

# Rosh Hashanah

# 5785

2024



Victory Park & Districts  
HEBREW CONGREGATION

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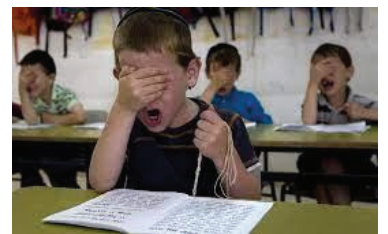
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## With Thanks

Cover artwork by Itzik Rubin  
Design and Layout : Aviva Grayman

# COMMITTEE MEMBERS



**From left to right:** Michael Epstein, Paul Freinkel, Adrienne Skikna, Matthew Lewis, Rabbi Rodney Richard, Peter Berman, Rabbi Zusman Y Uzvolk, Mark Lachman, Joanne Goldberg, Jonathan Gimpel, Lorien Gimpel.

Absent: Jolene Goldberg, Wayne Tichauer

*The VP Shul committee wish the entire congregation a Shana Tovah U'metukah –  
May the year 5785 be sweet and be filled with good health, meaning, peace and happiness  
and may we grow from strength to strength in the coming year.*



# A PERSONAL TRIBUTE TO OUR SHULS

## CHIEF RABBI WARREN GOLDSTEIN



As you look through this magazine, you'll be struck, as I am every year, by how its pages reflect the hard work and dedication of the rabbi and rebbetzin, shul committee, volunteers and administrators of Victory Park Shul; how, together, through numerous initiatives, the leaders and volunteers of your shul are creating a vibrant community for everyone to enjoy.

When you think of the time and effort and talent that goes into creating your shul experience – it's breathtaking. And it's a great time to express our gratitude for the incredible blessing of being part of a community.

Our shuls, I believe, are what makes our South African Jewish community so special. In our generation, a time of great social fractures and isolation, this is what people are craving more than anything – a sense of community. And we have it, right here, in our shuls.

Our shuls are where community happens, more than anywhere else. I'll go further – our shuls are, in the most real, tangible way, what makes us a community, every week. It's the place we gather for daily

minyanim, Shabbat services and every Yom Tov. We gather to connect with Hashem. We gather to connect with each other. We gather with our rabbis and with each other to find faith and strength, love and friendship, vision and inspiration; to celebrate in times of happiness, and comfort each other in times of difficulty and loss.

Our shuls enrich us spiritually, emotionally and socially – a hub of meaning and inspiration, a source of comfort and support, a warm, inviting place that makes us feel at home.

Crucially, our shuls are not just community centres; they embody and nurture within us the values that make a community, a Jewish community. The mishna in Pirkei Avot tells us the world stands on three things: Torah wisdom, prayer and acts of kindness. Our shuls give us all three.

Firstly, they are our contact point with Hashem's guidance and perspective through learning Torah. With all the inspiring sermons, incredible shiurim and learning groups on offer, we immerse ourselves in Divine wisdom, grasping from

it the purpose and meaning of life, who we are and where we come from – what it means to be a Jew.

Secondly, our shuls give us the great spiritual merit of davening in a minyan, of connecting to our Creator. Our sages explain that when we pray together, we come before Hashem not just on our own merit, but with the collective merit of the community – and in fact, all of Klal Yisrael. Our prayers are therefore exponentially more powerful. This is particularly important on Rosh Hashanah and Yom Kippur, when we come before our Creator in judgement and need every merit we can get.

Thirdly, our shuls offer amazing opportunities for giving. Through the many shul chesed projects, people are looked after, cared for, provided with what they need. These acts of kindness nurture the love and the bonds that hold us all together. These are the three pillars of the world, and of a Jewish community. And, more than that, whenever we step into our shuls, we also spiritually and emotionally connect with the broader South African Jewish community, and world Jewry. We've felt this particularly intensely since October 7. As Jews, we've needed consolation, comfort and solidarity during this painful time – and we've found it in our shuls.

Baruch Hashem. What a blessing. What a gift.

May Hashem bless all the wonderful people of Victory Park Shul, and all of us, and, of course, our brothers and sisters in Israel with a good and sweet year filled with peace, safety and abundance.

**Chief Rabbi Dr Warren Goldstein**

# LEARNING HOW TO TRULY HEAR

## RABBI ZUSMAN YUZVOLK



The word SHMA and its various permutations appear numerous times in the current book of Devarim.

Since the beginning of the month we have been blowing the Shofar. Once again, the Mitzvah is not in the blowing of the Shofar but rather, the Mitzvah is in the hearing of the Shofar. By the time we get to Rosh Hashanah, the blessing will be "Lishmohah Kol Shofar" - to HEAR the sound of the Shofar.

It is almost as though the Shofar Blasts of the month of Elul are there to remind us how to hear.

What does it mean to hear? What does the Torah want from us when it says "Shma"? It means to understand, to connect, to empathize. In English too, we say "I hear you" when we want to indicate that I understand what you mean.

I believe that part of the process of preparing toward the High Holidays is achieved by slowing down to truly hear what the people around us, especially family, are saying and what they are not saying. As the song goes: "You gotta read between the lines in case you need it when you're older".

There is something else that we need to relearn to do and that is to stop, slow down and relax in order to hear what our own bodies are telling us. There might be parts of our bodies that we have been abusing. We might be taking our limbs and organs for granted.

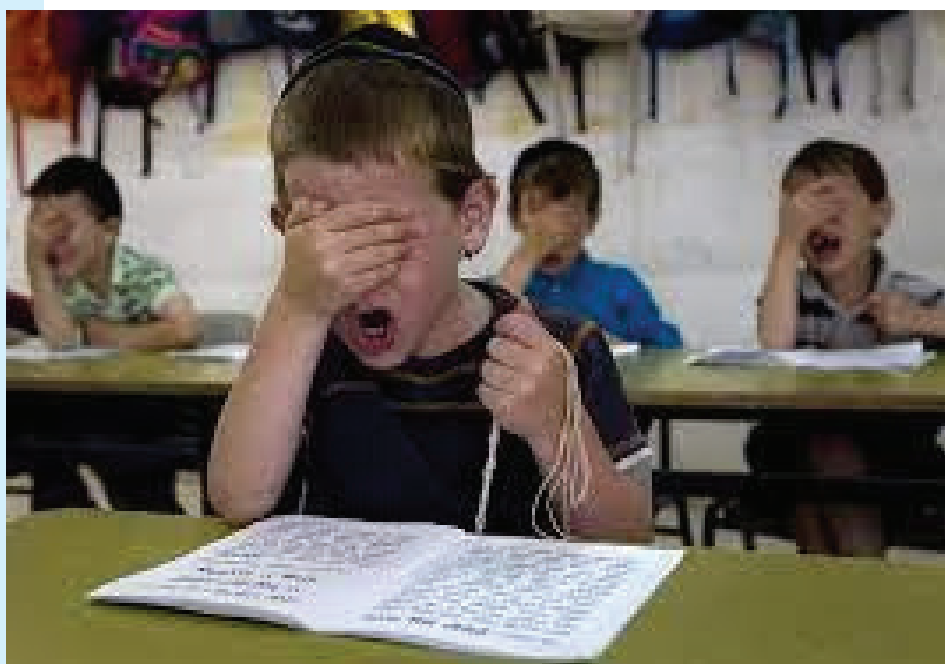
There is even a deeper listening. What is the soul saying? What is my purpose? What is my mission? What contract did I make with G-d before I came into this world? Who am I? Is the inner me happy with where I am taking it?

Am I creating too much noise that stifles that inner voice or am I open to truly listen to my inner self?

The first time that the Torah speaks about hearing is when Adam and Eve heard the sound of Hashem walking through the garden. What did Adam do? He hid because he was afraid. It seems to me that that is what we do when we hear the sound of Hashem walking in our inner garden. We try to hide from it. However, Elul leading up to High Holidays is a course in relearning how to hear. We blow the Shofar, and we don't hide away. We look inside and try to hear our own inner self.

May this year be the year when Moshiach hears our cry and may we all hear the footsteps of Moshiach.

Laia and our kids join me in wishing you  
**Ketivah Ve Chattima Tovah Le shanna  
Tovah umettukkah**





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# WHAT IS A JEW? HOW AM I DIFFERENT?

## REBBETZIN LAIA UZVOLK



BH

Dear Friends

Generally, from Rosh Chodesh Elul 'til after Simchat Torah, I personally, (and probably we collectively), start holding my breath. I need to do what I can to deserve to be inscribed and sealed for all that's revealed good. That takes lots of work. Usually, we go through this 60-day cycle and then exhale, waiting to see what we have achieved, and giving the year our best shot.

Not this past year. We never got to Motzai Simchat Torah. Thus, I personally, and presumably, we collectively, have not yet exhaled. We're still holding our breath from the start of last Elul!

We got as far as Simchat Torah. And then, on that tragic day, most Rabbis in the Diaspora stood firmly directing our communities to take up the challenge of 'Simcha poretz geder'. 'Joy breaks through all boundaries.' We were encouraged to dance as never before, with more joy than ever! That was agony. Terrified of the unknown, confused by the terror, wanting naturally to freeze, and instead, 'Moach

shalit al halev' -the mind must rule the heart. The call of the hour was for us to dance with joy, not freeze with fear! And world-wide that's what Jewish communities did, to the best of our abilities. Why? 'Cos we are Jews. And that's what we do. And that's why we are still here. 'Cos Jews live Jewish!

Boruch Hashem, we are still here. The Egyptians are not. The Babylonians are long gone. The Greeks and Romans are interred in the annals of history. And we Jews are alive and thriving BH. And, thus, we are thorns in their sides. If the Simchat Torah attack was only about Israel, we would not feel it here in South Africa, nor in Columbia, England or Japan.

Our people were murdered and taken hostage not for being Israelis. They were and are being tortured because they are Jewish. We owe it to them, and to ourselves to find out more about what that means.

**What is a Jew? How am I different, so special that it irks them so? Our people died for being Jewish. What does it mean to live Jewish?**

It's far more than gefilte fish and taiglach. It's living with the values like those which

got us through last Simchas Torah, where the Torah tells us how to live...and if need be, G-d forbid, how to die.. 'Moach shalit al halev', the mind rules the heart. 'Simcha poretz geder'...Joy breaks all bounds. These are examples of how we live Jewish. Yes, I may want to eat a cheeseburger, or I may really wish to date the non-Jewish neighbour... and Hashem said no. So, I won't. My mind must rule my desire. 'Cos I'm a Jew. That's what I do.

And that's why we are here to tell the story!

We're all desperate to make a difference, to help Eretz Yisroel, the soldiers, the hostages, to do something for the martyrs and their families.... our extended families. The most noble, effective way to practically help them all, is to truly understand why they were terrorized. To explore what BH it really means to be a Jew and to take baby steps to live more Jewish. To choose to be the reason why there will always be Jews.

The way to honour their lives, their deaths, their captivity, is to say... **I too am proud to be a Jew. And I'm going to find out what that means and strive to live more Jewish.**

And then, with every baby step we take, we make Eternal Angels which escort their Holy Souls. Whether they're in Gaza, the North, or sadly, already in Heaven. Our Angels add jewels to their crowns.

And we know first-hand from our soldiers that their battles are miraculous, and they know and feel the protective Angels our prayers and good deeds create. They constantly thank us for our spiritual ammunition which guides their physical weapons!

