

ESSEX JEWISH NEWS

NEW YEAR ISSUE 5781/2020

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

Inside your 36-page Community Newspaper

Maureen's
Mitzvah



Page 8

Chief Rabbi's
message



Page 20

Tribute to
Doreen



Page 31

Ellie strikes a pose for diversity



PHOTO BY DAVID PD HYDE



BY **MICAELA BLITZ**

ELLIE Goldstein has taken the modelling world by storm after a campaign she was involved in went viral.

The 18-year-old from Ilford was part of a Gucci beauty campaign earlier this year to promote their L'Obscur mascara range. Her photo, which was taken by David PD Hyde, has since received almost one million likes on Instagram - making it one of the most followed campaigns ever for the Italian brand.

The online campaign was organised by Gucci and Photo Vogue Festival on Instagram to embrace beauty in diversity and challenge traditional perceptions of beauty within the fashion industry.

Ellie, who has Down's Syndrome, was one of several models to be selected. She told the *Essex Jewish News*: "The only

real challenge I have faced was maybe people signing to me and talking to my mum, instead of me, until realising that I can communicate and that I am just like them, maybe just slower at learning some things."

Although this is Ellie's most high-profile project to date, she has been modelling for around three years since signing with Zebedee Management. In that time, she has worked on campaigns for Nike, EE and Superdrug.

Ellie is currently studying performing arts at Redbridge College, which is no surprise to her mother, Yvonne, who says her daughter has always liked being the centre of attention. Yvonne explained: "Ellie has always wanted to be famous and enjoyed being in the limelight. From a young age, she loved performing and watching herself in the mirror. She has such confidence when she walks into the room and a really outgoing personality and she's not afraid of anything. I'm not sure where she gets it from to be honest!"

When Ellie received the call that she had been chosen to be part of the Gucci campaign, her first reaction was "excitement and then shock". As Yvonne adds: "We never really imagined something like this would happen, but we are really proud of her and what she has achieved."

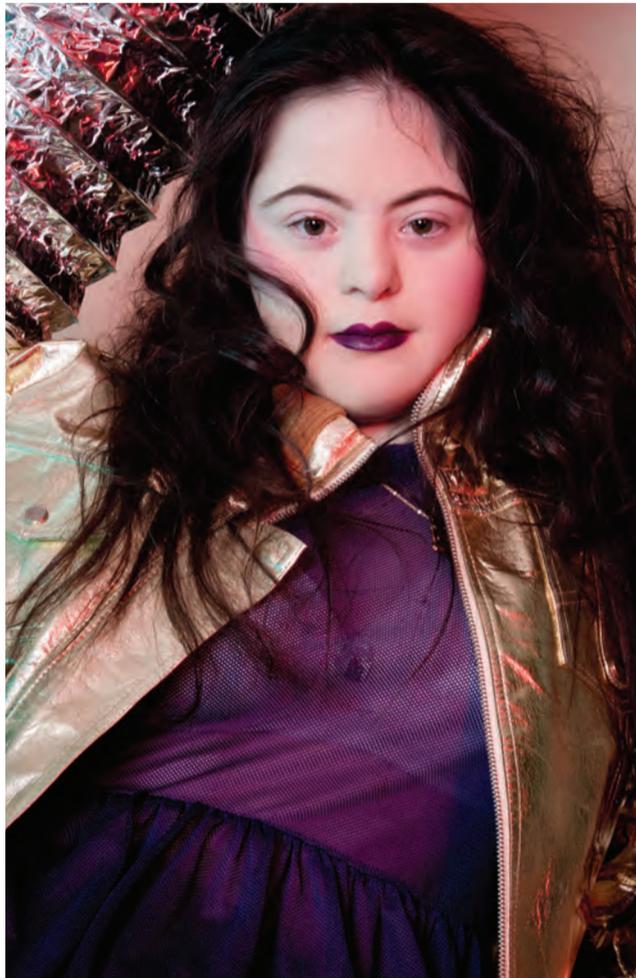


PHOTO BY SCALLYWAGFOX. CREATIVE DIRECTOR RBP-DANIEL VAIS

The shoot took place in London earlier this year and Ellie shared with us her favourite part of the day, saying: "Getting to wear amazing clothes and make up and getting my hair done was amazing! I loved it!"

Since the campaign launched, Ellie has acquired over 40,000 new followers on Instagram and has appeared in numerous TV interviews and publications talking about her experiences. Along with her mother, she has appeared on BBC News and This Morning as well as shows from across the world, including the USA and Australia. She has found the

whole experience quite overwhelming but is really enjoying it, describing it as being "like a dream".

When she isn't modelling, Ellie enjoys dancing, reading and socialising with her friends who have all been really supportive of her modelling and are really proud of her. She is determined to continue modelling and is aiming big when it comes to her future.

Ellie concluded: "I am really happy as I didn't expect this to happen to me. I would now love to get the chance to be on the catwalk and be part of a fashion show one day. That would be amazing!"

Good grades for King Solomon students

BY **SIMON ROTHSTEIN**

CONGRATULATIONS to the Kantor King Solomon High School students who received their GCSE and A-level results.

The school enjoyed a fantastic set of GCSE results, which reflects the hard work and effort put in by all its students and staff. Overall, 75% of grades were 4 to 9, with 31% at 7 to 9.

Ten pupils received grades 7 to 9 in all their subjects. Much nachas to Alessia Bowman, Francesca Bowman, Sam Chevin, Amna Farooq, Sam Feldman, Jake Hare, Amaani Rahman, Jasminda Tanya, Matilda Villa and Salvinda Zahir on their achievement.

Headteacher Hannele Reece said: "I am very proud of all the work our students and teachers have put in to make these fantastic results possible. I wish all our students the very best of luck in

their next steps."

Despite well-publicised issues with the A-levels algorithm, the school said that the vast majority of its A-level students "received grades that reflect their ability and will help them into the pathways they deserve, including many gaining their deserved places at university."

King Solomon sixth formers are now off to universities including Bristol, Nottingham and Birmingham to study subjects ranging from geography to neuroscience to financial mathematics.

Hannele added: "Results days are always a challenge, with the elation of many students set against the bitter disappointment of a few, but this has been an enormously stressful time for our students and their families. We wish all our year 13 students every success in their next step and look forward to them returning to our school to give advice and support to our current pupils."

Feeding the community



FROM chicken soup runs to drive-through salt beef bars to more Meals on Wheels than ever, members of the Essex Jewish community supported each other throughout the coronavirus pandemic as only we know how... with food! Turn to pages 22 and 23 to read our in-depth feature on just some of the wonderful things that happened over the last few months.

The Editor and all those associated with the Essex Jewish News wish readers and advertisers a happy, peaceful and healthy New Year and Well over the Fast



ESSEX JEWISH NEWS

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

CIRCULATION AREA

Barking, Barkingside, Brentwood, Cambridge, Chigwell, Chingford, Chelmsford, Epping, Gants Hill, Gidea Park, Harold Hill, Harlow, Hainault, Highams Park, Ilford, Leyton, Leytonstone, Loughton, Newbury Park, Redbridge, Romford, Southend and Westcliff, Wanstead and Woodford.

Chairman Philip Leigh
Managing Director Clive Bayard
Directors Manny Robinson, Melvyn Weinberg, Simon Rothstein, Jonathan Bloom
Editor Simon Rothstein
Editorial Consultants Manny Robinson, Mark Harris, Irving Angel
Technical Consultant Clive Bayard
Typesetting & artwork Bayard Design

All material is the copyright of Essex Jewish News Ltd and must not be reproduced without the written permission of the Editor.

ADVERTISEMENT RATES

	MONO	COLOUR
Full Page	£550	£750
Half Page	£300	£430
Quarter Page	£170	£270
Eighth Page	£110	£170

Advertising and Administration

Deborah Mulqueen
 Email office.ejn@gmail.com

Editorial contributions can be sent by email to simon.rothstein@hotmail.co.uk or mannyrobinson@outlook.com

Registered Office:
 26 Ashley Avenue, Barkingside,
 Ilford, Essex IG6 2JE

Printed by Sharman Printers, Peterborough

USEFUL TELEPHONE NUMBERS

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.

Coronavirus? But it's not a perfect world!

COMMENT

YOUR 'Comment' writer doesn't really need to tell you that we don't live in a perfect world ... at least as yet, some would add! Others might say that we never have so lived, and never will ... just absorb the ongoing daily and depressing, national and global news!

'Mankind' (if such is an aptly formed noun, in one semantic sense) – residing, with multicultural diversity, on this speck of rock called 'Earth' in our Solar System within the 'Milky Way Galaxy' of our extensive Universe, itself a relative dot within the apparently eternal, infinite and mind-boggling vastness of the Cosmos – has maybe never entirely lived up to high expectations.

Your 'Comment' writer well appreciates the need for evidentiary proof of allegations. Though he's reasonably confident that murder and war, mayhem and violence, plague and pestilence, hatred and slavery, robbery and fraud, persecution and racial, gender and other discrimination, rape and other sexual abuse, etc – ad infinitum et nauseam – have been disastrously rife on this albeit tiny planet in, and from, periods other than that of the ancient illustrations arrayed in the Old Testament.

Lots of members of certain religious faiths look to, and continually pray for, the coming of a 'Messianic Era' – in Judaism, a time of the 'Moshiach' – which epoch will herald the arrival of a permanently peaceful, super-healthy, mutually benevolent, kind, loving and harmonious way of living for all human beings across our relatively minute globe. A veritable 'Golden Age' for everyone!

Such is thus hopefully expected to be delivered by many; and well before our Sun dies (as inevitably it will do in, we understand from the astrophysicists, around five billion or so years), thereby resulting in the extinction of any life then remaining on Earth. But on the assumption always that – unlike the unfortunate dinosaurs of around 60 million years ago – such life had earlier survived a hugely explosive and potentially calamitous, meteorite or asteroid strike on this world!

Your 'Comment' scribe penned this piece whilst seated beside an expansive and picturesquely-sited lake – with swans and other waterfowl, and rimmed with a few impressive art installations – no more than a 10-minute ('Lockdown') exercise-hike from his home. The lovely, natural and path-circled water-feature lies alongside a grassy ridge, from atop which hilly vistas to the south can be admired.

The Government was beginning to gradually ease the fairly strict 'self-isolation' rules and requirements designed to counter the exigent and dreadfully lethal,

coronavirus pandemic; and which it had imposed during last spring and early summer. Now it was open for your writer to take, mid-trek, bench-seated breaks at (even during the best of times) a virtually deserted lakeside and environs; and to allow the mind to then reflect (no pun intended) on all the 'surrounding circumstances' ...

And thus to ruminate, specifically, not only on the then prevailing 'Jewish world' of closed synagogues, on-line burials and shivas (sadly also of apparently disproportionately numerous Covid-19 victims), schools' and care homes' and needy charities' challenging situations, and shut kosher restaurants, etc. But also to contemplate dramatically changed times, almost necessarily involving new media and human-interaction trends; and a 'virtual' commonality of, for example, weekly 'Zoomed' social (personally, also choral) as well as community – including 'rabbinic' – gatherings immediately pre- and post-Shabbat, as well as on other days.

Naturally, your writer's musings did return occasionally to the then comparatively recent and somewhat novel, 'Pesach Seders' state of extraordinary affairs this 'Covid-19' year! Though, and likely with a misplaced whimsicality, the question 'Why is this night different from all other nights?' had doubtless evoked an added – but definitely unforeseen and unwelcome – twist to numerous 'family' proceedings this festival around. Hopefully, next Passover will only effectively have the 'normal' difference!

There were ponderings also on the intriguing history of the area through which the fresh-air, health walk had been taking your writer. Certain pre-development, archaeological investigations had revealed that the locale had comprised a reasonably upmarket 'settlement' during the Romano-British epoch of some 2,000 years ago. Aside from the large number of ancient artefacts said to have been found, and the vestiges of a funerary precinct, the remains of an evidently impressive villa were discovered, too.

As your writer relaxed with his thoughts, whilst observing the lake's pair of swans gliding gracefully over its tranquil surface, this once Roman-occupied territory reminded him pointedly that, as it's noted proverbially, 'nothing stays the same for ever'. Like mighty empires, and other aspects of history and life on Earth, 'this' and 'that' inexorably – sometimes with great relief or dire sadness – comes or goes. He did wonder, however, whether the evolution of 'Mankind' towards our currently so-termed

'civilisation' had somehow raised, or caused, a 'human nature' glitch.

Optimistically thinking, 'Covid-19' will neither mutate into a more serious strain of virus, nor become endemic. And that, in any event, the coronavirus will be dealt with eventually by a successfully tested vaccine, one with no adverse side-effects! Israel has been counted amongst several nations whose scientists have been working diligently on such a medical preventative.

But your writer's pseudo-philosophical, waterside meditations couldn't but help include consideration of another, seemingly global 'virus' – manifestly resurfacing in recent years – that Jewish people have suffered from for millennia ... anti-semitism! This persistently recurring or even continuous – maybe, arguably, in part (but by no means exclusively) 'genetic' – disease led, as we so sorrowfully know, to the devastating 'Holocaust' that eliminated six million Jewish lives ... and still within living memory.

There can hardly be a conceivable 'vaccine' for such a menacing and potentially fatal sickness ... other than the metaphorically hopeful, and maybe promisingly positive, one of a widely-promoted injection of penetrating educational effort on the subject. As your writer has mentioned earlier, it's often remarked that, "nothing stays the same for ever". Members of the Jewish faith might just question, and quite understandably, the word "nothing". But, it's hoped, not "for ever"!

This issue of the **ESSEX JEWISH NEWS** is available to view online at **www.issuu.com** as will all future editions

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
 Cranbrook United
 East London & Essex Liberal Synagogue
 Harlow Synagogue
 Ilford Federation
 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

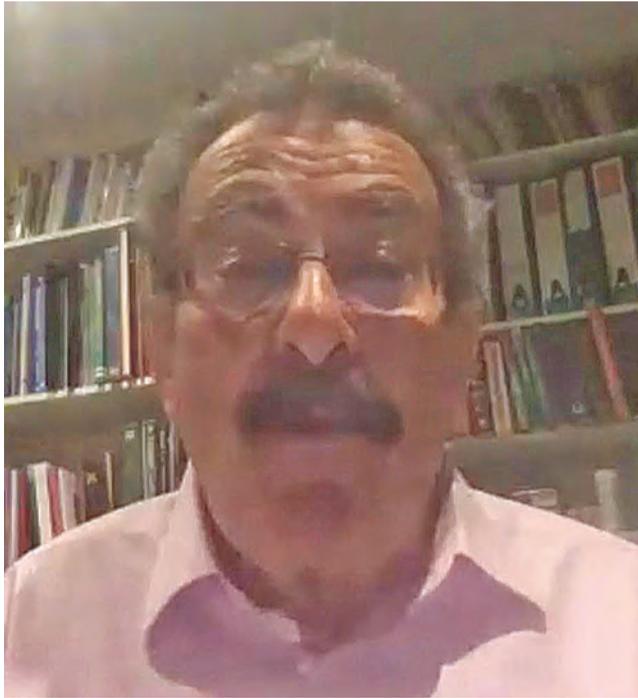
Spire London East Hospital
 Holly House
 The Shop, Southend
 Day Centre, Cobham Road, Southend
 Holiday Inn, Southend
RETAIL
 V&V, Barkingside
 Sandra Davidson, Redbridge
 Gary Green, Clayhall
 Golan Bakery, Gants Hill
 Shalom Bakery, Gants Hill
 Deliphone, Barkingside
 Delicacy, Chigwell
 Abridge Golf Club
 Just Kosher, Clayhall
 Derby Stores, Cambridge
 Kosher on Sea, Southend

SUPERMARKETS

Morrison's Loughton
 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

Due to some closures, distribution to all the above venues cannot be guaranteed

Lord Winston and Katya Jones star at Clore Tikva graduation



CLORE TIVKA Primary School held a virtual graduation ceremony for their departing year 6 students, with scientist, politician, writer and TV personality Lord Winston as the keynote speaker.

While their parents watched from home, the year 6 students were invited into the school hall to participate in the virtual ceremony together, at a social distance.

As part of the ceremony, Lord Winston delivered an inspirational talk offering the

pupils a positive message of hope. His words resonated with the graduates as well as the parents. He noted how, even though we are living in strange times, these are very exciting times. The world is currently facing a number of crises. However, as a community they will learn to challenge these and overcome all obstacles.

He said: "Do not be frightened of failure ... we need to learn to fail, overcome failure and continue to challenge and work in collaboration, making

new friends and remembering that everything around us is wonderful and must be enjoyed."

To add to the excitement, Katya Jones of Strictly Come Dancing surprised all with a video message, thanking the students for their courage and maturity over the past few months.

Clore Tikva head Margot Buller said: "We understand how difficult the past few months have been for our pupils. Therefore, it was impor-

tant we arranged an extra special event to show the children how proud we are of them, enabling us to say thank you for their extraordinary maturity and strength that they have showed.

"The staff and parental community worked hard to ensure the ceremony was a great success and we are so grateful to Lord Winston for his keynote speech, and to Katya Jones for her encouraging words. I wish all the pupils good luck for their future and know they will go on to grow into brilliant adults."

Roni crowned Jewish Mastermind Champion



Finalists Ruby Marcovitch, Roni Ben-Shir, Ellie Frankel and Mia Bluman

BY **SIMON ROTHSTEIN**

YOUNG Roni Ben-Shir has been crowned Jewish Mastermind Champion, as year 6 pupils at Wohl Ilford Jewish Primary School took part in a fun but fiercely fought competition.

All pupils competed against each other for a place in the final by completing a paper of 30 Jewish general knowledge questions.

The four top scorers – Roni along with Mia Bluman, Ellie Frankel and Ruby Marcovitch – then each had two rounds of two minutes in which to answer as many Jewish general knowledge questions as possible.

A spokesperson for the school said: "It was a really fun way to keep our year 6 pupils engaged during these times, and many congratulations to Roni on becoming the WIJPS 2020 Jewish Mastermind Champion.

Virtual live events by Jewish Care



Sacha Johnstone magician performs on Jewish Care presents

JEWISH Care presents... is a new series of virtual live events which will include guest speakers, virtual tours and Q & A sessions. Speakers are experts on everything from art to history and politics to entertainment.

Previous guests have included the Neil Diamond Tribute, magician Sacha Johnstone and actress Lesley Joseph. If you'd like to find out more, contact jcpresents@jcare.org to register for free.



EMPOWERED

INDEPENDENCE. DIGNITY. CHOICE.

"I was unable to do even some of the simplest everyday tasks, but now I have my independence back."

Hayley, Jewish Blind & Disabled tenant

If you or anyone you know could benefit from living in a JBD apartment or to support us, visit www.jbd.org or call **020 8371 6611**

Registered Charity No. 259480

Memories that will last a lifetime

THE FRESCO FAMILY WRITE ON A VERY SPECIAL TWINNED BARMITZVAH IN LOCKDOWN

SO back in November 2019 we received the Yad Vashem twinning pack through the post, part of the wonderful scheme organised by Chigwell & Hainault's very own Harvey Frankel, to remember those Holocaust victims who did not have a chance to celebrate their own coming of age.

As per normal, Harrison's eagerness and enthusiasm were endless and driving us mad to research his twin. On the certificate we received, we had the child's name that Harrison had been twinned with, Menachem Aryeh Fieger, and also the person that had put forward the testimony to Yad Vashem who was a surviving brother, Eugene Fieger.

To be honest we were exceptionally lucky; it was a simple google name search with Eugene Fieger that started Harrison's incredible journey. Very quickly, he discovered that Eugene had escaped the Holocaust and had written a book about his experience. The book was published in Toronto, Canada, about 10 years earlier.

So, did that mean Eugene had settled in Toronto? Harrison begged us "please Facebook - search Eugene Fieger". We had said that even if Eugene was alive, he would be very old and unlikely to be on Facebook, but it may show perhaps other related family members; also many people changed their family names after the war.

Even with us saying this, and saying we are not messaging complete strangers, Harrison said let us just search and see what happens. So we entered the name Fieger and Toronto into Facebook.

Two names

On that particular night and never since, only two names appeared, the first name that appeared at the top of the list was Brian Fieger... Could he be a relation? On Brian's profile it said he lived in California but, incredibly, was originally from Toronto; wow, this fitted with the information from the Yad Vashem pack.

At this stage, it could have been an incredible coincidence, but Harrison felt it was certainly worth a private message to Brian. So we did a very apologetic "sorry to bother you" message while Harrison paced up and down. "Time for bed," we said; and just as he went up the stairs, 'ping', a message.

Brian had replied, saying: "Yes, I am indeed a very close relation to Menachem, had he survived he would have been my uncle! I had no idea my Dad had done this testimony for my uncle Menachem and have never heard of the Yad Vashem twinning project. Wow!"

Brian could not believe his uncle Menachem was to be honoured in this way. Then the news that shocked us to

our core. Not only had we found a living relative of Menachem, but Brian said: "Wait until I tell my parents." Yes, Menachem's brother Eugene was still alive at 97 and living with his wife Edith, also a survivor, in Toronto!

