

ESSEX JEWISH NEWS

CHANUKAH ISSUE 5780/2019

THE INDEPENDENT NEWSPAPER FOR THE JEWISH COMMUNITY IN ESSEX & EAST ANGLIA

Inside your 28-page Community Newspaper

Clore Tikva
at 20



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Rabbi Hyman



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fashion



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Christian neighbours help give a Jewish man a Jewish funeral

EXCLUSIVE BY
MANNY ROBINSON

A 71-year-old Jewish man who had no known relatives has been given an Orthodox Jewish funeral – thanks to his Christian neighbour.

A man called at Chabad in Buckhurst Hill and said that his daughter's Jewish neighbour (Bernard Sharpestone) had died, and that he needed advice from Rabbi Odom Brandman about arranging a Jewish burial.

Rabbi Brandman told the *Essex Jewish News*: "We discovered that Mr Sharpestone had no family, no synagogue membership and nothing to his

name. But his birth certificate was found at his home, and we then contacted the United Synagogue Burial Society."

Melvyn Hartog, head of the US Burial Society, said that Mr Sharpestone's Hebrew name of Benjamin ben Mordachai was found together with his birth certificate containing, of course, his parents' names. The Society found the parents' names on their system, which showed they were buried at Waltham Abbey.

Mr Hartog said: "It is a sad fact that even today, there are Jewish people who no one knows exists. Thanks to our investigations, we were able to give Mr Sharpestone a burial with dignity at Waltham Abbey,

where his parents are buried."

The funeral was attended by 35 people, many of them Mr Sharpestone's non-Jewish neighbours, and Jewish people who had responded to Rabbi Brandman's e-mail appeal, including three sixth-formers from Kantor King Solomon High School.

Rabbi Brandman added: "The response to my appeal was amazing and gives great credit to the community. They came along to give this man a Jewish funeral that he deserved. They performed a great mitzvah. The late Mr Sharpestone's non-Jewish neighbours were wonderful, too, in bringing this sad story to our attention."

Essex marks Mitzvah Day



Harlow Jewish Community cheder children made food for the local soup kitchen as our region united in social action PHOTO BY KEITH GOLD

MORE MITZVAH DAY PICTURES ON PAGES 8 & 9

New Jewish community group is launched

BY **SIMON ROTHSTEIN**

MORE than 50 young professionals, all aged between 20 and 40, came together to launch a new Jewish community group for our region.

Jewish Social Essex and East London was founded by Eli Dias, Josh Dobias and Jonathan Bloom – all of whom grew up in the local community and now live and work within it – with the aim of bringing the young Jews of the area together in fun and relaxed environments.

The inaugural event was at a trendy, private members club, very much in keeping with the vibrant millennial feel of the new group.

In his welcome address, Jonathan noted: "Our area has gone through great changes over the past 20 years. We are no longer densely based in one place and are more dispersed from Hackney to Epping and beyond.

"We wanted to set up a new group that would offer the young Jews a vibrant platform where they can socialise and connect with other like-minded individuals through a variety of events, from business to social and everything in between."

The *Essex Jewish News* attended the event. The room was packed and buzzing, with people busy catching up with old



The new community members enjoying a chat

friends while making new contacts. There was a real positivity and passion to the whole occasion, serving as a reminder that the new generation of Essex Jewish community leaders are as likely to be found at business-networking events as they are in a synagogue.

Eli told us: "This sold-out room is proof our community is not just still alive, but extremely healthy. The three of us are all passionate about the Essex Jewish community and ensuring there is a good social infrastructure in place to support the sustained success of our Jewish population in the long-term. This is just the first event of many."

The event was sponsored by Jonathan Goldstein, chair of the Jewish Leadership

Council, who was also the keynote speaker. Himself born in Essex, Jonathan spoke passionately about his upbringing, his experience in the business world, his views on volunteering, today's politics and the future of the UK Jewish community. His speech inspired and resonated with the audience, many of whom vowed to follow his advice of giving one hour a week of their time to the Jewish community.

As Jonathan said: "If you invest in your community and yourself, you will not regret it."

To find out more about Jewish Social Essex and East London, follow @jewishsocialeel on Instagram.

We will remember them ...



Roni, aged two, and Matan Wohlman, four, from Hainault, stand beside the poppy wreaths at the Cenotaph during the AJEX parade

ESSEX JEWISH NEWS

The Essex Jewish News is the newspaper of the Jewish community in Essex and is published by Essex Jewish News Ltd.

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Age Concern Redbridge 020 8220 6000	020 8922 2222
Ahada Bereavement Counselling 07758 727 328	Jewish Marriage Council 020 8203 6311
Alzheimer's Society 020 8970 5770	Jewish Women's Aid 0800 591 203
Beehive Lane JACS 020 8554 0150	Moving on (Formerly Bereaved Partners Group) 020 8554 5227
Board of Deputies Information Desk 020 7543 5400	Newbury Park League of Jewish Women 020 8530 5411 or 020 8500 7832
Chabad Gants Hill addiction support 020 8554 1624	Redbridge Jewish Community Centre 020 8551 0017
Chai Cancer Care 0808 808 4567	Redbridge WIZO 020 8551 1301
Chigwell and Hainault League of Jewish Women 0790 560 5781	Resource 020 8346 4000
Chigwell and Hainault JACS 020 8551 2355	Samaritans 020 8553 9900/020 8520 9191
Citizens Advice Bureau 0870 126 4140	Southend and Westcliff JACS 01268 771978
Empathy 07765 191 067	Wanstead Jewish Literary Society 020 8505 0063
Jewish Lads' and Girls' Brigade 020 8989 8990	
Jewish Bereavement Counselling Service 020 8457 9710	
Jewish Blind and Disabled 020 8371 6611	
Jewish Care	Phone numbers are correct at the time of going to press. If your contact number or the contact number of your organisation has changed, or if you would like a contact number to be included, please advise us.

Let My People Go! (?)

COMMENT

WHEN writing this piece, and despite its headline, your 'Comment' writer was aware, of course, that we were approaching latke-consuming Chanukah, not matzah-digesting Pesach. But there was something he needed to get off his chest ... and now.

Why does the United Kingdom's long and continuing efforts to leave the European Union – following the national referendum of a few years back, and which prompted such action – remind your EJM 'Comment' writer of the Israelites' various attempts to depart ancient Egypt? Why does it all seem now, not so much like a 'Brexit' but more like a post-modern 'BrExodus'?

The story of the 'Exodus' from the ancient land of the Pharaohs is related in the eponymous Book of the Old Testament. Moses continually approaches Pharaoh with the demand: "Let my people go!" Time and again, the all-powerful Pharaoh is in denial; and he refuses to permit their departure to establish a new and independent society in the 'Promised Land'.

Needless to state Prime Minister Boris Johnson cannot be compared to the biblical prophet Moshe Rabbeinu. But the recent years of comings and goings to Brussels by the present PM – and his predecessor – to seek an all-round acceptable deal, allowing the UK's exit from the EU to go it alone, is kind of

reminiscent of Moses' constantly rebuffed proposal to Pharaoh. And, in a parallel consideration, your writer reflects also on the generally failed moves by our government to get the UK parliament's agreement on a departure proposition.

Pharaoh's persistent intransigence led, as we know, to the affliction upon him and his countrymen of the 10 plagues. One's imagination goes into overdrive when thinking of the quite different, but many species of 'plagues' that have been inflicted on the EU – well, all round actually – as a result of the UK's changing or evolving requirements.

Definitely, the current 'plagues' straddle boredom, incredulity, concern, anger, insomnia, delay, horror, speechlessness, frustration and exasperation. At least the biblical afflictions were each finite and imposed successively ... and, unlike the burdens being borne presently, weren't combined and ongoing; even, seemingly, never-ending!

Only the Almighty knew and knows what, respectively, happened and will happen. Ultimately, maybe, the EU will appear to let the UK's people leave it to enjoy their distinct, nation-state freedom. But, in that case, we need to be fully

aware of potential consequences.

First, and like Pharaoh, could the EU possibly change their minds about consenting to the UK's flight from Europe? Doubtless you'll know that the seething Egyptian ruler commanded his army of chariots to chase after, recapture and return to slavery, the fleeing Israelites.

It was only the broad, dry pathway cleaved miraculously through the Red Sea that had enabled the Moses-led children of Israel to reach the far shore; and at the fatal expense of the closely advancing charioteers. If the EU somehow, and for whatever motivation, pursues the departing UK, your writer doesn't believe the English Channel will open up ... with high walls of water affording (but unlike the Channel Tunnel) a requisitely wide enough route to safety.

Finally, if there is a 'BrExodus' in early 2020 – after whatever may happen next, and subsequent to the Chanukah EJM deadline (such as the now-decided General Election on 12 December) – we must hope and pray that the outcome will not involve 40 years of a kind of 'wandering in the wilderness' before the UK's people successfully attain – what is held out to be – a 'promised land'. That's not a joke, even though (and whatever your politics may be) the basic subject matter may well be! (And this is apart from any justified concerns about who might be the next PM.)

2020 vision

THE FIRST thought entering a reader's head on seeing the expression "2020 Vision" is likely to be concerned with an optician's technical reference to perfect eyesight. However, on an alternative interpretation of this Comment's succinct headline, there's another matter your mind may – or may not – be concerned with at the moment ...

And that's the actual outcome of the 12 December 2019 General Election. Necessarily, this Chanukah EJM issue's deadline for writing Comment pieces preceded that significant date. So its writer, at the earlier time, could possess only a 'vision' for how the then forthcoming ballot result might play out in '2020'.

In an October 2019 poll within the UK's Jewish community, it was reported, 47 percent of respondents indicated that they would "seriously consider" emigrating if a certain led Party were to be voted into power. Even if space was available here, we don't need to go into the appalling ramifications which prompted that quite startling statistic ... or not. They would've been well known to the UK Jewish community, including readers

of the EJM, prior and subsequent to the Election.

In light, or maybe dark, of the virtually calamitous political situation – and not only relating to 'Brexit' – before Parliament closed down for Party campaigning, the result of the General Election would not have been entirely predictable. Including whether or not any particular Party was likely to obtain an overall majority, and who would be occupying 'No 10'.

All your Comment author can express at time of writing is the hope and trust that, after the Election result is known, the earlier mentioned '47 percent' – and in 2020 – will not be feeling a need to peruse and consider house or apartment details from estate agents in towns and cities somewhere overseas; and for a potential, permanent transfer there.

And unless, of course and for whatever reason, you're planning to move to another property in the UK next year but beyond the EJM's extensive circulation area, we hope that you'll be happily continuing – thrice yearly – to pick up and read copies of our community newspaper at your home within that area.

Today's 'Climate'

EJM readers may have noted a particular news item in various media sources towards the end of November. A Jewish father and his two young sons, each wearing a kippah, were subjected to a storm of antisemitic abuse by another passenger, looming above them, as they sat on a London Underground train.

The reports significantly mentioned also the brave intervention of a Muslim woman who told the verbal assailant what she thought of his dreadful behaviour. Sadly, this kind of antisemitic incident hasn't been a rare occurrence in recent times. But it's an indication of what can transpire in society when citizens think – as the spreading outcome or acceptance of certain political leaders' notions – that, in the climate thus created, it's now alright to behave accordingly towards Jewish people.

Those political leaders concerned may claim fervently that they're not antisemitic. But, amongst other factors, and for example, they refuse to take on board that their exclusively focused, demonising attitude towards Israel – and their evident associations with movements that would seek this Jewish nation state's destruction – can amount to antisemitism.

WHERE YOU CAN PICK UP THE ESSEX JEWISH NEWS

SYNAGOGUES

Chabad Buckhurst Hill
 Chabad Epping
 Chabad Gants Hill
 Chelmsford Jewish Community
 Chigwell Synagogue
 Chingford Synagogue
 East London & Essex Liberal Synagogue
 Harlow Synagogue
 Ilford Federation
 Ilford United
 Loughton Synagogue
 New Essex Masorti
 Redbridge United
 Romford Synagogue
 Southend & Westcliff Hebrew Congregation

Southend Reform
 South West Essex Reform
 Sukkat Shalom
 Woodford Forest
CAMBRIDGE
 Cambridge Synagogue
 Beth Shalom Synagogue
SCHOOLS
 Kantor King Solomon
 Clore Tikva
 Wohl Ilford Jewish Primary
COMMUNAL
 Aish Essex
 Redbridge Jewish Community Centre, Sinclair House
 Jewish Care's Vi and John
 Rubens House
 Jewish Blind & Disabled
 Aztec House

Jewish Blind & Disabled
 Hilary Dennis Court
 Jewish Blind & Disabled
 Milne Court
 Spire London East Hospital
 Holly House
 The Shop, Southend
 Day Centre, Cobham Road,
 Southend
 Holiday Inn, Southend
RETAIL
 Little Kitchen, Epping
 V&V, Barkingside
 Sandra Davidson,
 Redbridge
 Gary Green, Clayhall
 Golan Bakery, Gants Hill
 Shalom Bakery, Gants Hill
 Deliphone, Barkingside

Delicacy, Chigwell
 Abridge Golf Club
 Just Kosher, Clayhall
 Derby Stores, Cambridge
 Kosher on Sea, Southend
SUPERMARKETS
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 Tesco Barkingside
 Tesco Woodford Avenue
 Tesco Epping
 Tesco Westcliff
 Sainsbury's Newbury Park
 Sainsbury's Barkingside
 Sainsbury's Westcliff
LIBRARIES
 Barkingside, Gants Hill.
 Clayhall and South
 Woodford

RJCC looks to the future at 50th anniversary party



Above: Mayor of Redbridge Cllr Zulfiqar Hussain at the anniversary event with Jewish Care/RJCC's Jon Jacobs, Graham Freeman, Gayle Klein, Steven Lewis, Phillip Leigh and Daniel Carmel-Brown. Right: RJCC president Phillip Leigh addresses the reception
PHOTOS BY DAVID SOLOMON

BY MANNY ROBINSON

JEWISH Care is currently in “delicate negotiations” with the council to develop and improve the services and facilities at the Redbridge Jewish Community Centre (RJCC), the charity’s chair Steven Lewis told supporters at a reception to mark the building’s 50th anniversary.

He said: “It is no secret that we have been working on a plan for this site for a number of years and are currently working our way through delicate negotiations with the planning department of the London Borough of Redbridge.

“Our aspirations remain firm. We hope to develop this site to have independent living flats, a residential home to replace Vi and John Rubens House in Gants Hill and, of course, a thriving Community Centre to continue the fantastic work that goes on here day in and day out.”

Mr Lewis paid tribute to the many fundraising committees linked to the RJCC for doing

what he described as “an incredible job over 50 years”.

He picked out RAGS and the Redbridge Sports and Entertainment committee, the Local Angels, the Football Club committee, the Friends of Sinclair House, Young Jewish Care in Essex and the Young Ones committee.

Phillip Leigh, president of RJCC, said that the Centre was the brainchild of two very community minded people, Dr Sidney Gold, a local GP, and Bernard Sinclair, who had a pharmacy in Stepney and gave his name to the building – which is still affectionately known by many as Sinclair House.

Phillip said: “They recognised that there was a generation of people marrying and moving from the East End and settling in Ilford and the Centre – which brought together Wanstead and Woodford Club and Ilford and Stamford Hill Youth Club – was opened on 4 May 1969 with Ellis Birk as the president and Dr Gold as the

first chairman.

“After financial struggles ... in 1997 we proposed a merger with Jewish Care. The partnership with Jewish Care was exactly that – a true partnership that has enabled us to continue our great work in Redbridge and Essex.”

Jewish Care chief executive Daniel Carmel-Brown added: “Volunteering has always been at the heart of the centre’s success and this place is proud of such a wonderful volunteer workforce.”

Gayle Klein, a trustee of Jewish Care, told the audience that she was speaking just as a local girl who had spent all of her spare time at the RJCC – saying: “This Centre has always been a huge part of my life – for as long as I can remember.”

Among the guests were the Mayor of Redbridge, councillors Alan Weinberg MBE and Ken Turner and sitting MPs (at the time of the reception) Mike Gapes and Wes Streeting.



Open day at Cranbrook United

EIGHTEEN health and social care organisations – ranging from Diabetes UK and Barts Health to Jewish Women’s Aid and Jewish Blind & Disabled – attended Cranbrook United Synagogue’s first ever Community Organisations Open Day.

Guests – who came from across the area including Chigwell & Hainault United and Woodford Forest United Synagogue – were able to get their blood pressure, cholesterol and sugar levels tested and have their heart rhythm checked for any abnormal readings.

The event was the brainchild of Cranbrook member Lorraine Silver with the support of Michael Silver and the shul’s welfare committee including Reverend Gary Newman.

Lorraine said: “We were



Jewish Women’s Aid talk about their work at the Cranbrook United Synagogue Open Day

delighted with the attendance and the feedback from the organisations present. It was a win-win for everyone: both at-

tendees and organisations were able to network with each other and exchange information.”

BOOK REVIEW

HISTORY IN THE BAKING: THE RINKOFF STORY

By PAM FOX

Review by Daniel Cesarani

ON the second of April 1904 the steamship Vesta arrived at the London docks completing its three day voyage from Hamburg. Its passengers, many of whom were Jewish Eastern European immigrants fleeing poverty and persecution in the Russian Empire, disembarked and began to filter into the city.

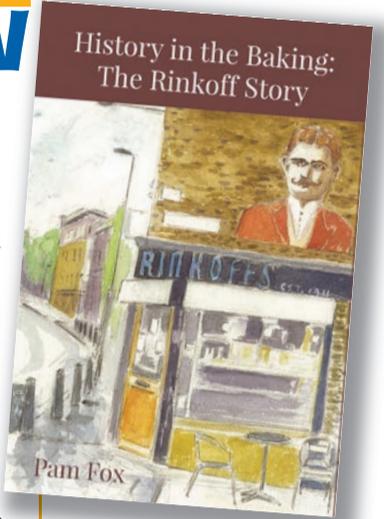
Among them was a 19-year-old baker from Odessa named Hyman Rinkoff who, seven years later in 1911, was to start his own bakery on Old Montague Street, at the heart of the Jewish settlement in the East End. History in the Baking traces Rinkoff’s journey as a baker from the Ukraine to England, his career as a mainstay of the East End baking world, and then follows his children, grandchildren, and great-grandchildren as they continue in his footsteps.

Pam Fox’s painstakingly researched account charts the history of the Rinkoff Bakery decade by decade, mixing the life of the bakery with the life of its bakers. It is an intimately personal story, almost biographical in structure, which relies heavily on interviews conducted with a large swathe of the extended Rinkoff family and others. At the same time it continually provides a window into the wider history of the Jewish East End, including a number of excellent insights into the changing practicalities of

the baking trade, and the bakery’s evolving mode of commercial operation.

