	13th Cheshvan	26th	October 2015

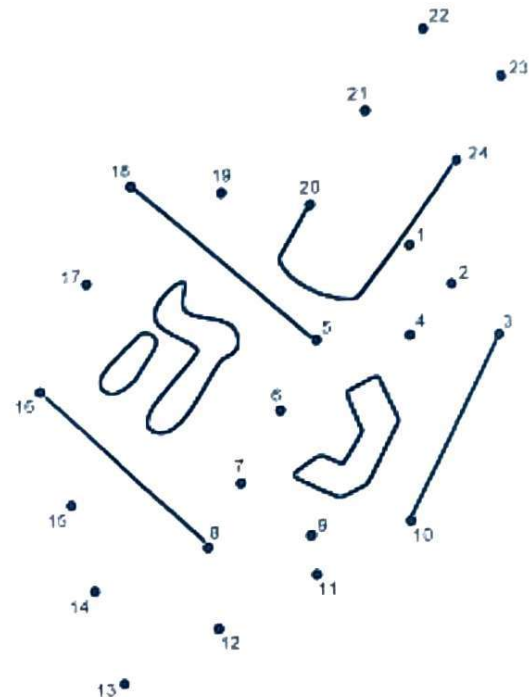
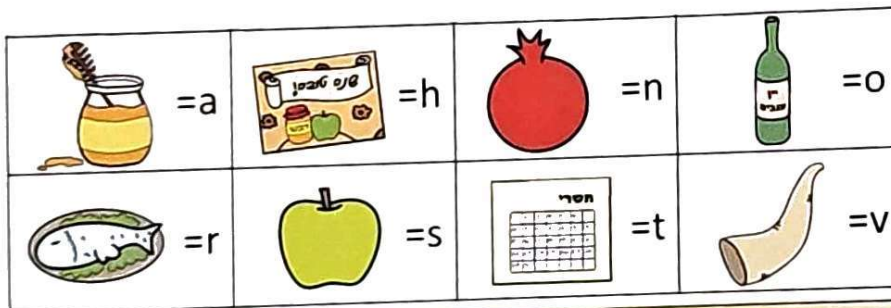
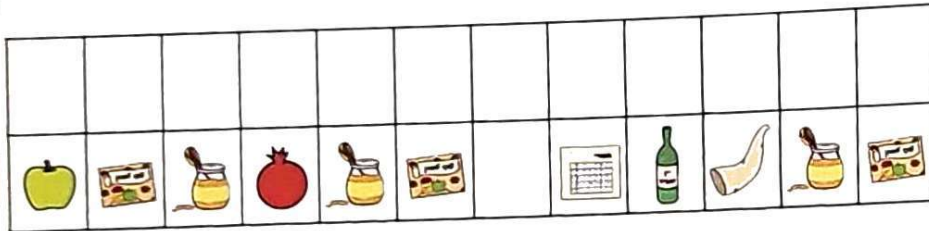
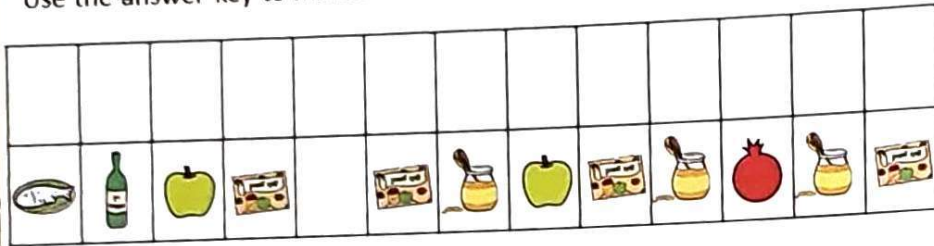




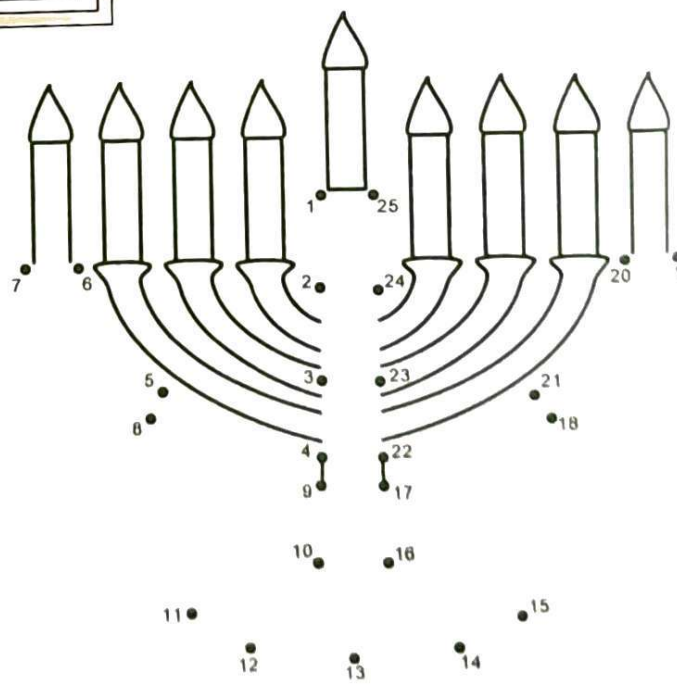
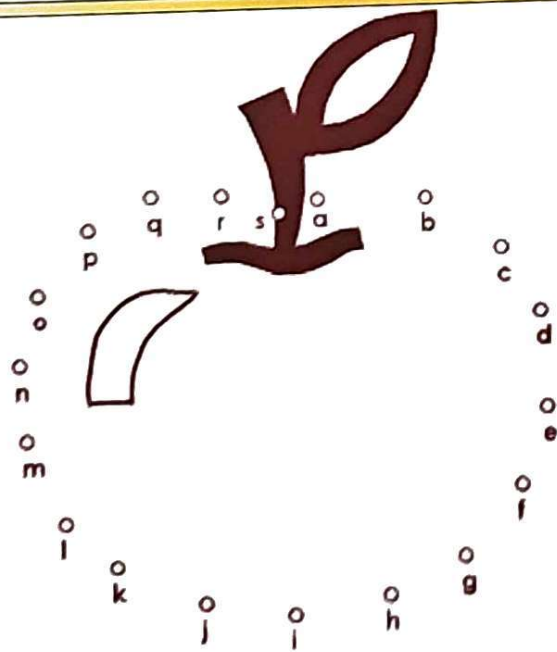
ids Stuff!

Secret code – Rosh Hashanah

Use the answer key to match the letters to the symbols and decode the lines



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— HAPPY — ROSH HASHANAH

*MAY THIS NEW YEAR BE FILLED WITH HEALTH
AND HAPPINESS FOR YOU AND YOUR FAMILY*



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