Start of a journey

This became the start of a beautiful journey of incredible friendship with the Fieger family. Thanks to the Twinning Foundation, two families had been brought together; and we the Frescos had been given the chance to celebrate not only Harrison's barmitzvah, but now also it meant Menachem could have the barmitzvah he rightfully deserved.

The friendship continued into 2020 and many messages and calls between the two families had been exchanged. We then asked Brian and his family if they would like to come to Harrison's barmitzvah, and then they would finally see Menachem truly honoured. They accepted the invitation and flights were booked, the Fieger family were coming to Chigwell and Hainault Synagogue. We also asked Brian whether he would do the blessings to the State of Israel - he said yes, of course, so he would be on the bimah with Harrison on the day.

We even asked the family if there was anything they particularly wanted to incorporate, and they said a photograph of Menachem. We spoke to Sam, the shul secretary, who went above and beyond and put everything in place. I still remember Sam's shocked face when I told her Brian Menachem's nephew would be coming.

Going into February 2020 and everyone around the world was talking about coronavirus or Covid-19, whatever you prefer to call it. If we are honest, we still did not believe, maybe naively, that this would affect us in May. Why would it? We were sure things would settle down before then.

Sadly, by late March reality had set in and the disappointment became real. We are going to have to cancel the barmitzvah. We know there are so many more important issues in the world, but Harrison's barmitzvah for us was many years of planning. It was all cancelled!

Many discussions

Now what? After many discussions with Rabbi Rafi, and seeing the first virtual barmitzvah on Facebook, we decided that Harrison had to recite his portion and 'Zoom' was the answer. We were the first family to have a go at this at Chigwell & Hainault, so it was new to all of us.

Harrison's sedra is Bamidbar which is said four times a year, with the next being in October, but it was planned for May; and who knows where the world will be in October, so the date of 21 May



The Fresco family on the day of Harrison's barmitzvah.

PHOTO BY TOM & TALE PHOTOGRAPHY

was agreed and the rehearsals began. We cannot write this without thanking so many people that helped us achieve Harrison's 'Zoomitzvah' (as it's now being called).

It was the end of April and the amazing Wohlman's were drafted in to help Rabbi Rafi orchestrate the evening. Thank you, Odette, for hosting for us. Then it was about the order of the 'Zoomitzvah'. Rabbi Rafi would welcome everyone, Danny would thank him, Harrison would recite his portion and twinning speech; Debbie on iPad, helping on the technical side, would throw some sweets and say goodbye.

But something was missing.

We had rehearsed with friends in America, and

around the world, just to make sure the link would work. So, after one rehearsal, where Brian was helping us, it suddenly seemed a no-brainer that Brian should be involved just as he would have been in shul. Brian gratefully accepted our invitation to say the blessing for the State of Israel, now via 'Zoom'; so with a few more rehearsals arranged, it was all set up.

Poppa Alan recited the prayer for the Royal Family and Brian with his daughter and his two sons; but even more incredibly, with the help of Eugene and Edith caretakers, Brian's mum and dad, Menachem's brother Eugene were able to watch Harrison recite his barmitzvah in memory of his brother.

Special day

This is something that could never have happened had Harrison's barmitzvah gone ahead as planned. Yes, Brian would have been in shul, but no way would over 300 people have got to witness Harrison's big day; and Eugene would never have seen his brother honoured in this way.

As Rabbi Rafi said: "Despite the Holocaust and the suffering, the Jewish people have endured; here we are celebrating both Harrison's and Menachem's barmitzvah in the presence of not only Brian, his nephew, but also with Menachem's older brother."

It was a special day that neither family will ever forget.

News you may have missed

NOT everyone was able to read the Passover issue of the *Essex Jewish News*, which was printed and distributed online only because of distribution problems caused by the coronavirus. Here are some of the news items in that issue you might have missed if you did not have access to a computer.



KANTOR King Solomon students were victorious in a Dragon's Den-style competition at the Jewish School Awards, winning £8,000 to help make the school more environmentally friendly.



CHABAD Buckhurst Hill has gained official recognition from the Chief Rabbi and the Civil Registry Office for the purpose of registering marriages. Previously, the registration of marriages was officially under the auspices of Chabad Gants Hill.



WOODFORD Forest Synagogue, with the support of Jewish Care, are re-launching 'Singing For Memory'. The weekly group will help people with dementia.



CHABAD North East London and Essex have opened a 'Havering' community, covering Romford, Collier Row, Hornchurch, Upminster and Rainham.



CLORE TIKVA School are celebrating after being rated 'good' by Ofsted and receiving a very positive report. The school had previously been marked as 'requires improvement'.



THIRTY members of Redbridge Jewish Community Centre's 'Chaps That Chat' group enjoyed a trip to Buckingham Palace. Sid Green, who runs the group, which is now attended by 65 men, said: "We went on a designated two-hour route through the Palace. It was all so beautiful and we enjoyed every minute."

Roll up, roll up, get your Friday night dinners here



BY **PHILLIP LEIGH**

STILL struggling to make the chopped liver and kneidlach for the family for Shabbat dinner? Still feeling the lack of accessible Shabbat food?

Well look no further. Your Friday night, knight in shining armour is coming to your rescue.

Maud Attiach (pictured left) is introducing a Glatt Kosher Deli and will be using Loughton Chigwell & District Synagogue in Borders Lane as her primary location for collections.

Maud, who hails from France, could not contain her excitement when the synagogue agreed to host this long overdue venture, which will

commence shortly before the High Holy Days.

Maud told the *Essex Jewish News*: "I will be offering the traditional complete Erev Shabbat. This can be ordered from Monday to Wednesday every week. For Festival orders, I'm asking people to place their order one week before.

"Shabbat collections will take place from Loughton Synagogue every Friday morning

"The shul have been fantastic in providing me with premises and my grateful thanks goes out to Rabbi Yanky, the chair and the synagogue's board for giving me this great opportunity."

The menu is now finalised and can be accessed through



Homemade challah for Shabbat

Maud's website at www.taimdeli.co.uk

I have checked out what's on offer and was amazed to see how reasonable Maud's pricing was for what is, after all, high quality Glatt Kosher Fayre. I cannot wait for a time to take up Maud's challenge – to be unable to find its equal anywhere in London or suburbs.

I'm back where I started

PERSONAL OPINION

RENEE BRAVO



I WAS born to poor immigrant parents in the slums of East London.

My family worked their way up and moved to Ilford. The man next door wrote to the council and complained that a house in such a nice new area had been sold to immigrants from the East End, who wouldn't know how to keep it clean.

When I went to Gearies School, aged five, the teacher sat me next to the boy who lived across the road, thinking we must know each other. In the afternoon, the child came with a note from his mother saying: "Do not sit my child next to the Jewish child."

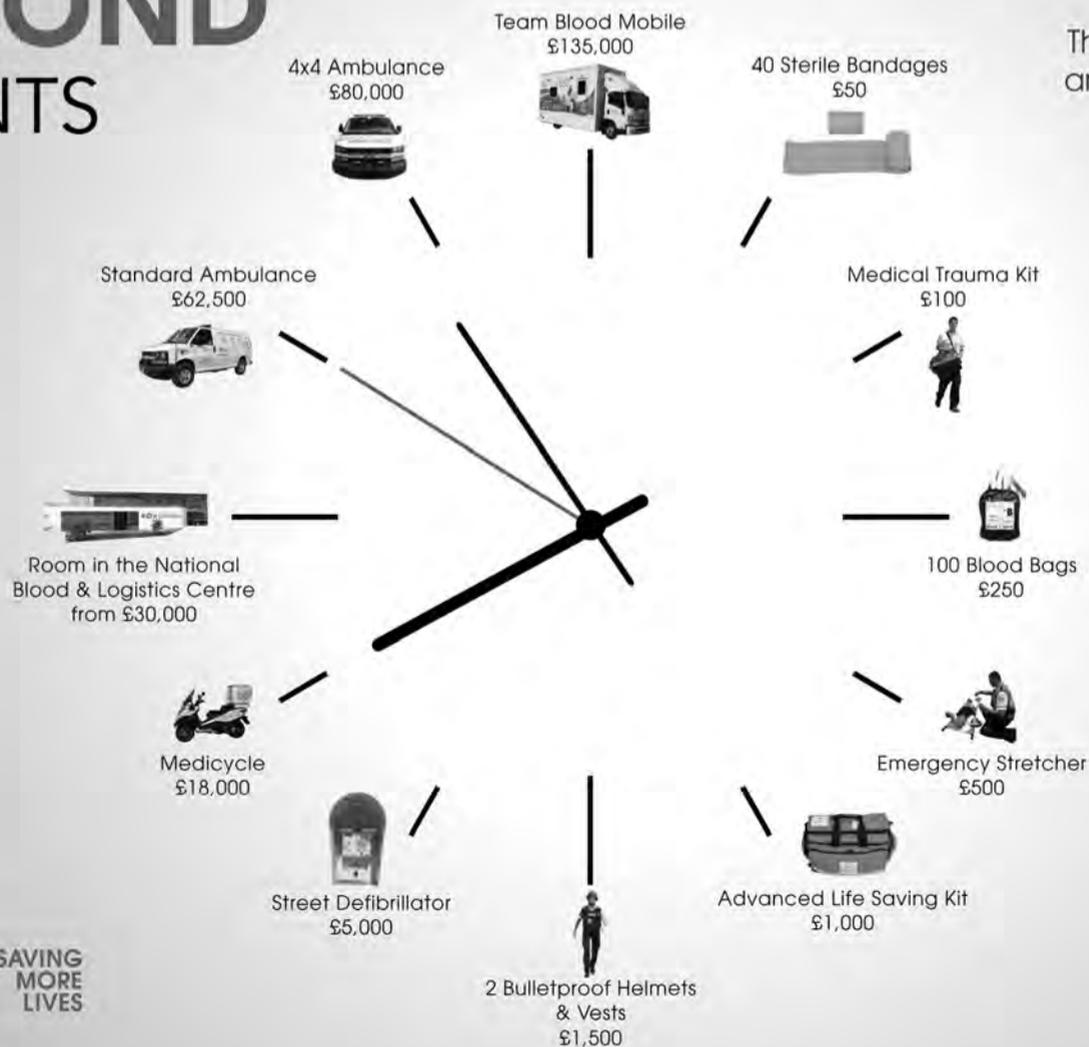
In 1949, when I was getting married, we bought a

house in Beechwood Gardens, off Gants Hill, but our cheque was returned because they did not want to sell to Jews. A recent BBC programme called Friday Night Dinner was filmed in such a house. I wrote to them suggesting that there was a germ of a programme here, but they did not respond.

The family prospered in Ilford, and my father laid the foundation stone of the new synagogue in Beehive Lane. When we retired, we moved to Woodford. It was Churchill's constituency, on the edge of Epping Forest. We really felt we had achieved every immigrant's dream.

Then they changed the boundaries of the postal regions, and I found myself back in East London.

WHEN EVERY SECOND COUNTS



At Magen David Adom, we know that speed is critical. The faster we arrive at the scene of an emergency, the more lives we can save.

This is why we have developed an army of 23,800 volunteers, working tirelessly together to save lives across the length and breadth of Israel. This is why MDA is Israel's only National Medical Emergency Service running a fleet of 1,716 ambulances, mobile intensive care units and medicycles. This is why we need your support.

Visit mdauk.org/donate or call **020 8201 5900** and save more lives today.

www.mdauk.org

SO DOES EVERY POUND

“There’s never a dull moment”

PAT LIDIKER TALKS TO DAME ELEANOR LAING MP FOR EPPING FOREST

WHILE the pandemic continues to cast a dark cloud over all our lives, a local MP discovered one tiny silver lining.

Senior Deputy Speaker Dame Eleanor Laing, DBE, MP for Epping Forest since 1997, found the time it took to drive from her home in Theydon Bois to Westminster was cut by half.

In an exclusive interview with the *Essex Jewish News*, she said: “Since April I realised it was taking only 42 minutes because there was hardly any traffic on the roads!”

Extra time like this was helping her and other MPs to cover the increased volume of duties caused by the absence of shielded and vulnerable colleagues having to work from home, vote by proxy or participate in ‘Zoom’ meetings.

But can Dame Eleanor see an end to this surreal situation any time soon?

“I am sure we will get to a stage when we can protect those worst affected in the foreseeable future. But while this is the new norm, the rest of us at Westminster are slotting in to keep everything going.”

She also told me it’s an illusion that the House looks so empty these days, revealing: “Because everyone is social distancing two metres apart, there can only be 39 members on the benches at any one time, but watch carefully and you’ll spot them interchanging with each other several times a day.”

For a high profile woman like herself, under constant scrutiny by TV cameras, I seriously needed to know how she kept up her immaculate appearance during lockdown. She replied: “My cousin is a hairdresser so I phoned her for advice, ordered scissors on Amazon and cut my hair myself. My regular hairdresser was rather horrified when I went back in July, but said I had actually done quite a good job!”

Although she hasn’t lived in Scotland for 38 years, the Deputy Speaker’s accent retains echoes of her upbringing in Paisley and time at Edinburgh University, where she was the first woman president of the University Union.

She went on to practise law in the same city, before moving to a City firm in London. She was elected as a Conservative Member of Parliament in 1997 with particular interest in education, transport, the economy, the constitution and equality for women.

In her impressive rise to her current position, she was made a Privy Counsellor in 2017 and a Dame Commander of the Order of the British Empire in June 2018. This year she was elected Senior Deputy Speaker, which makes her the first woman entitled to hold the historic title of Chairman of



Ways and Means.

Dame Eleanor has called Essex her home for the past quarter of a century.

Now 62, divorced and with one son currently at university, she says happily: “This is a gorgeous part of the country and I love living here. Because of the Forest, the area has never been overdeveloped and retains a rural feel, yet is a magnet for commuters working in the city.

“I spend much of my time working with local schools, businesses, charities and with the County and District Councils.

“I have good friends

among the large Jewish communities in Chigwell, Loughton, Theydon Bois, Buckhurst Hill, North Weald and Waltham Abbey, and they always keep me abreast with what’s going on.”

She says she always feels honoured and very welcome when invited to attend events at the three local synagogues, and is taking a keen interest in the proposals for a Holocaust Memorial in Loughton.

“Of course like so many other projects this year, sadly building plans are held up. It is an excellent idea to have it here and I look forward to being at the opening.”

You could say she enjoys

the best of both worlds with a high-powered career at the heart of Government, and the chance to escape to the most beautiful part of Essex in the heart of Epping Forest. But the fact that she has achieved all this through her own hard work, tireless enthusiasm, talents and engaging personality should never be underestimated.

Dame Eleanor concluded: “It is a great privilege to have been elected six times to represent the wonderful people of Epping Forest. Even after 23 years, The House of Commons is still a fascinating place to me – there’s never a dull moment!”

Ruth takes the chair at Liberal Judaism



BY SIMON ROTHSTEIN

A MEMBER of East London and Essex Liberal Synagogue (ELELS) has been elected as the first ever female chair of Liberal Judaism.

Ruth Seager was unanimously elected at the movement’s AGM in the summer, which was held via ‘Zoom’. She had been acting chair of the movement since previous chair Simon Benscher, also an ELELS member, stepped down due to ill health.

Ruth is a lifelong Liberal Jew. Her parents were founder members of the former Crawley Jewish community and they even have their own family scroll.

She said: “I would describe myself as a religious Jew, although my personal ideology is completely and unapologetically at odds with itself. I like the connection to our ancestors that Talmud provides, as it tussles with the issues of their day whilst at the same time remaining surprisingly relevant to those of ours.”

She met her husband Andrew at university. They have

been married for the last 37 years and they have three children – Joshua, Rebecca and Reuben.

Ruth added: “Andrew has no religion but would see himself as a non-Jewish member of a Jewish family, and we raised our children to be informed and committed Jews. I taught them to read the parasha for their bar and batmitzvahs myself.”

She takes over the role of chair in a time of transition for Liberal Judaism – with services and events moving online due to the pandemic, and Rabbi Charley Baginsky and Shelley Shocolinsky-Dwyer taking over as interim directors after the departure of Rabbi Danny Rich.

Ruth added: “It is an honour and a privilege to be chair of Liberal Judaism and lead this movement as it goes from strength to strength. It’s not been the easiest of times to take over, but we have lots of exciting plans for the future.

“I could not possibly begin to fulfil this role without the collaboration, support and kindness of my fellow trustees, professional staff, rabbis, president and council.”

... and LJ has new interim directors too

SHELLEY Shocolinsky-Dwyer and Rabbi Charley Baginsky will be Liberal Judaism’s joint interim directors until the end of March 2021, working alongside Ruth Seager as a brand new leadership team.

Shelley, formerly the movement’s director of operations, has overall responsibility for finances and operations.

Charley, who was previously director of strategy and partnerships, is responsible for

external affairs including all communal relationships, strategic development partnerships and fundraising.

Charley said: “Liberal Judaism, and the values it aspires to, have always been at the centre of my Judaism. It is a privilege to be able to lead Liberal Judaism in this interim period, and that I am able to do it in collaboration with my colleague and friend feels like an additional privilege.”

Awards for teen Jewish Care volunteers



Daniel Sacks receives his Jack Petchey Foundation Award from Jewish Care's Rachel Esterman

TWO Essex teenagers have been rewarded for going the extra mile to help others during the coronavirus pandemic.

Jamie Shone and Daniel Sacks won Jack Petchey Foundation Community Awards in recognition of all the volunteering work they have done for Jewish Care, especially the time they gave up to help distribute

Meals on Wheels to older members of the community during lockdown.

Jamie, 18, from Clayhall, was a pupil at Kantor King Solomon High School and will continue to volunteer throughout the summer before going on his gap year in Israel in September, where he will represent Jewish Care's Redbridge Jewish

Community Centre (RJCC).

He has grown up with Jewish Care, having been a participant at the Centre's holiday schemes since the age of five, before becoming a youth leader himself through the organisation's youth leadership programme, MIKE (an acronym which stands for Motivation, Inspiration, Knowledge and Edu-

cation).

As well as his work for Meals on Wheels, Jamie has also been involved in running regular online sessions for youngsters who would usually attend the RJCC's Club Balagan.

Speaking about the Community Award, he said: "I was both shocked and proud to have



Jamie Shone collecting his award from Jewish Care's Melodie Driscoll

been chosen and recognised by the Jack Petchey Foundation.

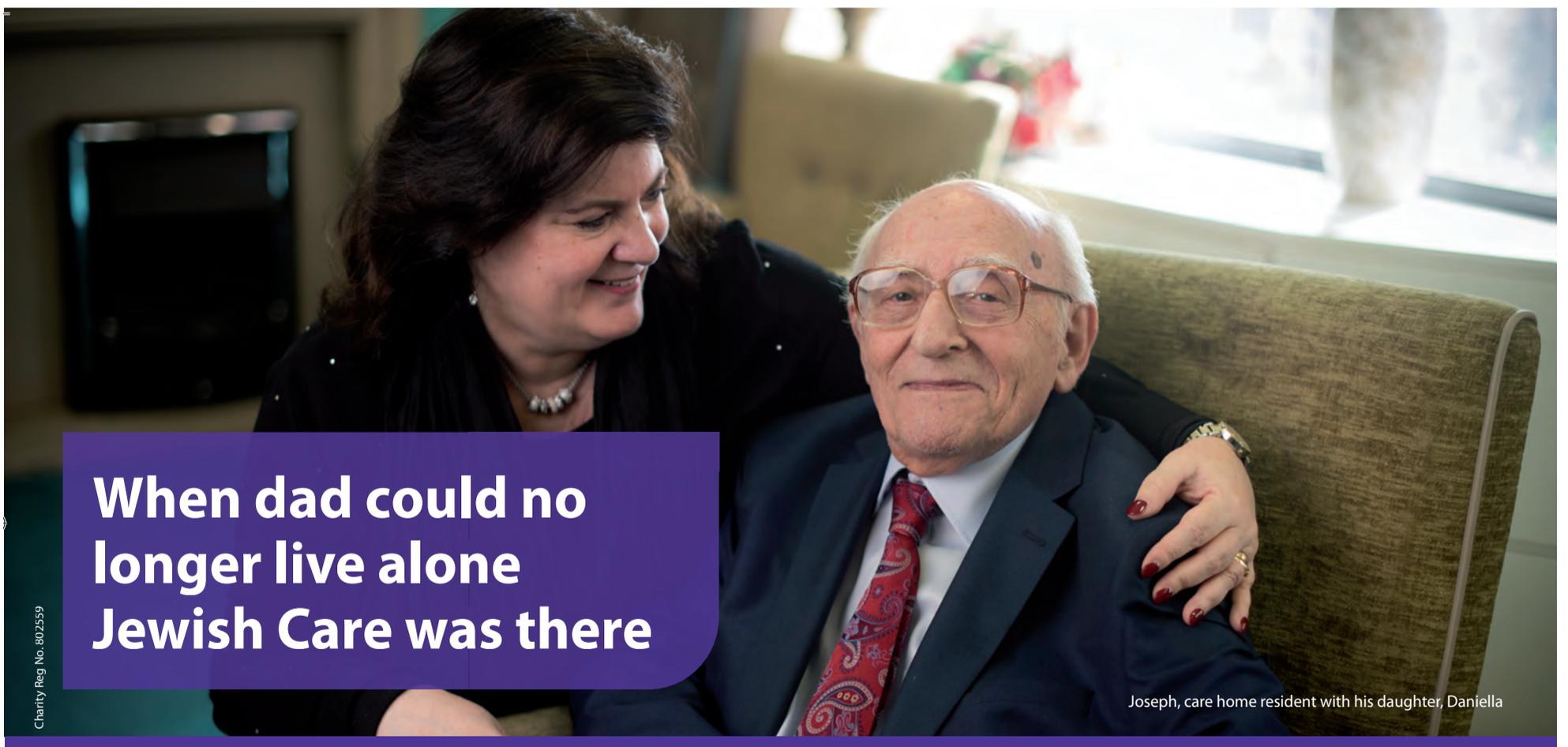
"Delivering the meals has been an incredible experience, seeing how happy the clients are to see their food arrive with a smile. It has been so rewarding to know that I am making a difference to someone's day. When I return from my gap year, I'd like to come back and do some work within the Jewish community."