In many ways it is a book of two halves: the first is focused on Hyman Rinkoff, and the second on Ray Rinkoff, his grandson and current ‘Director of Bakery Production’ – a modernised version of Hyman’s title of ‘Master Baker’ perhaps. It begins with a heavier focus on the historical details of the family and their origins in Odessa which are impressively well reconstructed from naturalisation documents and passenger records, and this focus continues into a discussion of the family’s life in the early 1900s East End. As with many micro-histories explicit documentary evidence is relatively rare, which forces the author to rely on a more generalised history of the period in between wonderfully detailed moments, such as the marriage of Hyman to his wife Fanny, or the description of the original Rinkoff bakery which seems detailed enough to accurately reconstruct it.

As the narrative enters the 1950s and the young Ray Rinkoff joins the business, the oral history of the family comes to the fore. Hyman Rinkoff’s grandchildren and their relatives bring a vivid level of description and some wonderfully charming personality to the history and these provide many of the most interesting and amusing highlights. Ray Rinkoff’s recollection of the time the Milk Marketing Board gave him a free holiday to the Channel Islands for using 600 éclairs, a week’s worth of



cream, is one such example: as is an account of the infamous Kray twins patronage of the bakery. Their large unpaid account at the bakery was only settled when a particularly brave friend of the family, a former boxer in the British Army, volunteered to confront the gangsters in the Blind Beggar pub and successfully convinced one of the brothers to pay up.

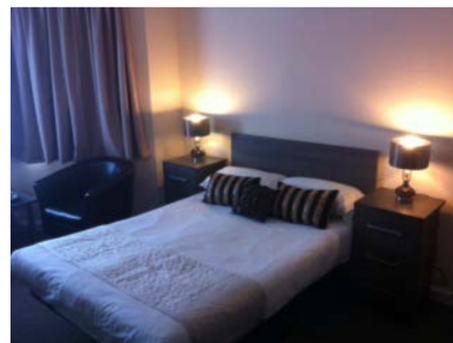
History in the Baking: The Rinkoff Story provides a new and interesting perspective on the changing face of the East End with the bakery as our constant viewpoint. Rinkoff’s remarkable longevity and unbroken history makes it a fascinating subject for exploring the social and economic history of the East End and Fox’s skill as an oral historian shines through weaving personal accounts throughout. She has written a fitting tribute to such a well-regarded jewel of East End life.

Daniel Cesarani is an independent researcher working on urban heritage and East End history



FAMILY AND FRIENDS COMING FROM ABROAD FOR SIMCHA OR A VISIT? PROBLEMS ACCOMMODATING THEM?

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Two years of fun and games



BY PHILIP SHAMPLINA

TWO years ago, at the inaugural meeting of the Boys' Club, two former friends, who had not seen each other for the past 40 years, met up.

One was Paul Cross, the other Howard Masters. Both have things in common. They are both sons of club leaders at Brenthouse Jewish Youth Club, which met at the Hackney Synagogue.

Paul's father, Sam Cross, was an executive at the Board of Guardians in Middlesex Street (Petticoat Lane), which was the forerunner of Jewish Care. Jewish Care's Redbridge Jewish Community Centre – better known to our generation as Sinclair House – is where the Boys' Club meet, once a month, for soup and a sandwich.

Here they can play table tennis, pool, short mat bowls; also on offer are cards, chess, draughts, dominoes and scrabble, which are proving popular.

Many come just to talk and reminisce about when they attended the numerous Jewish youth clubs in the East End and North London, where they played AJY and Maccabi football on Hackney Marshes, the Elms and Gladstone Park.

Everyone who attends have to pay subs, 10p. For this they get a raffle ticket. The prizes they receive are something to behold. Well, what do you expect for 10p!!

Each 'boychick', on his birthday, gets a croissant with a lit candle, a birthday card and also a present.

A quiz is held at each meeting; prizes are awarded to the winning team and the person

who answers the most questions is awarded the 'Maven of the Month' prize. The winners of the table tennis, short mat bowls and darts competitions also receive a prize.

On the celebration of our second birthday in November, Jewish Care presented the club with a birthday cake and all the trimmings, bunting, banners etc.

The Boys' Club is run on the same lines as the youth clubs of yesterday. Nobody took notice of the managers then and it's the same now – everybody enjoys doing their own thing in an afternoon of mirth, fun and laughter.

For more information or to join, please call Alison or Sharon on 020 8551 0017 or email simber@jcare.org

Philip Shamplina is the founder of the Boys' Club

A Birthday Poem

*Another birthday, another year, it's gone too quick
Another card, another envelope to lick
It's disappeared, it's become the past
Went too quickly, went too fast*

*All that's left are memories
To recall all the maybes and stories
Another birthday, another year
Celebrating in a happy atmosphere*

Another chapter, an open door

*Wonder what's in store
Enjoy the day in celebration
At the Boys' Club, two years since its creation*

Presents bought

*What counts is the thought
Another birthday, another year
With all our friends that we hold dear*

Wishing you what you wish yourself

*Most important is to enjoy good health
Health and happiness is the order of the day
May it always be and stay that way*

Chai Five Me campaign comes to Essex



CHAI Cancer Care has installed its first contactless donation point in Essex. As part of the charity's Chai Five Me campaign, Chai has partnered with La Boucherie in Barkingside, where customers can tap to donate any amount from £3 to £30 using the latest contactless technology.

The new 'tap and give' technology lets shoppers make an on-the-go donation to Chai through a contactless payment device.

Every penny of each donation will go towards helping more than 3,600 cancer patients and their loved ones, who turn to Chai for support during what is often the toughest of times – including a number of people from Essex, who receive support through

Chai's Redbridge branch.

Chai's chair Louise Hager said: "Having this facility so easily accessible means that people have the opportunity to give tzedakah on the spur of the moment. They may know someone who is in recovery, somebody who needs a refuah shlema or they may simply wish to mark a simcha. Since our launch, thousands of people have donated – it's the 21st century version of the tzedakah box concept."

La Boucherie's management added: "We are delighted to partner with Chai Cancer Care as part of their inventive Chai Five campaign in our Ilford and Barnet branches. We are very happy to be supporting Chai in this way."

Film critic Kemode makes his mark in Epping



BY JEFF LEVENE

CHABAD Epping were delighted to welcome acclaimed film critic Mark Kemode as guest speaker at their latest social event.

Mark held his audience spellbound with his sparkling insight into the world of film and film directors, recalling interviews with many of the Jewish greats of the big screen, including Steven Spielberg, Woody Allen, Mel Brooks to name but a few.

He also pointed out the lack of female film directors at the top level, stating how capable they were but that only

4-5% of all films were directed by women, although this is now beginning to change.

Mark had many entertaining stories which he shared with the audience, together with his incredible memory of quotes and insight as to how deeper meanings are conveyed through some of the films.

His own genre speciality is horror films; but as he explained "a film should stand on its own merit and if a film hits the spot for you, really that's all that matters."

The interview ended with a question and answer session with the audience.

KKS students learn to guide



SIXTEEN of Kantor King Solomon High School's year nine students undertook training by the Anne Frank Trust to learn how to guide their peers around an exhibition based on her story.

The guides then had the opportunity to show parents, teachers and other pupils from the school – as well as Clore

Tikva and Wohl Ilford Jewish Primary Schools – around the exhibition.

A spokesperson said: "We are incredibly proud of our tour guides, they have learnt so much, shared their knowledge and will now continue their work through the ambassadors project for the Anne Frank public exhibition."

Lunch for volunteers

JEWISH Blind & Disabled held a special lunch for its volunteers, as part of the charity's 50th Anniversary Celebrations.

Those who volunteer in JBD's seven buildings – including Aztec House in Barkingside, Milne Court in South Woodford and Hilary Dennis Court in Wanstead – enjoyed a meal, which was preceded by

training from guest speaker Jo Masters.

Each volunteer was presented with a framed certificate and a gift by JBD's chief executive Lisa Wimborne and president Malcolm Ozin MBE, to show their appreciation for how the volunteers help transform JBD's buildings into warm and welcoming communities.

Cambridge visit brings Egyptian history to life



BY IRENE WARD

IN October, a group from Ilford Federation Synagogue went to Cambridge University Library to see the Cairo Genizah.

We were met at the university library by Dr Melanie Schmierer-Lee, who led us into a film studio to see the film of how the Gen'Zah was found in the Ben Ezra synagogue in Fustat, Cairo.

The documents were over 800 years old and very fragile, but years of patient work was

making them readable to scholars. Following the film and talk, we were taken to see those documents laid out on a table. Everyone was amazed to see letters written by the hand of great rabbis, who had only been known to us as names in our texts.

The visit gave a wonderful insight of everyday life of Jewish people 800 years ago. The most moving letter was from the brother of Maimonides as he left to cross back home by boat but was sunk before reaching his sibling.

'The JJBS is forward thinking and visionary'

BRENDA SOSKIN SPEAKS TO FRANK GODSON THE NEW PRESIDENT OF THE JEWISH JOINT BURIAL SOCIETY

Frank, many congratulations on your appointment as life president of the Jewish Joint Burial Society (JJBS). What exactly is the JJBS and who does it represent?

The JJBS is a burial society founded in 1969, situated in Cheshunt, Hertfordshire. It represents more than 37 Reform, Liberal and Masorti synagogues. There are currently a number of synagogues and communities in Essex that use the JJBS.

Can you just join the JJBS and not belong to a synagogue?

No. You have to be a member of a synagogue that is represented by the JJBS for burial.

When and how did you first become involved with the JJBS?

When my father died in 1982, he was not covered for burial, so I contacted the JJBS and they dealt with the burial in a very courteous manner. It was also about this time that



my synagogue, Sukkat Shalom Reform Synagogue, which was formerly Epping Forest and District Synagogue, became a constituent member of the JJBS.

When did you first become a governor?

In about 1986; I became vice chairman in 1993 and then chairman for 10 years commencing 1995, representing Sukkat Shalom. Finally I

became an elected governor, sitting on various committees.

Tell me a little about the new Woodland & Mixed Lawn Cemetery and how it came to be established?

When Mike Frankel was chair, the Western Foundation at Cheshunt sold us a parcel of land adjacent to the current cemetery in order to develop a Woodland and Mixed Lawn Cemetery. After the land pur-

chase, a road was laid and a new ohel built on the land.

Can non-Jews be buried in this new cemetery?

Yes, non-Jewish partners of Jews can either be buried in the Mixed Lawn section or the Woodland section of the cemetery, but not in the main conventional cemetery.

Has the Woodland Cemetery been a success?

Yes it has, and usage has far exceeded our expectations. We also have a Columbarium at the new cemetery for the burial of ashes. The community planted the first trees, which are now growing well, and every year volunteers come together to plant spring bulbs. We call this part of the Woodland Cemetery 'the garden area', and it is here that graves can be marked with a small memorial stone, slightly raised.

We are now developing a natural area with grass and wild flowers, where individual grave space will not be delineated but can be marked with a small memorial stone, not raised, to allow for the annual grass cutting when the wild flowers die down. More wild flowers and bulbs will continue to be planted each year. We are trying to keep both areas as ecologically friendly as possible and some families are now using natural coffins made of woven willow or other compostable materials, unlike

the conventional coffins used in the main cemetery at Cheshunt.

Due to the popularity of the cemetery, this year it is proposed to commence building a new Gathering Hall.

Now that you are life president, how do you see your involvement in the future of JJBS?

Having been involved for over 35 years, I am happy to continue to give advice, and I will still sit on the investment & risk sub-committee and the grants committee, which dispenses money to various charities. We donate about £50,000 to worthy charities each year.

You speak very fondly of the JJBS. What is your impression of the JJBS now, after 35 years of involvement?

The JJBS has been managed well by the various chairmen during those years. I have seen the administration develop from the use of only paper to sophisticated computer programmes. From small beginnings, we now have two full-time staff, one part-time and several casual office staff, as well as the grounds staff who look after the cemetery.

Our investments in 1982 were about £350k. They are now in their millions, and we can look forward to new modern offices in the 2020s.

I believe that the JJBS is

the most 'progressive' burial society in the UK. It is forward-thinking and visionary. It cares about its member synagogues, is mindful of the situation regarding non-Jewish burial, it allows for cremation and is always looking to improve its performance.

Finally, if someone wishes to be buried in the Woodland cemetery, what should they do?

If you are a member of the relevant JJBS synagogue, you should contact the JJBS office on 020 8989 5252 or speak to your synagogue.

COMMUNITY NEWS IN BRIEF

THE popular Salt Beef Bar at Redbridge Jewish Community Centre opens again on Thursday 9 January, when Will Smith will be the entertainer. Other dates are 6 February, 5 March and 2 April.



With more than 80 individual groups Redbridge and District boasts an active U3A. Social afternoons are held on the last Monday of the month (except December). For more information contact Maureen Nieberg on 07932 318448 or google Redbridge U3A

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Lord Levy thanks Woodford volunteers



LORD Levy, the recently retired president of leading UK charity Volunteering Matters, came to Woodford to praise the contribution made by members of the local Jewish community, who support local causes and help those in difficult circumstances, irrespective of background or faith.

Forest United Synagogue's asylum seeker drop-in centre, where individuals and families can find company, friendship and a hot meal as an example of how local communities can assist others in need.

To celebrate the volunteers' contribution to community life, Woodford Forest

hosted a sit-down tea for 150 volunteers, who are involved in a wide range of worthwhile local activities, including caring for the elderly, making hospital visits and supporting mental health initiatives.

Robin Jacobs, chair of Woodford Forest United Synagogue, said: "This was a wonderful opportunity for us

to thank all our community members who donate their time so generously to help those in need within and beyond our community. We are extremely grateful that Lord Levy could take time out from his busy schedule to visit our community and personally thank the volunteers for their ongoing efforts."

Antisemitism discussed at ELELS event

BY JAN MARTIN-ELLIS

CAN you be Jewish and be anti-Zionist? What is the difference between antisemitism and anti-Zionism, if indeed there is a difference? These questions and others were explored with an audience at East London & Essex Liberal Synagogue on 29 October, by Luke Akehurst, the director of We Believe in Israel, in his talk entitled: "How did the Labour Party get into such a mess over Israel, Jews and anti-semitism?"

Luke is well placed to address these issues. We Believe in Israel is a BICOM (Britain Israel Communications & Research Centre) initiative and is a broad coalition of over 21,000 supporters of Israel. Luke has been director since 2011 and, although he is not Jewish, he has been a committed Zionist all his life; while also having close family ties to the Labour Party since the days of his great-grandfather in the 1920s.

Outside of work, he was a

Hackney Councillor for 12 years, has stood for Parliament twice and served on the Labour Party National Executive Committee.

Luke is in a unique position to lift the lid on the history and causes of Labour antisemitism, having had the dual vantage points of being at the heart of the party's decision making, and being leader of a pro-Israel campaign organisation.

He gave an in-depth and interesting talk on the history of anti-semitism in

the Labour Party, which is not a new phenomenon; although it has certainly gained ground since 2015. He explored the differences between antisemitism and anti-Zionism, which led to a lively Q & A session after his talk. The burning final question was, of course: "What can be done about it?" It was generally agreed that, whatever the solution, it will not be easy to achieve. This was an interesting evening, which left us with much food for thought.



Liberal quiz king David celebrates his 60th



David Gold and his wife Tina at the East London & Essex Liberal celebration

FAMILY, friends and congregants of East London & Essex Liberal Synagogue gathered to celebrate the special birthday of stalwart member David Gold.

David had been a big part of ELELS – and previously Woodford Liberal Synagogue before it united with Bet Tikvah to form the community – looking

after all security needs, creating and managing fundraising events, and running the synagogue's legendary quiz nights.

Rabbi Richard Jacobi led a choral and guitar-based service to mark the special occasion. David and his wife Tina took part in the service and provided a finger-buffet kiddush afterwards.

David said: "I enjoyed a wonderful Shabbat morning with family and my wonderful synagogue community, celebrating my upcoming 60th birthday. I was overwhelmed by the generosity of ELELS members' donations to Pancreatic Cancer Research in my name."

Yershon brothers clash in RJCC football quiz



BY SIMON ROTHSTEIN

Two brothers enjoyed a top of the table clash at the Redbridge Jewish Community Centre's Annual Football Quiz.

Stephen and Brian Yershon, who won the event when teaming together in 2011, were on opposing sides this year.

Tied throughout the first

half of the competition, Stephen's Aussie Art Dealers pulled away in the second and ended up taking the coveted title by eight points. Brian's Ulta Kukas sadly faded like a side managed by Mauricio Pochettino and ended up in mid-table obscurity – although Brian and son Russell 'pulled a John Terry' and crashed the winner's

photo (above).

The quiz was the RJCC's most successful ever, raising the record sum of £9,750 for the Jewish Care centre. More than 200 people took part, split over 19 teams, enjoying mounds of salt beef, viennas and latkes as they answered. Jon Jacobs and his volunteer committee once again ran and hosted the evening.

‘Bursting’ Buckhurst Hill Chabad seek larger premises

BY **MANNY ROBINSON**

CHABAD in Buckhurst Hill have begun the search for larger premises because the current building is no longer suitable for its needs.

The Centre is now at its fourth location and has outgrown each one as synagogue services, and other activities, organised by Chabad become more popular.

Rabbi Odom Brandman said that last Rosh Hashanah just over 240 people attended services, and that the number increased on Yom Kippur.

He added: “We are flattered that so many of the wider community are coming to join us, and we must make sure that everyone who comes is comfortable and has a place to sit. We will have to think carefully, before the High Holy Days next year, regarding how to accommodate people while our search for a better site is underway.”

The in-house kosher catering at Chabad Buckhurst Hill has also brought in many simchas, parties and private functions – but, for many people, the shul hall is not big enough to cater for functions.

One of the major Chabad ideas that has taken off is a Teen Boys’ Club on Saturday nights during the winter months. The boys can enjoy pool, a football table and console games. Activities for girls are also planned.

Sheina Edelman, one of the youth leaders, said: “It is a safe and secure environment.”



Another feature at Buckhurst Hill has been the Kids Cookery Club; and there has been such a demand that a full year’s events for the club has already been made. Many of the events are planned around Jewish festivals. There was a challah and honey cake baking event before Rosh Hashanah, latkes and doughnut making for Chanukah, hamentashen before Purim and cheese cake before Shavuot.

Children also get an opportunity to learn about traditional Jewish foods that they are cook-

Above: The kid’s cookery class. Right: The Teen Boys’ club at Chabad



ing, and they take home everything that they have cooked.

A regular Friday night service in Buckhurst Hill attracts more than 30 men; and, during the winter months, there is a ‘beer and shiur’ followed by a service at 6.30pm. The single malt kiddush at the end has gained a growing reputation. There is a barmitzvah at least once a month, sometimes more often.