So, although this is when I am usually



holding my breath, now it's time for me to exhale, and breathe deeply. I need the energy to do my part in fighting this spiritual war, the koiach to live Jewish.

Please join me.

My family and I bless each and all to be showered with such revealed good that you can sense it with all six senses, no philosophy needed. May we really greet Moshiach NOW!

Ketiva Vechatima Tova, LShana Tova Umetuka.

Love, Laia



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# M'SHANEH MAKOM, M'SHANEH MAZAL

## RABBI RODNEY RICHARD



Dear Friends

It is often said that moving home is one of life's greatest challenges. Emmarentia Shul was home for so many of us for so long. Many had been members of the Emmarentia Shul for over five decades. Naturally, saying goodbye to our spiritual home was always going to be difficult, and so it was.

The pain and discomfort, however, was so greatly alleviated by the warmth shown by this wonderful Victory Park Shul community.

On behalf of the entire Emmarentia Shul community, I thank you for welcoming us so graciously and kindly.

Thank you to the chairmen (Peter and Ari) and the committees of both Shuls for their tremendous effort, care and sensitivity in managing and facilitating this transition.

Special thanks to Rabbi and Rebbetzin Uzvolk. Were it not for your humility, eidelkeit and strength of leadership, such a merger would never have taken place.

And, on a personal note, thank you to all of you for making me and my family feel so welcome and at home.

In a world characterized by rapid change and uncertainty, Shul and Community remain a beacon of stability and direction. The warmth of community is essential at a time where the pace of life often feels overwhelming and impersonal. Our Shul is this solace and spiritual refuge where we can reconnect with our values and with each other, and recharge our spiritual batteries. I ask each of you to please reach out to family and friends and encourage them to experience the beauty of our community. Everyone needs a community; everyone deserves a community.

As we enter this new year, I am excited to share with you my vision for strengthening our community. Our future lies in the hands of the next generation, and it is crucial that we invest in their growth, development and empowerment. This year, I, together with my dear wife, will look to introduce a range of social and cultural activities designed to engage, educate, and inspire our younger members. I have already begun to actively engage with King David's pre-primary school, primary school and Ariel and I will continue to reach out to the greater student base to the best of my ability.

Whilst focusing on the youth, I look

forward to giving shiurim to the wider community on such vexing topics as "Free Choice vs Pre-determinism" and "Torah and Evolution and the Age of the Universe".

Thank you for entrusting me with the sacred task of leading the community in prayer over the High Holy Days and, PG, beyond. May Hashem fulfil all our hearts' desires for good.

The Talmud, in tractate Rosh Hashanah, teaches, "M'shaneh makom, m'shaneh mazal" ("if you change your place, you change your luck/destiny"). May Hashem bless the Victory Park Shul, "Our Place", with Mazal Tov and success in all its future endeavours.

On an individual level and, tapping into the spiritual energy that abounds during the months of Elul and Tishrei, if each of us can be m'shaneh (make a positive change within ourselves), then Ha-Makom (another name of Hashem) should change our Mazal for the very best.

May you and your loved ones be inscribed and sealed for a year of abundant and revealed blessings – a year where, as a community, we can celebrate each other's joys!





Advertorial

## Emmarentia Shul joins with Victory Park Shul

On the 5th of August 2024, Emmarentia Shul joined with Victory Park Shul. The move had been discussed between the respective Shul committees and Rabbis for several months and was unanimously and enthusiastically endorsed by both communities.



Rabbi and Rebbetzin Uzvolk

For more than five decades, Victory Park shul and Emmarentia shul have been pillars of Jewish life in the north-west of Johannesburg. Their rich histories, vibrant traditions, and unwavering sense of community have left an indelible mark on the lives of all their members wherever they may be in the world today.

*We invite anyone who has yet to experience the warmth, energy, and dynamism of Victory Park shul to join us on a Shabbat or over the upcoming High Holy days. We look forward to welcoming you!*

As we trailblaze a dynamic and vibrant new path with the merger of the two shuls, spearheaded by Rabbi and Rebbetzin Uzvolk and Rabbi and Rebbetzin Richard, and embark on this new and exciting chapter, we invite you to join along.

### Our vision:

- To be THE Orthodox Jewish community centre for all Jews on the west side of Johannesburg, offering religious, social, cultural, recreational, educational, and youth activities 365 days a year, 24/7
- To reconnect with, inspire, and empower our youth through active engagement with them at shul and at school
- To be a "home away from home", where every Jew feels accepted and no Jew is turned away
- To build a multi-purpose community/activity centre - "The Space".

In his address at the deconsecration service for Emmarentia shul on 4 August 2024, Rabbi Richard said, "The sanctity of a shul isn't found solely in its bricks and mortar. The true holiness of a shul comes from the people who gather in it, the community that breathes life into its walls and halls. It's our shared faith, our dedication to Torah, *mitzvot*, and one another that makes it holy.

"Our decision to join Victory Park shul is a testament to our commitment to these principles. While we cherish the memories we have made here, our future lies in the strength and vitality of our new combined community."



Rabbi and Rebbetzin Richard

Together, we can build bridges across generations, celebrate our shared heritage, and create a truly remarkable community, one that echoes with the laughter of children, the self-discovery of youth, the wisdom of elders, and the heartbeat of unity.

For more details, please contact the Shul office on 065 891 7637.



# CHESHBON HANEFESH

## REBBETZIN WENDY RICHARD



Starting from Rosh Chodesh Elul, through Rosh Hashonah and until Yom Kippur, is a time of personal reflection. We reflect on the past year and on what we need to improve on in the year to come. This is called a Cheshbon Hanefesh, a personal accounting of ourselves.

We ask ourselves what Mitzvos we did and didn't do. We need to honestly reflect on how we treated others, how we treated Hashem and how we conducted ourselves during our daily interactions. Were we kind? Did we give tzedokka? Did we Daven wholeheartedly and not only by rote? Did we apologise when necessary? Did we prioritize the right things?

It's not easy to be honest with ourselves, but if we "dig deep" we can improve ourselves and achieve so much insight into being our best selves. Not only for yourself, but for everyone around you.

Joining the special Victory Park Shul has been an exceptionally easy transition. From the moment I walked into Shul that first Shabbos, everyone

made my family and I feel so welcome. The warmth, inclusivity, kindness and enthusiasm I've experienced has given me clear purpose for the year ahead.

As I undertake my own self-reflection, I am so excited to share my plans with you. We will be starting an exciting, fresh, new Bat Mitzvah program in January for all the Bati girls. This will include experiential learning, outings, mom and daughter activities, and of course the opportunity to learn how incredibly blessed we are to be Jewish women.

We will be providing structured and pre planned children's services, where the children are split into appropriate age groups, to cater for their specific needs. There will be youth gatherings and exciting activities to encourage our children to see our Shul as a "home away from home".

I also look forward to learning with the wonderful women in the community: Shiurim, meet and greet evenings, connecting through chessed activities and (as one lady

adamantly insisted) including some lovely wine during our time together!

As I "dig deep" and reflect on my strengths and weaknesses, I feel privileged to have clear vision and intentions for the coming New Year. A special thank you to Victory Park Shul for this opportunity.

Wishing you all a Shanah Tova Umesuka. May we all be signed and sealed for a wonderful, blessed year ahead.

Warm regards  
Wendy



BH

Bat Mitzvah Club is a special opportunity for girls to learn what it means to be a Jewish woman while connecting with friends and enjoying hands on activities.

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# PURIM AND CHANUKAH 2023/2024



# A CENTRE OF SPIRITUAL, SOCIAL, AND CULTURAL LIFE

## CHAIRMAN PETER BERMAN



In the heart of many Jewish neighbourhoods lies a centre of spiritual, social, and cultural life: the shul. It's where ancient traditions meet modern needs, where prayers echo and friendships flourish. But what makes our Victory Park Shul more than just a building? It's the vibrant community that breathes life into its walls. We have a special something or 'x factor' here and I for one am incredibly proud to be part of our shul.

The events of October 7, 2023, had a profound and devastating impact on the Jewish community, both in Israel and around the world. The past 10 months has been amongst the most challenging and heart wrenching. It has left an indelible mark in our history. Every one of us has a direct connection, story or anecdote, and we have all been affected in some way.

We continue to work through this daily, and showing solidarity strength for each other is no doubt one course of action we should strive for.

Before I begin writing my article for the magazine, I like to reflect on the year prior to assess how and if we succeeded with our goals...

One of our major ambitions was to clean up and extend the Library and office and create a centre for our youth, events etc.

Fast forward and we present to you "The Space".

This project has required hands on deck by so many members of the community, the committee and Rabbi Uzvolk. I would like to give special mention to Jonathan Gimpel who has driven this project with such passion and professionalism. Jonathan, together with Russell Hollander and Dovi Fleishman have put miracle work into creating this significant game changer for our shul and community. We look forward to enjoying The Space together and continuing to create memories.

As everyone knows, a very proud moment for our shul, and some would say, for the South African Jewish community at large, took place in the last few months. We have been blessed to welcome the Emmarentia Shul and community to their new home. It has been a seamless integration and speaks to the quality of all people involved in making this happen. One of the keys to this success has been the approach and application by Rabbi and Rebbetzin Uzvolk. Thank you to you both for making this such an easy transition, and for continuing to lead this community with such aplomb. We value and appreciate all you do.

An official warm welcome to Rabbi and Rebbetzin Richard and the entire Emmarentia community. Rabbi, your new role in

leading the youth could not have got off to a better start! Thank you for the time, effort and energy you have both injected into this exciting venture.

May it grow from strength to strength.

I would like to acknowledge the men who continue to ensure our Minyanim remain in such good standing. On behalf of the entire community- thank you! please continue with the great work of keeping the heartbeat of the shul going.

To the incredible shul executive and committee, and a special warm welcome to new members of the team. Your dedication and passion to the cause doesn't go unnoticed. I certainly know and witness the hours behind the scenes. Thank you! To our unstoppable and incomparable ladies guild, headed up Joanne Goldberg. From Shabbos brochas, 1st Fridays, simchas, YomTovs and beyond. The catering and baking club remains the benchmark for shuls in JHB.

We are getting ready to launch a new fundraiser for the 1st time in several years. I appeal to the community to please assist however and wherever you can. We need to keep our shul moving in the right direction and ensure that the finances remain in good standing. Thank you in advance for all your contributions.

In closing, I would like to take this opportunity to wish one and all a Shana Tovah Umetukah.

May Hashem Bless us all with a sweet new year, with PG only simchas and brochas in our gem of a shul in the 'Park of Victory' Thank you

**Peter Berman**



# TODAY THE WORLD WAS BORN

## DIRECTOR RABBI RICKY SEEFF



SCHOOLS

According to our Sages, Rosh Hashanah is the day on which the world was created, or more specifically, when Adam and Eve were created. This idea is expressed in the davening – “Hayom Harat Olam” – “Today the world was born”.

In its essence, Rosh Hashanah is about rebirth. It is a day in our calendar where we make a conscious decision to re-programme ourselves.

We stand in front of Hashem, on the day he created us, to justify and motivate the case for our continued existence. We stand before Him in prayer as a form of testimony to declare that even though we may not have been perfect and although we have significant shortcomings – we are committed to living our lives better. Particularly our spiritual lives. We ask Him to keep investing in us. We are worth it. We stumble and fall but we are intent on improving and being more engaged, proactive and thoughtful Jews. We hope and pray that He will give us another chance in the year to come.