Daniel, who is also 18 and a pupil at JCoSS, lives in Barkingside. He is planning to go to Leeds to study economics and finance, and will also carry on helping out with Meals on Wheels over the summer.

He said: "When lockdown happened and A-level exams were cancelled, I needed something to do, so I started to help out three days a week with Jewish Care's Meals on Wheels. I was checking what people had ordered, packaging it up and getting it ready for deliveries."

"I always enjoy it – it's a meaningful thing to do and it's a nice environment to be in at Redbridge Jewish Community Centre, everyone is great there."

The Jack Petchey Foundation created the Community Awards programme to give the young people helping those less fortunate than themselves in this time a well-deserved thank you.



When dad could no longer live alone Jewish Care was there

Joseph, care home resident with his daughter, Daniella

As someone who was so dedicated to his community, dad wanted to be cared for by people who understood and respected him and everything he believed in. He has now happily lived at one of Jewish Care's care homes for over three years.

With a gift in your Will to Jewish Care, you can make sure that future generations of our community get the care they need that respects their heritage – when they need it most.

For more information about leaving a gift in your Will and our free Will writing service please call Alison Rubenstein on 020 8922 2833 or email legacyteam@jcare.org or visit jewishcare.org/legacy



Every Mitzvah matters in lockdown



Maureen Lipman led a Mitzvah Day cooking event with all food going to those in need

BY SIMON ROTHSTEIN

PEOPLE of all ages from all across Essex took part in online Mitzvah Day events led by comedians Maureen Lipman and Hugh Dennis during lockdown.

Legendary TV personality and Coronation Street star Maureen was joined by an imam, a reverend, two rabbis, an MP, a BBC Radio star and those rep-

resenting a wide range of faiths and backgrounds for a cook-along.

Four hundred others took part in the event, via Zoom and Facebook Live, which was the first in the new Every Mitzvah Matters interfaith volunteering scheme.

The initiative was set up to highlight and encourage how even the smallest every day acts of kindness that people do for

each other can be transformative for both the receiver and the giver, especially during this coronavirus crisis.

Those cooking could either follow Maureen's special bean and barley soup recipe or make something of their own choice, using whatever ingredients they had in the house.

Participants then gifted the dish as an act of kindness – whether to a vulnerable or eld-

erly neighbour or an isolated family member who would appreciate the personal touch of a home-cooked meal.

Twelve-year-old Samuel Segal of East London & Essex Liberal Synagogue was one of those taking part. He said: "The cook-along was so much fun and it was nice to 'meet' a celebrity in a virtual way. It also felt good to make something for my grandma, who recently re-



Samuel Segal of East London & Essex Liberal Synagogue who joined the cook-along

turned from hospital, as she likes to try my creations!"

Mock The Week star Hugh Dennis led the next online event, showing people across the country how to make their own homemade masks from just an old T-Shirt and a pair of scissors. All masks were again given to friends, neighbours or family members in a small act of kindness.

More than 250 people of all faiths and backgrounds joined Hugh on Zoom. Within 12 hours, another 1,000 had

watched the live or recorded video on Facebook.

Mitzvah Day chair Laura Marks OBE said: "The little acts of kindness we are seeing every day in this crisis are bringing our local communities together in a way I've never witnessed before."

"Through Mitzvah Day we encouraged even more people of all faiths and backgrounds to take part, and show just how easy it is to be part of Britain's new army of carers as, truly, Every Mitzvah Matters."

FOCUS ON: Ahada Bereavement Counselling



BY MICAELA BLITZ

DEALING with the loss of a loved one can be an extremely traumatic experience and many people often find speaking to someone about their feelings can be of great support. Ahada Bereavement Counselling offers a free, confidential counselling service open to the Essex Jewish community as well as those within the wider community.

The organisation has been running for 35 years and its chair of trustees, Rabbi Maurice Michaels, has been connected with Ahada in some way for most of that time. He first became involved when he worked in industry and was responsible for many areas of business including HR.

As he explains: "When a colleague lost his wife, I realised that I did not know how to deal with the situation or how

to help him, so I took a counselling course. What I learnt was really useful and I felt I could use it to help others across the whole spectrum of the Jewish community, and so I became a counsellor."

For anyone in need of help, contact can be made initially via phone, which is on the Ahada website or through a referral. These enquiries are managed by Sharon, who has volunteered with Ahada for the past 13 years and is now their supervisor. She is responsible for matching clients with a suitable counsellor.

Sharon told us: "Everybody's journey and grief process is unique to them, and as a counsellor you have to be there to guide them through. Sometimes, people feel more comfortable with someone of a similar age or gender, and I try to accommodate people's wishes as much as possible and find the best fit for their needs."

The counsellor will then make contact directly with their client to arrange timings for sessions. Most clients start by seeing their counsellor on a weekly basis. Counsellors meet with clients on a one-to-one basis in a client's home, or sometimes a room in a shul if preferred; but since lockdown, sessions are now taking place online or over the phone.

Rabbi Michaels believes

Ahada is a really important service for the whole Essex Jewish community as it is accessible to clients from across the religious spectrum, which is also reflected in the counsellors and trustees involved with the organisation.

In the past, other local rabbis have also been counsellors with Ahada, and Rabbi Michaels feels that there are similarities as well as differences between these two roles. He said: "As a rabbi, we are more open to probe and ask questions, whereas a counsellor is much more likely just to offer a shoulder to cry on and a listening ear."

It is this listening ear that is central to the service that Ahada provides. Davina, a volunteer counsellor and trustee, feels it is not only a counselling service but can become more of a befriending service for some clients. She explained: "Many of the people we speak to are very lonely and just want someone to talk to when they have suffered a loss. Although bereavement is the same life changing event for everyone, how it affects people really varies and needs a slightly different approach in dealing with it."

Often, experiencing personal loss can give counsellors empathy with their clients. Sharon went through the griev-

ing process herself after losing her husband in 2001. She knows what it's like to be in "the darkest place possible" and can empathise with clients, as grief is one of the heaviest emotions that you will ever have to deal with. Through volunteering with Ahada she has found her passion in life, "to help people see that there is light at the end of a very dark tunnel".

Every counsellor has their own reasons for volunteering for Ahada. David had volunteered for many years at Chabad Drugs Line, but when the service closed due to loss of funding, he wanted to use his expertise elsewhere to continue to help people. "I was in quite a unique position," David explains. "I had a lot of knowledge of dealing with drugs and drug abuse, and thought that this might be relevant for bereavement counselling in some way."

The organisation is very much reliant on all of its volunteers and is always keen to encourage new people to get involved. Whilst some counsellors, like David, may have previous experience, it is not essential; and all counsellors receive professional training to equip them with the skills to help clients. David believes that one of the key skills of a counsellor is "being able to listen to others".

When it comes to seeking

bereavement counselling, Rabbi Michaels suggests that it should not be too early in the grieving process as there are often many emotions and feelings being dealt with. He adds: "People often get in touch during the first year of mourning. Milestones like birthdays, anniversaries and Yom Tovim without their loved one can be difficult and it can often make people feel very alone, and they may want to speak to someone."

There is no limit to the amount of sessions that a client can receive, or time period that they can seek help after a bereavement. Counsellors work closely with clients to decide between them when they feel ready to end their sessions.

Davina adds: "You never fully get over the grief, but hopefully by being able to talk to someone it can help people deal with it better. The whole idea is to offer support and offer ways to cope, rather than encourage dependency."

Rebecca lost her mother last year and sought help around nine months afterwards. After looking for Jewish counselling services online, she discovered Ahada.

She told us: "I couldn't believe that not only was it a free service, but it was based in Essex which was much easier for me than having to travel to

North West London. The process was very quick, from making initial contact to being allocated a counsellor, and we started weekly sessions straightaway."

Rebecca later moved to fortnightly sessions and has now finished her counselling, but found the experience invaluable and knows that the service is available at any time if she needs it. She added: "I feel that I have been given the tools to deal with things and handle any hurdles I may have along the way. It is a really beneficial service for anyone on their grieving journey and, for me, the fact it was a Jewish organisation also made me feel they understood me better."

Being able to help others during such an emotional time is something that all the counsellors feel is very rewarding. As Sharon explains: "Talking to a counsellor offers some sort of release for the client and they can say anything to us knowing that it is a non-judgemental, safe environment, where they feel comfortable and listened to."

If you would like to know more about Ahada Bereavement Counselling and the work that they do or find out more about volunteering, please visit their website: www.ahada.org.uk

TAIM

GLATT KOSHER DELI

Select your food from our delicious menu!

Give us a call for Shabbat orders from Monday 9am to Wednesday 8pm.

FREE Collection for Shabbat orders!

If you would like to make an order for during the week (not Shabbat), please send us an email. Minimum order for 10 people. Additional delivery charge will apply. Please provide 3 days notice.

We cater for Parties & Events!

Contact us to make an order.

ORDERS

07399 014 842 | 07957 592 200
 orders@taimdeli.co.uk
 www.taimdeli.co.uk



Glatt Kosher
 Under the supervision of the London Beth Din

All information related to our dishes' ingredients, allergens, and clarifications about which dishes are meat, vegetarian, and parev, please refer to our website or contact us at: info@taimdeli.co.uk

FISH

	PRICE / KG	PRICE / PORTION
Moroccan style baked salmon	£37.00	£5.80
Moroccan sea bass	-	£5.50
Salmon teriyaki	£37.00	£5.80
Fried cod	£32.00	£7 / £8
Poached salmon w/ lemon sauce	£32.50	£5.20
Fish balls	£20.00	£0.65 each
Gefilte Fish	£20.70	£3
Fish goujons	£34.50	£4.60

BEEF & LAMB

	PRICE / KG	PRICE / PORTION
Beef bourgignon	£24.20	£6.00 / 250g
Salt beef	£51.25	£7.50 /150g
Tunisian meat & vegs	-	£5.50
Roast beef (slices)	£41.40	£8.30 / 200g
Beef goulash	£23.00	£5.75 / 250g
Cholent (Meaty 800g)	-	£5.70
Meat balls	£19.60	£4 / 3 meat balls
Meat balls with fried onions	£20.00	£4.95 / 2 meat balls
Lamb & meat kebab	-	£2.25 each

CHICKEN

	PRICE / KG	PRICE / PORTION
Chicken schnitzel goujons	£25.50	£3.75
Roast chicken portions	£17.90	£4.90
Chicken and apricot casserole	-	£7.50
Chicken and olive casserole	-	£7.50
Caramelised chicken wings	£21.50	£5.00
Sweet & sour chicken breast	£23.00	£6.50
Classic chicken schnitzel	£23.50	£3.50
Plain roast chicken (Whole)	£16.70	-
Chicken in lemon & rosemary	£21.50	£5.50
Chargrilled chicken breast goujons	£34.70	£4.00
Stir fried chicken	£27.50	£7.00
Chargrilled chicken breast	£34.70	£4.00
Chicken in fresh mango marinade	£21.50	£5.75
Roast turkey breast	£27.60	£4.60
Caramelised chicken	£21.50	£5.75

SOUP

	PRICE / SERVING
Sweet potato soup	£3.30
Carrot and coriander soup	£3.30
Barley soup	£3.30
Puy lentil soup	£3.30
Quinoa Soup	£3.30
Fresh vegetable soup	£3.30
Chicken Soup	£3.30
Farmhouse vegetable soup	£3.30
Pumpkin soup	£3.30
Matzo balls	£3.55
Minestrone soup	£3.30

FRENCH PÂTISSERIE

Individual strawberry tart	£4.60
Exotic individual tart	£4.60
Kiwi Individual tart	£4.60
Plum individual tart	£4.60
Chocolate individual tart	£4.60
Apricot individual tart	£4.60
Pear individual tart	£4.60
Lemon individual tart	£3.20
Lemon meringue individual tart	£4.00
Apple turnovers	£2.30
Pain au chocolat	£1.75
Croissant	£1.40
Apple slice	£2.90
Almond croissant	£2.90
Chocolate Almond croissant	£3.20
Moelleux aux pommes (soft apple cake)	£21.00
Passion mousse cake	£39.00
Chocolate tart	£27.50
Lemon tart	£24.00
Chocolate raspberry mousse cake	£41.00
Moelleux aux pommes	£27.50
Pear tart	£20.50
Entremet agrumes (citrus desert cake)	£43.50
Lemon tartelette for receptions	£2.30 each
Happy birthday plaque	£3.50
Mini chocolate cups topped w/ sorbet	£1.15 each
Sorbet cake mango and raspberry	£53.00
Meringues	£1.15 each
Sorbet dome cake raspberry and mango	£41.00
Assorted petits fours secs (biscuits)	£8.10/100g
Chocolate basket sorbet	From £79

BAKERY

Raisin challah	£2.90
Medium wholemeal challah	£2.90
Plain bagel	£0.80
Mini Danish box	£4.90
Large challah	£4.25
Chocolate Rugelach box	£4.90
Wholemeal challah roll	£0.80
Medium challah	£2.75
Challah roll	£0.75
Seeded bagel	£0.85

WINES & GRAPE JUICES

Kedem Concord Grape Juice 650ml	£3.25
Dalton Canaan Red 750ml	£13.00
Dalton Canaan White 750ml	£13.00
Bartenura Moscato 750ml	£11.50
Kedem Natural Grape Juice 650ml	£3.25
Barkan Classic Cabernet Sauvignon 375ml	£7.00
Dalton Rosé	£15.00
Kedem Traditional Kiddush Wine 750ml	£9.50
Barkan Classic Chardonnay 375ml	£7.00

SALADS

	PRICE / TUB
Beetroot salad	£2.90
Fennel salad	£4.35
Steamed carrot salad	£2.80
Egg & Onion	£3.40
Crunchy veg salad	£3.30
Pasta with pine nuts and rocket	£3.30
Grilled aubergine salad	£3.30
Homemade hummus	£2.90
Israeli salad	£2.90
Mushroom salad	£3.30
Matbucha	£3.30
Aubergine & pickled lemon salad	£3.30
Aubergine & mushroom salad	£3.30
Grilled fresh peppers	£3.90
Tuna Salad	£3.65
Artichoke salad	£3.70
Carrot & cabbage salad	£2.70
Homemade tahina	£2.90
Grated carrot salad	£2.70
Aubergines with mayonnaise	£3.50
Chopped liver	£4.55
Spring cabbage salad	£2.70
Steamed aubergine salad	£3.30
Coleslaw salad	£2.90
New potato salad	£2.80
Quinoa & lentil salad	£3.20
Egg mayonnaise	£3.30
Grated carrot and raisin salad	£2.80
Corn salad	£2.80
Guacamole	£4.30
Chakchouka	£3.30
Celaric slaw	£2.90

Tabouleh	£3.00
Tuscan pasta salad	£2.80
Cucumber salad	£2.50
Thai Aubergine Salad	£3.30

SIDE DISHES

	PRICE / KG	PRICE / PORTION
Potato kugel	£4.10 each	-
Plain Couscous	£11.00	£2.20 /200g
Ratatouille	£14.40	£2.20 /150g
Roast potatoes	£11.50	£2.30 /200g
Roasted root vegetables	£14.10	£2.00 /150g
Chargrilled garden vegetables	£27.60	-
Steamed green beans	£14.70	-
Tzimmes	£11.50	£1.75 /150g
Mushroom casserole	£16.00	£2.45 /150g
Rice (various)	£11.50	£2.30 /200g
Green beans with carrots	£11.30	-
Pea mix	£10.50	£1.75 /150g
Rice with mushroom	£8.95	-
Vegetable curry	£12.45	-

Please note that price per portion is an estimated price based on weight. You will see the final price on your receipt.

Craig is singing in the street



BY **MICAELA BLITZ**

IF music be the food of love, then singer Craig Neil has been bringing a lot of love to a lot of people during lockdown.

With many of his public, private and corporate bookings disappearing overnight due to the pandemic, Craig started thinking of ways to diversify so that he could continue performing.

Not one to rest on his laurels, or his sofa, for too long, he started holding regular 'Live in the Living Room' concerts which were streamed on Facebook, Instagram and Periscope. Each week for eight weeks, he entertained viewers performing cover songs from across the decades, as well as belting out numbers from Neil Diamond's

The Jazz Singer.

Craig told the *Essex Jewish News*: "Doing those concerts was great, but it was strange doing it without an audience. It reminded me in some ways of when I was younger and used to sing in front of the mirror with a hairbrush."

When a friend told him about a DJ in Eilat driving around the area DJ'ing from the back of his vehicle, Craig began thinking of different ways to bring music to others in a more personal way. A family celebration gave him the perfect opportunity to entertain and start a new business in the process.

As he explains: "My aunt was living with my parents during lockdown as she was shielding. I didn't want her 80th birthday not to be celebrated de-

spite the situation, so I decided to perform to cheer her up."

Armed with a microphone and a PA system, Craig stood on his parents' driveway and sang to his aunt, parents and their neighbours. His wife, Anca, captured the whole thing and posted it online.

Craig describes what happened next, saying: "It went crazy. People were contacting me from all over, and I was doing concerts all over the place from Kent to north west London and beyond."

And so Craig's 'Driveway Dedications' was born and has now been going for over five months. He has performed requests for birthdays, baby showers, anniversaries, barmitzvas and even a wake. He has also teamed up with saxophon-

ist Richard Parry who has performed with musical greats including Amy Winehouse, Dame Shirley Bassey and Westlife, to name a few.

Being able to perform has been very rewarding, as well as a great outlet not only for the audience but for Craig as a performer. "Lockdown has been a really tough time for everyone," he told us. "But being able to do something for people and give them some good memories is amazing. I am used to the audience response, the adulation to some extent I suppose, and to be able to sing live and bring so much joy to others has been great."

It seems that the performing bug may run in the family, and Craig's six-year-old son, Kayden, has also joined him on occasions during his performances. Craig said: "Kayden absolutely loves it, and people really love hearing him sing. His favourite songs to sing are Lucky Stars and Sweet Caroline. It's very special for us to get the chance to perform together."

Craig has also been using this time to work on his next album of original songs, which he hopes to release later this year.

As for the future of 'Driveway Dedications', he told us: "As long as people keep booking, I would love to keep singing to them."

If you would like to know more about Driveway Dedications or book Craig for your event once lockdown restrictions ease, please visit www.craigneil.net, Craig Neil's YouTube page or the Driveway Dedications Facebook page.

King Solomon students create 'Hear Our Voice' diversity projects

BY **MELANIE SHUTZ** ASSISTANT HEAD, KANTOR KING SOLOMON HIGH SCHOOL

SHEMA Koleinu; Hear Our Voice. Every day we ask for our 'voices to be heard' when raised in prayer. This takes on an extra significance in the time leading up to Rosh Hashanah, and Yom Kippur when Shema Koleinu forms an integral part of the selichot prayers asking for forgiveness and acceptance.

The shofar, one of the most recognisable Jewish symbols of Rosh Hashana, is itself a piercing wordless voice that makes us stop, listen and reflect, whilst in the following silence we must take the time to hear the 'still small voice' within each of us.

At Kantor King Solomon, we wanted to put 'Hear Our Voice' at the heart of our school.

The murder of George Floyd exposed a racism and dehumanisation that was sharply juxtaposed against the outpouring of kindness and unity we witnessed during the Covid 19 pandemic.

Chief Rabbi Mirvis, in his response to the tragic incident, highlighted the Jewish teaching that saving one life is as if a whole world has been saved; taking one life is like killing a whole world. We were reminded of the supreme value of each human life and felt a need to raise our voices in support of this.

We teach our students 'not to stand idly by the blood of our fellow human being' (Leviticus); to be active upstanders against racism in any form.

With all of this in mind, we asked our students and colleagues to contribute to a 'Hear Our Voice' project.

We invited people to be creative and, above all, to be themselves; the response was beyond our hopes and exceeded our expectations. Film, poetry, recipes and artwork were among ways in which narratives unfolded, journeys were related and identities shared with affection and pride.