With other events like the weekly cheder, babyccino, toddler group, restaurant nights and more, the need for a bigger and more purpose-built site is clear.

For further information about Chabad, Buckhurst Hill contact www.chabadonthehill.co.uk



We are flattered that so many of the wider community are coming to join us
- Rabbi Odom Brandman

Israeli whisky a hit at Chabad tasting



CHABAD Events Team’s Annual Whisky Tasting event was another sell-out, as Katie Groves (pictured above) returned to take guests through the paces of several whiskies, including one from Israel which proved a real hit.

Sixty guests were treated to salt beef sandwiches, latkes, coleslaw and apple pie with custard – all cooked on the Chabad premises – along with their whisky.

The night, which included a raffle, raised more than £2,200 for Chabad’s work in the community. Rabbi Aryeh Sufrin MBE, executive director of Chabad North East London & Essex, talked about the projects that the money raised would go towards, including drug and addiction counselling and assistance to families in need.

Katie – bar supervisor for whisky specialists Milroy’s of

Soho – said: “It was a such a privilege to be invited back to Gants Hill to host this charity whisky tasting for the second year running. It was a brilliant event for 60 whisky lovers and friends who make up a great community, committed to supporting the local area. “We raised an amazing £2,200, which will go towards helping vulnerable individuals such as those affected by addiction or homelessness.”



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MITZVAH DAY 2019

TWO PAGES OF PICTURES FROM AROUND THE COMMUNITY CELEBRATING THIS SPECIAL DAY

A team put together by Jewish Care including multiple centres, synagogues and faiths collected and delivered boxes and bags of household items to five Trussell Trust centres



East London and Essex Liberal Synagogue collected items for Jason Lee House which promotes independent living for vulnerable adults



For Mitzvah Day, members of Woodford Forest United Synagogue attended the AJEX Parade and Ceremony



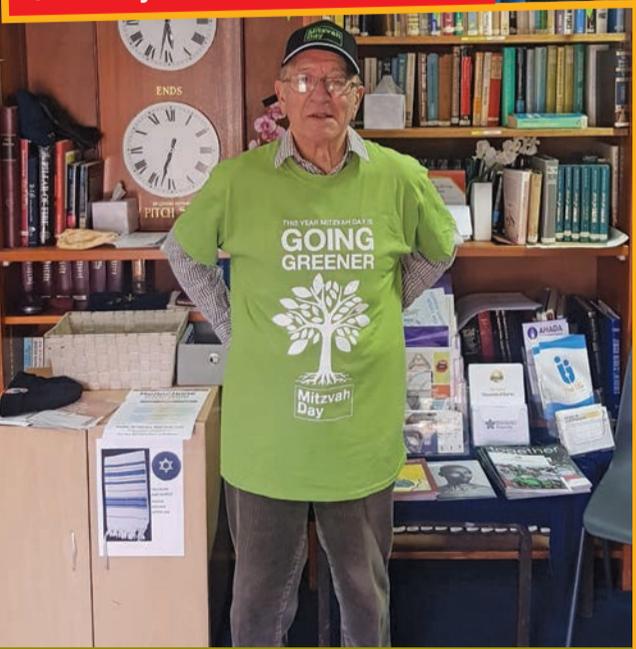
Clare Tikva pupils and Nisa-Nashim volunteers baked for the Friday Night Cafe of Hope at Ilford's Jubilee Church PHOTO BY YAKIR ZUR



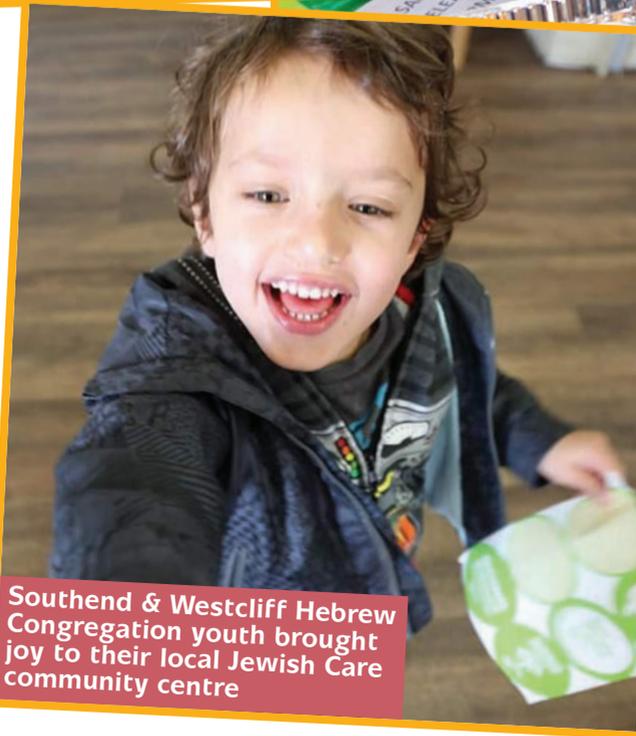
JLGB staff in Woodford represented Mitzvah Day at the AJEX Parade and Ceremony PHOTO BY YAKIR ZUR



Essex Jewish News editor Simon Rothstein and his family were proud to take part in multiple Mitzvah Day activities PHOTO BY YAKIR ZUR



Chigwell and Hainault Synagogue collected books and DVDs for Langdon as well as items for those in need in the UK and Israel



Southend & Westcliff Hebrew Congregation youth brought joy to their local Jewish Care community centre



Cranbrook United Synagogue collected essential items to help the homeless



Ilford Federation Synagogue tidied the local Mikvah PHOTO BY KEITH GOLD



Jewish Blind and Disabled Milne Court tenants collected clothing for GIFT PHOTO BY YAKIR ZUR



New Essex Masorti Synagogue hand over toiletries at the RJCC as part of the local community's joint initiative for Mitzvah Day



Kantor King Solomon pupils made Chanukah cards for tenants of Jewish Blind & Disabled's Aztec House PHOTO BY YAKIR ZUR



Norwood Redbridge held an arts and crafts event and tea party for its local members PHOTO BY KEITH GOLD



Jewish Care's Vi & John Rubens House received a visit by Howard Gould of Leyton Orient Trust with players Josh Wright and Jordan Maguire-Drew. They are seen here with residents Leonard Berger, Arlene Conway and Alan Shaw PHOTO BY KAREN ZETTER



SWESRS conducted the annual remembrance service for Jewish pilot Harry Jassby who is buried at St Peter's Church on Oaks Lane PHOTO BY KEITH GOLD



Wohl Ilford Jewish Primary School arranged a collection for Redbridge Foodbank, Camp Simcha and the Royal National Institute for the Blind PHOTO BY YAKIR ZUR

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and Synagogue Advisory Council wish everyone a
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Gants Hill: www.chabadilford.co.uk
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PERSONAL OPINION



RENEE BRAVO

Just for the frummers?

HERE are two wonderful aspects of Jewish life which are being denied to most of us because it is assumed that they are for "the frummers". I refer to the Sabbath, and family purity. The Sabbath is one of the greatest gifts given by the Jewish people to the world. The eastern religions have no concept of the sabbath, nor had the great civilisations of Greece and Rome. Yet now the whole world revolves around "the weekend". Thank God it's Friday is now a universally recognised slogan. All deriving from the Jewish Sabbath. Yet this magnificent concept is being eroded for most Jews by the so-called orthodox interpretation. There is something so special about that magic moment, sunset on Friday, when as the sky darkens, the whole Jewish

world is united by women lighting candles. Why is this magical moment not shown on Israeli television? Who decided that you must not use electricity on the Sabbath? The biblical injunction is against the lighting of fire. The whole magic of the Sabbath, a whole day without worldly concerns, no cooking or cleaning, no thinking about money, all this wonder is being destroyed by the idea that it is only for "the frummers". Those of us who are trying to preserve the wonder and the magic of the Sabbath yet live in the modern world, visit friends, go to shul in the morning and football in the afternoon, make the phone calls that you did not have time to during the week, are vilified as "Reform". The fight continues.

The other wonderful idea that is being derided as



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The Governors, Staff and Students at both schools wish the whole community a very happy Chanukah



The next issue will be published to coincide with Pesach 2020.

To advertise in this issue contact Debbie Mulqueen on office.ejn@gmail.com

Chigwell honours their Don

BY IAN MURRAY

WHEN Don and Frances Everitt moved to Chigwell from Romford nearly 45 years ago, they initially became members of Ilford Synagogue in Beehive Lane. At that time, the small Chigwell & Hainault community held services in a house. Don soon found the walk on Shabbat to and from Ilford rather too long, so he decided to join his local community and help it develop. Thus began what can only be described as a love affair and a relationship that reached a milestone last September.

The Chigwell & Hainault community began to flourish; and in 1977 they moved to a new, purpose-built synagogue in Limes Avenue. Don and Frances must be one of very few couples who have had their sons – Ivan and Steven – become bar mitzvah in both the house and the then new shul.

Tragedy struck in 1990 when Don lost his father. Chigwell & Hainault had recently begun a regular Shacharit service, and Don attended for the year. The camaraderie he established during that year, and the desire to ensure that anyone saying kaddish should have a minyan, encouraged Don to continue and, holidays apart, he was in shul every morning until illness curtailed his mobility 18 months ago.

Don was very soon entrusted with the keys to the synagogue because he was the first to arrive every morning. Encouraged by Jack Godfrey,

Don plucked up the courage to lead services. He then began a regular weekly breakfast club for the men. Initially on a Wednesday, this was soon moved to a Thursday so that Don could pursue one of his other loves, playing golf with his friends. Don did all the work on Thursday mornings – he bought the rolls and fillings, then prepared the breakfast.

But this wasn't enough for Don. Despite working full time with his brother in their property business, he ran the security and then joined the board of management. One of Don's major achievements was leading a fundraising committee and personally contributing substantially to the building of the new shul hall.

The year of 1997 marked a new era for Chigwell & Hainault Synagogue with the appointment of Rabbi Baruch and Nechama Davis. Don immediately developed a rapport with Rabbi Davis, when he discovered that his daughter Suzanne and the rabbi were both at university together studying for their economics degrees. This rapport has developed over the years into a special friendship.

Don was not only the first to arrive in shul, he was also the first to greet any stranger and make them feel welcome. This ethos has continued and the Chigwell & Hainault community prides itself on the family atmosphere always evident there.

Don recalls that, when he suffered the terrible loss of



his mother and son Steven, Rabbi Davis and the shul members showed him enormous kindness and gave him exceptional support. Don will never forget this.

Don celebrated his second bar mitzvah in September. When he arrived in shul, Don quite rightly expected that this

would be an emotional and joyous occasion. What he didn't expect and what came 'out of the blue' was a special presentation. In honour of all his achievements Don became only the second person, after Percy Sonn, to be made honorary life president of Chigwell & Hainault Synagogue.

IDF veteran helps raise £2,500



Benjamin Anthony, Linda Burns and Simon Belson

BY GEOFFREY PEPPER

COMMITTEE member Linda Burns introduced a remarkable MDA event in the Southend & Westcliff Hebrew Congregation synagogue hall, raising over £2,500 on the night, when over 50 people listened to riveting speaker Benjamin Anthony. Benjamin is an IDF veteran of service (sergeant and heavy machine gunner) in the second Lebanon War in 2006, Operation Pillar of Defence in 2012 and Operation Protective Edge in 2014. He is also the founder and director of Our Soldiers Speak.

He was raised in Leeds, born into a very Orthodox family, six boys and one girl. To avoid antisemitism he wore a baseball cap in public instead of a kippah. In 1994, at 8.30am, on their way to school, Benjamin and two of his brothers were attacked brutally by seven men. His older brother was beaten mercilessly to a pulp, his injuries so bad his mother did not recognise him; he has had three liver transplants. His brother has never fully recovered.

The thugs were caught, only to be fined £200 payable over two years. Benjamin said: "I stood by and did nothing. I have vowed that, if I ever witnessed an attack again, I would not hesitate to assist. My job in the IDF is never to hesitate."

"In the IDF, I learnt to stand fast; and the people be-

hind you will live in the face of murderous, terrorist intentions. In 1999, during the second Intifada, there was a wave of Palestinian homicide bombings attacking Israeli Jews and non-Jews alike. Right now, when rockets are fired, parents are wondering which child to engage."

Speaking to a captivated crowd, Benjamin added: "The existence of Israel prevents another Holocaust, and the singular reason I fight is that I never forget and I understand the teachings of my mother and father."

He pointed out that Israel has fought 10 wars since it was established. Benjamin is proposing the 'New State Solution' which calls for the establishment of a free, sovereign and independent Palestinian State in Gaza, with the addition of a territorial connection into a section of the northern coastal area of the Sinai Peninsula. He envisaged that Egypt's broken economy would be the major beneficiary of global investment from being the king-maker and leading the way.

In closing the meeting, MDA Committee member Simon Belson thanked Benjamin for his powerful and thought-provoking talk. Simon said that, in two years, the committee had now reached their target of over £30,000 for the new national blood centre in Ramla, Israel. Their next goal is to raise funds for a new motorcycle to save lives.

Local Angels celebrate 11 years of supporting others



Pictured above from left to right: Gayle Klein, Nick Ferrari, Karen Leibovitch and Sonia Lerner PHOTO BY DAVID SOLOMON

RADIO and television presenter Nick Ferrari joined 200 guests at the 11th Local Angels lunch, held at the Marriott Waltham Abbey, helping them to raise over £33,000 for Jewish Care's services in Redbridge.

The annual lunch organised by the Local Angels Committee, chaired by Jewish Care Trustee, Gayle Klein, has raised over £300,000 over the past decade.

After the reception and lunch, Sonia Lerner, who's family have been supported by Jewish Care, made an appeal to

guests. Sonia's mum, Lottie Lewis was diagnosed with vascular dementia in her late 70's.

Sonia said: "Mum became more isolated as her dementia progressed, so we approached Jewish Care who sent a social worker to assess her. They recommended for her carers to visit each day to encourage her to get up, to prepare her meals for her and make sure she took her medication."

"They suggested visiting The Dennis Centre, for people living with dementia in Redbridge, to enjoy a hot meal, ac-

tivities and most importantly the social interaction she needed. When I visited her there one day I was so impressed with the friendliness of staff and volunteers, and I was amazed to see my mother participating in a lively quiz and answering questions.

"Jewish Care were with us every step of the way and it was very important to her to be in a home where the food was kosher and where she could celebrate all the Jewish festivals. The staff were wonderful, allowing her to be herself and al-

ways taking account of her personal preferences. Mum spent her final four years there and we always felt comforted that she was in a safe and caring environment."

Following the lunch and Sonia's appeal, Nick Ferrari was featured in conversation with Local Angels Committee member, Karen Leibovitch. Answering questions from the audience, he talked about his show on LBC which has 1.5million listeners, taking questions on entertainment, politics and fatherhood.

Funds raised at the lunch have helped to finance the weekly Memory Way Café and care buses to take people to Jewish Care's Dennis Centre and to Jewish Care's Redbridge Community Centre as well as funding community centre activities and teas for Holocaust survivors.

Speaking during the event, Nick Ferrari said: "It's a total privilege to be here to get a better understanding of the work Jewish Care does which is of irreplaceable value to the Jewish community."

Adam Overlander-Kaye, director of fundraising and community engagement at Jewish Care added: "I'd like to add my thanks to Nick Ferrari, Gayle Klein, Karen Leibovitch, the Local Angels committee, Sonia Lerner and our guests for all their support today – as well as their passion and commitment over the past decade."



Sixty keen card players helped Jewish Blind & Disabled raise more than £6,000 at a sold out Poker Night.

‘I tried to avert my eyes from the walls inside the building’



Alice Alexander with with the British ambassador to Germany Sir Sebastian Wood KCMG

HOLOCAUST SURVIVOR ALICE ALEXANDER WRITES ABOUT AN EMOTIONAL RETURN TO GERMANY AT THE AGE OF 94

yet more tea and cake.

On Thursday, our last session was with the Heimatsucher, a second-generation group of survivors who were recalling events from former times. There are currently 160 members and about 100 volunteers to ensure that the past is recorded for others.



In addition to all the many ‘study’ sessions, our efficient and caring guides somehow found time to take us around Berlin. It’s not an easy task, as it is a very large city with a lot of traffic. We saw bronze statues of children carrying a packed suitcase (very similar to those exhibited at London’s Liverpool Street Station). On an extremely large area, a memorial consisting of some 2,711 square concrete slabs without any inscriptions, silently pays homage to the thousands who were murdered. Its construction cost the city millions of euros.

Platform 17, which had facilitated the evil journeys to torture and death.

On Tuesday, we drove to the Wannsee district, to the house of the so called Wannsee Conference where, on 20 January 1940, the Nazis planned the extermination of all Europe’s Jews.



On this sunny, tranquil day it was difficult to associate the large, elegant villa in its beautiful gardens with the unspeakable crimes planned and prepared here.

I tried to avert my eyes from the walls inside the building, as they displayed photographs of the authors of, and participants in, such dreadful and heinous deeds.

We next had lunch as guests of the Federal Foreign Office, and were addressed by officials who are in regular contact with Jewish organisations. Then there was a talk by ARSP, a reconciliation service active in the UK and Israel.

On Wednesday, we attended a meeting of the Federal Agency for Civic Education and Holocaust Remembrance at the Media and Communication Centre. We talked with representatives of Centropa and enjoyed lunch with them. Centropa is an organisation which records Jewish memories.

On the same day, we four elderly refugee-survivors presented ourselves from the stage to an audience of about 72 teachers and many pupils, replying to their questions. The press was discreetly present.

At 5pm, we chatted with the UK Ambassador Sir Sebastian Wood KCMG, and other diplomats at the British Embassy, while being regaled with

After lunch, Boris and Sophie conveyed us back to the airport, loaded with presents and many books, all in German. We arrived back at Heathrow at 15.35 and would doubtless spend many days after this trying to digest these brief but eventful and meaningful days. There was, of course, some sadness for obvious reasons (not least for being confronted with childhood memories, though not of Berlin as I’m not a Berliner).

Although I’m aware that present-day Germany is doing everything possible to ensure there will never be a repetition of the past, it would have been interesting to meet at least one Jewish person on our trip. I read somewhere about a Jewish woman being asked how she felt about returning to live once more in Germany. She replied: “Germany is definitely not my ‘Heimat’, but at the same time it is difficult for me to fully identify with Israel, where I presently live. My identity is defined by my parents’ history and the reactions of the environment.”

One hopes fervently that, with the excellent work and continuing dedication of all those we were fortunate to meet, good relations between people of all religions, races and colour would one day obtain and be the norm.