In that sense, we are given an opportunity to start again. To repair relationships, be kinder, do more mitzvot, be more active shul goes, volunteer for community more, bring more spiritual light into a dark world. Rosh Hashanah is an inflection point to change direction and grow in a new positive direction.

Victory Park Shul has already been proactive before the new year has begun. In an act of selflessness, bravery and wisdom a new positive

path has already been forged. In the merging with Emmarentia Shul your communities have come together in the most profound way to breathe new life and vigour into the community in Western Johannesburg. I wish to thank and praise the Rabbonim and Committee Members for seeing the bigger picture and making this very powerful decision.

SABJE and the King David Victory Park Campus wish to partner with you in strengthening your community and doing what we can to collaborate in the best symbiotic interest of your shul and the schools. We have had an excellent synergy for many decades, and I look forward to seeing this flourish into the future.

May this year herald Rebirth. Vigour. Energy. Inspiration. Success. For both of our organisations.

Wishing you and your families Shana Tova Umetukah.

**Rabbi Ricky Seeff**  
General Director



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**WISHES THE COMMUNITY**  
**A SWEET, HAPPY**  
**AND HEALTHY NEW YEAR**



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*L'Shanah Tórah*

*May the Joyful Sound of the Shofar Welcome in a New Year of Health, Happiness & Sweetness in your Life and Home!*

*L'Shanah Tórah Tikateiru*

*From The Zaslansky & FIRZT Family*

*Bring them Home*



# MESSAGE FOR ROSH HASHANAH

## HIGH SCHOOL HEAD

# ANDREW C BAKER



The Musaf Service on Rosh Hashanah and Yom Kippur dominates the High Holiday liturgy. On these Festivals it serves as the centrepiece of the service. The most significant part of the Musaf is divided into three sections, namely, the Malchuyot, Zichronot and Shofarot, each with an identical structure.

The order of these three sections is not random and could be summarised as representing past, present and future. All three sections conclude with their own

shofar blowing which draws attention to the significance of each section. In the Malchuyot we look to the origins of the first monotheistic religion, defining the essence of Judaism. In the Zichronot we acknowledge the role that G-d plays in our current lives. And, finally, the Shofarot looks to our future as a people.

At this time of the year, it is most appropriate to look anew at our connection with Hashem and Judaism. The sound of the shofar calls people to pray and reflect but

even more importantly to grow and change.

King David High School Victory Park is blessed to be united with the Victory Park Hebrew Community in the celebration of Rosh Hashanah.

My wishes to Rabbi Uzvolk, Mr Peter Berman, the Shul Committee and the entire Shul Community on the threshold of the New Year. May it bring blessings to us all and, my best wishes for a good and pleasant year, spiritually and materially.

Past, present and future.....I want to take this opportunity to bid farewell to the Victory Park Hebrew Community as I prepare to move to my new position as Executive Head of Dainfern College. As I reflect on my journey over the past nine years, I am exceptionally grateful for the kindness and warmth that I have received from this special Community of Victory Park families.

May Hashem bless the entire Jewish Community with a year filled with only good health, success, and optimism for the future.

### Shanah Tovah

Andrew C. Baker - HEADMASTER  
KING DAVID HIGH SCHOOL VICTORY PARK



## 30 YEARS OF GOING ABOVE AND BEYOND TO PROTECT OUR COMMUNITY.

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# SHANA TOVA U'METUKA

## PRIMARY SCHOOL HEAD KEVIN LEES



I would like to express my deep appreciation for the strong relationship and support that exists between our school and the Victory Park Shul community.

A special thank you to Rabbi Uzvolk, for his continued partnership with our school. His guidance and dedication to fostering a love of Jewish learning among our pupils has been invaluable. I would also like to thank the Shul Chair, Mr Peter Berman, for his outstanding ongoing support and partnership.

I congratulate Victory Park Shul and Emmarentia Shul on their merger. We are eager to see the positive impact it will have on both your congregation and our pupils.

As I write this message my thoughts and prayers are with the hostages and their families affected by the events of October 7 and the ongoing situation in Israel. We pray for their safety and for peace in the region, and we stand in solidarity with our brothers and sisters in Israel.

Our Primary School continues to flourish and maintains its reputation as a school with a heart. Our pupils have excelled academically, culturally and on the sporting front. They have also been afforded wonderful opportunities for spiritual growth and deep connection with their Jewish identity.

As we approach Rosh Hashanah,

a time of reflection and renewal, I want to wish all of you a Shana Tova U'Metuka—a sweet and prosperous new year. May this new year bring you and your families health, happiness, and fulfilment. May we all be inscribed in the Book of Life for a good year ahead.

Thank you all for your unwavering support and commitment to Jewish education and values. We look forward to many more years of collaboration, shared traditions, and community building. Together, we can continue to inspire the next generation of Jewish leaders and thinkers.

Yours Sincerely,

**Kevin Lees – Head of School**



# ACTS OF KINDNESS

PRE-PRIMARY SCHOOL HEAD

**JODI GOLDBERG**



In line with King David School's 2024 theme of KINDNESS, KDVP Pre-Primary has emphasized teaching children that acts of kindness, whether big or small, possess the remarkable ability to transform not only the lives of those on the receiving end but also the hearts and minds of those who extend them. At our school, the value of kindness is reinforced daily, through every activity. From reading books and structured lessons to incidental learning, kindness rings, and the Elul Kindness Tree, the message is clear and ever-present.

Yet, kindness is most powerfully taught by example. Children are incredibly perceptive, often learning how to treat others by observing the adults around them. We are especially grateful to Rabbi Uzvolk for being such a wonderful role model of kindness. His presence in the classroom is a gift to the children, as he connects with them in a kind, inspirational, gentle, and wise manner. His teachings go beyond religious instruction, incorporating

essential values and ethics. Through his interactions, Rabbi Uzvolk consistently reinforces what it means to be a mensch. The children look forward to his visits and cherish the time they spend with him. At Victory Park Shul, Rabbi Uzvolk leads with kindness, creating an atmosphere where everyone is treated with respect, care, love, and understanding. He has fostered a strong, Torah-based community centred on kindness, where all are welcomed with open arms.

We are deeply thankful to Rabbi Uzvolk and the Victory Park Shul community for offering such a positive environment for our parents and their children. This community provides a sense of belonging and a home for all.

Wishing you all a **Shana Tova Umetukah**. May the new year bring blessings to each and every one of us.

JODI GOLDBERG  
Pre-Primary School Principal



Wishing all our family and friends Chag Sameach and well over the fast  
**Anthony Steph Zack Micah Fineberg**



# THE SHOFAR COLLECTION

## RAEL LISSOOS

This is a story about the shofar and a surgeon on the Southern tip of Africa. The surgeon is Dr. Irving Lissoos Z"l and the Shofrim are a collection of the species in Southern Africa that could be used to make a Shofar.

This time of the year Elul and Rosh Hashana brings us much hope, prayer and renewal. The sound of the Shofar penetrates deep into our beings. The blasts of the Shofar have also been used to commemorate some of our most special historical events.

The Halacha allows us to utilise a Shofar from any kosher animal except a cow. The kosher animal does not need to be killed in a kosher way. South Africa is blessed with a large array of antelope, most are technically kosher.

Dr Lissoos (Yitzchak), had a deep interest in Jewish history and its permeation in our modern world and education systems. The binding of Yitzchak by Avraham is a turning point in our development. A frightening event for Yitzchak. It is from this event that much of the shofar symbolism and consequences of the reverberating blast of the Shofar emanate.

So perhaps it was this that motivated Dr Yitzchak Lissoos to embark on the collection. Dr Yitzchak Lissoos started making normal Rams horn shofars. The surgical instruments used in a kidney transplants or renal biopsies were not suitable for shofar making but the surgical principles seemed to apply. What is quite funny is that the radiology department

and the Jewish radiologists at the hospital assisted in X-raying the horns. This allowed Dr Lissoos to see where the hollow part of the horn stopped and could be cut to make the shofar.

Dr Lissoos was discussing this with a patient who hunted, a common pastime in Africa. Once this relationship was set Dr Lissoos got access to the hunting community who would bring in horns from the various species.

From the large Kudu to the small reebok. The reebok is where the British-American sports brand Reebok derives its name.

The hospital was not a suitable venue for the making of the shofar, the sawing, hollowing,

soaking and curing. So much to my mother's dismay the Victory Park home became a shofar factory, with the strange odours of the curing of wild animal horns. At night there were also the grinding sounds that would appease any orthopaedic surgeon as the x-rays guided these operations.

In Gemara Rosh Hashana 27b a Beraisa is quoted. "If a shofar was long and one shortened it, it is kosher. If one scraped down the shofar until the horn was very thin, it is kosher. [However,] if one overlaid the mouthpiece with gold, the shofar is not valid. If one overlaid the outer surface of the shofar with gold such that the sound is affected, the shofar is not valid."

So, the stage was set for a great collection. My mother was lucky that the law prohibited the use of gold as I'm sure her jewellery would have been used in this enterprise.

Included is a photo not to scale of the collection, as well as some of the animals. What has been a true delight is the different tones and pitches these Shofrim give to the Tekiah, Teruah and Shivarim. The Ashkenazim normally use a Rams horn, different Jewish communities around the world use different horns. The Yemenites have traditionally used the very long and curved Kudu horn.

In the Victory Park Hebrew Congregation Rabbi Usvolk blows the large Kudu horn at the conclusion of Yom Kippur.



Maimonides wrote that even though the blowing of the shofar is a Biblical statute, it is also a symbolic "wake-up call", stirring Jews to mend their ways and repent: "Sleepers, wake up from your slumber! Examine your ways and repent and remember your Creator."

# ITS TIME TO THINK AND REFLECT

## ARIEL HEAD ANDREA BEN



As the sun sets and the year draws to a close, Jewish communities from around the world prepare to welcome Rosh Hashanah. Rosh Hashanah invites us to reflect on the past year, embrace the present and prepare for the future.

Rosh Hashanah is one of my favourite Chag's of the year filled with excitement, family and delicious foods. One of the highlights for me personally, is hearing the shofar being blown in shul. I always feel a tingle inside when I hear the sounds and echoes of the shofar. It's as though the shofar is waking up everyone's hearts and minds, telling us that its time to think and reflect.

At King David Ariel, we offer excellence in remedial education in addition to all the benefits offered by a King David School. These include Hebrew and Jewish Studies, Davening, Chagim, sports, assemblies and shared resources and sporting activities. Each student benefits from personalised learning, in-house therapies and a sense of community and belonging within a stable, renowned Jewish environment. We have many children that have mainstreamed to date and are blessed to

have outstanding resources and the highest quality of remedially trained teachers and therapists with state-of-the-art programs, strategies and facilities.

Jewish Education plays an integral role at our school. Torah values are imbued as each Chag is celebrated at our school. We celebrated our very special Grade 2 Siddur Ceremony with King David Victory Park Primary at the Victory Park Shul which was one of the highlights of this year.

As we celebrate Rosh Hashanah, let us re-

member the importance of Jewish education for our children. Just as we eat apples dipped in honey to wish for a sweet year ahead, we can encourage our children to immerse themselves in their Jewish identity through learning and community engagement. By instilling in them a deep appreciation for their values, we can equip them to navigate their lives with purpose, strength and positivity.