We learnt about Indian dance, Romanian history and growing up in Ghana. A powerful presentation highlighted disability awareness through growing up with Dwarfism; a

colleague shared his thoughts on his dual heritage and coping with bi-polar condition. Art students created incredible pieces on the theme of 'hands', reflecting how they can be joined in prayer, friendship and peace. Powerful evocations of Kohanim blessing the community, tefillin wrapped around an arm, complex hand gestures used in Hindu, Muslim and Christian prayer. Incredible calligrams saw students creating familiar objects using text of their chosen alphabet; fruit and animals were among objects represented using Hebrew, Urdu and Arabic.

History projects explored journeys taken by family members, often travelling across continents to make Britain their home, whilst Year eight English students explored the idea of 'home' through poetry. All of these highlighted the rich tapestry of cultures and identities within many households. A beautifully researched piece from a Year 12 student traced the journeys of her great-grandparents from Poland; a tasty matzah pudding recipe passed down through three generations linked grandma to granddaughter and helps to preserve cherished cultural and religious traditions.

This project was exemplified by our contribution to a 'yom achdut' ('Unity Day') organised by PaJeS for 6th form students in Jewish schools.

Our four senior student leaders – Natasha, Alessandra, Kamil and Harrison – presented an introduction to the conference. They spoke with passion and eloquence on the unity achieved through listening to, and learning from and about, each other; by being part of our school community, where they felt their voices were heard and respected. Their words reinforced the unique success of our school in building a model community of the future, one standing on the values of 'Torah, avodah and gemilut chassadim' – building a love of teaching and learning, of serving the community and stepping up to do acts of kindness.

We are proud to hear the voices of our students raised together in affirmation of the "one global family of humankind created in the image of G-d" (Chief Rabbi Mirvis).

'We could not stand back and do nothing'

BY **JOSH NASH** CHIGS JYC

THE beginning of 2020 was one of the busiest for Chigs JYC in recent years. Each week we saw on average 60 different children attending across Chiglets, Juniors and Inbetweeners – as well as 122 children attending February half-term scheme.

Our Inbetweeners group enjoyed regular trips, includ-

ing tubing and jump evolution. As well as a weekend away in February to Thriftwood Camp Site, where they took part in activities such as zip line, laser tag, climbing and much more!

The first three months gave us lots of excitement for future plans, but mid-March, due to Coronavirus, we had to stop all our afterschool clubs, holiday schemes and events.

However, we could not stand back and do nothing.

In May, we completed our first doorstep delivery, where we distributed packs of activities, resources and treats to over 100 of our members, both near and far. This was a great success and we enjoyed being able to speak to members of the Chigs family, whilst providing them with some fun treats.

Still more was to be done! In June, we organised our first socially distanced Chigs

Treasure Hunt around Claybury Park. This was attended by 39 families, who walked around the park taking part in activities, seeing familiar faces at a distance, collecting 'treasure' and finishing off with a treat.

Since then, due to great feedback, we have continued to organise weekly events such as scavenger hunts, colour hunts and puzzles. These have been at Fairlop Waters, Lambourne End, Chigwell Meadows and Valentines Park; and we have enjoyed visiting the nature and green spaces so local to us. So far, more than 70 individual families have taken part.

Of course, we would not be able to run these events without our amazing volunteers, who give up their time to plan the activities and lead on the day. So a big thank you to them all.

The future of how Chigs can resume normal activities is still unknown – but we have worked hard over the last few months to ensure we keep in touch and support the Chigs family as much as possible. We will continue to do what we can to keep our members in touch, even at a social distance.

Keep up-to-date with all the latest developments via our Facebook page 'Chigwell Maccabi'.



Chigs Inbetweeners group at Thriftwood Camp Site on a pre-lockdown



Participants in a socially distanced Colour Hunt

Brady committee gets a grant Thousands helped



One from the archive – taken during a visit to the Brady Club by HRH Prince Philip

BY **MANNY ROBINSON**

THE Brady Photographic Archive and Skeet committee – set up to preserve a pictorial history of life of youngsters who went to the Brady Boys' and Girls' clubs in Whitechapel between the end

of the 1940s and the end of the 1970s – has been awarded a grant from the Jewish Historical Society of England to continue its work.

The committee has taken over the responsibility of organising the annual Memorial Service in November for club members whose lives were lost

in service to their country.

In all probability this will be postponed this year because of the coronavirus but a Memorial Service is likely to be arranged for March 2021 and could incorporate a memorial service for the 134 people who lost their lives in the Hughes Mansions bombing on 27 March 1945.

The injured were taken to the Brady Girls' Club in Hanbury Street.

Photographs of life at the Brady clubs can be viewed online by logging onto www.bradyearchive.co.uk

The Brady Photographic Archives committee e-mail is bradpacom@gmail.com

MORE than 2,500 Jewish people have been helped to find jobs, set up businesses or learn new skills in 2020.

They have all been assisted by Work Avenue – the Jewish community's leading employment and business support organisation – which reports that it has been busier than ever since Covid-19 hit.

From January until July, Work Avenue has helped 1,181 people to gain the vital skills needed for today's workplace, 185 people to find new jobs and 430 businesses to start or grow.

Additionally, the charity has seen more than 800 people build their prospects via weekly webinars and workshops, including one held for students who had just received their A-level results.

Debbie Sheldon has been involved in the development of Work Avenue from the very

early planning stages in 2006. Since 2017, she has served as its CEO, and says the past six months has seen a greater need than ever among the Jewish community.

Debbie said: "For more than a decade, Work Avenue has been providing people with essential, lifelong skills to support themselves and their families, but that need has become even greater since Covid-19 has become such a large part of all of our lives.

"Our employment and business advisers have been working round the clock, helping clients at all stages of their job search and business journey."

To find out more about Work Avenue and the free support it offers for all jobseekers, employees and entrepreneurs in the Jewish community, please visit www.the-workavenue.org.uk or email reception@the-workavenue.org.uk

Gayle is new vice chair

GAYLE Klein has been appointed as vice chair of Jewish Care.

Gayle began as a volunteer fundraiser for Jewish Care's Redbridge facilities in 2008, raising the profile of their work and helping to recruit and promote the necessity of Jewish Care's volunteer workforce.

Since then she has established the Local Angels Committee, which she continues to chair, raising money for Jewish Care services in Redbridge, as well as being a member of the charity's board of trustees and chair of Friends of Jewish

Care Major Donor programme. She sits on various other groups and is also an active member of The Essex Jewish Community Council.

Gayle said: "I feel extremely proud and honoured to have been given this appointment. I know what an incredible organisation Jewish Care is, having served as a volunteer over the last 12 years. During this challenging period the support of the community is more important than ever to allow Jewish Care to continue their excellent and essential work, and I'm delighted to be able to play my part."



How does Chai care?

"The sound of the shofar stirs different emotions in each of us.

Chai understands the whirlwind of emotions we each experience following a cancer diagnosis.

Throughout Covid, Chai's support has been a constant for us all, bringing a burst of colour and light into our lives when we need it most."

The Chai Art Workshop Group
(Artist Linda Sharpe)

שנה טובה ומתוקה

For more information on our extensive range of specialised services and care across the UK, please call our Freephone helpline on **0808 808 4567** or visit www.chaicancercare.org

Chai Lifeline Cancer Care Registered Charity No. 1078956


chai cancer care
together for 30 years

From Hamlet Court to the House of Lords

MORE than 100 people joined a virtual Q&A with Lord (David) Gold as Southend and Westcliff Hebrew Congregation (SWHC) held the second in their series of successful Zoom Night events.

Marilyn Salt introduced Lord Gold, describing him as larger than life, formidable, charismatic and a legal rotweiler, before Stephen Salt conducted the interview.

Lord Gold said he was flattered to be asked, and proceeded to tell the listeners about his early life growing up in Westcliff.

Born in 1951, he went to Hamlet Court Road Primary School then to Westcliff High School for Boys. He attended cheder and went to synagogue regularly.

Lord Gold had his mind set on going into business when he studied at the London School of Economics and Political Science, while staying with a Jewish family in Golders Green.

In 1971, he went to work in Lord Goldman's law firm which acted for, amongst others, theatrical people. While there, he read law reports involving cases in which the law firm Herbert Smith were involved, went for an interview and subsequently became a litigation partner, having qualified at the firm in 1975.

During this time, he travelled from Westcliff and got involved in shul life there – taking children's services, join-



ing the council and eventually serving three terms as president.

He rose to become the head of litigation at Herbert Smith, eventually becoming senior partner in 2005 and handling many memorable cases. Alan Sugar was one of his clients; and he acted for him when Sugar decided to sack the then Tottenham Hotspur manager, Terry Venables. He also acted for Michael Flatley when he fell out with John Reid. To

name but a few clients.

Lord Gold told how a phone call from the then Prime Minister David Cameron confirmed he was going to the House of Lords, which he described "as a friendly place, and everyone gets on well with each other". He added: "Lords are able to argue strongly for the positions they take, and the debates continue until everyone hears what they have to say, unlike the Commons where there is a time limit."

Stephen asked Lord Gold what he considered to be a memorable or successful achievement in his life so far. He replied that it was his family going to Marble Arch Shul together. He also said that his son, Alexander, was now his attorney.

The community's Geoffrey Pepper said: "David comes over as a very modest and down-to-earth man with a very dry sense of humour. It was a wonderful evening."

Chabad kids carry on camping



THIS summer may have been a slightly unusual one, but that didn't stop Chabad Buckhurst Hill making the most of it.

Against all odds, and whilst strictly following the government guidelines for summer schemes, they were able to run their summer camps, and put together a great programme for juniors, teen boys and teen girls, with 75 children taking part in total.

The camps, which were based at Kantor King Solomon High School, included a wide

range of activities from graffiti sessions to rock climbing and archery.

Despite the restrictions and a smaller group than usual, Rabbi Odom Brandman felt it went really well. He told the *Essex Jewish News*: "I believe that we were the only Jewish Summer Camp in Essex that operated this year, so we were pleased that we were able to do this. Everything ran smoothly, everybody remained well and had a fantastic time."

Woodford Forest rise to the challenge

BY PAULA SAFFER

LIKE all communities our shul, Woodford Forest United Synagogue, has been severely affected by the coronavirus pandemic, not least by the closing of its doors to daily prayer and wider activities.

But our congregation, and Rabbi and Rebbetzen Wollenberg in particular, rose to the challenge to support as many of our congregants as possible and give us a true sense of community.

We became a Virtual Community. Zoom and Facebook became a lifeline to continue communal daily worship and educational programmes (apart from on Shabbat of course!).

Our Helping Hands team ensured that no-one should be without food, particularly at the beginning of Pesach. They then set up Sainsbury's online orders and kosher butcher orders, delivered to those self-isolating or vulnerable by an amazing support team. They instigated phoning all over 70s and vulnerable members, as well as our usual Community Cares regular phone calls to the over 80s to ensure all were safe and had provisions.

To keep our spirits up, a number of online events were arranged. One of our members, Debbie Saltman, started Cooking with Debbie originally to show us different cheesecake recipes for Shavuot but then continued weekly with wonderful savoury, cake and biscuit recipes.

We have Teatime at Three once a week for members to catch up with news or just see a familiar face; and the rebbetzen has Bedtime Storytime on Tuesdays for youngest community members.

The most fascinating and interesting initiative is Rabbi Wollenberg's podcast series titled Extraordinary People in Extraordinary Times, when he spends half an hour interviewing not only local people but also those from the wider Jewish community.

So many people have appreciated that our insightful and caring rabbinic couple have not stopped – apart from Rabbi Wollenberg's own brush with the virus – and have been working even harder than usual to deliver the daily prayers, educational talks and pastoral support needed to keep our community together.



Jewish Blind & Disabled tenants Audrey and David celebrate their 50th wedding anniversary outside their apartment at Hilary Dennis Court.



Southend and Westcliff Hebrew Congregation (SWHC) has added this new ladies' section for female members who find climbing the stairs to the current ladies' gallery challenging. It was organised by SWHC board member Marilyn Salt.

Help give hope to others



Together we can change lives

For decades, the Kol Nidre Appeal has helped bring a smile to hundreds of thousands of Jewish people across the UK and of course in Israel.

This year, we may not be standing physically together in shul, but these past few months have shown us how important it is to care for others. We've seen how even small acts can make such a difference.

This year, in the week before Yom Kippur we will be sending out emails and letters asking you to show your generosity and support to help change the lives of thousands of people in these, the most difficult of times. Please help us.



When the Stars of David joined the stars of the Milky Way

BOOK REVIEW

A VIRTUAL REALITY - SECOND EXODUS?
By MARK HARRIS

Published by Matador
£8.99 (371 pages)

Review by Manny Robinson

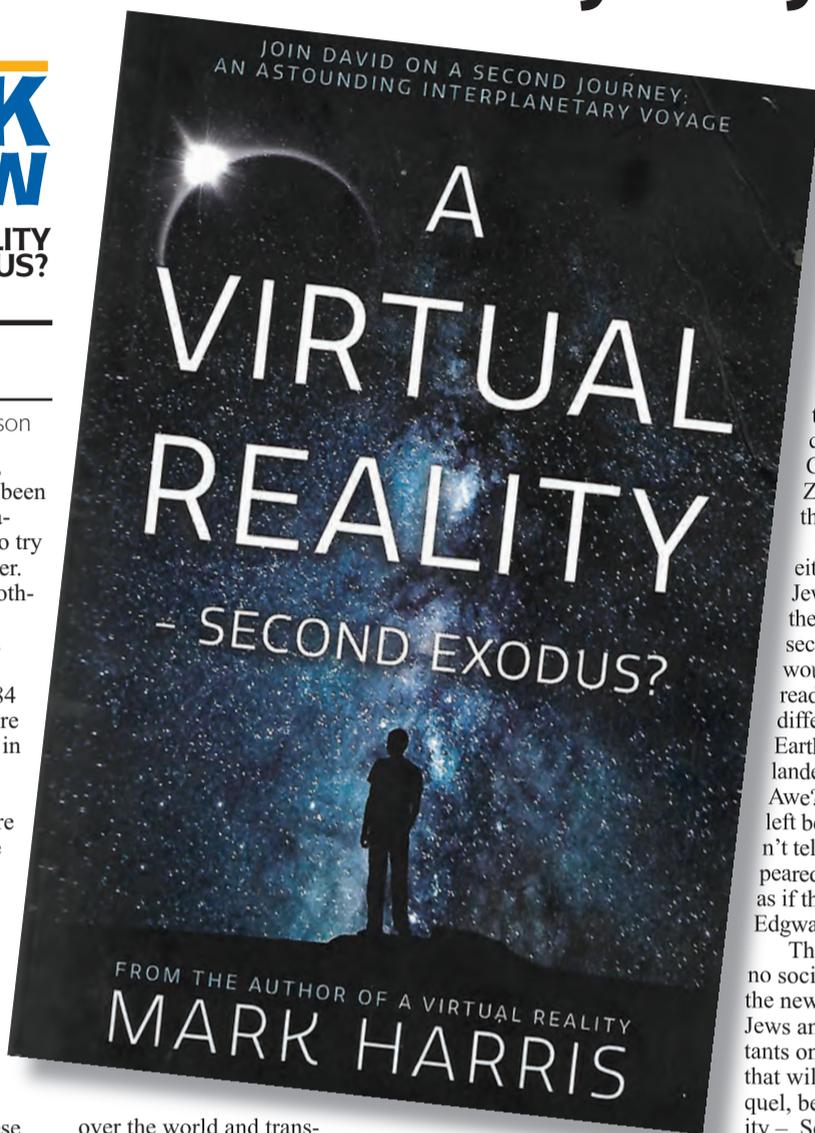
SINCE the Holocaust, wherever Jews have been in peril, rescue operations have been mounted to try and pluck them from danger.

I can think of, among others, the Mossad Exodus in 1977 when Sudanese Jews were saved; Operations Solomon and Sheba in 1984 when 8,000 Ethiopians were rescued; Operation Moses in 2017 when the Falashas were taken away; 1991 when more Ethiopians were rescued and, of course, the raid on Entebbe in 1976 when Jews and Israelis were rescued from the hands of terrorists. But they were still taken to a country surrounded by enemies who were intent on not only the destruction of the country itself, but of its entire people.

The point about all these heroic acts is that all the rescues were planned and augmented by the State of Israel. As far as I am aware, no other country in the world raised a finger to assist.

But these rescues were isolated incidents. What, for example, would happen if antisemitism became such a pandemic, spreading its evil through the world, that the very existence of the Jewish people would again be in mortal danger.

My colleague, Mark Harris, came up with the answer in this, the sequel to his earlier book 'A Virtual Reality': rescue millions of Jews from all



over the world and transport them in giant spaceships from Earth, across the Milky Way to another planet where they would be able to live and work in peace and harmony with that planet's indigenous population

The Milky Way has billions of stars, of which our sun is just one, and the author's plot is to transport Jewish Earthlings to Alpha Centauri's exoplanet Proxima b, a mere 40 trillion kilometres from Earth.

The story flashes back to Mark Harris's earlier book when the main character David, a retired investigative journalist, meets an alien woman, Diva, from Proxima b

and with her help and power is transported back in time to the Cambridge of the 13th century, where he gains first-hand experience in a number of face-to-face confrontations with antisemitic gangs.

It is Diva who suggests the exodus from Earth to her home planet, and puts the plan into action using huge space ships for the purpose.

Of course, there are more questions than answers about the Space age plot. On arrival at their new home, at the far end of the Milky Way, the Jews develop their own infrastructure, including syna-

gogues for every strand of Judaism, kosher food, a Jewish newspaper and even a police force.

But there is no mention in the book of a name for this Jewish territory, and one would have thought the first thing on the mind of the Earthlings was to name their new abode. It could have been Canaan. Or Israel. Or Zion. Or, if you forgive the pun, Jewpiter.

There is no mention, either, of animals on the Jewish territory. Did not the Jews take with them a second 'Noah's Ark'? I would have liked to have read a little more about the different emotions of the Earthlings when they finally landed on Proxima b. Fear? Awe? Joy? Tears for those left behind on Earth? I couldn't tell. All the Earthlings appeared to carry on as normal as if they were still living in Edgware or Redbridge.

That said, there was also no social intercourse between the newly-arrived spaceship Jews and the rest of the inhabitants on the planet. Perhaps that will come in another sequel, because 'A Virtual Reality - Second Exodus?' is a clever time travel plot across the Milkedikah Way that could be expanded still further.

And well it might. Because the last lines in the book read "The End (For Now)" ... *A Virtual Reality - Second Exodus? can be ordered on line direct from the publisher at www.troubador.co.uk/bookshop (search genre 'Sci-Fi') and receive a £2.00 discount off the cover price by quoting the code EXODUS or buy/order via any other good bookshops and other internet retail sites including Amazon, Waterstones, Blackwell's, WH Smith and Foyles Bookstore.*

Chabad rolls out the red carpet



Graduation day ... on the doorstep

A RED carpet was rolled out in front of the home of each student of Chabad Buckhurst Hill's cheder, when Rabbi Odum and Henny Brandman brought the graduation certificates to their door.

The staff at Chabad visited every child who attends their Hebrew classes for a 'Graduation At Your Door' ceremony.

The carpet was rolled out in front of each house, and the children were invited to step out and receive a special graduation box and a personalised certificate; and to choose some prizes

for the 'Cheder Points' they had collected throughout the year.

Rabbi Brandman said: "The week lockdown began we got ourselves into gear and Sheina, who works with us, managed to get cheder up and running on line with live 'Zoom' lessons, which continued every week during lockdown."

He added: "We are happy to have been able to adapt to the times, and this end of year ceremony outside each family home really just brought a fun and heart-warming close to the academic year."

... meanwhile, back on planet earth, a unique event

PAT LIDIKER FINDS OUT HOW ONE REDBRIDGE MAN BEAT THE PANDEMIC TO CELEBRATE HIS THIRD BARMITZVAH IN UNIQUE STYLE

WHEN young Monty Goldstein was called up for his barmitzvah, in Stepney Green 83 years ago, the only people who 'zoomed' were his comic book heroes ... and even Superman wouldn't be doing it for a couple more years.

Traditional gifts were fountain pens and watches, while iPads and mobile phones were figments of an overactive, sci-fi imagination.

This summer's plans for Monty's third barmitzvah at Beehive Lane's Cranbrook United Synagogue, where his melodious voice has been part of the choir since the early



Monty and his wife Rhoda taken on his 90th birthday

1960s, had to be shelved due to the coronavirus.

He told the *Essex Jewish News*: "We knew there was no possibility of shuls opening again before August, so we cancelled the Kiddush and invited everyone to join us at home on 'Zoom' instead."

So on Thursday 16 July 2020, the 96-year-old, along with his wife Rhoda, had to embrace the new technology with a little help from their sons Stephen, Martin and Spencer, seven grandchildren and three great-grandchildren.

But although both had been shielded during the pandemic, fate put another spanner in the works when Rhoda attended hospital the day before.

Monty explained: "When she came home, we isolated again so nobody was allowed in the house - but we were still utterly determined to go ahead.