THE New Essex Masorti Synagogue planted a tree in Valentines Park, which was unveiled over the summer

Essex stage star winning rave reviews



FOLLOWING the success of her award nominated production ‘You Won’t Succeed On Broadway If You Don’t Have Any Jews’, Cranbrook United Synagogue member Michaela Stern has opened a new West End production.

The show, *Soho Cinders*, has already received much critical acclaim following its opening at The Charing Cross Theatre in late October.

As well as producing *Soho Cinders*, Michaela takes one of the lead roles, playing the part of Clodagh.

The modern musical is written by Stiles and Drewe, whose production of *Mary Poppins* is also currently running in the West End. It follows Robbie, a broke and penniless student who becomes romantically entangled with James Prince, a candidate running for London’s mayor who just so happens to be engaged.

Soon James’ stripper stepsisters become the least of his worries as his new forbidden love becomes more taboo than

a lap dance. Robbie and James’ worlds collide and their happily ever after won’t come without a fight.

Paying tribute to London’s rainbow district filled with colour, political involvement, sex scandals and real love, *Soho Cinders* is a delectably devious, noxiously naughty musical update of the beloved Cinderella fairytale, complete with an addictive score that will have you whistling to its tune long after the clock strikes 12.

Michaela – who attended both Wohl Ilford Jewish Primary School and Kantor King Solomon High School – told the *Essex Jewish News*: “We have managed to assemble such an amazing cast and the audience reaction has been incredible so far, receiving standing ovations for every performance. It is an incredibly fun night out at the theatre and the cheapest tickets in the West End.”

To book tickets, please visit <https://charingcrosstheatre.co.uk/theatre/soho-cinders>

Award for WIJPS



WOHL Ilford Jewish Primary School (WIJPS) has received recognition for its outstanding education in Early Years, following external assessment of all aspects of children’s learning and their effective settling into school.

Issued by the Basic Skills Agency, this sought-after and nationally recognised award, known as The Quality Mark,

demonstrates that WIJPS has achieved the educational equivalent to the business sector’s Investors in People.

A spokesperson for the school said: “We are delighted to have achieved this accolade and congratulate the staff in our Early Years team. We are very proud of their commitment and dedication.”

“IT’S A LIGHT IN ALL OUR LIVES.”



Renee, Miriam and Ivor, members of the Holocaust Survivors' Centre

Charity Reg No. 802559

PLEASE WILL YOU CONTINUE TO BRING LIGHT INTO THE LIVES OF HOLOCAUST SURVIVORS LIKE IVOR, MIRIAM AND RENEE THIS CHANUKAH AND BEYOND?

For more than 25 years, Jewish Care's Holocaust Survivors' Centre has been a beacon of hope for our survivor community who have lived through some of the worst experiences in history. But it receives no Government funding at all, so please make a gift today to help us continue to bring light into people's lives this Chanukah.

To make your gift, please call 020 8922 2600, or visit jewishcare.org/donate

JEWISH CARE

FOCUS ON: Clore Tikva Primary School

MICHAELA BLITZ PAYS A VISIT TO ONE OF THE FASTEST GROWING JEWISH SCHOOLS IN THE UK

SINCE opening its doors in 1999, Clore Tikva Primary School has grown from a nursery with an initial intake of just 20 children to a two-form entry school with over 460 pupils, making it one of the fastest growing Jewish schools in the UK.

The school was originally established by Redbridge's Progressive Synagogues – New Essex Masorti Synagogue, South West Essex and Settlement Reform, Sukkat Shalom Reform and the two Liberal communities that now make up East London & Essex Liberal Synagogue – to serve both them and the wider Jewish community, as well as those pupils from other faiths and backgrounds.

Its aim is to help build a good foundation so that each child can develop academically, as well as physically and spiritually.

This pluralistic outlook is very much reflected in every aspect of the school. As head of Jewish studies, Samantha

Bendon explains: “We follow a broad and balanced curriculum and within the classroom try to thread and integrate elements of Jewish Studies into everything we do.”

During the weekly Torah assemblies, the emphasis is on helping the children to understand some of the key characters and messages within these stories, which as Mrs Bendon describes are “often just normal people doing amazing things”.

UNIQUE

Mrs Bendon has been at the school since September 2000 and has seen it grow and develop into what she calls “a unique environment” over the past two decades. At the other end of the scale is Margot Buller, the new head of Clore Tikva. Although she has over 20 years' experience as a head teacher, she has only been in her new position at Clore Tikva for a few months. In that time, she has been overwhelmed by the warm wel-

come she has received and impressed by the positive atmosphere of the school.

She told us: “As someone from a Catholic background coming to somewhere like Clore Tikva has actually made me not only look at my own faith more, but has helped me to gain a better understanding of Jewish traditions.”

She feels that this is the same experience for other pupils in the school who may not be from a Jewish background and believes that there is “a positive celebration of diversity within the school”.

She goes on to say “I can see that everyone at this school is able to find their own place, and there is support from the school for all its pupils and their spiritual wellbeing, so that they can unite through shared values and traditions, and help rid prejudices and misunderstandings between cultures.”

Mrs Buller recognises that, whilst the school is a Jewish faith school, it also looks at the bigger picture establishing connections with the wider local community. This is something that she is keen to continue.

The school has been involved with anti-racism organisation Hope Not Hate, which

helps challenge prejudice and encourage positive behavioural changes within schools. She also hopes to develop stronger relationships with faith groups and leaders, not only from the Jewish community but from other religious communities based in the area.

POTENTIAL

The school aims to enable each child to achieve their full potential and be truly inclusive. They also have a good track record in ensuring provisions for pupils that may have additional needs and are planning to create an inclusion and sensory room to be used by those pupils with special educational needs.

Mrs Buller feels that the success of the school is very much down to the leadership of teachers and staff and this has helped to raise the profile of the school. As she explains: “Even in the short time I have been here I can see that the happiness and positivity is felt by all of the staff, which in turn is reflected through the students.” She also sees this same enthusiasm from the parents, adding: “It is really great to see the passion from the parents who are very supportive and involved and help to instil the ethos that the school is



Samantha Bendon, pictured getting ready for Mitzvah Day, has been at the school since it opened

working towards.”

Natalie Newman from Collier Row currently has two children at the school, Henry who is in year 3, and 4-year old Leo who is in the nursery. She told us: “Both of my boys really love going to school and their teachers, which is great. It gives me great nachas when I hear Henry share songs during the festivals, that he has learnt at school, and Leo is also learning about motzi shabbat.” She is very supportive of the school and the standard of education it offers, both in its Jewish education and in general.

FUNDING

Clore Tikva, as with the other Jewish schools in the area, is voluntary aided which means that it receives only 90% of funding from the Government, covering most of the teaching and learning related to the National Curriculum, but the remaining 10% is heavily reliant on parental contributions. These are voluntary, yet essential in guaranteeing the school can continue to deliver not only in areas of Jewish education, but in other areas of running and maintaining the school. Additional fundraising, such as the Menorah Run in December, helps to give valuable funds to the school.

Karen Denham, whose son Natan attends the school, is part of the parents' association (FACT) and along with her husband, Andy, is helping to organise this year's Menorah Run, a community-based event which helps to raise money for

all three of the Jewish schools in the area. The parents' association also organise many other events throughout the year. As part of the school's ethos, its connection to Israel is very important and the school is part of the 'Living



Natalie Newman with her children who attend the Clore school and nursery



There is a positive celebration of diversity within the school

Bridge' programme. Through this, Clore Tikva has been partnered with Kerner School which is based in Northern Israel. It has enabled pupils in both schools to gain a better understanding of the similarities and differences not only between their own lives, but the school and respective countries as well.

Over the next year, Clore Tikva Primary School will be celebrating its 20th anniversary with lots of events. They are currently working on a project to help create what Mrs Buller calls “a tapestry of the school” of pupils and teachers past and present.

As she explains: “We are keen to get as many memories and photographs as possible



from those connected with Clore Tikva, to really show the range of people that have been involved in the growth and development of the school, so if any readers would like to be involved, please get in contact with the school office.”

One such pupil who has fond memories of Clore Tikva is Annie Franklin, who previously attended the primary and who now goes to JC.OSS. During her time at Clore Tikva she enjoyed the real sense of community at the school. She told us: “I left Clore Tikva in 2016, and really enjoyed my time there. I made some great friends and gained a clear understanding not only of Jewish beliefs and customs, but in all areas of my education. The knowledge and skills I gained during my

Jewish learning is a key part of the school week

time at Clore has really helped me in my secondary school.” Asked to sum up why Clore is so important to its pupils, their families and the wider Jewish and Essex communities, head Mrs Buller concludes: “The combination of caring committed staff, supportive parents and a great governing body means that we all work together to ensure the best for our pupils. I can honestly say that I have never been so happy working in a school and am really excited to be at the school during such a positive and celebratory time in its history and with such a bright future ahead.”

The polymath from Barkingside on Lenin, Mosley and the meshugganahs with guns

PAT LIDIKER TALKS TO PROFESSOR CLIVE BLOOM ABOUT HIS FASCINATION WITH THE SEAMIER SIDE OF LIFE

ANYONE overhearing snippets of my conversation with Clive Bloom, over coffee in South Woodford, could have assumed we were either Soviet spies or anarchists plotting a riot.

What they couldn't have guessed was that my casually dressed, quietly spoken companion is a world authority on the likes of Oswald Mosley, Trotsky, Lenin, Stalin, ruthless Latvian gangs, Jack the Ripper, the Battle of Cable Street and even the origins of Extinction Rebellion.

"I'm not into petty crooks, conmen or hoodlums, just the more dangerous political villains – and heroes," he smiled.

So what's all this got to do with a mild-mannered, 66-year-old Jewish grandfather from Redbridge? And why, in his semi-retirement, is Clive Bloom, Emeritus professor of English & American Studies at Middlesex University, delving ever deeper into this murky, violent underworld filled with dodgy characters? Well, I suppose somebody had to do it.

A successful author, journalist and broadcaster, Clive lectures all over the world, while currently editing three volumes of Gothic literature and researching a history of best-selling fiction. He has

recorded an Amazon series with Stephen Fry about the more exotic underbelly of the Victorian era.

His numerous books include popular literature and political intrigue in the Thatcher era; and *Violent London* covers 2,000 years of Riots, Rebels and Revolts. His work on civil disturbances is where *Extinction Rebellion* enters the picture, a source of more research to come.

A popular speaker on the London circuit, his recent talk to the Jewish Historical Society at Clore Tikva Primary School was entitled 'Meshugganahs with guns: revolution and violent death in the old Jewish East End'

His personal life, too, is deeply seated in London and perhaps helps keep him grounded during his fascination with the more macabre.

Clive told the *Essex Jewish News*: "My great-grandparents came to Britain in the early 1900s, one half settling in Middlesex Street and the others at Elmers End in Beckenham. The area was actually named after the house they lived in, and we gather the family made their fortune in olive oil.

"I was brought up, and still live in Barkingside, had my barmitzvah in Beehive Lane shul and went to Ilford County High."

He and his wife Lesley have just celebrated their 40th wedding anniversary and have two sons, James and Jonathan who were at Kantor King Solomon High School. Of their



four grandchildren, three go to Clore Tikva.

Clive worked for a while in advertising before heading for Southampton University, where he completed a doctorate in psychoanalysis. "I wrote my first two books when I was 30 and became Head of Humanities at Middlesex University, retiring from full-time work in 2006," he told us.

In addition to his emeritus professorship, he is adjunct professor at Notre Dame and New York Universities and gave the Gresham Lecture on Cable Street in 2013.

Revelations across the table in South Woodford in-

cluded the identity of Jack the Ripper, who may have been a Jewish shochet in a leather apron. I didn't know either that Lenin, Trotsky and Stalin plotted secretly in the East End from 1902, after being thrown out of Russia by the Tsar. Or, indeed, about the numerous young Latvian Bolshevik supporters fleeing to London and killing our policemen because they thought they were the same as theirs back home.

The Times once dubbed Clive a polymath, such is the breadth of his knowledge, and I came away from our meeting much the wiser, having led such a sheltered life.

A vibrant year for Southend Reform

SOUTHEND and District Reform Synagogue has welcomed a number of new members to its community during 2019, including young families – increasing membership by 10 per cent.

Synagogue member Mike Royston told the *Essex Jewish News*: "Our shul, which has been established for over seventy years, continues to attract new members, with many first-time visitors commenting on how friendly and welcoming they find the atmosphere. "It is particularly pleasing to know that our shul is also attracting a new generation, who are embracing Reform Judaism."

The synagogue currently has 200-300 members and gladly welcomes visitors throughout the year, whether they are members or not. In addition to Shabbat and festival services, the community provides cheder and other educational facilities, and a wide range of social activities.

For further details please call 01702 711663, email admin@southendreform.org.uk or go to www.southendreform.org.uk

COMMUNITY NEWS IN BRIEF

A LIVELY afternoon is promised at the Ladies That Lunch event on the last Wednesday of each month at the Redbridge Jewish Community Centre. Entrance is £6 and includes fresh soup and sandwiches. The next get together is on Wednesday 29th January. Contact simber@jcare.org or phone 0208 418 2116 for further information.



WANT to learn to line dance? There is a beginner's class starting on 7 January at 10.45am at Redbridge Jewish Community Centre with a full class beginning at 11am. The cost is £5.00 and the classes meet on Tuesdays fortnightly. Phone 0208 418 2116 or email simber@jcare.org



THE Wohl Ilford Jewish Primary School (WIJPS) football team won a bronze medal in a borough tournament, competing against 21 other teams. A spokesperson said: "We are so very proud. The squad played amazingly and supported each other. Well done!"

Minnie wins JBD award for volunteer of the year



Minnie Solomons, an Essex-based volunteer for Jewish Blind & Disabled, won the charity's Lifetime Achievement in Volunteering award at December's Jewish Volunteering Network ceremony.

Minnie (pictured with JBD's Simone Mazin) thoroughly deserves the prize - she is 102 and still visiting Milne Court twice a week to put on an arm chair exercise class for tenants.

CELEBRATIONS



Toby Roukin was barmitzvah at Chigwell and Hainault Synagogue
PHOTO: THE PHOTO PEOPLE



Ellis Mazin was barmitzvah at Chabad Buckhurst Hill
PHOTO: KAREN ZETTER PHOTOGRAPHY



Aaron Caplin was barmitzvah at Chabad Buckhurst Hill
PHOTO: DEBBIE RAM PHOTOGRAPHY



Ethan Clerck was barmitzvah at Chigwell and Hainault Synagogue
PHOTO: BENJAMIN LEON DADDS



Judy and Ivor Barwin, originally married at Dean Street Synagogue in London, celebrated their Golden Wedding
PHOTO: HARVEY LEXTON



Harvey and Emma Lexton, originally married at Psalms of David Synagogue in Leeds, celebrated their Golden Wedding
PHOTO: HARVEY LEXTON



Ian and Sandra Keller, originally married at Stepney Green Synagogue in London, celebrated their Golden Wedding
PHOTO: HARVEY LEXTON



Sadie Rose was batmitzvah at Chigwell and Hainault Synagogue
PHOTO: TOM NOCHI



Jake Fortag was barmitzvah at Sandy Row Synagogue
PHOTO: THE PHOTO PEOPLE



Adam Moscow was barmitzvah at Chigwell & Hainault Synagogue
PHOTO: THE PHOTO PEOPLE

Rabbi loving life by the sea

MICAELA BLITZ CHATS TO SOUTHEND'S RABBI HYMAN

THIS summer Rabbi Israel Geoffrey Hyman, along with his wife Michelle, joined Southend and Westcliff Hebrew Congregation, better known as SWHC and dubbed the 'shul by the sea'.

After having worked most of his rabbinical career in the United Synagogue, most recently as the minister of Ilford (now Cranbrook) United Synagogue, Rabbi Hyman took on his new role in this independent community in July and has been spending the past five months getting to know the community as well as the local area, where he now lives.

SWHC is a vibrant and independent modern-Orthodox community. This means that it is self-contained and self-sufficient. It currently consists of 573 family members (about 900 people) and Rabbi Hyman is encouraged by younger families who are moving to the area from other parts of Essex as well as further afield. With its own cheder, youth club and great facilities both inside and outside of the synagogue, he feels Southend and Westcliff is a great place for young families to live.

The community boasts a well-stocked kosher shop, modern mikveh and beautifully maintained cemetery. Planning permission has been granted for an eruv which will enhance Shabbat observance for both young families and the elderly. Southend also has a growing Chassidic community meaning more local kosher facilities. Rabbi Hyman now hopes to be able to encourage the further development of Jewish infrastruc-

ture in the area.

Rabbi Hyman has also been working closely with the other Jewish communities in the area, including the Chassidic community, and has been "overwhelmed and encouraged by the friendliness of the community". He feels that the communities have developed a good relationship with each other based on understanding and respect.

In the short time he has been at the synagogue, he has introduced many new groups and activities which he hopes will appeal to many parts of the community and encourage more people to become involved.

In an exclusive interview with the *Essex Jewish News*, he explains: "I hope that there is something for everyone, whether it is educational or social, and that people will feel more connected."

Rabbi Hyman currently runs a weekly 'Gemara Shiur' and, along with the rebbetzen, also runs a monthly women's discussion group which they hold at their home in Westcliff. Both have proven to be very popular.

Rabbi Hyman is a very keen cyclist, so for those who like something a bit more active, he has also started a cycling club. In the pipeline there is also a dog-walking club, so that not only the rabbi and rebbetzen can be involved, but also their Cavalier King Charles Spaniel, Benji, who has already become a much-loved part of the community.

When Rabbi Hyman initially made the move from Ilford to Westcliff, he had no expectations, and has been pleasantly surprised in many ways by how they have been welcomed and the enormous enthusiasm within the community.



He said: "I have really been surprised not only by the sheer amount of things happening here, but also by the closeness of the people within the community. The support between members of the congregation is truly amazing, and something that I have never experienced in quite the same way before. Becoming part of this community has been an energising experience that I hope will continue to surprise me."

Michael Nelkin, the president of SWHC feels that Rabbi Hyman has settled in really well, telling us: "He is what I would call an 'old school' community rabbi, which is exactly what we need here. He works across every part of the community supporting and uniting the congregation during happy and sad occasions and he has been willing to help wherever he can. Rabbi Hyman has also brought some great new ideas, such as the chicken soup and chopped liver evenings on Friday nights." Shabbat morning attendance

at SWHC has also started to increase, which Michael feels is "very encouraging". He adds: "I hope that Rabbi Hyman is as happy to be here, as we are to have him here."

For Rabbi Hyman, having spent many years living in the suburbs, the chance to live in Westcliff has also been a very different experience.

As he concluded: "I really love living 10 minutes from the beach and also 50 yards from the shul. It's the best of both worlds. I find being by the sea is both relaxing and invigorating, and during the summer after a day's work, when I walked along the coast, it felt almost like I was on holiday!"