This Rosh Hashanah, may we all commit to fostering Jewish education to empower the next generation.

Wishing the entire Victory Park community, a Shana Tova and a great year ahead in which we are all blessed with Hashems richest blessings. Let's cherish all the hopes and dreams for this new beginning and continue to hold Israel close to all our hearts.

Here's to a sweet New Year for everyone!

Warm Regards  
Andrea Ben





## THE HISTORY OF VICTORY PARK

### DAVE KOTON

#### FROM FARM TO SUBURBS HISTORY OF THE NORTH-WESTERN SUBURBS AND SOME PERSONAL HISTORY AND VICTORY PARK

BY DAVE KOTON

First we shape the cities – then they shape us.” Jan Gehl, Danish Architect. Who would have thought that the formation of the north western suburbs of Johannesburg, 138 years ago, would play such an important role in shaping the lives of a small Jewish immigrant family?

Victory Park was originally a part of The Braamfontein Farm, a huge piece of land on the Witwatersrand that was owned by Gert Bezuidenhout. In 1886, Lourens Geldenhuys bought a portion of the Braamfontein Farm from Bezuidenhout for 4,500 pounds. The land that Geldenhuys bought stretched from Victory Park and Rosebank in the North, across to Killarney in the east, then to Commissioner Street, Mayfair, and Coronationville and in the west, even extended as far as the Northcliffe Ridge. It was this purchase that gave rise to the establishment of the north western suburbs of Johannesburg. After the Boer War many farmers lost their land, and Lourens was very concerned about the future of his fellow Afrikaners. While Lourens was a very generous man, his purchase of this

enormous farm was also motivated by the hope that in buying this land that the gold reef, which had been found in the south (Johannesburg), would extend into his farm. However, this was not to be, and evidence of his attempted mining can be found in the Melville Koppie Nature Reserve.

Lourens Geldenhuys had three sons and he gave each of them a portion of the farm. In 1891, two of his sons, Frans and Louw, registered their own rights to the land. Both Frans and Louw built a house on their land. Frans’ house now serves as the clubhouse of Marks Park. Louw’s house, at 14 Greenhill Road, was sold on auction in 1992, for R700000.00. The house has been restored as it is considered a heritage site. Emmarentia is named after Louw’s wife. Louw and his wife Emmarentia are buried in the old family cemetery which is opposite the primary school in Hill Road. The palm trees that can be seen in the garden were planted by Emmarentia when the house was built.

One of the main features of the area is the beautiful Emmarentia dam. After the Boer War many farmers were unemployed and in 1902 Geldenhuys came to their rescue by employing them to build the dam wall. The dam and the land to the west of it was endowed to the Johannesburg Municipality by Geldenhuys. The dam was stocked with

fish by the Municipality, and they were instructed that the land to the west was to be used as a park, the Botanical Garden. The land in Emmarentia is ideal for growing fruit, especially peaches. Geldenhuys divided some of his remaining land into small farms which he gave to the farmer/ builders at a minimal rental to grow fruit. On the 3rd of February 1963, the foundation stone of the new Emmarentia Shul was laid.

I arrived in the north western suburbs in 1943 when my family “upgraded” from Bertrams to Greenside, and 64 Muirfield Road became my home for the next 17 years. Greenside, which was founded in 1931, was originally part of the Geldenhuys farm and got its name from the nearby golf course. I was 6 years old when we moved to Greenside and I was educated at the Greenside Primary School which was established in 1940. Linden, which was also part of the Geldenhuys farm and was to the west of the suburbs, had small holdings of several acres. One of these belonged to the Fihrer family. There was a horse tethered in a field to the west of the Greenside school. As we became friends, I learned that the horse belonged to Cyril Fihrer. At breaks Cyril used to go and give the horse water and some more hay. Yes, he used to ride his horse to school and back all the way from Linden. Eighty- one years later, Cyril, and myself have remained lifelong friends.

In the early 1940’s during the Second World War certain foods such as white sugar, and brown flour were rationed. We were fortunate that my father was in the food business which allowed him a monthly supply of 100 pounds of each. The white sugar, and brown flour came in Hessian bags (no plastic in those days – no pollution). My father kept the bags which were put into good use in summer. At that time Rustenburg Road was only two lanes, and when one came to Rustenburg Road and looked south, north or west all you saw were the fruit trees and hidden below them was the dam.

There were no fences and no traffic which made it easy to cross, so my two older brothers and I would walk up to Rustenburg road, cross it and load the bags with peaches. My father would then come by car to collect us with the hessian bags full of fruit. My mother, who was a real boba from Lithuania, was excited when we arrived home with all the fruit because not only was she an amazing cook and baker but she was a great fruit canner as well. The peaches were never wasted as she bottled them all in Ball jars and so a delicious dessert was available to us all year round.

In 1946 the Shatenstein family "immigrated" from Yeoville to 59 Greenway Road and Shirley Shatenstein came to Greenside Primary. Having been at the same school, Shirley and I knew each other but that was the extent of our connection. After matric we both ended up at Wits, and it was at Wits where our romance blossomed. We were married in 1960 and spent our first year as a married couple overseas. When we came back to South Africa in 1961, we lived in Killarney for two years and were blessed with an addition to our family - our oldest son, Kevin. In 1963 we bought a stand in Victory Park and built our own home. We moved in with the second addition to our growing family, Melanie who was only 3 months old at the time. The addition of our third child, Russel 7 years later completed our family unit. In years to come we realized what a wonderful "investment" moving to Victory Park was! We had not foreseen how fortunate we would be to live in and be a part of the wonderful Victory Park community!

Victory Park was a very different place when we moved here sixty one years ago. The first structure you would see when driving up Rustenburg Road was a dairy plant called Nels Dairy. The cows from Nels wandered through our suburb eating the grass at the verge of our

gardens until they were herded back to the dairy to be milked. For many years Nels delivered their milk to our door. Further up Rustenburg Road on the left was Beaconsfield Club, which was not only a club but one of the spaces that shaped our Victory Park community. Many of us joined the club and we spent lots of summer weekends playing tennis and at the pool with our kids (private pools were not the fashion yet). The Delta Park that surrounds our neighborhood was originally a sewage disposal works which closed in 1963. An environmental educational centre opened in the park, and the Delta slowly transformed into a beautiful focal point of Victory Park.

In the 1960's there were no tar roads in Victory Park (except the main entrances), and every few meters on the sand roads one would drive into a big donga. It was so noisy driving on the sand roads that when we heard a car driving, we knew we had a visitor. Brick or precast walls did not exist in the area, and at most one meter high wire fences enclosed some of the houses. When we moved into our house there were only two other houses on our block, but scattered around the neighborhood we had the most wonderful friends. The Block family lived across the street from us and on one of the first mornings in our house, when baby Melanie was outside, Ghita came over to say 'hello' to her. This gesture began a friendship that blossomed over the years and the Blocks became more like family than friends. Having the Copans family as neighbors also led to a very close friendship. As the neighborhood grew, so did our community, and when the Katz family moved into their house in Pentrich Rd who knew that many years later we would actually become family with Andy and Russel marrying!

One of the most important spaces that shaped our suburb and community was the establishment of King David Victory

Park Schools. The primary school opened in 1960, and the High School in 1964. The schools became a hub of the community as all of our friends sent the children to King David. It was so wonderful to attend gatherings there. However, there was one thing missing and that was a shul. Thanks to the determination of Dave Serebro and a handful of other residents our congregation was born in 1967. The Victory Park Hebrew Congregation started off by only having a Friday night service that was held in the foyer of the primary school hall. Eventually, a Saturday morning service was added and by then the services were being held in the hall. Once the high school hall was built the Victory Park Hebrew Congregation moved into its permanent home.

After 57 years, the Victory Park Hebrew Congregation still has a vibrant community with our Rabbi Uzvolk at the helm. We welcome our new addition - the Emmarentia congregation and Rabbi Rodney Richard. We are fortunate to have a wonderful young committee running our affairs with fantastic plans for the future. The 'First Friday Night' get together, which this committee started, has been a great success! If you have not attended, I urge you to please come and try it out for some good food, a chat and a l'chaim. As one of the oldest members of this congregation, measured not only in time but also in age, I would ask you to support our shul, and committee under the leadership of chairman Peter Berman. Please give them all the support possible to help keep our Jewish community vibrant and healthy as we move forward in these difficult times. I wish you all a happy and healthy year and well over the fast. **CHAG SEMAICH.**



This page has been sponsored by the Goldstuck Family.

# CALENDAR - TISHREI 5785

OCTOBER 2024

SUNDAY		MONDAY		TUESDAY	
<b>September 22</b> Shacharit 6.45am	<b>September 23</b> Shacharit 6.45am	<b>September 24</b> Shacharit 8.00am  <b>PUBLIC HOLIDAY</b>	<b>September 25</b> Mincha & Maariv 6.00pm	<b>September 26</b> Mincha & Maariv 6.00pm	<b>September 27</b> Mincha & Maariv 6.00pm
<b>September 29</b> Selichot 12.00am Shacharit 8.00am	<b>September 30</b> Selichot followed by Shacharit 6.15am	<b>October 1</b> Selichot followed by Shacharit 6.15am	<b>October 2</b> Mincha & Maariv 6.00pm	<b>October 3</b> Mincha & Maariv 6.00pm	<b>October 4</b> Mincha & Maariv 6.00pm
<b>October 6</b> <b>Fast of Gedalia</b> Fast begins 4.32am Selichot followed by Shacharit 8.00am	<b>October 7</b> Selichot followed by Shacharit 6.15am	<b>October 8</b> Selichot followed by Shacharit 6.15am	<b>October 5</b> Mincha & Maariv 5.45pm Fast ends 6.28pm	<b>October 6</b> Mincha & Maariv 6:00pm	<b>October 7</b> Mincha & Maariv 6:00pm
<b>October 13</b> Shacharit 8:00am	<b>October 14</b> Shacharit 6:45am	<b>October 15</b> Shacharit 6:45am	<b>October 9</b> Mincha & Maariv 6:00pm	<b>October 10</b> Mincha & Maariv 6:00pm	<b>October 11</b> Mincha & Maariv 6:00pm
<b>October 20</b> Chol Hamoed Shachrit 7:45am Lulav & Etrog Eat in Succah	<b>October 21</b> Chol Hamoed Shachrit 6:30am Lulav & Etrog Eat in Succah	<b>October 22</b> Chol Hamoed Shachrit 6:30am Lulav & Etrog Eat in Succah	<b>October 12</b> Mincha & Maariv 06:00 Sukkot 4th Day Sukkot 3rd Day	<b>October 13</b> Mincha & Maariv 6:00pm Sukkot 5th Day	<b>October 14</b> Mincha & Maariv 6:00pm Sukkot 6th Day



WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>September 25</b>	Shacharit 6.45am      Mincha & Maariv 6.00pm	<b>September 26</b>	Shacharit 6.45am      Mincha & Maariv 6.00pm	<b>September 27</b>	Shacharit 6.45am      Mincha & Maariv 6.00pm Candle Lighting before 5.48pm	<b>September 28</b>	Parsha Nitzavim Vayeilach Shacharit 9.00am   Mincha & Oneg Shabbat 5.35pm Maariv & Motzei Shabbat 6.38pm
<b>October 2</b>	<b>Erev Rosh Hashanna</b> Selichot followed by Shacharit followed by Hatarat Nedarim <b>Erev Tavshilin</b> Mincha 6.00pm Maariv 6.15pm Candle Lighting before 5.50pm	<b>October 3</b>	<b>Rosh Hashanah first Day</b> Shachrit 8.00am Shofar 11.00am Tashlich followed by Mincha 5.30pm Maariv 6.15pm Candle Lighting after 6.40*pm	<b>October 4</b>	<b>Rosh Hashanah Second Day</b> Shachrit 8.00am Shofar 11.00am Mincha 6.00pm Maariv 6.15pm Candle Lighting before 5.51*pm	<b>October 5</b>	<b>Parsha Haazinu</b> Shacharit 9.00am <b>SHABBATH SHUVA</b>  Mincha & Oneg Shabbat 5.40pm Maariv & Motzei Shabbat 6.41pm
<b>October 9</b>	Selichot followed by Shacharit 6.15am      Mincha & Maariv 6:00pm	<b>October 10</b>	Selichot followed by Shacharit 6.15am      Mincha & Maariv 6.00pm	<b>October 11</b>	<b>Erev Yom Kippur</b> Kaporot Selichot followed by Shacharit 6.30am Mincha 3.00pm Candle Lighting & Fast begins 5.54pm Kol Nidrei 6.15pm	<b>October 12</b>	<b>Yom Kippur</b> Shachrit 8.00am Yizkor 11.00am  Mincha 4.00pm Neilah 5.15pm Maariv & Fast ends 6.45pm
<b>October 16</b>	<b>Erev Succoth</b> Shachrit 6.45am <b>Erev Tavshilin</b>   Candle Lighting before 5.57pm Mincha 6.00pm Maariv 6.15pm	<b>October 17</b>	<b>Succoth 1st day</b> Shachrit 9.00am Lulav & Etrog Eat in Succah Mincha 6.00pm Maariv 6.15pm Candle Lighting after 6.48*pm	<b>October 18</b>	<b>Succoth 2nd day</b> Shachrit 9.00am Lulav & Etrog Eat in Succah Mincha & Maariv 6.00pm Candle Lighting before 5.58*pm	<b>October 19</b>	<b>Shabbath Chol Hamoed KOHELET</b> Eat in Succah Shachrit 8.45am  Mincha & Oneg Shabbat 5.50pm Maariv & Motzei Shabbat 6.49pm Sukkot 3rd Day
<b>October 23</b>	<b>Hashana Rabba</b> Shachrit 6.00am Lulav & Etrog Eat in Succah <b>Erev Tavshilin</b> Mincha 6.00pm Maariv 6.15pm Candle Lighting before 6.01pm Sukkot 7th Day	<b>October 24</b>	<b>Shemini Atzeret</b> Shachrit 9.00am Yizkor 10.45 and Geshem Eat in Succah Mincha 6.00pm Maariv and Hakkafot 6.15pm Candle Lighting after 6.52*pm	<b>October 25</b>	<b>Simchat Torah</b> Shachrit 8.30am followed by Hakkafot Mincha & Maariv 6.00pm Candle Lighting before 6.02*pm	<b>October 26</b>	<b>Parsha Bereshit</b> Mevarchim HaChodesh Shachrit 9.00am  Mincha & Oneg Shabbat 5.50pm Maariv & Motzei Shabbat 6.53pm

**NOTES:**

\*Candle lighting from a pre-existing flame.

**We do not say Tachnum from Yom Kippur until 2nd Marcheshvan.**

**All Hazkarot for Yarzeits during this period must be made before Yom Kippur.**

**Tashlich by the shul fountain.**



## MATTHEW LEWIS

Rabbi Aryeh Kaplan was a prominent Jewish thinker, author, and kabbalist known for his accessible writings on Jewish mysticism, prayer, and meditation. His works explore the deep spiritual dimensions of Judaism, drawing from both traditional texts and mystical teachings.

### Jewish Meditation According to Aryeh Kaplan

In his book *"Jewish Meditation: A Practical Guide,"* Rabbi Kaplan discusses meditation as an integral part of Jewish spirituality, deeply rooted in tradition. He emphasizes that Jewish meditation is not something new but rather a practice that has existed for centuries, particularly within Kabbalistic and Chassidic traditions.

### Key Concepts in Jewish Meditation:

1. **Kavanah** (Intention): Rabbi Kaplan highlights the importance of kavanah, or intention, during prayer and meditation. Kavanah involves focusing one's mind and heart on G-d and the deeper meaning of the words being recited. It transforms prayer from a mechanical act into a

deeply spiritual experience.

2. **Hitbodedut** (Seclusion): Rabbi Kaplan discusses hitbodedut, a practice of self-seclusion and introspection, often associated with the teachings of Rabbi Nachman of Breslov. This form of meditation involves speaking directly to G-d in one's own words, expressing thoughts, concerns, and gratitude in a personal and unstructured manner.

3. **Shema Yisrael Meditation:** One of the meditative practices Rabbi Kaplan describes involves the recitation of the Shema. By focusing on the unity of G-d

as expressed in the words of the Shema ("Hear O Israel, the Lord is our G-d, the Lord is One"), a person can achieve a state of heightened spiritual awareness and connection to the Divine.

4. **Visualization Techniques:** Kaplan also introduces the concept of visualization, where one mentally pictures the letters of the Hebrew alphabet, especially the letters of G-d's names, to achieve deeper spiritual concentration and insight. This method is rooted in Kabbalistic traditions, where the Hebrew letters are seen as channels of divine energy.

5. **Breath and Mindfulness:** Kaplan stresses the importance of breath control and mindfulness in Jewish meditation. By focusing on one's breath or a specific Hebrew word or phrase, the practitioner can calm the mind and enter a state of deeper contemplation.

### Jewish Prayer According to Aryeh Kaplan

Rabbi Kaplan's approach to Jewish prayer is intertwined with his understanding of meditation. He views prayer not merely as a set of ritual obligations



but as a powerful tool for spiritual transformation.



### Key Concepts in Jewish Prayer:

1. **Dialogue with G-d:** Kaplan emphasizes that prayer is a dialogue between the individual and G-d. It is a time for the soul to communicate directly with the Creator, expressing both personal needs and universal concerns.

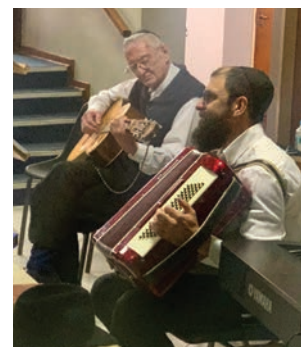
2. **Structure and Spontaneity:** While Jewish prayer is often structured, with set times and texts, Rabbi Kaplan also values the spontaneous aspect of prayer. He encourages individuals to speak to G-d in their own words, especially during personal prayer sessions or **hitbodedut**.

3. **Elevating the Mundane:** According to Kaplan, one of the goals of prayer is to elevate the mundane aspects of life. By infusing daily activities with spiritual intention, even the simplest actions can become acts of divine service.

4. **Mystical Dimensions:** Kaplan also explores the mystical aspects of prayer, especially in his work **"Meditation and the Bible"** - He explains how certain prayers contain hidden Kabbalistic meanings that connect the worshipper to higher spiritual realms. For example, the **Amidah** prayer is seen as a journey through different spiritual worlds, leading to a direct encounter with G-d.

### Conclusion

Rabbi Aryeh Kaplan's teachings on Jewish prayer and meditation provide a profound framework for those seeking to deepen their spiritual practice. He shows that meditation is not foreign to Judaism but is a natural extension of traditional prayer, offering pathways to spiritual enlightenment, inner peace, and a closer relationship with G-d. His works remain a valuable resource for anyone interested in exploring the deeper dimensions of Jewish spirituality.





## THE JEWS OF BARAGWANATH ROY SHIRES & NAOMI RAPEPORT

Baragwanath Hospital (Bara), now Chris Hani Baragwanath Academic Hospital, in Diepkloof, Soweto, was built during WW2 to care for injured allied soldiers. The land was purchased from John Albert Baragwanath, a Cornish immigrant. The neighbouring suburb of Orlando is named after his son, Orlando Baragwanath. It is, by far, the largest of the three academic teaching hospitals affiliated with Wits University and is the third largest hospital in the world, under-resourced and overcrowded. It has 3200 beds, a staff of 7000, including 700 doctors.

PM Jan Smuts opened the hospital in 1942. Most of the wards are still barrack style structures, a legacy from those early years. After the war, it was recommissioned to serve the sprawling and densely populated community of Soweto.

Bara has a rich Jewish past. The first officer during the war commanding Bara was succeeded by a Jew, Col. Loswell Israel Braun OBE, in 1943 who hailed from Ottosdal and in later years became Professor of Cardio-Thoracic surgery at Rambam Hospital in Haifa.

The Transvaal Provincial Administration took over the hospital from the British Govt. in 1947 and its first chief superintendent was a Dr JD Allen. He was succeeded by Dr Isidore Frack in 1957.

The Sharpeville Massacre of 21 March 1960 resulted in 69 dead. Frack went public that many had been shot in the back. This resulted in him being placed on compulsory leave for embarrassing the Apartheid government. Only after many Bara staff threatened to leave with him, he was reinstated.

Other Jewish superintendents were Heinz Rothschild, Dr Lazar, and Bernice Peltz.

This article focuses only on Professors and Divisional and Departmental Heads. The total number of Jews who worked at Bara is innumerable. Sadly, the Jewish era has ended, and I believe the neurologist, Zipora Katz, to be the last MOTT to hold a specialist post.

### Internal Medicine

I spent part of my undergraduate training at Bara, as do all Wits medics. After specialising in Internal Medicine at the

old Johannesburg General Hospital and completing my sub-specialty training in the USA, I joined Bara as a Senior Specialist in 1986. The Dept of Internal Medicine at that time was headed by the illustrious electro-cardiologist, Prof Leo Schamroth, Colin Schamroth's father, a brilliant scientist and teacher, who was loved and respected by all.

Tea in the doctors' tearoom was well attended. Small sandwiches accompanied the tea, and the senior doctors completed the previous day's death certificates. Prof. Schamroth would hold court and there was lots of camaraderie.

The extensive outdoor passageways and wards at Bara had tin loudspeakers affixed to their ceilings which were used to call doctors – this was in the pre-beeper, pre-cellphone era. The announcements over the speakers were incessant.

A very common psychiatric condition was the Bara MC (mental confusion). Of uncertain aetiology, attributed to a mixture of alcohol, malnutrition, and muti. When one patient, asked if he had auditory hallucinations, answered "yes". Asked what the voices were saying, he replied "calling Professor Schamroth, calling Professor Schamroth".

Five of the six large medical units, each with 140 beds, and a large complement of doctors at various stages of their training (approx. 16 each) were, in the 80s and 90s, headed by Jews – but no longer: Profs Leo Schamroth, Asher Dubb (an excellent clinical teacher), Fay Segal (wife of prominent physician in private practice, Louis Hirsowitz), Dr Maish (Morris) Perlman, who was frum and never without a kippa, and Dr Leib

Krut (of whom I was very fond). In 1988/9, I took over Dr Perlman's unit upon his retirement.