My son Stephen set up the Pad on a table in the taxi on the drive, decked it with flowers and balloons and we climbed inside!"

Around 300 family and friends 'Zoomed' in on laptops, computers, mobile phones and tablets for this very special, unique occasion. Against all the odds, they were treated to Monty's distinctive voice performing the same long haftarah he had learned all those years ago, at Redman's Road Talmud Torah in Stepney.

Among those who spoke to the virtual congregation afterwards were Rabbi Steven Dansky. "The rabbi was very much involved as he hosted the 'Zoom' opportunity and he was extremely complimentary about my performance," the nonagenarian barmitzvah boy told us.

Rabbi Dansky, minister of Cranbrook United Synagogue,

added: "To witness someone celebrating their third barmitzvah is something I have never seen before. It is an incredible achievement."

Nephews Michael Goldstein, president of the United Synagogue, and Jonathan Goldstein, chair of the Jewish Leadership Council, both also spoke to congratulate their beloved Uncle Monty.

The format of the occasion may not have been as traditional as in the packed shul in Stepney at his first barmitzvah, or for his second in Beehive Lane 13 years ago. However, this was very special and unique in its own way; the whole family were overwhelmed with the responses and flood of messages.

It is certain to go down in the annals of Goldstein family history, and may well set a precedent for similar celebrations in these difficult times.

A sixty second shmooze with ... Natalie Newman



MICAELA BLITZ TALKS TO THE AUTHOR OF THE CHILDREN'S BOOK LARK THE SHARK

NATALIE Newman is a wife, mother of two, hairdresser, and now an author. She recently published her first children's book, Lark the Shark, which was written with her eight-year-old son, Henry. Micaela Blitz caught up with her to find out more about the book and what's next for this mother and son writing duo.

How did the idea for Lark the Shark come about?

Last year, Henry had a school topic about litter in the environment. We discussed it and then started talking about the amount of pollution in the ocean and how we need to clean up the environment and be mindful of the animals that live in the sea. We thought about who would be able to do this, and Lark the Shark was born as our main character, and his journey began.

How long did it take you to write and how involved was Henry?

Henry and I wrote down our ideas, and on one side of paper, trying to find groups of rhyming words. We used these words to build the sentences and then developed it from there. The whole process was surprisingly quick once we started!

How did you juggle writing this with your family, business etc?

We found that we were more productive in the morn-

ings, so we would do it then. Homework, work and other things were done after that.

How did you go about getting it published?

Once we were happy with the story, I started looking for publishers. After much research, I found one that I liked and so I sent the manuscript to them. We went away on holiday after that in July, and I was delighted to come back home to find a contract waiting for us. Then things really started moving quickly and our book was published in May this year.

Were you involved in the pictures that are featured in the book?

Yes, I broke down the story so that we could see which illustrations would fit which part of the book and be on each page. I gave a description of what I wanted it to look like to the illustrator. There was quite a lot of back and forth to get this right, but it all paid off and I am extremely happy with how it all looks.

How did you feel when you saw the first copy of the book in real life?

When we received the final proof, I was so overwhelmed I cried with joy!! It was such a special moment to be able to hold a book that we had written in my hands, and when Henry read it to his brother that set my emotions off again!

Have you found it difficult to promote it during lockdown?

The book came out in May and it was a little disap-

pointing as there were a lot of book signings and school visits that had been planned, but which had to be cancelled due to lockdown. I contacted schools and nurseries through social media to see if they might be interested in live book readings being done via Zoom. The response was amazing, so I have been doing these regularly during lockdown. We have received some fantastic feedback from the teachers, and many of the children have been sending us pictures of their favourite scene and doing reviews of the book too, which have been lovely to read.

Have you been surprised at its popularity and reviews?

Yes, it has been really overwhelming. We always believed the story was fun, interesting and relevant, and we hoped that children would be able to relate to it. But to see it selling out on Amazon and being sold globally is really unbelievable and beyond our dreams.

Do you plan to write more books with Henry?

We have already started writing more adventures for Lark the Shark and we hope that children will love them too

The book has a message about not judging a book by its cover and also an environmental angle. Do you think that these are important lessons for children to learn?

Yes, definitely. I think that both messages are important lessons to teach children. By creating the character of Lark, it also makes it something that

children can talk about more and relate to in some way. Lark was judged by people's perception of him without really knowing him at all. When I do readings, after I have read the book, I open the floor up to questions from the children about what was their favourite part of the book, and many said how nice and friendly Lark is, especially at the end when he helps to clean up the litter.

How has Henry reacted to being a published author at the age of eight?

He is extremely proud. When he googled his name and saw 'author' next to it, his face was priceless. He is excited to write more books in the future.

What would you say to anyone who might want to write a children's book?

I would say to enjoy the process of writing and to have belief in yourself and the story you want to tell. Writing this with my son has been an incredible bonding experience that I will never forget, and we have both really enjoyed the process.

Lark the Shark is published by Austin Macauley and is available to buy via Amazon and in all good bookshops.

Volunteers honoured at ELELS

EAST London & Essex Liberal Synagogue (ELELS) held a special Zoom Shabbat service to honour its volunteers.

Led by Rabbi Richard Jacob, around 70 people joined the service. Many of the volunteers read special passages and prayers that they had chosen for the occasion.

ELELS chair Stewart Spivack said: "Volunteers have always played a large role in the running of our synagogue, and we wanted to hold a special service of thanks to them and the extra hundred members

who had stepped forward to volunteer during the pandemic.

"Members had helped in all different areas - phoning and supporting our congregation, delivering food and medication to members who were shielding, assisting with technology and getting people on to our Zoom services, discussions, quizzes and other events.

"All these people made true the message of ELELS - our building may be closed, but our community is very much open!"

Community fund delivers

The Jewish Leadership Council and Work Avenue distributed £418,721 to help 235 households in the Jewish community, who suffered financially as a result of the coronavirus crisis.

The Emergency Community Fund, which closed at the end of June, supported families in 72 different UK postcodes. Grants ranged from £360 to £2,500 with the average amount paid being £1,782.

Recipients included taxi drivers, actors, entrepreneurs, barbers, optometrists, airline pilots, therapists, property agents, personal trainers, dentists and many working in the hospitality and events industries.

All fell through the cracks in government support schemes, meaning they did not have enough money for food and bills.

Those helped described the assistance they received from Work Avenue and the JLC as "lifesaving", "allowing me to breathe again" and "making all the difference in getting our family through this". Many told how they felt "overwhelmed" and were "in tears" when their grants arrived.

ESSEX JEWISH NEWS

Send us your stories and pictures. See the panel in page 2 for our address

JOSFORT COMFORT CARE

HOME CARE FOR THE ELDERLY | *Because Everyone Deserves The Best*

LOOKING FOR PROFESSIONAL AND EXPERIENCED CARERS?

WE ARE HERE TO HELP!

We specialise in the **Jewish community**, providing **affordable, reliable** and **trustworthy** non-medical home carers, each with **over 10 years** of experience .

OUR SERVICES INCLUDE

- Live in Care
- Personal Assistance
- Respite Care
- Medication Reminders
- Companionship
- Light Housekeeping
- Local Transportation
- Light Meal Preparation
- Convalescence Support

CONTACT US FOR FURTHER INFORMATION AND ENQUIRIES ON CHOOSING OUR HIGH QUALITY SERVICES

REFERENCES AVAILABLE UPON REQUEST

PHONE | 07760593302 EMAIL | JosfortCare@gmail.com

Josfort Comfort Care registration number 12806532. Registered in England and Wales



Banner sponsored by
Strettons
Chartered Surveyors -
City and East London



22 Beehive Lane, Ilford, Essex, IG1 3RT

Rabbi Steven & Rebbetzen Siobhan Dansky,
Reverend Gary & Gillian Newman, the Executive Board
and Synagogue Advisory Council wish the whole
Community Shana Tova V'Gmar Chatima Tova. During
these difficult times we wish you good health and hope
that you keep safe.



AHADA BEREAVEMENT SUPPORT

wishes former
clients, volunteers, counsellors,
patrons and trustees and all
members of the local
Jewish community a year ahead
without loss or suffering.

Contact us if you need help
or if you want to volunteer
07758 727328 - www.ahada.org.uk
Registered Charity No: 1118894

ILFORD FEDERATION SYNAGOGUE

A thriving community

2a Clarence Avenue, Ilford,
Essex IG2 6JH
Tel: 0208 554 5289

Rabbi & Rebbetzen Singer,
The Honorary Officers,
Board of Management and
our Community send
greetings to all EJM readers
for a Healthy and
Peaceful New Year.



*Shana Tova
from everyone at*

WOODFORD FOREST UNITED SYNAGOGUE

*Looking forward to welcoming you to
our services – but you **must** book in
advance at wfus.org.uk*

20 Churchfields, London E18 2QZ
Telephone 020 8504 1990
www.wfus.org.uk



Southend and District Reform Synagogue
851 London Road
Westcliff-on-Sea
Essex SS0 9SZ
Telephone 01702 711663
www.southendreform.org.uk

The Executive and Council of Southend
and District Reform Synagogue,
together with Rabbi Warren Elf MBE,
warmly wish the community and all
readers a happy and healthy New Year

Due to Covid-19 Kabbalat Shabbat and
Shabbat morning services are held
weekly by Zoom.

The services for the High Holy Days will
also take place via Zoom.

You are welcome to join us.
Please contact the synagogue for details.

LOUGHTON SYNAGOGUE

*Borders Lane, Loughton, Essex IG10 1TE
Tel: 020 8508 0303*

*Rabbi Yanky Abrams, the Honorary
Officers and Board of Management wish
all readers a Happy and Peaceful
New Year and well over the Fast*



Chigwell & Hainault

SYNAGOGUE
Limes Avenue, Limes Farm Estate
Chigwell, Essex IG7 5NT
Tel: 020 8500 2451

Rabbi Davis, Rabbi
Goodwin, the Honorary
Officers and Synagogue
Council together with
its Pre-School Nursery
wish all readers of the
Essex Jewish News
a Happy New Year and
Well over the Fast

New Essex Masorti Synagogue

wishes the community a
happy, healthy, peaceful
& sweet 5781

We would be delighted to welcome you
to our online services and learning activities
taking place both before and after
the High Holy Days

Contact: nemasorti@hotmail.com
for more information

New Essex
Masorti
Synagogue

www.nemsynagogue.co.uk

TRADITIONAL JUDAISM FOR THE 21st CENTURY



SUKKAT SHALOM REFORM SYNAGOGUE

1 Victory Road, Hermon Hill, Wanstead, E11 1UL

Rabbi Larry Becker and all of our
members wish you a
happy and healthy New Year

All of our High Holyday Services this year will
be online via Zoom. If you would like to join
us please contact our Administrator at
admin@sukkatshalom.me.uk

If you would like more information about the
synagogue please contact us on Telephone:
020 8530 3345

(Answer phone, please leave a message)
Website: www.sukkatshalom.org.uk



Headteacher:
Mrs Margot Buller

Chairman of Governors:
Mrs Louise Dorling

Fullwell Avenue, Barkingside, Ilford
Essex IG6 2JN

Telephone: 8551 1097 Fax: 8551 2070
email: admin@cloretikva.redbridge.sch.uk

*The governors, staff and pupils wish the
community a happy, healthy and peaceful
New Year and well over the Fast*



KANTOR KING SOLOMON
HIGH SCHOOL
Headteacher: Ms H Reece
Tel: 020 8498 1300
info@kksks.uk
www.kksks.uk



WOHL ILFORD JEWISH
PRIMARY SCHOOL
Acting Headteacher: Mrs L West
Tel: 020 8498 1350
office@ijpsonline.co.uk
www.ijpsonline.co.uk

*The Governors, Staff and Students at both schools
wish the whole community a very happy and
peaceful New Year*



CHELMSFORD JEWISH COMMUNITY

The Council of Chelmsford Jewish Community wishes its members and Jews everywhere a Happy and Peaceful New Year and well over the fast. You are welcome to join our vibrant and friendly community in celebration of the High Holydays and also our weekly Friday evening services with a difference during Covid-19 restrictions
For details, Email: info@jewishcommunitychelmsford.co.uk or phone 01245 475444



L'Shanah Tovah, uM'tukah!

Rabbi Lisa Barrett, Honorary Officers, Council and staff of SWESRS would like to wish the entire Jewish community a very Happy and Healthy New Year for 5781.

We invite you to join SWESRS for the High Holy Days Services which will be held remotely via Zoom.

Non-members are very welcome to be a part of the SWESRS community for our High Holy Days services (and Shabbat services too).

We are ready to welcome you to our range of online services and activities available by Zoom, including erev Shabbat services, our special Shabbat morning services and Havdalah, as well as a range of social activities. The doors to our beautiful prayer hall will be opening after the High Holydays, ready to welcome you in.

For details of times, joining details and further information, please call the Synagogue office on 020 8599 0936 or email admin@swesrs.org.uk.

We would be delighted to see you at any time of the year including our special family Kol Hamishpachot Shabbat services for everyone aged 0-100+

Why not take a look at our website for further details? www.swesrs.org.uk



wish all of our friends and supporters a very happy, healthy and sweet New Year

On behalf of Executive Directors:
Rabbi & Mrs Sufrin MBE and
Mrs Brocha Muller
of **Chabad Gants Hill**

Rabbi and Mrs Brandman
of **Chabad Buckhurst Hill**

Rabbi and Mrs Posen
of **Chabad Epping**

Chabad also has an office in Westcliff-on-Sea

Gants Hill: www.chabadilford.co.uk

Buckhurst Hill: www.chabadonthehill.co.uk

Epping: www.chabadepping.co.uk

Westcliff-on-Sea: www.chabadsouthend.co.uk



Wishing our children, their families and the community
Shana Tova, a Happy & Sweet New Year

לְשָׁנָה טוֹבָה

Kantor Campus, Forest Road, Ilford, Essex IG6 3HB

T 0333 344 3090 E hello@excelnurseries.co.uk

W www.excelnurseries.co.uk



providing all-day childcare, all year,
for the children of our community



The editor and all those associated with Essex Jewish News wish all readers and advertisers a happy, peaceful and healthy New Year



**SOUTHEND & WESTCLIFF
HEBREW CONGREGATION**

Rabbi Geoffrey & Rebbetzin Michelle Hyman along with the Board of Management of Southend and Westcliff Hebrew Congregation warmly wish the Community and all EJN Readers a Happy New Year 5781 and well over the Fast.

שנה טובה

from

Southend & Westcliff Hebrew Congregation
The Shul by the Sea

Our warm friendly modern-orthodox community is waiting to welcome you. Have you considered moving here? Low house prices, great schools and transport links to London. Our Shul has it's own Kosher Shop and we've newly refurbished the Banqueting Hall.

01702 344900 : shuloffice@swhc.org.uk : www.swhc.org.uk
Finchley Road, Westcliff-on-Sea, Essex, SS0 8AD

קהילה קדושה שיר חדש



**East London
and Essex
Liberal
Synagogue**

Rabbi Richard Jacobi and Emeritus Rabbi David Hulbert, the Honorary Officers and Council send warm wishes to the community and all readers of The Essex Jewish News for a Happy, Healthy and New Year and Well over the Fast

All ELELS High Holy Day services will be streamed on social media and on Zoom. Click on [facebook.com/ELELSynagogue/](https://www.facebook.com/ELELSynagogue/) to watch the live stream, or contact our office for Zoom links

Telephone: 020 8989 7619
administrator@eels.org.uk
www.eels.org.uk

Harlow Jewish Community

wish you all a very Happy and Healthy New Year.

All our High Holy Day services will be held over Zoom. For further details please contact Cheryl Petar on 01279 792926 or cheryl.petar@btopenworld.com

Friday 18th, Erev Rosh Hashana 8pm
Saturday 19th, Rosh Hashana morning service 10.30 am
Sunday 27th, Kol Nidre
Monday 28th, Yom Kippur morning service 11 am
Yizkor and Ne'ila 6 pm



Property Management,
Shop, Office and
Industrial Agency,
Auctions, Professional
Advice, Litigation and
Taxation throughout
YOUR area.
www.strettons.co.uk

Greetings from
**ROMFORD & DISTRICT
(AFFILIATED) SYNAGOGUE**
(Incorporating Havering Jewish Ladies)
25 EASTERN ROAD, ROMFORD, ESSEX RM1 3NH
01708 741690, 01708 748199 or 01708 765117
Rabbi Lee Sunderland,
the Honorary Officers and Congregation
wish everyone a Happy and Healthy
New Year and Well Over the Fast



How did we cope when our world was turned upside down? By coming together.

Our entire caring community pulled together to help us get through the Coronavirus pandemic. But it came at a cost. Jewish Care needs to raise an extra £5 million on top of the £16 million we need to raise every year just to keep our services going. Our world was turned upside down. This Rosh Hashanah, will you please help make sure we can continue to care for everyone who needs us?

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



Charity Reg No. 802559

‘We will always find a way to make a simcha’

BY **RICHARD VERBER** UNITED SYNAGOGUE DIRECTOR OF COMMUNICATIONS

IT has been very difficult and strange our shuls being closed, especially for our rabbis and rebbetzins who spend most of their time in synagogue; but the feeling was amplified for Yisrolik Wollenberg, son of Rabbi and Rebbetzin Wollenberg of Woodford Forest United Synagogue, who celebrated his barmitzvah on Zoom.

As Rebbetzin Wollenberg is very organised, plans for the family simchas this year were well underway when Covid-19 hit and everything changed.

Yisrolik was looking forward to a large celebration with family, friends and community, just like his two big brothers before him, but it ended up with a very different flavour.

Originally, the barmitzvah boy wanted to wait until the current crisis is over, hopefully by his next birthday, so he could read from the same Torah portion; but as other friends marked their birthdays and his family wanted to mark his, they decided to do a Zoom event.

It ended up being about an hour and a quarter long, followed by socialising (from a virtual distance). On the plus

side, many family members and friends from far away were able to join, and who wouldn't have been able to easily come in person in the 'pre-coronavirus' days.

As Rabbi Wollenberg put it: "They were able to join just like everyone else locally and, actually, it seems a good idea to always livestream simchas for this reason. I like to think we made the best of things; my wife decorated the room amazingly, and we all sat around the table celebrating with a meal."

"The speeches were relatively short and family, friends and various celebrities sent video greetings. A huge shout out to the Jewish singers who gave their time to produce video greetings, and our very own Chief Rabbi, who took time out of his busy schedule to send a beautiful, heartfelt video greeting."

Proving that children are far more adept at technology than their parents, Yisrolik made his own website with links to a digital guestbook, Zoom invitation, online gift list and now with the video and pictures as well as speeches from the day posted.

It is estimated at least 150 family and close friends virtu-



Yisrolik Wollenberg

ally attended and, with all of the challenges, it was a joyous and memorable occasion.

In Rabbi Wollenberg's words: "The Jewish people

have always adapted to whatever is thrown at them and the amazing thing is, no matter what, we always find a way to make simchas memorable."

From cot to bimah for barmitzvah boy Scott



The 'bimah' that Alan Gold fashioned from an old cot for Scott's (pictured right) 'Zoomitzvah'

BY **SIMON ROTHSTEIN**

WHEN Alan Gold realised that lockdown meant his son Scott couldn't have the traditional barmitzvah in shul, he came up with an ingenious way to have a bimah at home ... making one himself from Scott's old childhood cot.

Alan and wife Donna were supported every step of the way in creating Scott's 'Zoomitzvah' by Chigwell & Hainault Synagogue and its rab-

binic team of Rabbis Boruch Davis and Rafi Goodwin.

They said: "Even though it wasn't what we had been planning, we were absolutely blown away with the day. We were so very proud watching Scott read his piece and how he took it in his stride in these very unusual circumstances."

"The service felt very warm and personable not to mention emotional too, especially with so

many family and friends who mean so much to us joining by computer screen.

"We actually woke up the next morning feeling like we actually had a party, as the celebrations carried on after the service."

More online barmitzvah and batmitzvah celebrations



Top left: Ben Hart of Chigwell and Hainault Synagogue. Picture by Sophie Hext

Top right: Dominik and Maja Lorinc-Young, with dad Nick, of East London & Essex Liberal Synagogue

Bottom left: Jake and Joseph Levy, pictured with dad Jason, of East London & Essex Liberal Synagogue



Above: Samuel Segal of East London & Essex Liberal Synagogue

Right: Yonatan Singer of Chigwell and Hainault Synagogue

ROSH HASHANAH THOUGHTS FROM OUR COMMUNAL LEADERS

BY **CHIEF RABBI EPHRAIM MIRVIS**
CHIEF RABBI OF THE UNITED HEBREW CONGREGATIONS OF THE COMMONWEALTH

AS I reflect on an extraordinary year, my first thoughts are with those whose lives were tragically cut short by the coronavirus. May their memories be for a blessing and may their families find comfort in their sad loss.

My heart goes out to the many whose health, whether physical or mental, has been affected and to those who are facing severe financial hardship or crises in their personal relationships. The restrictions on social interaction, abrupt changes to our routine and the grip of deep uncertainty have

dramatically impacted the fabric of all of our lives in ways that we could never have imagined.