"There is no doubt in my mind that Westcliff-on-Sea is a good place to be and I hope that others will consider the move to this beautiful seaside town, just 55 minutes from NW London."

If you would like to know more about SWHC please contact the synagogue office on 01702 344

Jewish Cubs still pack a punch

BY JASON LEVY

DID you know there has been a Jewish cub pack in Redbridge for more than 40 years?

The Cubs and Scouts movement is now stronger than ever – helping to teach skills for life, and offering lots of fun activities for both boys and girls in the local area.

The 12th Ilford Pack meets every Thursday from 6.30pm till 8.00pm in Roding Lane South. The pack is a great place for our kids to learn new skills, make new friends and have lots of adventures.

In the summer we light campfires and learn how to cook on them; we have canoeing and archery lessons and learn how to track through the countryside; we have an annual camp under the stars, and the children also get to compete in our swimming gala against other groups from across the district.

In the winter the kids work towards gaining their badges, learning how to work as a team, and build their leadership skills. The pack has given our current bunch of kids a chance to make new friends, helping to widen their social circle.

The pack's leadership team is highly experienced, with key members from both the Clore Tikva and Wohl Ilford Jewish Primary Schools' teaching staff. Most of our leaders were cub members themselves and are looking to pass on the skills they learned and the fun they had to a new generation.

We are always looking to recruit new kids to the pack – we are especially looking for more girls to take part. If your children are aged between seven and a half and ten, and you think they might be interested to come along for a trial – please contact Joy Mallach by email at ilfordcubsth12@yahoo.co.uk

Pat the dog



TENANTS at Jewish Blind & Disabled's Aztec House were delighted to welcome PAT (Pets as Therapy) dog Coco with owner Julie. Coco and Julie had such a great time they've agreed to come back in the new year.

So, is Adrian Mole Jewish?

PAT LIDIKER TALKS TO TEENAGE WEST END STAR AARON GELKOFF ABOUT TAKING ON THE FAMOUS ROLE

THIS summer was certainly unusual for young local star Aaron Gelkoff. Not only did he celebrate his barmitzva at Chigwell and Hainault Synagogue, but he went on to star in *The Secret Diary of Adrian Mole* on the West End stage.

"Adrian and I have a lot in common," Aaron told the *Essex Jewish News*. "I'm just a few months younger and we're both a little overdramatic at times, fond of books, writing and drama, and are awkward around girls. It was so cool playing him."

The first young actor to play this iconic schoolboy was the Jewish star Simon Schatzberger, from Nottingham, and the latest is Aaron. So could Adrian secretly be Jewish as well?

"I'm afraid not! I lived in Leicester when author Sue Townsend first dreamed up her brilliant character and, writing for the local paper, interviewed her often. I watched her emer-

gence from chronic shyness to fame, fortune and incredible success. She never let it go to her head and, always quietly modest, lived in the same house until her untimely death."

Aaron could never be accused of big-headed luviness either, despite performing since early childhood and appearing in smash hit musicals including *Chitty Chitty Bang Bang*, *Les Misérables*, *Evita* and *Joseph*. He was recently in the gritty film *Dagenham* (available on Amazon Prime) and has the lead role in a BBC Radio 4 drama, *The Dad's Wardrobe*, to be aired on 10 January.

And all this while focusing on studying for GCSEs at West Hatch High School. It must be tough balancing his two very different worlds, but Aaron says: "My friends are all, and I could never have done any of this without my parents and family who I love, they're brilliant."

For their part, his parents, recruitment consultant David and part-time office manager Hayley, say they are super-proud of their son, telling me: "He's always loved performing and copes very well, shining at school and on the stage. But



we've had to adapt our lives to being permanent chauffeurs for him!"

They and Aaron's sister Ella are always on the front row at opening nights, and wouldn't have it any other way.

Aaron, who leaves it to his agent to come up with each audition and job, knows things will change as his teenage voice starts to break. This will probably mean more TV and radio drama than musicals in the next few years, but he always just takes everything as it comes.

So is our 13-year-old Essex boy on the route to be the next Daniel Radcliffe?

"That would be mind-blowing," he admits. "I'd love to be in a long-running film series like *Harry Potter*, but you just have to wait and see what comes along. I'm never disappointed if something doesn't work out"

Astonishingly modest and polite for someone so young, this teenage star seems to have everything it takes to succeed in the often-cruel world of show biz. So watch this space for the next episode.

Un-Halloween at Woodford Forest

WOODFORD Forest United Synagogue once again hosted their annual un-Halloween event for Jewish children, keeping them safe and off the streets in a fun environment.

Star of the show was Sacha Johnstone, local talent and possibly the only Sabbath-observant professional

magician in the UK.

Several dozen primary school children enjoyed a superb magic show and workshop with Sacha, followed by a hot meaty meal of hot dogs and chips and with each child going home with their own professional magic trick and lots and lots of sweets.

Keeping it kosher

JEWISH Care services in Redbridge, including the Redbridge Jewish Community Centre, Vi and John Rubens House and The Dennis Centre are now being supervised by the Sephardi Kashrut Authority.

Daniel Carmel-Brown, CEO of Jewish Care, told the

Essex Jewish News: "The community in Redbridge will now have more choice and access to kosher food with this new supervision. We are also dedicated to ensuring that the price of events where supervised kosher food is served is not raised as a result."

CAMBRIDGE DIET

MARK HARRIS



NOT that I've noted it in any Cambridge University scientific research paper, but I just sense that 'time' is speeding up. Apparently, however, there is some astrophysical evidence for it, somehow connected to expansion of our universe into the infinite Cosmos. My own 'rationale' for this personal feeling? Well, I just can't believe it was 10 years ago that we moved from Clayhall to this sublime university-city on the punt-plying Cam.

It seems like yesterday that we arrived here – after more than three decades in our previous, happy, suburban abode; and as members of the Ilford Federation community (then in Coventry Road). But as Albert Einstein once said: "The distinction between the past, present and future is only a stubbornly persistent illusion". And do please note that the speed of 'Time' (whatever that concept amounts to) has nothing to do with an individual's advancing years. People, places and things appear to us to change physically; but, just like hand movements on clocks and wristwatches, that doesn't necessarily mean the reason is 'Time', in contrast to inherent mechanisms of one kind or another.

Coincidentally, the start of our residence here in 2009 – and also of our membership of the Orthodox Cambridge Traditional Jewish Congregation (CTJC) – coincided with the 800th anniversary of the world-famous university's founding. The CTJC was very welcoming to us at the Cambridge Synagogue; actually, its compact, 1937-dedicated building near the riverside is owned by the Cambridge University Jewish Society under a trust deed. Again it seems like yesterday that, on the Simchat Torah following our arrival, I was honoured to be appointed Chazan Torah; and, in the shul hall, there was a delicious, celebratory meal – prepared by Classics Professor Simon Goldhill – for permanent residents and students. And it's great chatting with the eclectic, and often international range of undergrads and post-grads at Shabbat (and festival) kid-dushim during term-time.

After retiring from the legal profession – having visited this historic town with the family on many appealing day trips over the years, and desiring an inspirational environment to continue my fiction and journalistic writing – the outcome for a next move was virtually destined to be Cambridge (happily, the wife agreed). It's conveniently easy to get to and from London by fast train (Kings Cross – 50 minutes) or by car to and from NE or (for major kosher shopping) NW London via the local M11 motorway. All helpful in maintaining, amongst other things, very long-time friend-

ships as well as my choral pursuits.

But it isn't only the 10th year of our happy settlement here; it's also the similar anniversary of the *Essex Jewish News*' 'Cambridge Diet' page, with this Chanukah issue's being the 31st column. The regular feature focuses primarily on events and personalities within Cambridge's Jewish scene; and also including the Orthodox CTJC, The Rohr Chabad House, Beth Shalom Reform community, the Jewish Student Chaplaincy here, CU J Soc and Cambridge Jewish Residents Association. Please forgive the author for this feature's retro-reflection on some highlights of a 'Cambridge Diet' decade.

In the first 'Diet' column, in EJN's Chanukah 2009 issue, I waxed lyrical about Cambridge: "This compact, leafy, vibrantly youthful, notably international but quintessentially English city of venerable colleges – with a well-established Jewish community invigorated by its many student congregants – gives us what London suburbia couldn't. By that I mean it's all within a 15 to 20 minute walk from our new home! Nature dictates that people and circumstances evolve. And it was time now to

Marking a 10-year 'Diet'!



King's College, Cambridge

resident) Chazan Gedalya Alexander in the Old Hall at Queens' College in aid of Magen David Adom and the Technion. Gedalya sang also alongside Chazan Telman Guzhevsky, originally from Armenia, and the Ne'imah

CTJC, and also established the Cambridge Lehrhaus: Centre for Jewish Thought) and his rebbetzen Rochel; and a Chanukah candle-lighting beside a seasonal, public ice-rink on the city's central and expansive Parker's Piece.

One 2010 'Diet' embraced my meeting with (now Israel-based) Professor Stefan Reif, founder-director of the Taylor-Schechter Cairo Genizah Collection and Research Unit at Cambridge University Library; and his successor as Unit head, Dr Ben Outhwaite. I was desirous of interviewing these guardians of the 1000-year-old, east Mediterranean treasure trove of largely Judaeo-Arabic manuscripts and fragments (both formal and everyday); and to have an intriguing, private view of some of them.

EJN 'Diets' range across informative interviews with well-known (some world-renowned), Cambridge Jewish celebrities, academics, politicians and others. These have included Jewish by birth, publicly noted atheist and scientist Dr Julian Huppert (then Liberal Democrat MP for the city), Jonathan Djanogly (Conservative MP for nearby Huntingdon, a fellow lawyer and CTJC member), American-born Cllr Sheila Stuart (an accountant and then Mayor of Cambridge), Emeritus Professor Nicholas de Lange (Hebrew and Jewish Studies scholar, author, editor, translator and a Reform-ordained rabbi), Dr Ed Kessler MBE (founder-director of the Woolf Institute, studying relations between the Abrahamic faiths) and author Simon Goldhill, Professor of Greek Literature and Culture, Fellow and Director of Studies in Classics at Kings College, then director of the Centre for Research in the Arts, Social Sciences and Humanities (and a former chair of the CTJC).

A few of the mid-decade 'Diets' concerned my periodic researches, over three years, to

find the location of the medieval synagogue (and mikvah) in Huntingdon, which Jonathan Djanogly MP had – in 2011 – inspired me to do. Fortuitously, I made the discovery in 2014; and a commemorative plaque was unveiled jointly by the MP and the then mayor of the town in 2016.

The former Chief Rabbi, Lord Sacks (a Cambridge graduate), and his successor Chief Rabbi Mirvis have, as such, successively visited the Jewish community here; and the 'Diet' has marked their various attendances. In 2011, Lord Sacks officiated when a mezuzah was affixed to the doorpost of the mikvah at Chabad House, thought to be the first such ritual bath in the city since medieval times. Apart from other visits, Chief Rabbi Mirvis was the principal guest at the induction ceremony of a newly donated Sefer Torah at the Cambridge Synagogue in 2015; and, uniquely, carried it through the streets from the Lehrhaus to the shul. Speaking of houses of worship, the 'Diet' covered construction, completion and dedication of the Beth Shalom Reform Synagogue building. For the Rosh Hashanah 2015 column, I interviewed Beth Shalom's chair Mike Frankl, who'd been deputy chief executive of the Movement for Re-

form Judaism. Another major project reported in 'Diet' columns was the Woolf Institute's new building in the grounds of Cambridge's Westminster College, and which Dr Kessler described as 'transformative'. The Institute's permanent new home was opened officially by The Princess Royal in 2018.

A one-day 'Cambridge Limmud' has been a fairly regular feature of the 'Jewish scene' here in recent times, attracting hundreds of attendees; also from well beyond the city. In the Pesach 2016 'Diet' was my interview with husband and wife Julian and Jo Landy, co-chairs and lead organisers of the then forthcoming educational and cultural event. They summed up by saying that the thing they enjoyed most about being involved with Cambridge Limmud is the 'buzz'!

Other major events covered by 'Diet' pages included the celebration, in 2017, of the Cambridge Synagogue's (and Jewish Student Centre's) 80th birthday. And this is when I mentioned that my researches into the then unknown provenance of the Ark revealed it had been created (earlier last century and for a former Cambridge shul) from a French armoire of the King Louis XIVth period (late 17th century). Also the 'Diet' reported, in its Rosh Hashanah 2017 column, a unique event at the Second World War, American Cemetery and Memorial just outside Cambridge. A special ceremony, organised jointly by the Cambridge and Leeds Jewish communities, was held "to honour all those service personnel buried and remembered there, with the Jewish fallen particularly in mind" (80 Jewish servicemen are interred in the military burial ground, their gravestones marked with Magen Davids). Rabbi Anthony Gilbert of Leeds officiated at the commemoration service.

Finally, it's impossible to do justice in this retro-feature to the full range of Cambridge Jewish events, activities, personalities and other areas covered by the 30 'Cambridge Diet' columns of the last 10 years. Or, indeed, in any event! I hope you've enjoyed reading them. And maybe we'll see you in Cambridge some time, even if you're not staying permanently.



Bridge of Sighs, St John's College

reinvent ourselves."

'Diet' pages in the 2010s have covered many local, Jewish events and personalities. I was delighted when my choir, The London Cantorial Singers, was invited by the community to sing with (then Cambridge

Singers in 'Music of the Cantors' at the West Road Concert Hall here.

The regular feature has reported numerous Jewish events, such as 'Succah on a punt'; a Shavuot 'Pimm's and Cheesecake Garden Party' at Chabad House organised by Rabbi Reuven Leigh (who was made honorary minister of the



Succah on a punt on the River Cam

A sixty second shmooze with ... The Menorah Run



Karen Denham organiser of the Menorah Run

CHANUKAH has many great traditions; presents; doughnuts; and now the Menorah Run. What started as a crazy idea, thought up by three friends, has become an annual fundraising event that helps to benefit all of the Jewish schools in the local area.

Now in its third year, Karen Denham has recently taken over the 'running' of this event and tells Micaela Blitz a little more about it... On your marks, get set, go!

What is the Menorah Run?

It all started a few years ago, when three friends – Danny Fresco, David Blitz and Matt Martin – decided to try and raise money for the Jewish schools in their area, Clore Tikva Primary School, Wohl Ilford Jewish Primary School (WIJPS) and Kantor King Solomon High School (KKS). As parents with children at these schools, they were aware that raising much-needed funds to help supplement shortages in school budgets would be extremely beneficial. They decided to run past the six menorahs set up by various Chabad houses in the area, and

the Menorah Run was born. Since it started, the event has raised a significant amount for these local schools, and we hope that this year will be even bigger and better.

How did you become involved in the event?

My husband, Andy, actually took part last year and really enjoyed it. When Matt Martin, who is a father of two boys who attend WIJPS, decided to hand over the baton, if you will, to parents from Clore Tikva school to organise the 2019 event, we decided to get involved. We hope to continue the great work that the guys have done in previous years.

In this current political climate and with the changes in our society, I feel that it is even more significant at this time that our rich and diverse Jewish community should get together in a positive initiative involving the whole community with the shared goal of enriching our children's education and community experience.

When and where will it be taking place?

The run will be taking place on Sunday, 22 December and will start at 10am at the Bell Hotel in Epping. The route is 22k long and takes around three hours, depending on the speed of the runners.

Runners will travel past six menorahs in Epping, Loughton, Buckhurst Hill, Chigwell, Gants Hill, and we expect runners to start coming into the finish line at Kantor King Solomon High School, in Barkingside, at around 12:30. Anyone who wants to come

and cheer them on should be at KKS for around midday.

How many people do you have signed up so far?

So far, we have 22 registered runners representing all three schools. These include Rabbi Goodwin from Chigwell and Hainault Synagogue, who is running as a WIJPS parent; a runner from Israel, who is over here on holiday and clearly wants the challenge of running in our beautiful cold winter climate; and one runner who doesn't even have kids in any of the schools, but thought it would be nice to join in. I think that truly encapsulates what this event is all about – uniting the community.

Will there be anything new happening for the run this year?

We are excited to announce that, thanks to the generosity of Kantor King Solomon and the hard work of Laura Hartog Marks, we have kindly been offered the chance to use their grounds and security team as a finishing point for the run. This means that friends and family will have a safe, dry and warm place to wait for their loved ones, and can cheer them on as they run their final lap to the finish line. I think that this will make a huge difference for supporters and runners alike and help to create a lovely atmosphere, so that everyone can come together. As well as being there at the finish line, we would love it if supporters from the local areas can cheer them on along the way.

Have you been surprised by the support from the local community?

The support we have received from all areas of the community has been amazing, with everyone coming together to help.

Members of FACT, the Parents Association at Clore Tikva School, have helped in providing technical support with the Virgin Money Giving payment links and the runners registration online forms, as well as giving us advice and support behind the scenes. They have done a great job publicising the event on all the school groups. We owe a big thank you to Natalie Gladstone for designing our posters and online image free of charge.

WIJPS have also been busy promoting the event in their newsletter and Facebook groups.

We are really pleased that, for the second year running, Paul Gillary from 3D Creations has designed and created a wonderful medal for the

runners, to commemorate the day and their efforts. We thank him for his generous contribution to this event.

How have the leaders of these communities supported this event?

Without the tireless dedication and hard work of the Chabad rabbis in our community, we would not have had the menorahs and consequently the Menorah Run, so I would like to say a personal thank you to them. Rabbi Aryeh Sufrin MBE, of Chabad Gants Hill, organised the first public Menorah in Essex over 30 years ago and takes care of the Gants Hill and Barkingside menorahs. Rabbi Yossi Posen, the new Rabbi to Chabad Epping is responsible for the Epping Menorah. Rabbi Odom Brandman, of Chabad Buckhurst Hill takes care of the menorahs in Chigwell, Loughton and Buckhurst Hill and is also always there on the day to meet the runners by every menorah. He offers them encouragement and support, and really helps spur them on.

How much do you hope to raise this year?

Now that the groundwork has been completed, the runners are busy fundraising through our Virgin Money Giving page. Our initial target is to raise £3,000 but, naturally, we would love to exceed this. We are hoping that people within the local community including parents, grandparents, aunties, uncles, teachers and even neighbours will help our wonderful schools by donating.

If you are reading this before Chanukah you may still be able to take part, just visit the Menorah Run Facebook page. And you can donate to this worthwhile cause at any time via <https://uk.virginmoneygiving.com/Team/RedbridgeMenorahRun>

Essex lights up for Chanukah

DOUGHNUTS, latkes and a street entertainer are just some of the sideshows to the annual Menorah lightings this Chanukah.