\*Leib Krut had very humble beginnings. Born in Dusetos, Lithuania, he came to SA with his mother at the age of two. After his mother died of TB, he and his brother Chaim were placed in the Johannesburg Jewish Orphanage. He trained and worked as a motor mechanic, before being able to study medicine. He was a connoisseur of good literature and classical music. Sadly, he lost both his wife and younger daughter to breast cancer. Thereafter, he went on sabbatical to St Louis, furthering his research in lipid metabolism for a year. There he met a widow, Esther Abramson, whose radiologist husband had passed away. He and Esther later married. Leib passed away in 2022.

\*Dave Blumsohn passed 3 years ago. He was kindly and regularly gave needy patients their taxi fare to go home. He was the conscience of Baragwanath, and I often referred to him as the Sage of Baragwanath. He earned a doctorate from U of Pretoria for research on the dynasties of the middle Egyptian period and was able read and write hieroglyphics.

\* Maish Perlman was renowned for his very long and tiring post-intake ward rounds which started at 7am and, after a lunch break, resumed in the afternoon. Motor car theft was rife so that Dr Perlman, fearful of his small modest, aging car being stolen, removed the rotor every morning and popped it into his pocket.

Sub-specialty department heads included Issy Segal (Gastro), Pinhas Sareli (Cardiology – a graduate of Hebrew University), Solly Hurwitz (Pulmonology – for a limited period), Alan Karstaedt (Infectious Diseases), David Saffer

(Neurology) – father of a Rabbi and a Psychiatrist. Dr Max Rose had been chief dermatologist from 1947-67). In addition to heading one of the general medical units, I was appointed, 1992, as the first head of the Division of Endocrinology, which included the diabetes clinics.

In 1987, 101 of the doctors in Internal Medicine penned a letter, published in the S African Medical Journal, protesting the inhumane, overcrowded and inadequate conditions patients had to endure. The Transvaal Provincial Administration (TPA) were infuriated, demanded apologies, and refused to appoint six young doctors, four of them Jewish, to training posts. A legal firm supported the six. The case appealing the TPA's decision was heard in court before Judge Goldstone, who ordered the TPA to rescind their decision. The lead appellant was Beverley Traub who later worked as a specialist in my unit.

Unfortunately, not all was good. A Jewish registrar who had married a colleague, an only child and immigrant from Romania, via Israel, after being separated from her, drove out one night to the Intake ward, when she was on duty, and bludgeoned her to death with a hammer. I remember her as a highly educated and charming person. I have never encountered such terrible grief as suffered by her parents.

### Paediatrics

Many Jewish doctors in Paeds, likewise, held senior positions (Profs or Divisional heads). Dr Erich Kahn headed Paeds from 1950-62. He founded the premature baby unit, resulting in numerous lives being saved. He was succeeded by Prof. Sam Wayburne as Head of Dept, who in turn was followed by Prof. Harry Stein (retired 1987). Jewish paediatrics unit

heads included Les Rabinowitz (my favourite undergraduate Paeds teacher), Edith Freiman and Eric Rosen. World renowned Paediatric Surgeon, Lewis Spitz, also one of my bedside teachers as a student, served for a limited period as a consultant surgeon before he headed to the UK and eventually became Head of Paediatric Surgery at Great Ormond Street Children's Hospital, Univ. of London. He became the world leader for the separation of conjoined twins.

### Surgery

Mr Libero Fatti, a cardiothoracic surgeon (of Fattis and Monis fame), was the first Chief Surgeon at Bara and was succeeded by a Jewish surgeon, Dr Sam Kleinot. In the early years other unit chiefs were Sholem Kay and Sam Skapinker before they headed to private practice. Bokkie Rabinowitz deserves special mention. He headed a unit from 1966 until his retirement and taught me – he was a superb bedside teacher and, according to my brother-in-law, a highly skilled surgeon.

Bokkie used to come to work armed with a gun. His brother was Harry Rabinowitz, a famous musician, who after studying at Wits went to London to further his musical studies - He conducted the BBC Revue Orchestra, and also gave concerts with the Hollywood Bowl, the Boston Pops, the London Symphony, and the Royal Philharmonic Orchestras.. He also conducted at Carnegie Hall. Rabinowitz arranged and conducted many film scores, including those for Hanover Street, Chariots of Fire, Heat and Dust.

This page has been sponsored by Mike and Lynn Strimling and family.



Thabiso Makelo / Panoramio

The immediate past Head of the Department at Bara, and Academic Head, until 2023 is Prof. Martin Smith, a hepatobiliary surgical expert whose children attended KDVP.

**Neurosurgery**

Prof. Robert (“Ruby”) Lipschitz, a larger-than-life personality headed Neurosurgery.

Ruby Lipschitz established a renowned paraplegic care and rehab unit. In the 60s and 70s and beyond, tsotsi gangs used to attack victims by inserting bicycle wheel spokes into their spinal cords, leaving them permanently paralysed. Ruby Lipschitz drove a black Rolls Royce to Bara. I have it on good authority that the back seat was always untidy and that the boot housed a goodly supply of spare parts.

**Obstetrics and Gynaecology**

During my time working at Bara, the pleasant and likeable Prof. Cyril van Gelderen, a Jew of Dutch ancestry was head of department. Dr Abe Rubin was known to Jewish students

and those specialising in O&G for an uncomplimentary and unprintable, but highly descriptive phrase, an amalgam of Latin and Yiddish, describing the anatomy of certain patients.

The last senior Jewish gynaecologist, recently retired, is Dr. Raymond Setzen.

In **Pathology**, we had Dr Arthur Schmaman, who headed the Path Lab in the 60s and 70s, and who co-authored many articles describing diseases in the Black community, and Bob Cassel, an immigrant from Berlin and one of my third-year lecturers. He was a senior microbiologist. His son, Graham Cassel, is a cardiologist in private practice.

**Radiology**

The Head of Department for 13 years was Prof Albert Solomon, a former member of Emmarentia Shul, who in 1978 left for Tel Aviv where he was affiliated to Tel Hashomer (now Sheba) Hospital, also for 13 years, after which he returned as acting Head of Dept at Johannesburg Hospital. His special interest was the radiology of pulmonary asbestosis.

**Anaesthesiology**

The first Head was Hilde Ginsberg, wife of then Prof. of Paediatrics, Sam Wayburne. She was instrumental in setting up the ICU at Bara. Later, Bernice Peltz headed the department.

**Closing thoughts**

On any day, it would have been possible to convene a minyan of dozens of doctors. Two became chazans and cardiologists, and many were interns or registrars who have been members of our shul. The doctors were devoted, and many functioned as advocates for the poor and underprivileged. The camaraderie was legendary. Were that not so, it would have been very difficult to get through the day. Those of us who spent decades at CHBAH are affectionately known as “Bara Boeties”



# BAT MITZVAH GROUP 2024

This year, Victory Park shul celebrated a truly remarkable bat mitzvah program, masterfully led by Robyn Smookler. Over the course of the year, Robyn orchestrated a program filled with meaning and inspiration, culminating in a beautiful Shabbat ceremony.

The celebration began with a serene candle lighting to usher in Shabbat, and concluded with an uplifting Havdalah ceremony marking the end of Shabbat. Both events were enhanced by captivating music and inspiring talks from the Rabbis and Rebbetzins, creating an atmosphere of reflection and joy.

The evening was especially memorable for the 11 girls who participated: Amber Joselowsky, Daniela Hollander, Sivan Shapiro, Naledi Mathosi, Zoe Fine, Juliette Bertoldi, Zoe Lazarus, Michaela Solovei, Jordanna Valkin, Isobel Agulnik, and Mila Weiss.

Photos courtesy Yehoshua Davis  
Davis Photography  
076 624 5502  
[www.davisphotography.co.za](http://www.davisphotography.co.za)



To the 2024 Bati Girls. May your eyes shine with the light of Torah and may your face be radiant with your inner light that you share with the world. Behatzlacha. **The Hollander family**

# MESSAGES FROM THE COMMUNITY

Tzippy Damelin & family wish the Rabbis, Rebbetzins and their families, friends and the congregation Ketiva ve chatima tovah. Shana Tovah to all.

Wishing the Rabbis, Rebbetzins & entire community a Shana Tova u'Metuka -sweet, healthy & happy. Love Lee, Jake, Hannah & Jesse Berkowitz

Wishing our family, friends and all congregants a Happy, Healthy and Peaceful - 5785 - The Taitz family

David and Louella Friedland wish a peaceful happy Rosh Hashana to all **Am Israel Chai!** Bring our hostages home now!

SHANA TOVAH. MAY YOU ALL BE BLESSED WITH A YEAR THAT'S SWEET AND SPECIAL IN EVERY WAY. DAVID AND GAIL FRIEDMAN

ROSH HASHANAH GREETINGS AND BEST WISHES FOR A BLESSED AND PEACEFUL HEW YEAR TO THE ENTIRE COMMUNITY. ALF & FREIDA ABRAHAMSOHN

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

Happy New Year and Well Over the Fast. Love from Toby, Denise and Brett Bernstein

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

Alan and Lesley Lewis wish everyone a healthy, wonderful year.

Wishing our dear family and friends a shana tovah u metukah. May the year ahead be filled with good health, happiness & Hashem's richest blessings. Fondest Love Stephen & Joanne Goldberg & Family

Wishing everyone Shana Tova - We hope that the upcoming year will be an amazing journey, full of health, laughter & special memories. May you all enjoy this special time together with your family & friends. Shana Tova Umetuka - With love The Berman Family

Wishing you all a healthy and prosperous New Year and a meaningful fast. Melanie and Ellis Falkof



Wishing you a prosperous and successful year, Shana Tova Umetuka Taichataivu Vetai-chataimu. Love from all the Uzvolks.

A very prosperous and happy new year and well over the fast to all.  
Jill and Maurice Sack and family.

Happy New Year. May your year be filled with sweetness.  
The Ermann Family

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

Shana Tovah to the whole community from Eli and Joy Ovadia and Family.

To our special family, friends and the community Shana Tova and well over the Fast. May you be inscribed for a sweet year filled with good health, peace and prosperity. Mike and Lynn Strimling and family

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

Wishing everyone a Chag Sameach.  
The Rosenthal Family.