In the years to come, while many will admirably recall our resilience and forbearance during these most trying of times, ultimately the success of our response to this pandemic will be judged not by how we felt, but by how we acted.

The Torah portion of Nitzavim, which is always read immediately prior to Rosh Hashanah, commences with these words: "You are all standing this day before the Lord your God; your heads, your tribes (shivtechem), your elders and your officers."

In this list of national leaders, 'tribes' appears to be out of place. Mindful of the fact that 'shevet' also means

'staff' or 'sceptre', our commentators explain that the leaders of our people are being referred to according to the item that they carried that symbolised their role. In the same way as 'the Crown' refers to the monarch and 'First Violin' refers to an orchestra's lead musician, a person who leads is known by the instrument of that leadership.

The message that emerges is extremely powerful. You are defined by what you do. The essence of a person is measured according to what they have achieved.

For this reason, we call community leaders 'machers' (makers). 'Macher' is a role that conveys respect, because the people who change the world are not the dreamers and thinkers; the people who change the world are the

'doers'.

On Yom Kippur, we read the book of Jonah, in which the prophet informs the inhabitants of Nineveh of their impending doom.

In response, they fast and repent for their evil ways. The text captures that epic event in just a few words: "God saw their deeds." Their words of apology and their fasting were merely steps towards a life-changing moment. What concerned God was not their protestations, but their actions.

This year, without any preparation whatsoever, every one of our communities was plunged into a crisis of unprecedented proportions.

Your response has been simply magnificent. With our shuls closed, our communities redoubled their creativity and

their altruism. We have never known such an outpouring of compassion, such acts of selfless care for the vulnerable and such generosity in charitable giving.

I have no doubt that such action will remain at the heart of our Covid-19 response for as long as it takes us to overcome the dangers it presents to all of humankind.

As we commence 5781, may Hashem inscribe and seal each and every one of us in the Book of Life, good health, peace and fulfilment.



BY **RABBI ARYEH SUFRIN MBE**
EXECUTIVE DIRECTOR OF CHABAD LUBAVITCH NORTH EAST LONDON AND ESSEX

WHO remembers the joyful festival of Purim back in March?

Well that was the last communal event that we were able to celebrate together, and what fun it was for all. That same week we were instructed to close our synagogues and community buildings as we went into lockdown, and with it the world changed!

Four weeks later was Passover, but oh so different this year. Gone were the big family gatherings that we know, so too, our well-rehearsed



Communal Seder, enjoyed by so many with singing, learning and laughter. Shavuot festivities, hearing the 10 commandments, cheesecake and ice cream parties, what happened to them?

Now, it is Rosh Hashanah. We don't know how we will celebrate but we are heralding a New Year in, full of promise and opportunity.

What the Covid-19 pandemic has done for us, as we have been shaken to the core, is to re-evaluate our whole lives. What is important, what deserves emphasis and where are we exerting our energies? Not everything we planned for last year came to fruition this year, so much of what we take for granted fell by the wayside.

Like so many, we at Chabad sprang into action and ensured that Passover was celebrated albeit in another way, with home cooked meals, Seder to go boxes and for Shavuot, cheese cake packages delivered to the door. This left us feeling different, internalising each of its

deeper messages in a more meaningful way.

After all, have I ever experienced slavery in real terms? Has the pandemic made me feel like a slave to its ramifications? Such chesed (kindness) was shown and felt, exponentially more so than prior to the pandemic and continues to this day. The pandemic has not left us and nor has our response to it.

This year, as we prepare ourselves for the recoronation of our King of Kings, G-d A-mighty, let us reaffirm our allegiance to Him. When we hear the sound of the Shofar, whether in our synagogues or a public place, let us resolve to take note of this pandemic message.

Let us remember that we are not in charge, but it is the A-mighty that runs this world. We can strengthen our trust and belief in G-d, thereby fulfilling His desire to make this world a brighter place, through each of us, by spending more of our efforts on humanity and less on material things alone.

Devorah joins me in wishing you a healthy, joyous New Year.

BY **RABBI LAURA JANNER-KLAUSNER**
SENIOR RABBI TO REFORM JUDAISM

AS I prepare to leave my current role as Senior Rabbi to Reform Judaism after nine years, it is certainly with a tinge of sadness that I consider my last of these messages for the High Holy Days. Serving our communities, working with the tremendous team at Reform Judaism and supporting my rabbinic and cantorial colleagues across the country – this job has been such a blessing.

What it has allowed me to see is the incredible diversity and energy which, together, make our community. I have been privileged to be able to visit all our synagogues around the UK over the last nine years, and I have learnt something new from every one. Each is wonderful in its own right, but together they make something which is also distinctly beautiful. We raise each other to a higher level by working together.

Nothing has more high-

lighted the importance of reducing the distance between ourselves than the ongoing pandemic. As physical synagogue doors closed, the hearts of our communities have remained 100% open. The speed with which we have innovated and reimagined our entire Jewish communal life has been an unbelievable feat. Learning from each other and sharing our resources have enabled us to do all we can to be the lifeline for one another.

We have been resilient. Being a resilient community, able to deal with anything, means being able to support our members, no matter what. That is a challenge we have all risen to in our own ways.

We have also been brave. There have been decisions which were not easy, but were necessary for the protection of life. Stopping attendance at funerals and remaining together virtually for these High

Holy Days were two such decisions we agonised over taking – but both have and will certainly protect lives and realise the most fundamental Jewish value of 'pikuach nefesh'.

We come to Rosh Hashanah, known alternatively as Yom Ha'Zikaron in our liturgy – the day of remembrance. This time is not one for nostalgia, though. This whole season of repentance teaches us that remembering alone is not enough – it is about applying that memory to improving our future.

This year will stay part of our memory for some time, as we remember the challenges we faced together and the lives tragically cut short. In its memory, though, we should take confidence for the future. When the moment of need called out to us, like the blast of the Shofar, we responded with courage, compassion and resilience.



BY **RABBI CHARLEY BAGINSKY**
INTERIM DIRECTOR OF LIBERAL JUDAISM

THERE have been some incredible photographic exhibitions being built over the lockdown period focusing on religious buildings, trying to capture the essence of the spaces empty of people. I have been struck time and time again, looking at the photos by the empty chairs.

The poet Robert Crawford writes, in a poem called The Empty Chair, of how tourists take pictures of an empty chair and how: "They save a central place for what might be / A certain absence, looking out to sea."

This is for me the metaphor in so many ways for these High Holy Days. Empty chairs, preserving a central



place for what might be. The empty chairs of those who cannot be together, the empty chairs to preserve social distance, the empty chairs of those who will no longer share this time with us.

In the book of Samuel, we find the story of Saul inviting David to a banquet. David is worried about attending as he fears that Saul is setting a trap for him, and so he chooses not to go. Jonathan, beloved friend of David, attempts to protect him but he

knows this may well mean he can never see him again, and so he says: "Your chair will be empty. You will be missed."

These High Holy Days will be different, wherever we find ourselves marking them; there will be empty chairs, and we

will miss the presence of those who have sat with us in the past.

I know that, for many of us we have found creativity in finding new ways to ritualise and celebrate during lockdown – none more so than in our communities in Shenfield, Brentwood & Districts and East London & Essex Liberal Synagogues – but there is also a loss that it is important to recognise, to look at our empty chairs and miss what and who we feel should be there.

The empty chair is a metaphor for loss, a symbol of grief, but the empty chair is also not really empty; it contains all the memories and feelings of the past and all the possibilities of new memories and feelings yet to be created.

For some of us, this has been a year of loss. For others, it has been a year for growth. But, either way, it is appropriate to look back and recall those who have most profoundly shaped us. They sit at our side.

One of the supreme gifts of being human is the gift of memory and imagination; those gifts can sustain and inspire us as we enter this New Year.

BY **RABBI RONI TABICK**
RABBI OF NEW STOKE NEWINGTON MASORTI SYNAGOGUE

THE word 'Shanah', as in Rosh Hashanah, has two contradictory meanings.

Of course, it means 'year', which is why we wish each other a Shanah Tovah, a happy New Year; but it has two other meanings that seem to conflict with each other.

One the one hand, Shanah means repetition. That's why the great book of Oral Torah is called the Mishnah, the book that was repeated over and over again, committed to memory and passed down from teacher to student.

On the other hand, 'Shanah' means a change. As in the teaching of the Talmud: "Meshaneh makom, meshaneh mazal" – change your place, change your fortune.

Each year has a strong element of repetition. It's the High Holy Day season again, where once again we will have Rosh Hashanah, Yom Kippur, Sukkot, and so on. The dates come around again,

the Torah readings repeat, the tax year cycles, the sports fixtures return in their season.

But more than ever, this year feels like we are on the other side of the word 'Shanah', feeling the change that the New Year has in store for us. Every year has something new, you can't turn back the clock, but sometimes we really feel it.

This year, amidst a global pandemic, we really feel just how different this High Holy Day season will be. Many of the elements that seem crucial to how we celebrate the holidays will be different, or won't happen at all. We can't have big family meals, or go to crowded shuls for many hours of services. Some of those practices will have to be scaled back, and some will have to be sacrificed altogether.

It's at times like these when we need to hold on to both parts of the word 'Shanah' – when the world feels

most stable, we can learn to embrace needed change for ourselves and our community. When the world feels unsafe and chaotic, we should turn to that which is certain, fixed and eternal.

These festivals will be different from any other we have experienced as a community, but the core elements are still there for us to access. The main themes – repentance, atonement, judgement ... changing our ways to try to be better people – are still the same as they ever were.

Consider finding some books to read if you can't be in shul, find ways to connect to community even if it is over the internet before the festival itself. Then you may find you get what you need to find stability amidst the chaos. Shanah Tovah – a good change, a good repetition, a happy New Year!





**BOARD OF DEPUTIES OF
BRITISH JEWS**
ADVOCACY FOR THE COMMUNITY

A message for Rosh Hashanah from the President

This has been a year like no other. The global pandemic has affected life more in a short space of time than any other event in peace time.

Of course, the effects have been experienced worldwide with hundreds of thousands dead and millions more badly affected by this virulent virus. We are a small community but we have been hit heavily. Sadly, our death rate has been more than double that of the general community and we have lost some wonderful people since March, taken from us way before their time.

It has been a time to mourn but also a time to act. The Board of Deputies lobbied hard to ensure that local councils could not cremate bodies without first consulting with the families of the deceased. This was a fine example of collaboration between Jews and Muslims who shared the same concerns. We collaborated closely with other community organisations to ensure that UK Jews are received all the help and information possible in the emergency, using all of our resources for the benefit of those affected. We collated a document bringing together all of the special guidelines for Passover this year and devised a card for members of the community to print off, fill out and post through the letter box to neighbours, letting members of the local community know that people are available to do a food shop or even just to speak to someone on the phone who is self-isolating. No less importantly, our team has had the sad but necessary duty of collating the deaths we have endured so that we have an accurate record.

Last year, we were in the midst of Labour's antisemitism crisis. Twelve months on and Labour are, in the words of new leader Sir Keir Starmer, "under new management". We set out our Ten Pledges on anti-Jewish racism in January and they were enthusiastically adopted by the new leadership team. The progress we have seen is very encouraging. The scourge of antisemitism has not disappeared from the Labour Party but the determination to address it and take action where it is needed, as in the case of the sacking of Rebecca Long-Bailey, gives all of us reason to be optimistic after a dark few years.

Even Coronavirus could not completely overshadow the worldwide movement which developed rapidly in response to the racist murder of George Floyd. We in the Jewish community felt we needed to formulate our

own initiative. The result is the Board of Deputies' Commission on Racial Inclusivity in the Jewish Community which is being chaired by distinguished journalist Stephen Bush. We need to make sure that we are accepting of people of all backgrounds and I look forward to making progress on this most important of issues.

Those who know the Board of Deputies will understand we work on a diverse set of issues – indeed so much that it is impossible to list everything in a short message.

We exist to ensure that the UK's Jewish community can live freely, happily and continue to practise our traditions.

We are passionate about protecting our religious freedoms, whether the right to circumcise our baby boys in accordance with our tradition or to ensure that employees are able to take time off for Jewish festivals and follow their Jewish traditions within the law.

Our interfaith activities have certainly made the news – for example our support for the Chinese Uyghur Muslims currently suffering oppression in China, has raised awareness of the problems.

Through Pikuach, we supervise religious education in Jewish schools, and, pandemic permitting, we travel the country with the Jewish Living Experience exhibition, educating non-Jewish children and adults about our way of life.

We engage with Government ministers, MPs, local councillors, diplomats, faith leaders and with a huge variety of public bodies on behalf of the community we represent.

We can only do this work with the help of communities across the UK, so I thank you for all the support that you all give. Let's hope the New Year truly does bring health and happiness to all of us.

Shana Tovah.

Marie van der Zyl

Marie van der Zyl
President of the Board of
Deputies of British Jews

Food glorious lockdown food

WHEN things get rough the Jewish community can always be relied on to pull together, and the recent Coronavirus pandemic was no exception. Across the Essex area, many people found ways to help each other through this

difficult period and, in true Jewish style, food was at the centre of much of it.

MICAELA BLITZ takes a look at some of the organisations and individuals coming together to help the community in these uncertain times.

MADE WITH LOVE CHICKEN SOUP RUN

WHEN Yochy Davis made a bowl of chicken soup for her elderly, non-Jewish neighbours during lockdown, she never imagined it would lead to a regular weekly delivery for more than 100 people in the local area... but that is exactly what happened.

As she explains: "I was concerned about my neighbours being unable to get food or cook for themselves, so I took them round some soup and challah so they had something healthy and nourishing to eat, after all they do call it Jewish Penicillin don't they?"

As people started to hear about what Yochy was doing, she received more requests to deliver food to other elderly and isolated people within the Essex Jewish community – and the Made With Love Chicken Soup Run began.

Yochy soon enlisted her good friend, Lesley Adams, to help deal with organising the deliveries. She was happy to use some of her previous event organising experience to help manage the 12 volunteer drivers who deliver across the Essex area, often stopping for a socially distanced chat on the doorstep with those they visited.

Lesley told us: "Many of the recipients were really pleased to have someone to chat to whilst in isolation, and their faces really lit up when the drivers arrived. It really made their day!"

Blanche, 93, from Loughton, has been a recipient of the service since it started. She was in isolation from March, even before lockdown and really appreciated her weekly visits. Blanche said: "It was always so lovely to see someone, and the goodies that they brought as well as the soup were always very welcome. I think everyone involved has made a great effort, and I hope that it continues."

Cooking for so many peo-

ple on a weekly basis was very much a military procedure requiring a lot of planning. Photos posted on the Made with Love Chicken Soup Run Facebook page showed the huge saucepans Yochy used to make the soup, despite being a vegetarian herself. Above her stove can be seen a Hebrew sign, which Yochy roughly translates as 'You open your hand and sustain all life', which she feels is "very relevant to the work that we have been doing".

Yochy had help from a small army of volunteers, who all helped out in their own way to get things done. Her 'Kneidle Queens', Sarah Bradley and Stacey Goodman, produced over 600 kneidles each week; and Tamara and Sandra Waldman, as well as Joanne Burns, made 'mountains of latkes'. Many others helped make fruit salads, challahs and cakes' all from their own homes.

Local businesses also got involved; Trevor Shulton supplied fruit and Hardel donated fruit and vegetables, Shalom Bakery in Gants Hill offered challahs, as did another local deli. La Boucherie in Barking-side gave away chicken and carcasses to help make the gallons of soup produced.

Yochy has been overwhelmed with how the project grew, and the amount of people who got involved. She said: "The community has been unbelievable, and we definitely couldn't have done it without them. People have been so generous, not only with their time but with produce; and it has been a truly amazing group effort from the whole community."

The service also delivered to those isolating within the wider Essex community who were not Jewish. All were very appreciative of their deliveries.

In July, the project started being run out of Loughton Synagogue and chef Andrew Kennard became involved.

Lesley took over the running of the project, along with help from Rochelle Orgel, Sandra Waldman and Rabbi Abrams. As she explains: "The whole thing is growing each

week, and we have a fantastic team of volunteers who have all been amazing. I can't thank them enough for their help, especially Rabbi and Rebbetzin Abrams!"

Yochy and Lesley's own hard work and commitment have also been recognised and both have been given the honour of Ayshtet Chayil, which they are both very pleased to receive.

With so many people within the community now involved in the project through volunteering and making donations, Lesley hopes that the Made with Love Chicken Soup Run will be able to continue for a very long time. She added: "Out of little acorns, we have an incredible project that will run and run."

CHABAD

JUST before Pesach, when the Covid-19 crisis first started, many people's plans for the festival had to change dramatically. Many who normally joined family and friends, or usually attended a communal seder, would now be alone at home for the festival.

Faced with this challenge, Rabbi Sufrin MBE, executive director of Chabad Gants Hill, did what he calls 'the Chabad thing' and found a solution. He told the *Essex Jewish News*: "Our thinking hats were donned and 'Pesach to You' was born." The thinking, as Rabbi Sufrin explains, was: "You cannot come to us – so we will send the Seder to you!"

A 'Seder in a Box' initiative was organised nationally by Chabad UK. It was taken up by both Chabad Gants Hill and Chabad Buckhurst Hill, who ordered kits for their communities. These beautifully presented 'Seder Kits' included everything needed, from matzos and wine to a meal, haggadot and even a toy frog to liven up the plague story. These were distributed among the community along with hand-baked matza and other Pesach supplies.

Pesach is traditionally quite a stressful time of the year; and for many unable to go shopping,



Made With Love's Lesley Adams (left) and Yochy Davis (right) required military planning to meet all their orders

this made it even worse. Devorah Sufrin calmed their fears by taking their orders and, with the help of an amazing group of volunteers and several Kosher Shops in NW London, made sure all orders were delivered on time. Hundreds of people benefited from these initiatives and were able to celebrate Pesach – albeit in a very different manner than they were accustomed to.

Since Pesach, Chabad has continued to maintain its weekly food deliveries to needy families. Much of the food used for this distribution is donated to Chabad through a charity called Fairshare. This is a great initiative where food that would previously have been discarded is distributed to those who can make use of it. Food is collected from Tesco – and more recently other supermarkets such as Asda, Morrisons, Waitrose, Co-op and Bookers Cash and Carry – and over 500 people benefit from this each week.

A dedicated team of volunteers, led by Graham Nygate and Howard Harris, work to collect this food and bring it to Mrs Sufrin who co-ordinates checking, washing and repackaging of the food for local recipients. She then coordinates an amazing group of volunteers to make up the packages and deliver them to the doorsteps of all concerned.

Mrs Sufrin feels this has been a "most rewarding project". She adds: "We have converted what can be seen as a sad unnecessary waste of food into a beautiful Mitzvah of chesed (kindness). The recipients of these weekly packages are over the moon with delight. For many, this is their only contact with the outside world, whilst all have necessary food items throughout these harsh months of lockdown."

With synagogues closed for a significant amount of time, Rabbi and Rebbetzin Brandman of Chabad Buckhurst Hill wanted to stay connected with the community in some way. They started delivering care packages to members of the community as a way to check in on people. As Rabbi Brandman explains: "We originally started making random drop-offs to those who were self-isolating, but then we began delivering to regular members as a way to show them that we were thinking of them even when we were not able to see them."

Another way that the centre stayed connected was with live



Rabbi Aryeh Sufrin leads from the front in the Chabad kitchen



Trevor Shulton who has been supplying fruit



Jonny Mervish has won rave reviews for his Served By Merv homemade fare



Catering is a family affair for Sue Palmer and daughter Ellie



Chabad members of all ages get involved with preparing and delivering takeaways to the community



Emma Shulton and Sandra Jacobs are two of the many wonderful Meals on Wheels volunteers

streaming of Friday night services before Shabbat, which meant that people could come together and share as a community despite not being in the same place.

Not being able to be in the same place, and social distancing, also meant that the regular restaurant evenings run by Rabbi Brandman were not possible during lockdown. They looked at alternative ways to still serve the community delicious kosher food, and decided to offer a take-away service instead.

On their first night, over 250 salt beef sandwiches were

served; and over the past few months, they have been able to offer a drive-through service every two weeks, each time with a different menu. Although restrictions are currently changing, for the near future they are planning to continue to operate in this way; and they have been really overwhelmed by the success of the project.

■ **SUE PALMER CATERING**

CATERER Sue Palmer was due to have her busiest year since starting her business a decade ago ... then Covid-19 struck.

With many of her bookings cancelled or postponed, she looked to other ways to continue working and serving the local community.

She started offering a selection of homemade deli food, such as fishballs, goujons and salads for collection from her home or delivery for those who might be self-isolating, and which people really loved. She also supplied challahs, so people could keep Shabbat.

When many of her regular customers started asking about salt beef, she soon came up with the idea of offering salt beef sandwiches, along with latkes



Made with Love volunteers including Sarah Bradley can be seen dropping off food all over Essex

and coleslaw, to customers, as a drive-through from her home in Barkingside.