And for the first time there will be a Menorah lighting in Leytonstone on Sunday 29 December at 4pm. Apart from the food, there will be some foot-tapping to the music of Menasche and the Shulhoppers, otherwise known as the Travelling Chasidim, who hail from Stamford Hill. The Menorah lighting will be held just opposite Leytonstone Underground station at the junction of Fillebrook and Grove Green roads.

The Chanukah street party has been organised by Leytonstone and Wanstead Synagogue. After the lighting ceremony, the party will continue at the synagogue, 2

Fillebrook Road E11 4AT.

Another first for this year will be the Menorah lighting in the Woodford area. This will take place on Sunday 29 December and is a joint project of Woodford Forest US, Chabad of NE London & Essex and the Chief Rabbi's Centre for Community Excellence. It will be followed by a party at Woodford Forest shul.

At Gants Hill Roundabout, there will be a street entertainer plus special children's activities on the seventh night of Chanukah (28 December), plus the usual doughnuts and hot drinks.

Hot chocolate, doughnuts and latkes will also be available at the Menorah lighting at Fullwell Cross, Barkingside, on the fourth night of Chanukah (25 December) and at other venues.

Menorah lightings

- **Sunday 22 December**
- **Buckhurst Hill.** Top of Queens Road. 5pm.
- **Sunday 22 December Westcliff.** Plaza outside Cliffs Pavilion. 5.30pm. All other nights 7.30pm except Friday 27 December (2.30pm) and Sunday 29 December (5.30pm).
- **Monday 23 December Loughton.** Loughton High Road (opp. Marks and Spencer). 6.30pm.
- **Tuesday 24 December**
- **Chigwell.** Chigwell Village Green. 6.30pm.
- **Wednesday 25 December Barkingside.** Fullwell Cross Roundabout. 6.30pm.
- **Thursday 26 December**
- **Epping.** Bell Hotel, High Road, Epping, CMI 6 4DG. 6.30pm.
- **Saturday 28 December**
- **Gants Hill.** Roundabout. 7pm.
- **Sunday 29 December Woodford.** High Road (Opposite Waitrose by the plaza on the bridge over the A406). 5.30pm
- **Sunday 29 December**
- **Leytonstone.** Grove Green Road (opp Leytonstone station). 4pm.
- There will also be Menorah lightings at **Barkingside Tesco** (Charlie Brown's roundabout), and **Newbury Park Sainsbury's**.
- Contact **Southend and Westcliff Hebrew Congregation Synagogue** for other lighting-up times on different days in Westcliff.



Participants in last year's Menorah Run

THE LEYTONSTONE MENORAH

Grove Green Road, opp. Leytonstone station

Sunday 29th December - 4pm

Latkes

Doughnuts

Hot Chocolate

Live Music from



THE TRAVELLING CHASSIDIM

Litvitz, Sep, Chasidic Jewish Music



FREE ENTRY 07434 631 948

www.lawsynagogue.org/chanukah







Candles, kugel and cake – it must be Chanukah!

CHANUKAH always arrives mid-December around the time of the winter solstice, when daylight is in short supply and spring seems a long way off. It's permanently cold and dark and the nights seem never-ending. The Chanukah candles provide just the warm glow we need in the depths of winter, reminding us that miracles do happen – often at the most unexpected of times. Lighting the Menorah and sharing a festive meal with family and friends is a delightful way to celebrate this holiday and the recipes below are perfect winter fare – a wholesome and heart-warming way of keeping out the cold and beating the winter blues!

Chag Sameach to you all!

VEGETABLE KUGEL

This dish will serve 8-10 and is a great alternative to the traditional potato kugel, being much lighter in texture and less calorific! It freezes and reheats very well and can be varied in many ways using other hard root vegetables. Try it with sweet potatoes, celeriac, parsnips, swedes, butternut squash or any other vegetable that will grate easily. Just ensure you have a good mix of colours for the vegetable content.

3 courgettes
3 carrots

2 baking potatoes
1 large onion
3 eggs
5 fl oz sunflower oil
2 oz medium matzah meal
2 oz breadcrumbs – dried or fresh
1 tablespoon mixed herbs
½ teaspoon grated nutmeg
Salt and pepper

Preheat oven to 180°C
350°F Gas Mk 4

Use an oven to table dish approx 10 x 8 x 2 inches deep, or a large tin foil container and grease well with oil to prevent sticking. Peel all the vegetables except the courgettes and then grate on the fine disc of the food processor – you can also grate them by hand but it is very time consuming! Put into a large bowl and mix well until evenly distributed – best done with two forks. Cover with a couple of paper towels and press down hard to soak up any excess liquid. Whisk the eggs with the seasonings then stir into the vegetables, followed by the oil, meal and breadcrumbs. Mix very thoroughly then pour into the dish and smooth level. Bake uncovered for approximately 1 hour or until the surface is a rich golden brown. Remove from the oven, cut into squares and serve straight from the dish.

Leftovers can be reheated in the oven or microwave.

COOKING FOR YOMTOV

SHELLEY POSNER



CHICKEN SHWARMA

This is a dish I have discovered recently and I've yet to find someone who doesn't like it! You need to serve this with plenty of hot fluffy pita or laffa bread, and with sides of hummus, tahina, pickles, some hot spicy sauce and an Israeli salad. It sounds like a lot of spices in the dish but once you have them in the cupboard you can throw this meal together at any time. Just be careful you don't drop any of it onto your white tablecloth (as I did) as the yellow in the turmeric is not easy to wash out!!

700g skinless boneless chicken thighs – you could also use breast or schnitzels if you prefer
Juice of 1 lemon
4 tablespoon olive oil
3 garlic cloves crushed
2 teaspoons ground turmeric
2 teaspoons ground

cumin
1 teaspoon each of smoked and regular paprika (use hot if you like it spicy)
1 teaspoon ground coriander
½ teaspoon ground cinnamon
½ teaspoon ground cloves
1 large onion sliced
Salt and Pepper

Unroll the thighs and cut into thick slices. In a bowl put the lemon juice, olive oil, garlic and all the spices. Season well with salt and pepper. Add the chicken slices and mix until coated. Cover with cling film and marinate for at least an hour and overnight is fine if it's easier. You can also do this in a large plastic bag sealed tightly. Preheat the oven to 220°C or Gas Mark 7 and grease a baking sheet or square oven proof dish. Throw in the sliced onion and then empty all the

chicken and marinade onto the tray in a single layer. Bake in the oven for around 30 minutes or until the chicken is starting to crisp up around the edges. Warm the pita bread in the oven for around five minutes at the same time. Take the chicken out of the oven and cut the strips into very thin slices. Serve immediately along with the accompaniments and the warm pita. Put it all in the centre of the table and let everyone help themselves.

CRANBERRY AND ORANGE PUDDING

Fresh cranberries are readily available at this time of the year and it's quite nice to be able to use them in a dessert, rather than just in a sauce as an accompaniment to the ubiquitous turkey! I have made this parev by using a dairy-free fat such as Tomor or Pure, but feel free to use butter if serving it with a milk meal.

175 gr fresh cranberries
3 tablespoonn sugar
1 large orange – grate the rind and squeeze the juice
50 gr melted dairy-free fat – see above
125 gr dairy-free fat
175 gr selfraising flour
175 gr caster sugar
½ teaspoon baking pow

der
2 eggs
2 tablespoon flaked almonds
demerara sugar

Preheat the oven to 170°C. Put the cranberries and sugar into a pan and heat gently until the juices start to run and the berries begin to pop. Take the orange rind and juice and stir it into the berries, then remove from the heat and allow to cool.

Put the flour, caster sugar and baking powder into a bowl and mix well. (You can use a food mixer, a processor, an electric hand whisk or just a strong right arm!) Add the larger quantity of fat and beat well. Beat the eggs in a separate small bowl and add the melted fat. Stir together well then pour over the flour mixture and beat well to form a batter. Pour half the mixture into a two pint pie dish or a well greased eight inch cake tin. Pour over the cranberries with a little of the juice and then cover with the remaining batter mixture. Scatter over the flaked almonds and a teaspoon of demerara sugar. Bake in the oven for 50-60 minutes checking that the edges are not burning. The top should be a golden brown and the sponge cooked through. Serve warm from the oven with custard, ice cream or cream – parev or dairy - as appropriate.

Light the candles and yourself this Chanukah

BEAUTY

PAT LIDIKER



IF you need more than a little boost to look your best in gloomy December (and don't we all?) there's no need to dig too deep into your credit card. The extra aggro of an election, Brexit and miserable weather haven't helped the frown lines one bit, so that's why I've been talking to the experts on how to glow like the Chanukah lights.

This doesn't mean slapping on extra layers of make up, which can make matters even worse; but instead using ingenious new ideas to add oomph to tired skin.

This season, the buzz is all about three key products: retinol, serum and primer, which can cost under a ten-

ner or over a hundred smackers ... it's up to you, your purse and your conscience.

Maybe you still think of Superdrug as a playground for the cheap and cheerful, but not anymore. Even those hooked on luxury Crème de la Mer or Le Prairie creams (at eyewatering prices) could have second thoughts when trying the company's Optimum Retinol and exclusive Revolution beauty ranges. You can find many products on-line, but for first time buyers it's always best to seek the advice of trained staff when considering anything new.

I've put together this list of nine treats: one for each candle on the Chanukah

plus an extra goodie for the shamas. Make sure not to leave your own name off your Chanukah gift list; and also look out for free gifts, with purchases, to share with other members of the family.

1) Prepare your skin by applying Optimum Retinol drops with your favourite serum or moisturiser to soothe, replenish and improve skin tone. Just three drops at night will work wonders.

2) Now for primers: what are they and why do we need them? Quite simply, the effect is to airbrush the skin so it looks perfectly smooth all day. Pores, wrinkles and fine lines are put into soft focus so you look healthier, more radiant and flawless, as well as creating an ideal base for make-up. Boots No7 have four in their range (all £16.50), so ask the consultant which is best for your own needs. Their balancing primer, for instance, includes colour-correcting pigments to balance redness and achieve an even tone.

3) Which foundation and concealer you buy depends on how much you need to hide; so ask for an on-counter demo and, if one application isn't enough, try an extra layer. American brand Nix have introduced a Can't Stop Won't Stop tinted skin veil for sheer, radiant coverage. If you feel the need to smooth away more imperfections, swirl on pressed powder, either using a big soft brush or sponge.

4) Blusher is an ideal way to highlight and shape cheek contours. A creamy stick will last longer than powder, but ELF (online or



Joan Crawford

at Superdrug) have Jelly Pop pots which are fun to use and smell of juicy watermelon. Try their sheer, dewy berry pop and relish the subtle difference.

5) Now for eyes, and some multicolour palettes are like a school paintbox – all so tempting. But how many garish colours will remain forever untouched? Much better to opt for a smaller, co-ordinated collection. Some compacts are

sparkly, others matte or creamy; among those ticking all the right boxes are Clarins, Mac, Laura Mercier, Chanel and Urban Decay.

6) Eyeliners and mascara are still essential for shaping, highlighting and emphasising; but now they have a new rival on the block – brow mascaras. A carefully plucked and pencilled arch will no longer suffice as fluffy, bushy eyebrows are everywhere. But do ask on-counter how to get it just right – far better to emerge

like glamorous Joan Crawford (pictured) rather than Groucho Marx on a bad day.

7) So what's new in the lippy department? Last winter's matte berry is currently on the back burner, but update it with clear lip-gloss to add gleam and shine. This season, any colour will do as long as it's red; but don't worry, we're not talking a harsh slash of ageing crimson here. Instead, go for Bobbi Brown's shimmering Ruby Slipper & Tahitian Pearl, or Estee Lauder's ultimate indulgence collection of five stunning shades. These include Carnal (orange red), Insolent Plum (purple berry tone) and warm red Emotional. Revolution's sheer Ballerina is another glossy red addition which never looks startling – use them all sparingly and wait for the compliments.

8) If you care about the harmful effects of chemicals on you and the environment, check out labels before you buy. You'll find several ranges (like Jo Malone) incorporate rosehip, grapeseed oils, pomegranate, magnolia, patchouli, amber, vitamins and fruits. So not only will you look and feel better, you'll smell divine too.

9) And now for your own add-on indulgence – what else but something, anything by brilliant Charlotte Tilbury. Her must-have plumping Magic Cream moisturiser is snapped up by supermodels, stars of stage and screen, and indeed, anyone who has ever tried it. But beware, when shopping for yours, you may get side-tracked by all the other goodies on the counter! Have a beautiful Chanukah.

FASHION

JAN SHURE

CO-FOUNDER OF www.SoSensational.co.uk
THE FASHION SITE FOR WOMEN OF 50 PLUS



LOTS OF CHOICE for the FESTIVE BASH

If there was a Top Ten of Party Looks, the Number One slot for 2019 would be taken by All Things Sparkly, followed by, in no particular order, Tuxedos; Velvet; Satin; Jacquard; Jumpsuits; Asymmetry; Feathers; Trouser Suits and Pleated Midi-Skirts.

That means there's plenty of choice when you want to dress for a festive bash. All this choice could be seen as a Bad Thing, as it can lead to confusion – even before we add in variables such as colour, cut and hemlines. But in reality, this dazzling buffet of party wear options is good news for consumers because it means we may only need to go shopping in our own wardrobe.

I was slightly fearful of offering such advice, but "Going shopping in their wardrobe" is what super-chic women have done forever and what we're all doing this season. This was confirmed by research at a recent

party where the variety of trends on the super-glamorous 30- and 40-somethings, perfectly illustrated that there are, indeed, so many ways to look super-chic and on-trend right now that most of us could simply find something in our wardrobe rather than feel obliged to buy something new. And this is a trend with longevity. Even better, while it may be damaging for the fashion industry, it is excellent news for our planet and our purse...

To ensure we look on-trend in that piece we found at the back-of-the-wardrobe, we need to pay close attention to accessories, make-up, hair and styling.



Tuxedo

The tuxedo has evolved into a modern

party classic. If you already own one, congratulate yourself. If you are planning to buy one, this season's best include M&S Autograph (£99); John Lewis's Modern Rarity, (£165) and Reiss, shawl collar jacket (£250).



Jumpsuits

Jumpsuits have been around for long enough for us all to know that wearing a single colour, neck to ankle, makes us appear taller and thinner, and also how perfectly jumpsuits tread the line between informal and formal... The High Street, again, has lots including many with sleeves and/or sparkle at Next, M&S, Wallis and Zara.



Asymmetry

Asymmetry is an easy trend to wear if you choose a midi dress or skirt with an asymmetrical hemline such as a satin midi skirt in dark red or cobalt, £25, or animal-print velvet, £29.50 (both at M&S).

But if you choose one-shoulder asymmetry (formerly a cold-shoulder) it is harder to wear as this frequently features just one sleeve (or no sleeves), thus not ideal for those who prefer not to bare their arms. Zara has an asymmetric black top with two sleeves as well as sparkly one-sleeve ones. Zara and Next have one-shoulder dresses, tops and jumpsuits, mostly with one sleeve or none.

Jacquard & Satin

Jacquard and satin are widely available crafted into dresses and separates. If you don't fancy an entire dress in satin, a satin or jacquard top, trousers or skirt can instantly elevate you already own to create a low-key, party-perfect look.

The High Street offers plenty of satin, including slouchy wide-leg trousers, £45 and a slip midi-skirt (in gold or black, £25), both at M&S. Zara has lots of midi length satin skirts from £25.99. M&S and Zara offer lots of satin tops and blouses in a huge palette of colours.



Sparkle

If you still insist on buying something new, you'll find plenty of mid-length dresses featuring sequins or sparkle, from the High Street to high-end designers (search MyTheresa.com, Matchesfashion.com and Net-a-Porter).

Alternatively, you could opt for a dash of sparkle with an over-the-knee, sequin pencil skirt by John Lewis & Partners (£89); a sequin-encrusted midi pencil skirt at Zara (£29.99); an A-line midi with sequin-stripes by Phase Eight (£125) or a sequin-trimmed, jacquard midi pencil skirt, £55 from Autograph at M&S.

Some of the best tops with sequins or sparkle include a sleeveless V-neck by John Lewis, £59; a round-neck, long-sleeve white-and-silver sequin top (Zara, £29.99); a long-sleeve, sequin-lavished top in black (M&S, £35); and a sequin tee (available in six colours) at Next (£20).



Velvet

Velvet is another winter party classic. Monsoon has some great velvet pieces, including a sharply tailored trouser suit with sparkly, crystal embroidery. The Autograph collection at M&S has a double-breasted blazer in a velvet-silk mix in a gorgeous mulberry shade (£119); matching trousers at £79 transform it into a trouser suit.

Cocktail and occasion-wear specialist Gina Bacconi adds feathers or crystal to velvet for a series of fabulously flattering party frocks.



Pleated Midi-Skirt

Another easy-to-wear party trend is the pleated midi-skirt. Available at M&S, Zara, Anthropologie, Oliver Bonas and pretty much everywhere. They can be paired with a jumper, top or blazer for low-key glamour, or with sequins, shimmer or velvet for a bit more va-va-voom.

TRAVEL

MARK HARRIS



HAVING EXPLORED the generally low-lying, southern half of Lago di Garda during the early summer of 2018, it was the turn of the upper sector of this beautiful, lengthy and northward-tapering stretch of water (Italy's largest lake) across the same seasonal period this year. We based ourselves in charming Riva del Garda, in the Trentino-Alto Adige region of Trento province. It's the second biggest town on the lake's shore (with a population of about 16,000), embraced dramatically by a precipitous Dolomite landscape rising towards the magnificent Alps.

The physical and climatic environment offers an almost magical, and initially mesmerising ambience of Alpine and Mediterranean style scenery, with high rugged peaks commanding an exotic flora shoreline and valley hinterland including palm, olive and lemon trees. But not forgetting the wide, albeit shingle beaches on the outskirts of Riva; and that are integral to its closely neighbouring town, Torbole. This littoral is very popular with sunbathers (definitely not us); and especially in the then wonderfully sun-sprayed, daily average temperature of 30°C. Though regular cooling breezes wafting from the tranquil, blue-green and gently lapping lake waters – sprinkled with sporty sails and windsurfers, and plied by ferries – are refreshing, if not exhilarating at times.

The territory is steeped in a long and absorbing history, back at least to the Roman or earlier Etruscan era; but sadly – and up to the Second World War – as an oftentimes battle zone, confirmed by a legacy of strategic castles, fortresses and other military installations. Nowadays, not untypically, they've been converted into fascinating civic museums and galleries, like the early medieval 'Rocca' citadel in Riva, sited in a small boat-filled moat and beside a lovely park near the yacht-packed marina. Great panoramic vistas can be observed from its lofty keep tower. On our visit to the fort (which became barracks and an arsenal for Austro-Hungaria's occupying troops in the mid-19th century) we came across a few 'Jewish' exhibits. These included the 17th century tombstone of Meshullam Cuzziari and an equally aged Megillah Esther scroll.