May the coming year bring contentment, fulfillment, and smiles to all.  
Brachot in abundance.  
Joan Bernhard

Wishing you all a Shana Tova Umetuka. May you all be signed and sealed for a blessed New Year - the Richards

All the best.  
Wishing everyone a wonderful Yomtov and a great year to follow. From the Tichauer Family

Wishing the entire community a sweet, happy and healthy year ahead filled with many blessings.  
Love from The Gimpel family

May you all enjoy this special time together  
- Les and Belinda Kobrin & Family

# RECIPES

## COURTESY ANDY KOTON

### SUNDRIED TOMATO BRISKET OR RAISIN RIB



#### Ingredients

2.5 kg brisket or raisin rib  
2 onions quartered  
1 sachet Ina Paarman sundried tomatoes in vinaigrette  
3 cloves garlic  
1Tbsp salt  
Black pepper  
4 Tbsp soya sauce  
4 Tbsp Honey  
2 Tbsp grainy mustard  
20g fresh basil leaves  
1 cup water  
1 Tbsp onion soup powder

#### Method

Heat oven to 160°C  
Rinse meat and pat dry and place meat in a roasting dish  
Pulse the rest of the ingredients in a food processor  
Pour sauce over meat  
Cook covered tightly with 2 layers tinfoil for 2 ½ -3 hours  
Allow the dish to cool completely before slicing  
Remove meat from sauce to slice  
Pour sauce back over the sliced meat

### AUBERGINE AND POMEGRANATE SALAD

#### Ingredients

3 medium eggplants, cut into 5 mm rounds and fried in olive oil until golden  
1 red onion thinly sliced  
2 red chillies thinly sliced  
30g coriander OR flat leaf parsley chopped  
20g dill chopped  
20 g chopped mint  
½ cup pomegranate pips

#### Dressing

1 clove minced garlic  
3 Tbsp rice vinegar  
2 Tbsp. olive oil  
1 Tbsp. honey

#### Method

1. Mix dressing ingredients and allow to stand for 30 min
2. Place fried eggplant rounds and bottom of a platter
3. Add all other ingredients except the pomegranates over the eggplant
4. Pour over dressing and sprinkle with pomegranate pips
5. Dress salad about an hour before serving to allow to marinate at room temperature.
6. Serve and enjoy

This recipe serves 4, double it for a bigger crowd.



## CRISPY RICE, SPINACH, EDAMAME AND AVO SALAD



### Ingredients

2 cups white rice cooked and cooled  
2 heaped Tbsp. chilli paste  
3 Tbsp. oil

### Salad ingredients

3 medium size Mediterranean cucumbers  
1 small packet baby spinach leaves  
1/2 bunch fresh mint chopped  
1/2 bunch fresh coriander OR basil leaves chopped  
5 spring onions chopped  
1 cup edamame beans  
1 avocado cubed  
1/4 cup toasted black and white sesame seeds OR  
1/2 cup chopped peanut brittle  
1 green apple cut into match sticks or small cubes

### Dressing

1/4 cup soya sauce  
1/4 cup rice wine vinegar  
2 Tbsp. oil  
2 Tbsp. runny honey  
Juice of 1/2 lime  
1 clove garlic – optional  
Whisk together until well mixed

### Method

1. Prepare the crispy rice  
Preheat the oven to 200°C  
Line baking sheet with baking paper In a large bowl mix the cooked rice with the chilli paste and oil and mix well.  
Spread the mixture evenly in one layer on the baking paper and bake for about 40 minutes tossing the rice with a spatula every 10 minutes to ensure even baking. Watch closely so not to burn. Once crispy and golden remove from oven and allow to cool. This can be done ahead of time
2. Chop all the vegetables and chop herbs to a large bowl
3. Add the edamame and cubed avocado
4. Add crispy rice and sesame seeds or peanuts
5. Pour dressing over the salad and toss to combine

**Serve immediately and enjoy**

## BAKED APPLES IN SPRITE ZERO

### Ingredients

8 large green granny smith apples  
Cinnamon sticks  
Ground cinnamon to sprinkle  
2x small buddy bottles sprite zero  
Extra: toasted almonds and crushed ginger biscuits

### Method

1. Preheat oven to 180°C
2. Core apples with apple corer and slice off the top part of the apple to make a lid.
3. Place apples in an oven proof dish
4. Place cinnamon stick in the centre and sprinkle cinnamon and drizzle honey
5. Pour sprite zero into the dish until halfway up the apple.
6. Bake apples uncovered for about 40 min or until the apples are soft and skin is wrinkly
7. Serve with custard or ice cream



# THE SHUL RENEWAL PROJECT

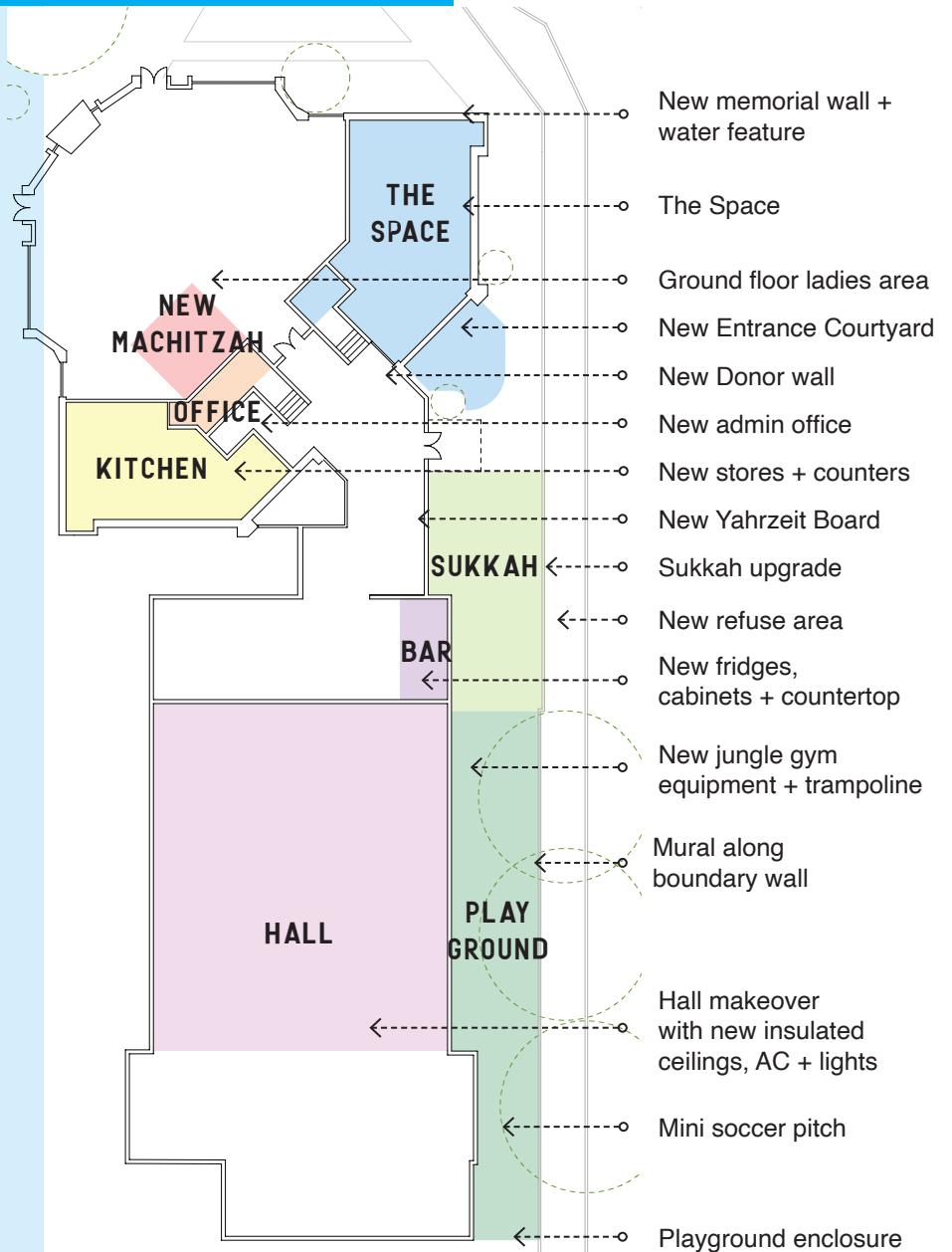
## JONATHAN GIMPEL

How do you move a mountain? One stone at a time. For the past two years, since the committee changeover, we have been rebuilding and upgrading our Shul brick by brick – and we are already benefitting from the results.

Over the past year we have embarked on a variety of projects throughout the property (as listed on the site plan) – of which the most exciting is The Space. The vision for The Space is in essence a flexible room: where we can gather, pray, host classes and talks, learn, watch and grow as a community.

We have been able to achieve these projects with great efforts and contributions from our building team. A special mention to Russell Hollander, Dovi Fleishman, Paul Freinkel, Peter Berman, Paul Fittinghoff and the Gimpel family.

The task at hand is not yet complete, there are still many “stones” to be moved and milestones to be achieved. Together we can move mountains!



New External Courtyard



New Donor Wall



Interior view of *The Space* showing new Ark design



## THE IMPORTANCE OF THE SHUL AND DAILY MINYANIM BY MATTHEW LEWIS

In the diaspora, where Jewish communities are spread across the globe, the Shul serves as a vital center of Jewish life, continuity, and spirituality. The daily minyanim (prayer services) held in these Shuls are not only a cornerstone of communal worship but also a profound link to our heritage and the ancient practices of the Holy Temple in Jerusalem.

When the Second Temple was destroyed in 70 CE, Jews were left without the central place of worship that had been the heart of their religious life. The Temple was where sacrifices were offered, prayers were recited, and communal festivals were celebrated. Its destruction could have led to the disintegration of Jewish religious practice.

The sages of that time, recognizing the need to preserve the spiritual essence of the Temple, established the Shul as the new center of Jewish life. The daily services, known as Shacharit, Mincha and Maariv, were instituted to correspond to the daily sacrifices that were once offered in the Temple. These services maintain the rhythm of Jewish worship, ensuring that, even in the absence of the Temple, Jews can continue to fulfill their obligations to God through prayer.

The Shul is much more than just a place of prayer; it is the heart of the Jewish community. For many, attending shul is a daily ritual that anchors their lives in faith and community. In the diaspora, where Jews often live in diverse and sometimes isolated environments, the Shul provides a sense of belonging and continuity. It is a place where we come together, not only to pray but to support one another, celebrate life's milestones, and mourn our losses.

Regular attendance at shul, especially at the daily minyanim, fosters a deep connection to one's faith and community. It instills discipline and routine, providing structure to our days and weeks. This routine has profound implications for our physical and mental well-being. Studies have shown that regular social interaction, a sense of purpose, and the discipline that comes with religious practice can contribute to a longer and healthier life. The Talmud even suggests that attending shul can be a source of long life, as it is said that "those who are early to Shul in the morning and stay late at night will live long" (Berachot 8a).

Moreover, the mitzvah of communal prayer is a powerful expression of Jewish unity. When we gather for a minyan, we are

reminded that we are part of something greater than ourselves. We pray not just for our own needs but for the well-being of our community and the entire Jewish people. This sense of shared responsibility and mutual care is vital for our collective resilience and continuity in the diaspora.

In the diaspora, where the pressures of assimilation and secularism can be overwhelming, the Shul stands as a beacon of Jewish identity and continuity. By participating in the daily minyanim, we not only honor our ancestors and maintain our connection to the Temple, but we also cultivate a life filled with meaning, community, and faith—key ingredients for a long and fulfilling life.

The Shul and daily minyanim are more than just traditions; they are vital components of Jewish life that sustain us physically, mentally, and spiritually. In the diaspora, where Jewish communities face unique challenges, the Shul remains a sanctuary of faith, continuity, and connection. By committing to daily prayer and communal worship, we preserve the legacy of the Temple, strengthen our communities, and enhance our well-being, paving the way for a life of purpose and longevity.



Shana Tova and Well over the Fast. Love Mannie and Marilyn Chaimowitz

## SECTION

Why did the shofar go to the party?  
Because it was a blowout.

What did the grapes say when they were crushed at the factory?  
Nothing, it just let out a little wine.

Why did the wine go to book club?  
To read between the vines.

What did the grape juice say during the Roah Hashanah toast?  
L'chaim to a grape new year.