Customers were able to order through Facebook, EssexK and the SWESRS website; and it was such a success that she soon started doing it every two weeks with different menus, including fish and chips and falafel.

It seems that the drive through has actually become a bit of a family affair, with her husband Jason and son Max being responsible for co-ordinating orders with customers, whilst daughter Ellie has been helping Sue out in the kitchen. Sue told us: "It was great working all together and was a real team effort!"

During lockdown, Sue was also involved in Project Wingman, based at North Middlesex Hospital, which was set up by Lisa Holt, a Virgin flight attendant from Woodford. When Lisa was furloughed, she went to help out at the café in the hospital.

Sue, along with some of her customers, started making cakes and donating them for the staff to enjoy during their breaks in the staff room. Lisa and her team were there to serve them, and to show appreciation and support for their hard work throughout a difficult time.

■ **JONNY MERVISH**

JONNY Mervish was a sous chef at Madison in St Paul's before lockdown, but was unfortunately made redundant due to the current crisis. Whilst chatting with his grandparents, Booba Bernice and Grandma Barbara, they mentioned that they wanted some vegetarian meals made as they could not get out during lockdown. Jonny started making homemade, healthy food and delivering it to his grandmothers who both live at Limewood, Beehive Lane. News soon spread, and many of their friends also started asking about obtaining meals. He started putting together a small menu of choices and things started to grow from there.

His client base is now a mix of older people living alone, as well as families, and he has over 50 customers ordering each

week. A new menu is circulated weekly, via Facebook, which offers a wide range of vegetarian and meat meals from various cuisines including Indian, Thai and Turkish. All of the meat is kosher, but he is not supervised. Deliveries are made twice a week by Jonny along with his dad, Bradley. All the meals are prepared in his family kitchen in Gants Hill.

Jonny has been really surprised at how well it has taken off, and has received lots of great reviews on Facebook about his food.

As well as hot meals, he has also branched out into offering afternoon teas complete with finger sandwiches, fresh scones and cakes, including his infamous brownies.

During lockdown, he also catered for barmitzvahs and lunches, offering canapes and bowl food for parties. He hopes to be able to expand on this to do more private functions, such as dinner parties in people's houses, as lockdown restrictions start to ease.

Jonny told us: "I really enjoy working with clients on a one-to-one basis to create a bespoke menu that they and their guests will enjoy. I can bring everything I need to prepare and cook at their house, and then take it all away afterwards, so they are free to relax and enjoy

their evening without worrying about anything.

"One of the things people really seem to love are my brownies, which is great."

■ **JEWISH CARE**

FOR Jewish Care, the pandemic has meant that more people than ever have been reliant on their Meals on Wheels service. Since the start of the pandemic, the amazing group of chefs and volunteers have prepared and delivered more than 15,000 meals in Essex.

With so many meals to coordinate, Jewish Care staff had to be redeployed to help. Sharon Imber, who is usually a programme coordinator, has been supporting the catering staff. Joyce Borden, a learning and development trainer in the HR team, helped with relative liaison in care homes to help residents and their families keep in touch when visits were suspended during lockdown.

Many people (who have found themselves at a loose end due to the lockdown) decided to get involved, including Danielle Krist, a secondary school English teacher. She says: "I found myself with some spare time on my hands in between on-line teaching, so I wanted to help out. My Grandma was at Jewish Care's Vi & John Rubens House and both my grandparents used Meals on Wheels when they were alive. They also went to Jewish Care's Redbridge Jewish Community Centre (RJCC). It meant so much to them, so I couldn't think of a better organisation to volunteer for."

Danielle's aunt has been delivering Meals on Wheels for some time and her mother signed up, too. She adds: "I think it's important to give back to the community – especially those who need it the most, and to look after those who once looked after us. I know that I am most likely the only person many of them will see that day."

■ **AND SO MANY MORE**

These are just a handful of examples of some of the amazing and selfless things that people have been doing to help their community during this time, and our thanks go out to the many people and organisations who have given their time and put in the effort to help others. We are sorry we couldn't feature you all.

Get in touch
 To find out more about the amazing projects featured in this article, please contact:
MADE WITH LOVE
 admin@loughtonsynagogue.com
CHABAD
 pa@chabadilford.co.uk or
 office@chabadonthehill.co.uk
SUE PALMER CATERING
 Find Sue Palmer Catering on Facebook or call
 07976 577 513
SERVED BY MERV
 Find Served by Merv on Facebook
 or call 07479 865 046
JEWISH CARE
 If you would like to find out more about Meals on Wheels contact mdriscoll@jcare.org.uk or call 0208 418 2113. If you would like to get involved as a volunteer contact volunteers@jcare.org.

CAMBRIDGE DIET

MARK
HARRIS



A Revealing Cambridge 'Lockdown' Roam (Rome?)

JUST like most other cities in the UK, if not the world, Cambridge wasn't quite itself during the dreadful 'Covid-19' pandemic and the accompanying strict 'lockdown' of last spring and early summer! The university town's centuries-old, historic but then compulsorily closed and silent colleges – still manifestly displaying magnificent architecture though not their enchanting gardens, courts and grounds – stood ever-beautifully, but perhaps more meditatively, alongside the calmly flowing River Cam.

The globally renowned academic hub's streets, lanes, crescents, market squares and open green expanses – normally enlivened with people – were virtually and eerily abandoned by Cambridge citizens; and, for sure, deserted of tourists and most academics and students. A phantom-town! Yet – and maybe bizarrely, even eccentrically for such a 'ghostly' reason – one which, at this challenging time, held a certain psychological fascination for me.

And especially as I moved speedily through its almost entirely pedestrian- and cyclist-free (and certainly car-free) centre then along the equally empty, grass- and tree-flanked riverside path on a recurrent, high-powered and permissible 'exercise-walk' from our home, a 15 to 20-minute 'hike' to the north-west, and close by Huntingdon Road (the Roman era's Via Devana).

Although King's College is an ever-iconic feature from its Cam-side, lawn-like 'Backs', after a few weeks of my frequent and fairly swift, 'keep fit' walks to town – not necessarily unusual even in normal times ... but maybe less foot-slogging in formal gear, on a regular Shabbat march to the Cambridge Synagogue – I decided to perambulate healthily in a rather appealing area closer to home.

A few years back, the fairly extensive and really excellent 'North West Cambridge' development project – known primarily as 'Eddington' – was initiated on Cambridge university's nearby land, but well beyond site of ours. The attractively low-rise, post-modern architecture of the largely residential, houses and flats, development – including for academic staff, post-grads, other students and local professionals – has won several national design awards.

'Eddington' is enveloped by swathes of landscaped and natural greenery (from ridge-like parts of which you can admire the range of hills to the south of Cambridge), myriad trees and flower displays. It's quite 'horticultural' in a way! The environs boast an expansive, path-circled lake ('Brook Leys') with swans and other waterfowl; and two amazing artwork installations: the 'Fata Morgana Tea House' (a "unique sculptural pavilion" of steel) and the

'Pixel Wall' ("reflecting the surrounding landscape"), an extensive curving structure of mosaic, mirror glass.

The development also comprises Cambridge University Primary School, the state-of-the-art and cultural hub of 'Storey's Field Centre' (where, and just a short stroll from home, we've enjoyed some wonderful concerts) and a very handy Sainsbury's. Some buildings still to be completed include a 4-star Hyatt hotel; as well as some boutiques plus a coffee shop in the compact, so-called 'Market Square'. Additionally, there are playing fields (with a football ground); and a separate sports field, with a cricket pitch and a modish pavilion.



So much of my new 'exercise' routine was, henceforth, to be carried out 'in depth' within and around the periphery of 'Eddington', which I'd visited previously but only on a fairly superficial basis. Serendipitously, I was to discover that there's quite a lot more than



■ King's Parade during 'lockdown'

land bordered with a lofty, steel-mesh fence. And I made out, in the centre of this enclosed area, what looked to be a kind of symmetrical network of stones, some flattish and squarish with the appearance of possibly con-

man citadel on its peak), which had dominated the main river crossing-point into town, hadn't – in earlier times – been an exclusive Roman centre of occupation of Duroiliponte' (their name for the later known, me-

dieval 'Cantabrigia' – which definitely had possessed a Jewish community – and finally 'Cambridge').

I was unable to visit, enquiringly, the then temporarily closed Cambridge Archaeological Unit (CAU) offices at Shire Hall (opposite Castle Hill). This I'd done periodically between 2011 and 2014 when seeking, ultimately and fortunately with success, to discover the one-time location of the medieval synagogue and mikvah (Jewish ritual bath) in the nearby market town of Huntingdon. (A commemorative plaque was unveiled jointly by the town's Mayor and its MP in 2016, with almost 100 attendees, followed by a reception at the picturesque Town Hall.)



So I perused online a CAU archaeological fieldwork evaluation, and other reports, relating to the 'North West Cambridge' area (from its early Neolithic period, through Iron Age and Roman epochs to the post-medieval era). And I gathered that the Romano-British 'suburb' was "in the main a major, high status [Roman] settlement complex" and a "significant

hinterland". In 2018, physical evidence of a very fine Roman villa was found where the 'Eddington' development site adjoins a 'Park and Ride' facility.

When next I returned to the cricket pitch's little grassy knoll overlooking 'Gravel Hill Farm' land, I understood that I was focusing on the vestiges of a Romano-British funerary site prepared for inhumations and cremations. At an earlier date, stone coffins and pottery jars for ashes had been found; and also some stone material that could've derived from interment monuments or memorials.

Much of the original topography had been seriously disturbed by quarrying activity (such as coprolite extraction), particularly during the 19th century; and which itself had exposed many Roman relics, including large numbers of coins.



Early in May this year, I contacted CAU to ascertain whether any online, archaeological reports were available concerning the 'Eddington' etcetera excavations, and the Roman artefacts discovered. I was informed that a report was in the process of being written. My rationale for knowing stemmed from maybe a somewhat remote possibility. I had in mind my visit to Basel's Jewish Museum during a Swiss sojourn with the family in December 2019.

We were more than interested to view, in a display cabinet, a ring – with a menorah etched into its upper surface – which had been excavated (I seem to recollect) on the outskirts of the city. Apparently, and surprisingly, it's the only artefact ever found in Switzerland from the Roman era! So I await perusing CAU's 'North West Cambridge' archaeological report's inventory of finds with eager anticipation ... you just never know!



■ Above: "Brook Leys" Lake
Below right: Romano-British remains

may meet the eye on a casual glimpse around. But little did I know that my explorations would reveal some fascinating information.

The story begins when I first chose to continue my Eddington, swift walkabout from its cute children's playground, beside the Storey's Field Centre, and across the cricket pitch, itself part-flanked by open, verdant sectors. I paused momentarily – and perhaps zanily – to bowl an imaginary ball at an invisible batsman and wicket, then moved rapidly onwards.

On the far side, there's a very low-height, grassy ridge which I powered up to survey the environs from atop. On the other side of a proximate narrow lane, I could espy some

stituting the bases of columns.

Then I had a sudden flashback to September 2018 when, as I recalled, there had been an exhibition (which I couldn't attend) – at the nearby Cambridge University Farm, I think – of numerous Roman artefacts excavated archaeologically from pre-development 'Eddington'. Immediately, I searched for the locale on my smartphone; and I learned that I was focusing on the 'Gravel Hill Farm' site, part of the university's 'North West Cambridge' development zone.

I was thus becoming aware that the general neighbourhood had amounted to an extensive settlement, off the Via Devana, during the Romano-British era. And also that 'Castle Hill' (named for the one-time Nor-



Top tips for good mental health



BY **KATIE ROSE**

THERE is a lot going on at the moment and the constant barrage of news and social media might feel too much at times.

If you start to feel overwhelmed, focus on the present – remind yourself that you are well, and that your family and friends are OK. You have a roof over your head and food to eat. Right now, you are OK. Breathe through it. Download the Insight Timer app for more meditation ideas.

Take time out for yourself. Go for a walk or dig your old bike out of the garage. Even if

you can't physically go outside, try to find a way to get some fresh air. Step into the garden or open a window. There are lots of local, supportive Facebook groups which can be encouraging.

Get involved in the community. Volunteer to help someone – from making a phone call to doing some shopping or baking a cake; there are plenty of ways you can help make someone else's day a little brighter.

Talk to someone. Lots of counsellors have returned to face to face work, but many are also working on Zoom and Skype. Look on www.counselling-directory.org.uk and pick up the phone. Don't be embarrassed to ask for help. Even if you were OK before, you might be finding things a struggle now. It's OK to not be OK.

Set boundaries. For me, that doesn't mean simply saying 'no', but choosing what to let in, and creating realistic limits for what I can take on at any given moment. That might mean switching your phone off at night, muting WhatsApp conversations or leaving toxic Facebook groups and not always immediately saying 'yes' to everything that's asked of you.

Write a journal. Try to include something you are grateful for. Putting your thoughts and feelings down on paper might help you to see them differently, and over time, you might be able to notice patterns, or see changes in how you are feeling.

Check out this Gratitude Tree available to buy online – www.livespiffy.co.uk/products/gratitudetree

Listen. When your friends call, don't try and give them advice or tell them what to do – simply be there for them. Really listen to what they're saying. Try to step into their shoes and see things from their perspective. We might all be facing the same storm, but we're not all in the same boat.

Avoid too much alcohol and sugar – although these things can be soothing in the

short term, in the long term they might make you feel worse.

Do something fun. Bake a cake, talk to friends, watch a comedy show. Even in the darkest of times, try to let in the light.

Avoid toxic friendships. Be there for someone who's struggling but don't let their gripes get to you. Chances are, they were like this before the pandemic.

Try to safely experience ALL the feelings. It is easy to push things away, because you 'should' be feeling grateful, or you know that someone else has it worse. Acknowledge that you can feel conflicting emotions at the same time: gratitude and fear; anger and joy; sadness and compassion.

Choose your pandemic 'word'. Creating a mantra for yourself can provide renewed focus. Mine is 'BRAVE'. What do you want to be? Kind, thoughtful, bold? Remind yourself of your word as often as you need. Paint it on a canvas. Put it on your screensaver. Live it!

Katie Rose MBACP is a person-centred therapist based in Buckhurst Hill and Liverpool Street. For more details, please visit www.chigwelltherapycentre.com

For low-cost counselling, Cherry Tree Therapy Centre in Buckhurst Hill can help. They can be reached on 07740 362857 or www.cherrytreetherapycentre.co.uk

Zoom graduation for Southend cheder kids

THE cheder at Southend & Westcliff Hebrew Congregation (SWHC), which is run in conjunction with Chabad Essex and led by headteacher Devorah Sufirin, Zoomed through the last term of this academic year with online classes for all the children.

Each child enjoyed their own one-to-one weekly class, spread over Monday and Tuesday evenings, to help develop their individual learning and reading ability. Reading, fun learning activities and even baking a matzah for Pesach all continued online, ensuring that the children were able to keep

up with their individualised learning.

The academic year then culminated with an exciting Zoom graduation devised and run by Mrs Sufirin. The children were addressed by Rabbi Hyman, rabbi of SWHC and principal of the cheder, education officer Adrienne Moss and class teacher Samantha Hambling.

To conclude this year's unique end of term prizegiving, Rabbi and Mrs Sufirin drove to the homes of all the children, to give them their well-earned certificates, prizes and some noshy bits with which to celebrate.

... and at ELELS as well

EAST London & Essex Liberal Synagogue held an exciting Zoom service, led by Rabbi Richard Jacobi, to mark the last day of the cheder term.

As usual each pupil received a certificate from cheder head Johnathan Young, with some of the children's prize-winning work shown on the screen along with a brief

explanation given by each child.

Along with the cheder presentations, three of the teachers/assistants – Zak Krisman, Alfred Williams and Joshua Rosenthal – were given Jack Petchey Award certificates. Each will purchase an item for the cheder from the grant which comes with the award.



The next issue will be published to coincide with Chanukah 2020. To send us your stories and pictures see our contact details in the panel on Page 2

JBD's outside forum



TENANTS at Jewish Blind & Disabled's Milne Court building held their biannual tenants' forum meeting in a different, and socially distanced, way.

The meetings, which happen twice a year at each of JBD's developments, are an opportunity for those who live there

to hear about any future plans and discuss issues and ideas with the charity's senior managers.

Chief executive Lisa Wimborne remarked: "This was slightly different to our meetings pre-lockdown, but at least the sunshine was on our side!"



GARY GREEN Monumental Masons

Renovations and added inscriptions
The specialist masons for granite and marble memorials for Jewish Cemeteries
Home visits arranged – brochures on request
Gary Green memorials, although expanding, is still small enough to care about each individual customer

SHOWROOM/HEAD OFFICE
14 Claybury Broadway, Clayhall, Ilford
Essex IG5 0LQ
Telephone 020 8551 6866
Fax: 020 8503 9889

AND OUR EDGWARE SHOWROOM
41 Manor Park Crescent, Edgware, Middx
Telephone: 020 8381 1525 • Fax: 020 8381 1525
Viewing can be arranged at either showroom

Is 'grandparenting' always ok for boobas and zeidas?

DURING the recently experienced, extraordinary, harrowing and dreadfully sad coronavirus (Covid-19) global pandemic, Watcher did wonder how the government-imposed 'lock-down' – with its strict 'self-isolation' rules for senior citizens over the age of 70 and those with underlying health problems – would be affecting the notable role primarily (and maybe naturally, if not inevitably) played by Jewish grandparents ... but, implicitly and necessarily, by all grandmas and granddads – of whatever faith, or none.

Generally and probably needless to state, Watcher sincerely believes, requisitely 'isolating' boobas and zeidas would've seriously missed being able to see and make cuddly contact with their beloved grandchildren, and vice versa. Although those grandparents possessing requisite electronic equipment, and the capability of using visual and get-together social media platforms (such as 'Skype' and 'Zoom'), could've enjoyed the chance of making video contact with their loved ones. Or else – communication-wise, and doubtless on the whole – telephonic exchanges could've been, basically, the order of the day; and would've needed to suffice for them.



The lengthy and terrible Covid-19 disaster would've stymied the traditional, ongoing relationship and 'huggy' interaction between grandparents and their grandchildren; and which can be a lot of fun for all. And young kids, in their formative years, can also learn much from the wisdom and Jewish-life experiences of their nannas and poppas. In return, youngsters will often – but, in the main, unknowingly – provide the energetic distraction to help prevent, inhibit or delay the potential onset of unfortunately not uncommon, mental conditions – such as Alzheimer's or dementia – in their elderly, close relatives.

At times, boobas and zeidas can constitute also a kind of 'relaxation buffer zone' for

the kids ... between them and their, let's just say, 'insistent' parents. Though, of course, care must be taken in this possibly sensitive context; and where some grandparents' own 'insistence' ought to be kept in check, too. Nevertheless, and clearly, they can have a not insignificant – and positive – impact on the children.



Unavoidably, not all independent boobas and zeidas can reside close to their children and grandchildren. Watcher has noted a poll result indicating that 80 percent of the grandparents surveyed considered it important to live within a fairly proximate radius from them. (Watcher has pondered on the maybe understandable, not to say balanced reasoning for this state of affairs.)

The 20 percent that, apparently, didn't subscribe to this 'distancing' view could be a revealing sign that in numerous cases – and for whatever reason or reasons, general or particular – 'grandparenting' may not be thought of as necessarily beneficial. Watcher hasn't discovered any poll to support the notion that a majority of grandparents' children (who have young offspring) would wish their mums and dads to live nearby. But such an audit might've exposed some varied and interesting motivations.

Residing reasonably near to 'close family' can be valuable all round, Watcher feels justified in presuming. But such proximity can sometimes be quite disadvantageous for a substantial number of boobas and zeidas, as the somewhat telling "20 percent" statistic kind of discloses. Aside from maybe regular babysitting sessions, and perhaps in innumerable instances, they're providing a not inconsiderable amount of daycare (otherwise likely to be rather expensive for numerous mothers and fathers) for their grandchildren, both of whose parents – or maybe single mums – could well be working full-time; and possibly also during particularly difficult and stressful periods.

WATCHER IN THE RYE



Watcher feels that, in the post-modern world, many factors have changed for a large proportion of boobas and zeidas, and for the better; not excluding health provision, generally increasing longevity, personal prosperity and various leisure opportunities. In past decades, much was different for OAP retirees; and even for working grandparents. Their children (many of whom now marry rather later than in days of yore), with their own young families, nowadays inhabit an evolved society which can be frenetic for some; and who, in consequence, crave for all the help they can get.



In that connection, it's believed, they will look first to boobas and zeidas for maximum assistance to preserve, if not survive the trending, economic infrastructure. In, no doubt, copious circumstances today, innumerable grandparents (and not only those of parent-mums) will feel emotionally, if not duty bound to take on likely expanding tasks and responsibilities regarding their often very young tuttelas and boobelas.