Our pre-researches had indicated that, with a relatively short ('Blood Libel') expulsion gap in the early 16th century, a Jewish community had existed, even flourished for long periods, in Riva from around 1400 to 1777. It possessed a synagogue, a cemetery and a kosher slaughterhouse. Indeed, and in that general connect, an attractively designed and eye-catching plaque – crowned with a

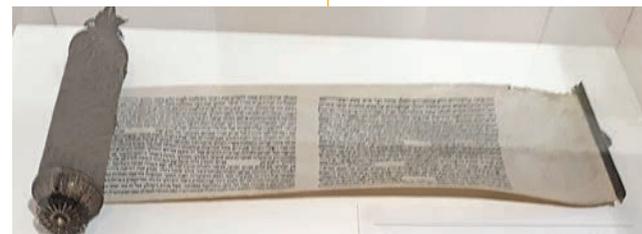
Magen David – is affixed above a shop in via Fiume. This narrow, sloping and winding street flanks the east side of the medieval, so-called 'Jewish Ghetto' (though this quarter wasn't restricted to Jewish residents, who largely co-existed with their Christian neighbours). Coincidentally, our hotel (facing the old Town Hall, with our room's balcony enjoying an excellent vista of Riva's main lakeside piazza) backed onto the former Jewish district; and, from time to time, we strolled its still atmospheric, cobbled lanes with their gently inclined gradients but generally minus original structures.



Amongst its one-time Jewish inhabitants were merchants and bankers. Unsurprisingly, as Riva stood astride important trade routes to the four corners of the compass. But maybe a most material contribution – and especially for learned, fellow Jews elsewhere – emerging from Riva's then Jewish community was the publication of many Hebrew works between 1558 and 1563. Significantly, authority for the printing house was given by Cardinal Cristoforo Madruzzo – Prince-Bishop of Trento – who held jurisdiction over Riva (his coat of arms appears on several of the books).

His permission was afforded to Rabbi Josef Ottolenghi, originally from Germany but, at that time, Rosh Yeshivah in Cremona. Dayan Jacob Marcaria (also of Cremona), who was a Talmudist and physician, became responsible for running the Press. He wrote learned introductions to some of the works, which numbered close to 40 when production ceased on his passing away. The first book was Isaac Alfasi's 'Halakot' followed by, as examples, editions of 'Turim' by Jacob b Asher, of the 'Mishnah', of Rabbi Nissim's novellas and two editions of the 'Pentateuch' – one with the five 'Megillot', the other with the 'Targum' and Rashi.

It's appealing just to walk around Riva, or along the shoreline to Torbola; and to take in the stunning (and very photogenic) upper-lake scenery. But there are several locations in and about town to focus on, too. Not least those of ornate churches, other historic ecclesiastical edifices and the surviving medieval gateways. And aside from the ma-



jestic and extensive 'Rocca' museum of Alto Garda, which exhibits the area's history and culture as well as having an interesting archaeological sec-

Arriva Riva!

EXPLORING AN ITALIAN LAKESIDE'S OLD JEWISH AREA

tion and a 'pinacoteca' or art gallery.

The expansive Piazza 3 Novembre (that our balcony overlooked) is Riva's beating 'heart'; and despite edging the lakeside. It's dominated, though quite elegantly, by the 13th century Torre Aponale belltower, which rewards energetic climbers of its 165 stone steps with impressive views from the summit. Named for the date of the region's liberation from Austro-Hungarian control after the First World War, the spacious square is partially arcaded at its fringes with the arched loggia of grand old palazzos. And onto it spill the tables and comfortable seating of several excellent bars, cafes and restaurants.

These venues are lively with alfresco 'people-watchers' throughout the day; and notably vibrant during the lulling warm evenings. At this time, pre-diners are supping local aperitivos or swish cocktails after a leisurely promenade of the town, with its late closing shops, designer boutiques and yummy gelateria (you can't beat Italian ice cream). Or they're downing a digestive, a post-dinner grappa or a limoncello ... or three! There's a pleasant buzz in the town from young people and families, hikers and climbers. As well



Above: 'Ghetto' plaque. Below: 17th Century Megillah Esther

as, of course, from regular users (like us) of the picturesque little harbour's scheduled lake ferries, which usefully ply to the southerly



Overlooking Piazza 3 Novembre

lakeside towns.

Usually in the evenings there's live music to entertain diners, drinkers and passing pedestrians. And one night – the one set aside for resting from eating delicious vegetarian and fish meals, such as the scrumptious lake trout – we jiggled continuously on our balcony. And for rather more than two hours, whilst watching and listening to an invigorating rock concert, performed for a substantial audience gathered in the lakeside piazza.



The frequent ferry services (pick up a copy of the 'Navigazione Lago di Garda' timetable from the quayside ticket office) are a really relaxing way to visit other intriguing and prettily sited towns around the northern half of the lake; and on fairly short water trips. Even speedier if, for any reason, you need to use the fast ferry service; or perhaps slower when taking the fewer, vehicle-transporting ferries.

It's just 45 minutes to Limone sul Garda; and only a further 20 minutes to Malcesine. Both lakeside towns offer so much in terms of glorious, flower-bedecked promenades, fantastic views (and not only from their waterside bars and cafes), cobbled lanes with a myriad of independent little shops and some individualistic sights. Malcesine's old castle is an easy uphill trek from the shoreline. And our ascent to its ancient walls was paused, serendipitously, when we came

upon a wedding party also heading upwards to the lofty keep!

Led by two men in tartan kilts – one playing the bagpipes, the other pounding a drum – was the bride, in a wonderfully flowing white gown, escorted by her proud, kilted father and preceded by the beaming bride's maids in gorgeous, long pink dresses and bearing colourful bouquets. As the procession moved slowly up the long ramp to the fort's gates, its participants exchanged happy waves with waiting guests gazing down at them from the crenellated battlements.

In the mid-19th century, the northern lake region and its luxuriant – almost horticultural-like – towns became highly popular with royalty, the aristocracy and upper-crust of central European society as spa resorts, with some fine hotels to match developing along the cornice. And these centres (today, we might allude to them as 'Wellness hubs') still add an extra, health-giving element to the area's many other charms. One such location is Arco, about 15km. north of Riva and straddling the River Sacca. It's a town of impressive and eclectic churches (many with lovely old frescoes), palazzos and other architecturally notable buildings (plus an imposing castle) and piazzas dating from the Middle Ages and later; in addition, there are some luscious parks, including one with an 'English-style' garden.

But Arco's possibly most mind-blowing sight – at least to a Jewish visitor – virtually commands the Piazza del Col-

legiate di Santa Maria Assunta, a large square adjoining the town's principal and impactful, 17th century church. It's the astonishing, Baroque-style Fontana del Moses – the Fountain of Moses – sculpture topped with a huge figure of the biblical prophet, fashioned in the local 'oolite' or 'pietra ollare' stone and holding an open book displaying the Ten Commandments. The etched



Statue of Moses

coat of arms on the magnificent plinth marks the rule of the Counts of Arco. The work kind of suggested to me the province's ecclesiastically close, and apparently long-held, connection with the Old Testament. Just as, in a way, the 'Jewish Ghetto' commemorative, municipal plaque in Riva's via Fiume evinced a certain empathy towards its now long gone Jewish community

KilimanJEWro

A 60 year old Loughton man and his 28 year old son have successfully climbed Mount Kilimanjaro in Tanzania and raised £3,000 for Prostate Cancer UK.

Danny Prever and his son, Samuel, took nearly six days to climb the 19,341 foot mountain and two days to come down.

It was an incredible achievement for a 60 year old who did a great deal of training by walking up steep hills with water bottles on his back. Since he was 15 years old, Danny has gone to the gym each morning before going to work. According to his grandmother, Evelyn, Samuel hardly trained at all!

As the pair became exhausted during the climb, the porters accompanying them, who spoke no English, sang and danced to keep up their spirits.

Samuel said: "It was the most gruelling journey we have ever been on but also the most rewarding, because Prostate Cancer UK is an amazing cause."

He added: "Dad and I have also climbed many mountains in the UK, includ-

DANNY, 60, AND HIS SON SAMUEL SCALE THE FAMOUS MOUNTAIN

ing Snowdon and Scafell Pike, and we aim to do Ben Nevis at some point, too. Only 30,000 people worldwide climb Kilimanjaro each year, and it felt great to be part of that statistic."

Danny and his family are members of Loughton Synagogue. He is also a member of the Community Security Trust (CST) doing security duties at the synagogue.

The oldest person to date to have climbed Mt Kilimanjaro was a Russian woman, Angela Vorobova, who did it at the age of 86 years and 267 days.



Danny and Samuel Prever at the top of Mount Kilimanjaro

Peter designs his own cathedral organ

PETER Webb, a member of Chelmsford Jewish Community, has designed and built his own cathedral organ, which he plays regularly as a hobby.

The instrument is based around a piece of virtual pipe organ software called Hauptwerk. This works in conjunction with any of a large number of sample sets (very elaborate recordings) of real pipe organs from around the world. When loaded up, the stops of a selected organ appear on a couple of touch-screen monitors from which they can be activated.

The keyboards (known as manuals) were bought from eBay or Amazon and the pedalboard was obtained likewise from eBay, though it needed much renova-

tion. Two of the manuals and the pedalboard had to be fitted with a MIDI encoder, while the pedals of the pedalboard also had to be fitted with magnetic switches.

The whole assembly, including all software, cost around £4,000, though it is possible to get started with Hauptwerk for free, if one already has a MIDI keyboard to hand.

The result is spectacular and extremely realistic, and many sample sets come with the acoustics of the original buildings.

Anyone interested in viewing and hearing the organ, (pictured below) and even giving it a go, are welcome to contact Peter on jonsebastian48@sky.com



... and 'the worst athlete in school' is a marathon marvel

BY ANNE YESHIN

HOW does a person, who was the worst athlete at school and hated any form of exercise, become committed to walking marathon distances and further? For almost 14 years now, I have been addicted and think nothing of going out for a 10-mile walk just to relax.

This is my story, and the story of the charity that I have supported all that time ...

Since I started walking in 2006, I have trekked more than 600 miles in challenges, not counting hundreds of miles in training, and raised almost £20,000 for breast cancer charities, and one in particular 'Walk The Walk'. I am not stopping yet.

My challenges have taken me through London, Dublin, Edinburgh and Iceland. However, before I can take one step on a challenge, I have to train. Training is a big commitment. I start training in January and have been known to walk every weekend until October. I love walking along the canals from Hackney to Little Venice; although it is getting busier, as the areas along the Regents Canal are being regenerated.

My first 'Moonwalk' was in 2007. The Moonwalk is a night-time 26.2 mile power walk wearing decorated bras. It was then that I started my fundraising for Walk the Walk. The motto of Walk the Walk is Choose life – No time for wasting!

Walk the Walk is the UK's largest grant-making, breast cancer charity and has raised in excess of £127 million. The Moonwalk has be-



come an iconic event and is not just another walk; it is an experience. I can vouch for that and would add that it is an addiction.

The Moonwalk always traces the same route. We start in the dark. Seeing London at night is magical. I have had to stop on the South Bank as Tower Bridge opens. I have been encouraged and high-fived by clubbers heading home after a night out. I remember one gentleman stopping my friend and I and, with tears in his eyes, thanking us as his mother had died from breast cancer. By 4am the birds start to sing; and walking along the Kings Road it is light already. London has a special at-

mosphere as it starts to wake up. It really shows what a beautiful city our home town is when night turns to day.

In 2014, my daughter and I decided to up the challenge and attempt a longer route: 100km from Richmond Old Deer Park to Brighton race course. It was a hilly route and, following an exceptionally wet spring, I fell over several times in the mud; and after 13.5 hours of walking, decided to call it a day and dropped out at 56k. At the time, I was extremely disappointed in myself for not completing the challenge; but after some reflection, realised that even my failure was the longest distance I have walked in one go. Until

this month, I had unfinished business with this distance!

Walk the Walk hold three Moonwalks – London, Edinburgh and Iceland. So, in 2016 and having decided to walk Iceland and Edinburgh, I was persuaded to add London and undertake the three Land Challenge – 78.6 miles, five weeks, three wonderful destinations.

I saw the bright lights of London (St Paul's was lit up as I passed), the hills and granite buildings of Edinburgh and the magical, beautiful country that is Iceland. I met new people, made new friends and had varied adventures. I pushed my body to new limits. The experience was life-changing and beyond my wildest expecta-

tions.

The 3LC was a personal highlight and achievement, and I felt it was right to finish on a high. However, I quickly realised I missed the training and the friendship. The following year I walked London and Edinburgh again and took part in my first daytime city marathon, Dublin. I finished in an acceptable time of 7 hours 12 minutes.

In 2018, I walked again the London Moonwalk. This year, I trained hard as I had seven hours in my sight. It was a perfect walk and I managed a personal best of 6 hours 58 minutes.

After four half marathons and one 10km in the early part of 2019, at the beginning of September I walked finally 100km by following the River Thames from Putney to Henley. My daughter set me the challenge of 24 hours nonstop (other than comfort and food breaks). I am pleased to say that it was an amazing day/night and we finished in 23 hours 8 minutes and 27 seconds. It was a cold and foggy night, but perfect walking conditions. I cannot believe, even now, that I managed that distance.

I have one more walk left this year. I am off to New York to take part in the New York Marathon. My aim there is to reach the finish-line in Central Park in under seven hours.

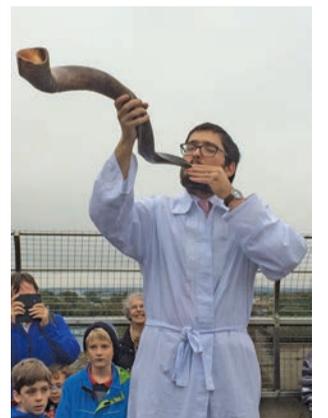
I enjoy my walking, and the more I do it the more fun I have. I have met some wonderful people and made lifelong friends, both in the early days and recently. We refer to ourselves as a family and that is what we are, supporting and

encouraging each other. There are health benefits for me; and I spend time in the open air enjoying this wonderful city we live in.

But most of all, I am supporting a charity which is raising much needed funds for research into breast cancer and support for those and their families who are touched by it. I always say that my blisters and pain go; but for the families who have lost loved ones, their loss will never heal.

If anyone wants to sponsor me for my last walk, the link is <http://wtwalk.org/multichallenges2019/challenge-for-a-new-decade>

Shofar blown from on high!



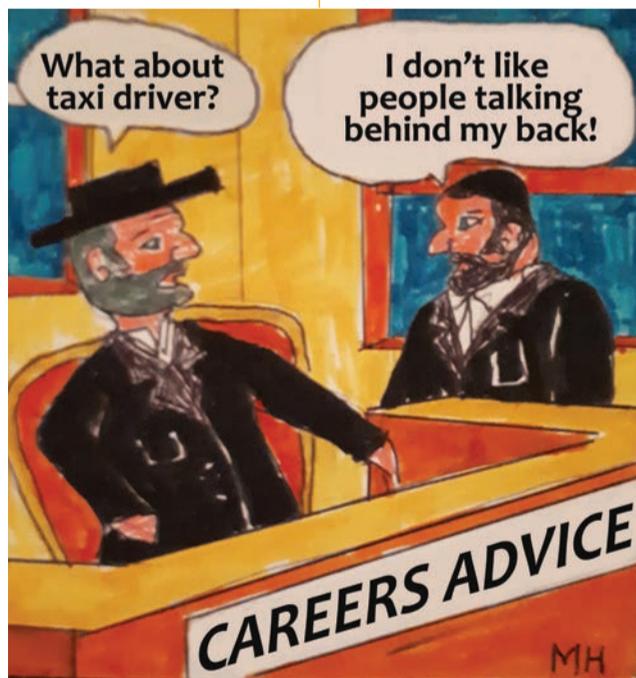
RABBI Elazar Symon, the new Jewish student chaplain in Cambridge, blows the shofar from atop the tower of Great St Mary's, the university church, during the synagogue service on second day Rosh Hashanah, and for a multi-faith occasion.

In one sense, the headline represents the order of the day now for Jewish people: The 'Knowledge' of which Watcher speaks is, of course, that required to have been obtained by London's 'black cab' drivers, so as to qualify them as such; and thus to acquire a 'Green Badge' for practising the trade.

The 'Knowledge' would involve the potential cabbie absorbing into his (and nowadays possibly, her) head the many thousands of highways, roads, streets, avenues, drives, crescents and other thoroughfares constituting the metropolitan complex. Such requisite geographical, and associate, data could take some years to soak up (perhaps literally) by a learner plying the rain-splattered capital on a moped. (Maybe that's the origin of the notion that raining cats and dogs is not quite so bad as hailing taxis!)

And all this mobile work to ensure that, over time, the applicant could satisfy a Carriage Office examiner of his 'Knowledge' by reciting the precise routes that would need to be driven to get a paying customer from random London locations A to B, C to D, E to F, etcetera. In its way, a rather remarkable feat of memory, when you consider there could be – Watcher thinks – any of the numerous so-called 'runs' that might be selected by the CO's 'Knowledge' assessor during the stringent tests.

So why, in this context, is "A little 'Knowledge' ... the order of the day now for Jewish people"? Watcher remembers – from when he was a little boy growing up in London's 'Jewish East End' in the late 1940s and into the 1950s (and many EJM readers may recall, too) – that there were numerous



Jewish drivers of black cabs (then looking different to their current, post-modern versions ... the cabs and their drivers), whether self-employed or otherwise. In fact, it had seemed to the young Watcher that they kind of monopolised the business. Indeed, your observer/writer had an uncle and a couple of other male relatives who plied the streets of London in their taxi-cabs, hoping

A little 'Knowledge' ...

though somewhat equivocally – as one kith and kin cabbie put it – to drive away lots of customers.

And Watcher does seem to recollect that a number of the cab drivers he knew then – including the cabbie fathers of school friends or childhood neighbours – were mostly on the stout side (well, all round really). The added girth was caused, no doubt, by their consistently sedentary occupation (aside, that is, from substantial weekly intakes of cholent from 'der Heim'). Nevertheless and fortunately, they did manage to squeeze themselves into their cab's driver seat. Customers wouldn't have mentioned anything to these Jewish taxi drivers about their weight (though such wasn't seen as a real problem in those distant days). Because if they had alluded to the fleshy add-ons, Watcher believes the cabbies probably would've closed ranks on them!