Why did the apple have to go to the doctor on Rosh Hashanah?  
Because it wasn't peeling well.

What did the rabbi say to the apple who wouldn't stop talking?  
"Core-ect your behaviour, it's Rosh Hashanah."

3. Why did the apple join the shul choir?  
Because it is a core member.

What do you get when you cross a Jewish grandmother with Rosh Hashanah?  
Honey, apples, and a whole lot of nagging!

There was a shul that was looking for someone to blow the shofar. A man came to try but did a terrible job he asked for another chance but the rabbi said, "sorry, you blew it."

Jokes from Elijah Lewis



These below were sourced from the internet....

Why do Jewish mothers make great detectives?  
- Because they always know when something is "not kosher!"

What's a Jewish pirate's favorite letter?  
- The "Arrrrrr!" but really, it's the "Oy!"

Why did the matzah go to therapy?  
- Because it couldn't handle the pressure of being so flat!

What's a Jewish person's favorite type of car?  
- A "Mazda," because it sounds like "Matzah!"

How does Moses make his coffee?  
- Hebrews it!

Why was the broom late to shul?  
- Because it swept in at the last minute!

What's the difference between a latke and a pancake?\*\*\*  
- A latke's a little more well-rounded!

Why don't we tell secrets at a synagogue?  
- Because shuls have too many "pews" for keeping things quiet!





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NER HAMAARAVI  
THE WESTERN FLAME!**

*Be the oil that keeps the flame burning!*

# **BUILD WITH US!**

Partner with us in building our community with your time and ideas. Share your time and ideas or run a project!



**One Community**

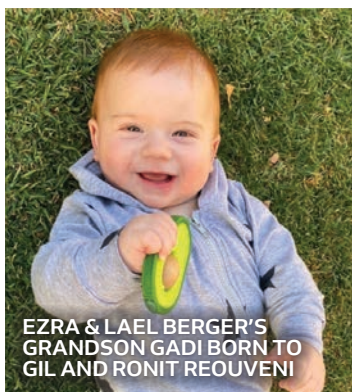
Let's Build Together for a Brighter Future!

Speak to either Rabbi Uzvolk or Rabbi Richard

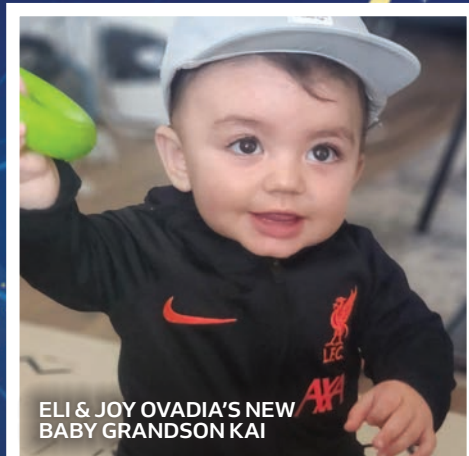
# CELEBRATIONS AND ACHIEVEMENTS



MARRIAGE OF GARY AND DANA ARENSON'S SON AND SHERYL TRIEB-WASSER'S GRANDSON JOSHUA TO NECHAMA SALITAN.



EZRA & LAEL BERGER'S GRANDSON GADI BORN TO GIL AND RONIT REOUVENI



ELI & JOY OVADIA'S NEW BABY GRANDSON KAI



DENISE & TOBY BERNSTEIN 60TH WEDDING ANNIVERSARY



EZRA & LAEL BERGER'S GRANDDAUGHTER GABRIELLA BORN TO ALON & LEXI BERGER



BEN & DANA KASSEL'S NEW GRANDSON JAMIE VUKIC



DAVID AND LOUELLA FRIEDLAND'S BABY GRANDSON ZAC, BORN 1ST MAY 2024 IN ISRAEL, WITH HIS PARENTS ROXY AND YONI FRANKS



LEVI LACHMAN - UPSHERIN

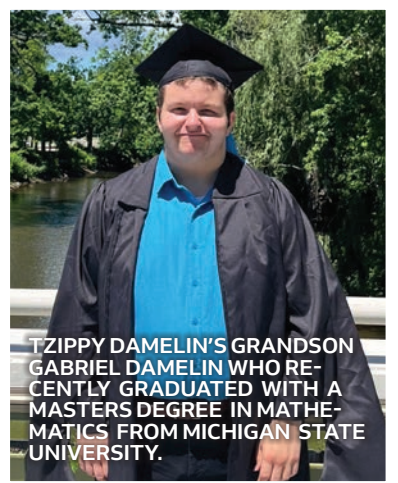




JOSHUA BERMAN AT MACCABI



JOSHUA, SON OF PETER AND TISH BERMAN REPRESENTED MACCABI SOUTH AFRICA FOR U16 SOCCER IN EUROPE



TZIPPY DAMELIN'S GRANDSON GABRIEL DAMELIN WHO RECENTLY GRADUATED WITH A MASTERS DEGREE IN MATHEMATICS FROM MICHIGAN STATE UNIVERSITY.



ELIJAH LEWIS BARMITZVAH



MEGAN LEWIS GRADUATION



ARIELLA GIMPEL GRADUATION

# שנה טובה



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COMMUNITY  
TOGETHER!**

**We are running a fundraiser for  
our community which will be a telethon and fun day!**

**10<sup>th</sup> of November**

**One Community**

**Let's Build Together for a Brighter Future!**

You may elect to link your Yom Tov and Yartzheit pledges for the  
upcoming High Holidays to this Fundraiser

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&  
BLOCH  
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L' Shana Tova

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filled with happiness and health!

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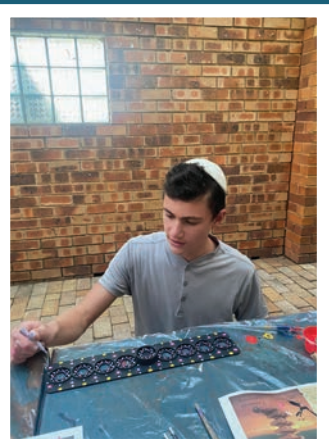
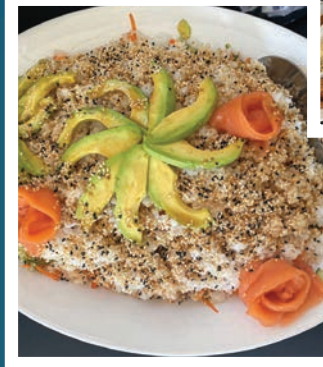


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Exercise Medicine*



**Philippa Bramwell-Jones**  
Dietitian & Functional  
Medicine Health Coach  
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*BSc Med Hons (UCT)*  
*Dietetics and Nutrition*



**Ashleigh Caradas**  
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Patients have access to their weight loss team through regular virtual check-ins and messaging for medication adjustments, scripts and answers to questions to ensure they are supported throughout their weight loss journey
- 4. Safe**  
Our experts are especially trained in weight loss, use only safe, clinically proven weight loss medications and are available to assist patients with any side effects or problems they may have
- 5. Sustainable**  
Our team works hard to implement lifestyle and behavioural modifications along with improvements in lean muscle mass to ensure lasting results beyond medical treatment.
- 6. Stock**  
Multiple medication stock management strategies with our pharmacy partner in order to ensure uninterrupted supply of medications and consistent results

# TISHREI 5785

CONGREGANT		YAHRZEIT	DATE OF YAHRZEIT	
TUCKER	Shirley	Father in Law	1st TISHREI	3rd October
KRAWITZ	Jack	Wife	2nd TISHREI	4th October
KRAWITZ	Leon	Mother	2nd TISHREI	4th October
BERGER	Lel	Father	3rd TISHREI	5th October
MEYBERG	David	Father-in-law	3rd TISHREI	5th October
ARENSON	Carol	Mother	4th TISHREI	6th October
NOSSEL	Barbara	Mother	4th TISHREI	6th October
MOLL	Michelle	Father	5th TISHREI	7th October
BERKOWITZ	Gill	Father	5th TISHREI	7th October
JACOBS	Julian	Grandfather	5th TISHREI	7th October
KATZEFF	Rubina	Mother	5th TISHREI	7th October
ROTH	Wendy	Grandfather	5th TISHREI	7th October
SCHNAID	Linda	Husband	6th TISHREI	8th October
SCHNAID	Caron	Father	6th TISHREI	8th October
DAMELIN	Tzippy	Father-in-law	7th TISHREI	9th October
COPANS	Arline	Mother	8th TISHREI	10th October
GLAZER	Basil	Mother	8th TISHREI	10th October
LOEWENSTEIN	Hilton	Father	8th TISHREI	10th October
UZVOLK	Laia	Father	8th TISHREI	10th October
EPSTEIN	Jeffrey	Father	9th TISHREI	11th October
FRIEDMAN	Stan	Mother	10th TISHREI	12th October
COLLIE	Monty	Mother	13th TISHREI	15th October
SWARTZ	Toni	Mother	14th TISHREI	16th October
SCHNAID	Linda	Father	15th TISHREI	17th October
SCHNAID	Caron	Grandfather	15th TISHREI	17th October
COMAROFF	Sherri	Mother	16th TISHREI	18th October
FRIEDLAND	David	Mother	16th TISHREI	18th October
OVADIA	Eli	Mother	16th TISHREI	18th October
FRIEDLAND	Louella	Father	17th TISHREI	19th October
BERNSTEIN	Toby & Denise	Sister-in-law	17th TISHREI	19th October
HURVITZ	Jonathan	Mother	17th TISHREI	19th October
ROSENBERG	Charmaine	Father	17th TISHREI	19th October
SACK	Jacqui	Father	17th TISHREI	19th October
SHER	Jeffrey	Grandmother	19th TISHREI	21st October
SHER	Bennie	Father	20th TISHREI	22nd October
STRIMLING	Michael	Mother	20th TISHREI	22nd October
BLOCK	Michael	Grandmother	21st TISHREI	23rd October
MARKS	Gillian	Son	21st TISHREI	23rd October
MARKS	Lara	Brother	21st TISHREI	23rd October
HYMAN	Maxine	Brother	21st TISHREI	23rd October
ROTH	Tony	Mother	23rd TISHREI	25th October
BENATER	Ilana	Grandfather	24th TISHREI	26th October
BROWN	Jenifer	Father	24th TISHREI	26th October
FLAUM	Joelene	Grandfather	24th TISHREI	26th October
GORDON	Nurit	Mother-in-law	24th TISHREI	26th October
LEIBOWITZ	Belinda	Father	25th TISHREI	27th October
FIHRER	Joan	Father	25th TISHREI	27th October
KNOPP	Harold	Father	26th TISHREI	28th October
MILLER	Shelli	Father	26th TISHREI	28th October
KLAWANSKY	Raymond	Father	27th TISHREI	29th October
KLAWANSKY	Tickey	Father	27th TISHREI	29th October
DAMELIN	Tzippy	Husband	28th TISHREI	30th October
BERNSTEIN	Denise	Brother	29th TISHREI	31st October
CHAITOWITZ	Hymie	Cousin	30th TISHREI	1st November



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# Wishing You a Sweet New Year

As we welcome the new year, may you and your loved ones be inscribed in the Book of Life. Wishing you a Shanah Tovah U'Metukah and well over the fast.

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>/SHANA TOVA AND A SAFE NEW YEAR/>



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