But why was there so much 'Knowledge' undertaken by Jewish men in the pre- and post-WW2 generation days, as compared with the seemingly very little today? In earlier – and maybe from 'immigrant status' or 'culturally customary' – days in London's poorer East End, Jewish lads often followed the trades pursued by their fathers or families ... as examples: stallholding, tailoring, hairdressing or cabinet-making. A similar 'hereditary' hypothesis could've been applicable in the case of cab driving, too.

But there was also the accompanying and significant matter of educational opportu-



nities (or, rather, the lack of them). In the olden days, generally, Jewish pupils left school without any formal academic qualification; or perhaps with a non-certificated one, and of a moderately vocational variety. (Later, there was 'Matriculation'.) And apprenticeships might be taken up in certain trades. But the possibilities for studying and qualifying in the professions were few and far between for most East End,

WATCHER IN THE RYE



... raining cats and dogs isn't quite so bad as hailing taxis

Jewish youngsters. Naturally, this isn't to say that there were no Jews in the principal professions of, say, Law or Medicine; though, for the most part, they would've emerged from well-off families or the more affluent, Jewish areas of London to which they had gravitated.



The regular Jewish family in the old East End never could've afforded the cost of further education for their children; and, by way of a specific illustration, the very large premiums payable for requisite 'Articles of Clerkship' (equivalent to today's 'Training Contract') at, say, a City firm of solicitors. Very few of the East End's Jewish young people were students at a university college; though many were quite capable of achieving such. That situation changed before the 1960s when, as Watcher is glad to recall, pupils from economically poorer backgrounds were able to depart school with O- and A- (and even S-) levels. And, with the vital advantage of scholarships and (unlike today, sadly) local authority tuition and maintenance grants, they could go on to study for a university degree; and then, if desirous, to qualify for one of the established professions in whatever field.

But in the days well prior to such excellent and innovative possibilities, sons

would've decided (even without any family pressure) to follow their father's almost traditional, cabbie-job footsteps. Yet maybe also thinking that the trade wasn't only rea-

sonably profitable for the time, but that it could be – additionally, poor things – fairly exciting to drive a vehicle around London town (not being able to buy their own car), good for not being told constantly what to do by a proximate boss and, in the bargain, fine for feeling comfortably free.

Of course, and with a material gist, that's all changed in today's world. Although there are apparently a smallish number of Jewish, black cab drivers these days – as compared to a previous epoch – Watcher acknowledges the faith continuation, and in a sort of prideful way: What would London be without its Jewish taxi drivers? he ponders. (Can you just imagine what they might have to say today about Brexit, politics and particular politicians?) However, he has noted also that members of certain, and somewhat more recent immigrant groups settling in the capital have taken up the cabbie baton.

Jews in science

BY ANTHONY KERSTEIN

A NEW Jewish Study Network for Essex is opening. As a taste of what they offer, this piece is taken from their research on the impact of Jews on the world of science:

The emergence of American Jewish scientists and their pioneering work on nuclear energy.

A large proportion of the Jews working on the Manhattan Project were from Austria, Hungary or Germany, but two exceptions were the sons of Russian Jews who came to America in 1905 and 1906 respectively, Alvin Martin Weinberg (1915-2006) and Hyman Godalia Rickover (1900-1986).

Weinberg joined the Manhattan Project in 1941 and joined the Nobel Prize winning physicist, Eugene Wigner's Theoretical Group in 1942. In 1945 he came to the Oak Ridge National Laboratory (ORNL) Tennessee. Their job was to design nuclear reactors that would convert uranium to plutonium. Working with Wigner they pioneered designs of, for example, pressurised water reactors (PWRs) and boiling water reactors (BWRs), the main commercial reactors at present. He replaced Wigner (who resigned) as Director of Research in 1948 working on Aircraft Nuclear Propulsion (ANP). His work on trying to design a nuclear powered airplane (fortunately abandoned) led to him getting his engineers to design a reactor using liquid rather than solid fuels. His Homogeneous Reactor Experiment (HRE) was known as 'Alvin's 3P reactor' because it needed a pot, a pipe, and a pump, went into operation in 1950 and operated for 105 days.

Weinberg, as head of ORNL, then began working on a civilian version of the meltdown-proof molten salt reactor (MSR) called

the Molten-Salt Reactor Experiment. It went critical in 1965 and ran until 1969. This is the inspiration behind the numerous present day developments.

In 1973, after 18 years, he was fired from the ORNL by Richard Nixon and the chairman of The Joint Committee of Atomic Energy, Chester Holifield, because he continued to advocate MSRs rather than then the Administrations preferred option, the water cooled reactors. As neither cost or safety were priorities at that time. In 1972, Holifield told Weinberg, 'If you are concerned about safety of reactors, then I think it may be time to leave nuclear energy.'

In other words the reasons MSRs were abandoned were political, i.e. jobs in California (President Richard Nixon and Chester Holifield were from California), vested interests from the work already done on the alternatives and not having enough money to pursue both options.

Another reason might have been one the influence of his sometime co-worker, Admiral Hyman Godalia Rickover who directed the development of nuclear propulsion in submarines and surface ships for 30 years and was known as the Father of the Nuclear Navy. He was followed by Milton Shaw, Rickover's successor and protégé, a Jew from Knoxville, Tennessee, similarly abrasive and single minded. Their experience was with pressurised water cooled reactors on ships and submarines so they saw little point in Weinberg's new technology.

In 1974, Alvin Weinberg became director of Office of Energy Research and Development in Washington DC. In 1975 he founded and became the first director of the Energy Analysis at Oak Ridge Associated Universities (ORAU), set up to examine alternatives for meeting future energy needs. He continued to lobby for cleaner and safer energy until his death in 2006, sur-

But over time, and unlike in the memorable past, the black cab trade has been confronted with much developing competition ... from evolving (mini) cab firms and, even more recently, Uber. Nevertheless, Watcher believes it's still on the cards that at least some Jewish, black cab drivers will continue to assist the trade to rain in London ... sorry, to reign in London!

WATCHER IN THE RYE



ANY READERS HAVING COMMENTS ON THE SUBJECT-MATTER OF THIS ARTICLE SHOULD EMAIL THEM TO THE ESSEX JEWISH NEWS (SEE PAGE 2)

vived by his second wife, and second son.

The Alvin Weinberg Foundation was founded in the UK 2011 by ex-Greenpeace CEO, Stephen Tindale (1963-2017). He, along with three other environmentalists, Chris Smith (Baron Smith of Finsbury) (b.1951), Mark Lynas (b.1973) and Chris Goodall (b.1955) (a businessman, author and expert on new energy technologies), changed his views on nuclear energy and founded this group. It was also called Weinberg Next Nuclear. It was dissolved in 2017 when Tindale died. He also abandoned Greenpeace's knee-jerk opposition to GM foods and endorsed them. Baroness Bryony Worthington was one of its trustees and patrons. This passionate environmentalist also had a change of heart and became an equally passionate advocate of using Thorium as a nuclear fuel when meeting Kirk Sorensen, advocate of Molten Salt Reactors, along with John Kutch, CEO of Thorium Energy Alliance. Thorium is a waste product from mining rare earths that is now expensively stored as if it's bad as uranium. MSRs can also use spent uranium and plutonium. The reason is that with water cooled reactors only 1 to 5 percent of the fuel (uranium or plutonium) is used but with MSRs, depending on the design, most or all of it is used, making what is left much less dangerous.

Kirk Sorensen was also the man who saved Alvin Weinberg's papers from being dumped (they were stored in a cupboard in a children's museum). He scanned and put them online to enable others as well as himself to build on Weinberg's work.

Serious interest is being shown now in MSRs in various countries, e.g. Britain, Canada, the Czech Republic, Denmark, Estonia and especially China.

Speedy adoption of this technology, which could be cheaper and easier to build than coal fired power stations, would transform Britain and the world. We'd not only survive the new challenges of the 21st century, but survive with style.

These people must be barking mad!

I'VE got a bone to pick with some Jewish people. Sadly, I think that they are barking mad! A friend in the United States has written to tell me he and his wife attended a barkmitzvah ... no, it's not a typo: it's to mark the coming of age of their friend's dog!

The dog, it seems, wore a tallit and a yarmulke and everyone had a great time. The idea, so I am told, is that it is just a fun thing sometimes carried out around Purim time; and the idea of a barkmitzvah is becoming popular on both the East and West coasts of the USA.

I have never owned a dog but I do appreciate that it really becomes part of the family, and when it passes away, the family are bereft. But that does not mean that people should treat the dog as a Jewish dog. It's a dog, nothing more, nothing less; and to dress it up with a tallit and a yarmulke is, quite frankly, a desecration of a Jewish religious tradition that needs strengthening, not desecrating. Although I will probably be in the dog house in some quarters for writing this.

According to Wikipedia, the barkmitzvah can take

place when the dog turns 13 months or 13 years of age (which would make it very elderly indeed). The first recorded barkmitzvah took place in Beverly Hills in 1958 when, according to the Beverly Hills Courier, Max and Janet Salter celebrated the coming of age of their black cocker spaniel, Duke of Windsor (Windy for short).

Others have followed. In 2004, New York cabaret singer Mark Nadler hired party planners and bar tenders for the barkmitzvah of his pooch, Admiral Boom, complete with a cake displaying Boom's photograph and his name written in English and Hebrew.

A year later, Edie and Ed Rudy celebrated their dog Columbo Rudy's 'coming of age' and the piece I find distasteful is that a rabbi allegedly signed a certificate congratulating the dog. In 2007, David Best put on a show of live music and traditional Jewish cuisine at a steak house in New York City to mark the 'coming of age' of his dog.

In 1997, the first widely recorded barkmitzvah was celebrated, bringing with it letters of disapproval from

VIEW FROM THE BRIDGE

MANNY ROBINSON



rabbi. One wrote in the New York Times that barkmitzvahs "degrade the principles of Jewish life".

But barkmitzvahs continue to flourish in America and, as a result, speciality pet stores and dog bakeries now offer special barkmitzvah party packages.

So what do you say if you are tempted to go to a barkmitzvah? The puns could be endless:

'Fido looks lovely, canine a hora.'

'I see he is wearing a muzzel (tov) around his mouth.' Yuk.

If a barkmitzvah ceremony ever came on television I would use the paws button!



Fido looks lovely, canine a hora

In fact, I would refuse such an invitation, claiming that I was unwell. Or, to put it bluntly, feeling a little ...RUFF!

Whatever next? Will someone take their cat up to the Chanukah lights and try to get it to sing 'Meow Atzur'?



A dog in America dressed up for its Barkmitzvah

A candle in the wind ...

NINETEEN years ago, the New York Times published a Millennium edition with three front pages. The first gave the news from January 1900; the second, the actual news of the day; and the third, the newspaper's view of what they believed, with tongue in cheek, would be happening in the year 2100.

That third page covered the 51st state of America, Cuba, and whether robots should be allowed to vote. In addition to the articles, fascinating though they were, there was one more thing. At the bottom of the page for 1st January 2100 was the Sabbath lighting up times in New York. It was reported that the production manager of the newspaper – an Irish Catholic – was asked about it, and he said: "We don't know what will happen in the year 2100. It is impossible to predict the future, but one thing you can be certain of: that in the year 2100 Jewish women will still be lighting their Sabbath candles."

The image of a Jewish woman standing by two lighted candles, ushering in Shabbat by covering her eyes with her hands, is one of the most enduring images in Judaism. And in my opinion, the humble candle has not had the prominence it so richly deserves when describing the outer vestiges of Judaism like tefillin, mezuzahs, yarmulkes, Stars of David and, in days long gone by, a fountain pen for a barmitzvah boy.

But just think of it. Without candles our Jewish way of life would not be as we know it. We light candles for almost every important occasion ... ushering in Shabbat before sunset on Friday evening; and, at the end of Shabbat, a special braided Havdalah candle is lit in which the candle or, to be



PICTURE BY DAVID MONJE

more precise, the flame from it represents the first work of the new week.

Candles are lit before every major Jewish holiday: Yom Kippur, Rosh Hashanah, Passover, Sukkot and Shavuot. We light candles to mark a yahrtzeit (the anniversary of a death) and, during the shiva period, a single long-burning candle illuminates the void in the life of the mourners, while the Ner Tamid (eternal flame) is there in most synagogues above the ark.

Chanukah, of course, is arguably the best example as we prepare to light eight candles to mark the eight days. Indeed, the lighting of the candles actually commemorates the event itself, which gave rise to the holiday, signifying the miracle of a tiny cruse of olive oil that

lasted for eight days.

But I have a much stronger story to relate. An uncle of mine was a prisoner of war of the Japanese in the notorious Changi camp in Singapore. It was September, and he and a fellow Jewish prisoner knew that Rosh Hashanah could not be far away; although, of course, they had no idea on what date it fell.

They asked permission from the camp commandant to light a candle on a wooden box and, watched intently by a Japanese guard, they lit the candle, cupping the flame with their hands to prevent it blowing out in the wind. They said a few prayers and, so far as they were concerned, that was that.

But later that evening, the Japanese guard came into their

hut and thrust some cigarettes and a couple of slices of bread into my uncle's hands. After he had been released from the camp at the end of the war, he explained: "I asked the guard why he was helping us. He said that he was Shinto by religion, but at his home in Kyoto, Japan, he used to see his mother lighting two candles and covering her eyes on a Friday evening."

The guard said: "You lighting the candles brought back memories of my home and family in Japan, and I felt I had to help if I could."

So here was a Japanese guard (arguably Jewish, halachically) helping a British prisoner of war (definitely Jewish, halachically).

And all because of a candle in the wind.

Everything goes online

WHEN I was a kid, many girls in particular kept diaries and woe betide anyone who had the cheek to look at the pre-

cious book. Today, they put everything that has happened or is happening to them on line and go mad if no one reads them. Just a thought ...

Enter the square bagel

YOUR LETTERS

Sir:

While we are splitting hairs between Bagels and Beigels (Manny Robinson's 'View From The Bridge' Rosh Hashanah edition), what would the readership make of this one I bought in a Cape Town Sea Point Deli?

My local South African family were horrified when I brought them over for brunch. Having said that they tasted

good and were much easier to butter and put a slice of smoked salmon on.

What should we call them, Squagel, OyVaygel?

In South Africa it was always bagels but most people there originated from Lithuania, whereas I originated from Stamford Hill but live in Thorpe Bay.

I also liked the article in the *Essex Jewish News* about the U3A. We have seven U3A branches in Southend. I am chairman of the Thorpe Bay U3A where we have nearly 1,000 members and have three Jewish committee members. It is a fantastic organisation for retirees.

Barry Linton.



It's a bagel ... but not as we know it!



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Poignancy and pride at the Cenotaph

EJN SPECIAL ON THE AJEX PARADE

MARK HARRIS
TOOK PART IN THE
PARADE AND
REPORTS ON THE
DAY'S EVENTS

THE 85th Annual Remembrance Ceremony and Parade, organised by the Association of Jewish Ex-Servicemen and Women (AJEX), took place in Whitehall on 17 November, a week after the national Remembrance Day event at the Cenotaph, writes Mark Harris.

Prior to the pre-parade assembly on Horse Guards Parade, many bemaddled members of AJEX gathered for a Reunion Brunch in the magnificent main hall of the Institute of Civil Engineers in Great George Street. This event, with its delicious buffet, was attended by numerous civil dignitaries as well as high-ranking, military officers (some from other countries), but not necessarily Jewish.

Your writer (a fairly recent AJEX member) managed to speak briefly with Chief Rabbi Ephraim Mirvis before he made a speech after the arrival of AJEX standards. Addresses were given also by AJEX national chairman Mike Bluestone, reviewing officer Vice Admiral Chris Gardner CBE and Marie van der Zyl, president of the Board of Deputies. Other attendees included the Lord Mayor of Westminster, Cllr Ruth Bush, and Sir Malcolm Rifkind, Patron of AJEX and a former Secretary of State for Defence.

Your writer spoke also to Rabbi Major Reuben Livingstone, senior Jewish chaplain to HM Forces, and a former minister of the Ilford Federation community; to Rev Gary Newman, community welfare

minister at Cranbrook United Synagogue in Ilford, and area AJEX chaplain. Also to former Redbridge Mayor and Cllr Ashley Kissin – now president of Ilford North Conservative Association and with an AJEX involvement, too – and his wife Hillary.

The parade assembled on Horse Guards Parade in three battalions – and under various area, contingent or organisation, borne marker boards – before the march along Whitehall. The 60 groups, with hundreds of marchers altogether, included 'Redbridge', 'Kantor King Solomon High School', 'Southend', 'Wanstead & Woodford', 'Ilford', 'Romford', 'Woodford Forest' and 'Clare Tikva'.

Your writer – and including some others from the EJN's wide circulation area – marched under the 'Brady Club Alumni' marker past the Cenotaph after many wreaths were laid and the memorial service was completed. This was with the Exhortation, the Last Post, two minutes of silence, Adon Olam (accompanied by the band of the busby-wearing Scots Guards) and the National Anthem. Also in attendance were the band and members of the Jewish Lads' and Girls' Brigade.

After dismissal back on Horse Guards Parade, Brady alumni made their way by Tube to the compact but beautiful and historic Sandys Row Synagogue, founded by Dutch settlers in the 19th century, in the heartland of London's old Jewish East End. Here we joined with a large number of other ex-Bradians for a remembrance service in memory of dearly departed Bradians; followed by refreshments.



Above: The Jewish Lads' and Girls' Brigade



We felt great pride and humility in stepping forward to lay a wreath

FOR Rabbi Richard Jacobi, minister of Essex & East London Liberal Synagogue (ELELS), this year's AJEX Annual Ceremony and Parade at the Cenotaph had a special poignancy. He was asked to lay a special wreath to honour the memory of his father, the late Rabbi Harry Jacobi MBE, who had been one of the officiating rabbis at the ceremony for many years.

Rabbi Jacobi, who was accompanied by his sister Dr Margaret Jacobi and family members, said: "We felt great pride and humility in stepping forward to lay a wreath after AJEX vice-president and trustee Jeffrey Fox read out my father's name."

He added: "Stepping back to bow our heads and pause to reflect, we both appreciated how fortunate we are and how vigilant we need to be to ensure our country retains and strengthens its liberal democratic culture. Dad would have expected nothing less of us."

Rabbi Harry Jacobi MBE died in April 2019, aged 93. Twice fleeing the Nazis in his youth – first from Germany and then again from Holland – he became one of Britain's best loved rabbis and a powerful and lifelong advocate for others fleeing persecution. He was a vice-president of Liberal Judaism and a hugely popular figure at ELELS on his regular visits there.



Rabbi Richard Jacobi and his sister at the Cenotaph with their wreath



Some of the school and youth groups who took part in the parade



Top: Former Brady members under the Brady banner. Above: The League of Jewish Women.