These days, as Watcher is aware, so many retired boobas and zeidas have wonderful dreams – or maybe more modest plans – to fulfil their 'golden' autumn years ... with

travel (especially cruising), theatre- and cinema-going, hobby-pastimes and socialising, amongst other well-deserved leisure pursuits. But such may not always be capable of anywhere near full achievement in the present world, where grandparents can be called upon to afford much on-the-spot aid towards looking after the grandchildren during the parental working day, etcetera. Watcher has read an online, Manchester Evening News article reporting that "some 9 million grandparents help look after their grandchildren, spending an average [do note the word "average"] of more than 8 hours per week as child carers" ... and saving parents nearly £1,800 per annum.

The 'day-caring' function could well extend from nappy-changing and supervising play, through cooking meals to helping with school homework. In many cases, this could lead at least to 'grandparenting' frustration, taxing strain, pressure-anxiety or tension, upset or sleepless nights; and the potential yet disconsolate development of a sort of equivocalness, if not a certain species of depressing ill-will. Despite such scenarios, likely most boobas and zeidas might feel a 'moral' obligation to contribute the required time and energy. This isn't to say, of course, that many won't enjoy it, Watcher perceives. Though others might feel (but for no good reason) that it would be shameful if they even considered pulling out on occasions. (But what if the kids end up loving them more than their own, continually absent parents?)

Doubtless – as Watcher does appreciate – a high proportion of boobas and zeidas will relish and delight in unstintingly spending time with, or looking after, their grandchildren ... a special blessing, they would say. Though this can be a challenge in, for example, (sadly ever-increasing) parental divorce or separation situations. But also it's apparent that many grandparents do

sense they're being taken for granted with the often excessive 'demands' on their well-earned free time. Or that the frequently sublimated dreams or plans (as outlined earlier) for enjoying, and making the most of, their retirement lives and years – including spending much waking, quality time just with each other – are being selfishly ignored.



In the US of A, a relatively new organisation – The Jewish Grandparenting Network – recognises that Jewish grandparents can "influence their grandchildren Jewishly". This is considered especially important where their children have married out (in the States, the almost incredible figure is approaching 60 percent of marriages where one spouse is Jewish). Watcher thinks this could also be a real opportunity where the kids don't attend a Jewish school or cheder classes; and where they may rarely (if ever) see the inside of a synagogue, let alone worship there.

So to all you boobas and

zeidas out there, you may take some of what 'Watcher' writes with a pinch of salt ... But do accept that you are a loving and knowledgeable link to your family's, and especially to your grandchildren's, past. As well as being an honoured and valued partner in their, hopefully, coronavirus-free future!

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)

Penpal project connects the generations

A PENPAL project set up by Jewish Care during lockdown has brought young and older members of the Essex Jewish community together.

Harrison, 12, has been writing to Aubrey Green, 85. Harrison's mum, Victoria, said: "We saw that Jewish Care were asking for volunteers to write to their members at the beginning of lockdown and thought it would be a great opportunity for Harrison to do something for the community. He understands how important it is to stay in touch, especially as Harrison has three great-grandparents in their 90s. He has enjoyed sharing his lockdown stories and shared interests with Aubrey."

Aubrey added: "We've been writing to one another for a few months and it's lovely that a young person like Harrison is taking the time to write letters to someone of an age like myself. It's very important to stay connected and to keep a positive bright attitude, especially in these times. We chat about ourselves and he tells me what team he supports. It's a pleasure to do something like this."

Joyce and Claire, with her two children, are writing to each other. Joyce, 88, says: "It's so nice of Claire to take the time to write to me, I'm sure she's very busy with two children. The children are just adorable, they sent me lovely pictures they'd drawn which I have kept. Claire told me that her little boy was turning five soon, so I sent him a birthday card. I enjoy writing to them with the help of a volunteer, Joanne, who sends the

emails. I was going to the supportive community tea parties and to Redbridge Jewish Community Centre. I miss it, and let's all hope we get back together soon."

Claire added: "It has been such a pleasure writing to Joyce and receiving her letters in return. She is so thoughtful and kind. For my son Alex's birthday, she sent him a card and stickers via the community centre, who forwarded it to me at home. She also included some stickers for my daughter Talia, so she wasn't left out! I am so looking forward to the day we can meet in person for a cup of tea."

If you would like to be a Pen Pal or would like to receive letters please contact Dana at DKurlansky-Thom@jcare.org

Brilliant solution

WOODFORD Forest United Synagogue chair Robin Jacobs and his wife Jeanette came up with a brilliant solution to the problem of people being unable to attend traditional shul services due to the pandemic.

Together with other local shuls they created a traditional late night selichot service with a twist: you didn't even need to leave your car.

The service took place in the Kantor King Solomon carpark and featured Chazan Rabbi Beni Fleischer and soloist Rafi Sandford, with greetings from the Chief Rabbi and an address from Woodford's own Rabbi Mordechai Wollenberg.



I am a GREAT grandfather ... but what role do I play?

TO misquote Margaret Thatcher's famous remark "We have become a grandmother to a grandson," I have to proudly announce that "We have become a GREAT grandparent to a grandson." (Thank you, your mazeltovs are much appreciated.)

The role of the grandparent is clearly defined: (a) you give your grandkids lots of hugs and kisses, (b) you spoil them rotten, (c) you give them what their parents said they couldn't have, and (d) you babysit.

What you don't do is say, "I never did it like that" or "Does his hair have to be so long?"

But where does that leave the great-grandfather? I could be the most experienced player in a football club but I will always be on the bench, never getting onto the field of play; unlike the grandparent, who can be called upon at any time.

Merril Silverstein, a professor of gerontology and sociology at the University of Southern California, says that noone is clear about what the role of a great-grandparent in the family should be.

"It's an ambiguous role," said Dr Silverstein, who explained that as a great-grandparent you are separated more in age from the rest of the

VIEW FROM THE BRIDGE

MANNY ROBINSON



family, and potentially perplexed by your level of authority.

If you were born in the 1930s, or even later, it is likely that you never knew your great-grandparents. Indeed, in later years, you were lucky to have one, perhaps two grandparents out of the four. Chances are now that you will know your great-grandchildren.

Today, married couples are starting a family much later in life so, while grandparents would be four or five years older than in previous generations, they are living longer, healthier lives. A grandparent now in their 60s could also mean at least one great-grandparent being alive in their 80s to see a child growing up.

Indeed, there is an estimate that, by 2030, more than 70 per cent of eight-year-olds are likely to have a living

great-grandparent. Demographers agree that the family tree today often resembles a beanpole – thin (because there are fewer children in each generation) and long (because there are more living generations).

The one legacy that I can give to my great-grandson is to write a story explaining his family history.

He was, for example, born on the same day as his great-great-grandmother Rachel, 116 years earlier. I will explain how his great-great-grandparents Etta and Jacob fled the pogroms in Poland and the village of Plotz (now a sizable city) where they lived in the late 1880s, that his great-great-great-grandfather was a cap maker; and although he said his name was Cohen, there is a story that it was Komorofsky or something like

that and he told the immigration officer in England that "he was a Cohen", and that's the name the officer put down.

I will tell him about his great-great-grandfather Monty, who was at the D-Day landings; his other great-great-grandfather Sidney, who fought at El Alamein, his great-great-great-uncle Harry, who was killed at the battle of Kohima in Burma and so many more stories.

These tales can be identified by almost every Jewish family whose great-grandparents and grandparents fled Eastern Europe for Britain and America at the turn of the 20th century. But where did they live? Did they have brothers and/or sisters? What jobs did they do? Where did they all end up?

I have in my loft two suitcases with some 400 photographs. Of the 400, I can recognise about 50 people. The others have no names, no dates and no places. It is to my regret that noone in my family thought about labelling the photographs or explaining to me and my brother and sister what relatives we had in Poland or Romania, what jobs they did and how they came to Britain. Do I have long lost cousins in America? Or Manchester? Or Costa Rica? Who knows? The passage of time, and the passing of the grandparents, have made accurate information impossible to have been passed on to future generations.

That will be my role. The storyteller of the family. I may be long gone by the time he picks up the story and if, and when, he does, I will have fulfilled my role as the patriarch of the family.



The role of the grandparent is clearly defined ... you give lots of hugs and kisses. But what about the great-grandparent?

Shofar ... so good

MY good friend Laurie Rosenberg has made an interesting comment: "How can the shofar be blown wearing a mask?" Presumably, a hole could be cut into the mask to allow the shofar to be placed in the mouth; but breathing out so heavily while blowing the shofar could, arguably, increase the risk of any possible virus circulating to

those worshippers near him. One comment I have heard is that, during the war, Sir Winston Churchill reportedly had a gas mask adapted so that he could continue to smoke his cigar.

But blowing out cigar smoke would not cause the damage caused by the kind of virus we have had to endure over the past few months.

We must cash in on Zoom

WHEN I was young, the term 'social distancing' meant you had a broigies with somebody. The term took on a whole new meaning when the pandemic struck, and was one of many things we had never thought of doing before.

Another has been the amazing success of 'Zoom'. A tool, originally intended just for business conferences and the like, has been taken up so successfully by the community at large. Families have been able to see and converse with each other; rabbis have been to the forefront in giving advice and sermons online; and all synagogues in our Essex community are to be congratulated for seizing the opportunity to engage with their congregants via the platform.

The outcome has been that

IT HAS BROUGHT US MUCH CLOSER TOGETHER

many people, who previously have not felt that close to the Jewish community, have somehow felt more connected and involved than they had ever been before.

This, surely, is the chance that should not go begging. Organisations should seize the opportunity to engage with the rank and file of the Jewish community through Zoom: people unable to attend an event, for one reason or another,

could now join the 'Zoom' group and see the event for themselves. Even a rabbinic shiur could be put online and bring in people who would, normally, not want to, or are unable to, listen.

Online communication is not the ideal substitute for being at an event in person, but now we know that we have the means to connect with other people. A bar/batmitzvah could be seen by people unable to attend the actual function: the same applies to funerals, where elderly or sick people are unable to make the journey to the grounds in person. And families could get together on a fairly regular basis to catch up on things like birthday celebrations.

One thing is for sure... we shouldn't let this opportunity pass us by.

ESSEX
JEWISH NEWS

This issue is available to view and download online at
www.issuu.com

It's Rosh Hashanah – but not as you know it!

IT'S been a very strange year so far, hasn't it? There have been no shul services for months, and even as I write this column, no one seems to be quite sure how we are going to have Yom Tov services this year – or even if we will be allowed to hold them.

With the shops re-opening recently, we can at least go out and shop – carefully – for the ingredients we need to make the festival meals. Although whether any of us will be entertaining family and friends in the regular way is questionable.

I have chosen slightly Moroccan dishes this year – to add a bit of spice! All the ingredients are available in the Kosher shops, and also in the supermarkets. As always, you can add and subtract according to your own personal taste, but I would urge you to give them a try.

Everything else is different this year – so why not your food?

ZA'ATAR SALMON WITH ISRAELI COUSCOUS

For the couscous:
1 tbsp olive oil
400g giant couscous
600ml/1 pint vegetable stock
Grated zest of 1 lemon
A small handful of fresh herbs – mint, parsley, basil, dill etc – chopped

finely
10 cherry tomatoes quartered
10 pitted black olives quartered
150g/5½ oz feta drained and crumbled (optional)
2 tbsp pomegranate seeds
2 tbsp toasted pine nuts
For the salmon:
2 tbsp za'atar
1 teaspoon olive oil
4 salmon fillets
Salt and pepper

Oven at 180°C/ Fan 160°C Gas Mk 4

First prepare the couscous. Heat the oil in a pan over a medium heat. Add the couscous and stir to coat it in the oil. Cook to around 2 minutes until it starts to toast. Add the stock all at once and bring back to the boil. Reduce the heat and simmer for 10 minutes. Then turn off the heat, cover with a lid and leave for another 10 minutes. Then uncover the pan and leave a further 10 minutes more to cool.

Meanwhile, prepare the salmon by mixing the za'atar with the olive oil and then spread it in a thin layer on top of each fillet. Place the fish skin side down on an oiled baking sheet. Season well and bake for 15 minutes until the fish is opaque and flakes easily. Fluff up the couscous with a fork – there should be no liquid left – and then stir through the lemon zest, most of the

COOKING FOR YOMTOV

SHELLEY POSNER



chopped herbs, the tomatoes and black olives. Crumble in the feta, (if using), and scatter in the pomegranate seeds and pine nuts. Spoon the couscous onto a large serving platter and top with the salmon fillets.

Serve warm, scattered with the remaining herbs. Alternatively, you can serve it cold – it will keep a couple of days in the fridge, but leave the final scattering of herbs until just before serving.

HARISSA LAMB STEW

This is an easy dish to make and it reheats well. The original recipe has aubergines, which no one in our house is terribly keen on. Therefore, when I make it I use courgettes, or it's also good with small Chantenay carrots. This amount serves around six people.

3 tbsp olive oil
600 gr boneless lamb

shoulder diced
1 large onion finely chopped
2 aubergines cut into chunks – see above
3 garlic cloves crushed
2 tsp coriander seeds
2 tsp cumin seeds
½ tsp ground cinnamon
2 tsp harissa paste
Peeled rind of half a lemon
1 x 400g tin of chopped tomatoes
1 x 400g tin of chickpeas drained and rinsed
500 ml chicken or vegetable stock
Salt and pepper
Chopped coriander to serve

Pour the oil into a casserole or heavy-based saucepan and heat. Season the lamb well with salt and pepper, then add the lamb to the oil in batches. If you add it all at once it will steam rather than fry. You want the pieces to be brown on all sides, then re-

move them with a slotted spoon and set aside. Add more oil if necessary, then add the chopped onion and aubergines to the pan and fry for 10 minutes. Add the garlic, all the spices and lemon rind, then pour in the tinned tomatoes and the stock. Return the lamb to the pan and cover.

Either simmer on the hob, or put the casserole in the oven at 160°C, for 75 minutes, adding the chickpeas after 30 minutes. Uncover and cook for a further 20-30 minutes until the meat is soft and tender. When serving, scatter with chopped coriander.

LEMON MERINGUE ICE CREAM

To finish your meal, why not treat yourself to a scoop of richly indulgent lemon ice cream. It's really simple to make and you just need to keep it in the freezer until you're ready to serve it. You can add it to any sort of pie or flan or, alternatively, eat it with some mixed fruits. Or just fill and bowl, and enjoy it for its own sake!

4 eggs separated
1¼ cups of caster sugar
¾ cup of lemon juice – approximately 3 lemons
Grated rind from the

above lemons
2 x Riches parev whipping cream – should be 227g each

Put the egg yolks and the sugar into a bowl, and whisk until thickened and pale in colour. In a separate bowl, beat the cream until stiff – be careful not to overbeat it; it just needs to be thick and hold soft peaks. Stir in the lemon rind to the cream and beat briefly. Then add the egg yolk mixture into the lemon cream and beat again.

Pour into an ovenproof dish, leaving at least 1 inch of room at the top, and then freeze. Whilst it freezes, whisk the egg whites with half a cup of sugar until they stand in firm peaks – as for meringue. Take the ice cream from the freezer and spread the meringue over the top, covering it completely. Heat the grill to high, then place the dish under the grill on the lowest shelf and grill until the peaks are beginning to brown. MAKE SURE YOU KEEP A CLOSE EYE ON IT!!!!

When the meringue is tinged brown, remove the dish from the grill and allow it to cool a little. Then put it back in the freezer. When you want to use it, remove it from the freezer about 10 minutes before serving, to allow it to soften a little. Enjoy!

DEAR ZELDA

OUR Agony Aunt Zelda is back by popular demand – and answers a reader who is debating whether to join a Progressive synagogue after enjoying their Shabbat services online during lockdown.

Dear Zelda,

I am a 63-year-old man who lives alone and has some medical issues. I am a member of an Orthodox synagogue and always enjoyed going to synagogue on Shabbat, but since lockdown this hasn't been possible for me.

My sister recommended the local 'Zoom' Shabbat services from the Reform and Liberal synagogues in Essex and I have been joining in from time to time. This has been a revelation to me. I am really enjoying their services and have even downloaded the relevant prayers and Torah readings.

My problem is what should I do once there is a vaccine? Should I go back to my normal Orthodox shul or join a Progressive synagogue?

Michael

Dear Michael

You must decide for yourself which synagogue suits your lifestyle and personal beliefs.

It's going to be some time before we have a vaccine, so maybe in the meantime continue to participate with the 'Zoom' services offered by Progressive communities and speak to your sister and the relevant rabbis to discuss your options going forward.

Zelda

Synagogue's Lunch Club is reinvented into T@2

BY BRENDA SOSKIN

SINCE lockdown, the regular Tuesday Lunch Club members of South West Essex & Settlement Reform Synagogue (SWESRS) have been missing their weekly food, friends and entertainment.

With this in mind, the synagogue decided to hold a fortnightly 'Zoomed' T@2 (tea at 2pm) with guest entertainers to bring everyone together.

Homemade cake is personally delivered to long standing Lunch Club members by SWESRS' team of Lunch Club volunteers, to ensure no one misses out on a delicious treat while watching the fortnightly entertainment on 'Zoom'.

Songs from the shows, live music, talks on local and Jewish history are just some examples of the typical entertainment which SWESRS has been offering fortnightly, free of charge, in addition to the homemade cake.

The synagogue will continue with this initiative until it is safe to reconvene the weekly Lunch Club, and has planned entertainment right through until the end of the year and beyond.

SWESRS members Lucie and Rolf Penzias said: "We have been missing the warm welcome of SWESRS' Tuesday Lunch Club and getting together with 'old' and newer friends, so the Tea@2 is a lovely and generous scheme."

NEW YEAR NEW LOOK

BEAUTY

PAT LIDIKER



PAT LIDIKER LOOKS AT HOW CORONAVIRUS HAS AFFECTED THE BEAUTY INDUSTRY

I HAVE been writing beauty columns for umpteen years now, but the past six months have torn up all the rules.

The pandemic has put an end to the pleasure of browsing the counters to find out what's new or whether your favourite products, brands or even stores exist anymore. No more getting up close and personal with consultants to try out the latest products and innovations; and as for choosing lip or eye colours, all testers are banished for reasons of contamination.

Women have always been resourceful, not least in post-war years when they snapped up every bright red, greasy lipplie in Woolworths and painted lines up the backs of their legs to look like nylon seams. But, somehow,

the past six months have been even harder.

Does there seem much point in a skincare and make-up regime when you can't go out or see people? Zoom is an incredible innovation for meetings or family gatherings both sad and sociable. But how many of us look our best on the unforgiving computer screen?

During lockdown, we rooted out our half-empty pots and products to rotate, well aware we couldn't buy new ones until some restrictions were lifted.

When our beloved hairdressers re-opened their doors in July, there was another pressing matter to consider – unkempt hair and tell-tale grey roots. They became our main topic of conversation!

Like every other desperate client, I talked to my hairdresser about having my usual high-

lights; and we both decided to let it grow out to decide whether I could live with it. The jury is still out.

You'll probably find your make-up colours need a complete revamp to match this brave new look. Blondes – natural or otherwise – don't have quite the same problems as those with once dark or red hair, who will have to work out what to wear and what not.

One word of warning, though. Don't ditch those corals, earthy tones, bronzes, strong eyeliners, vivid lipsticks and shadows for now, as you may opt to cover up the grey again any time soon. There are no hard and fast rules but, on the whole, yellowy tones don't do grey hair justice.

Sadly, dear reader, I wasn't able to trawl the stores as usual to glean expert advice on your behalf; so it's over to you to look for the perfect pink lipstick and blush, teamed with softer charcoal eyeliner and blue, lilac, rose and silver shadows.

Last but not least, don't forget to stock up on the latest and cleverest cleansers, serum, all-purpose moisturiser, primer and oils, without which your new autumn image is doomed to failure.

Have a beautiful New Year!

FASHION

JAN SHURE

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



anything GOES

WHEN, in 1934, Cole Porter wrote the song 'Anything Goes' for his eponymous stage musical, he was not referring to the world of fashion.

And yet, in 2020, the phrase 'Anything Goes' emphatically could apply to the world of fashion because the fashion industry has, in the last few years, changed from being dictatorial and autocratic, to one which offers consumers many ways to look 'fashionable'. In other words, anything goes. Or almost anything, and especially if it is styled correctly...

Seasons of colour

In A/W20, the 'anything' includes many colours from the jewel-bright shades of red, blue, emerald, yellow and fuchsia to pastels, notably light pink and light blue. There are also traditional autumnal shades such as russet, chocolate, olive, etc as well as sludgy muted tones and endless variations on beige, from camel to caramel. There are lighter shades, too, such as oatmeal, cream and winter white plus lots of black, which is widely used in tailoring and will, of course, be ubiquitous when the party season rolls around.

Fabrics and prints

There are many fabric options, too, including tweed, cord, velvet, leather and faux leather.

Having been upgraded from cheap substitute to big-ticket buy thanks to its vegan origins, faux leather is now used alongside cow hide for skirts, trousers, blazers, unstructured jackets and biker jackets in both High End and High Street collections.

Prints, too, are many and varied, and include bold geometric patterns, all kinds of florals, spots and checks. Even

animal prints are around for yet another season.

While shorter hemlines are coming through, the midi remains the key length for this season with maxis staying around as an important alternative.

Options in silhouettes and moods range from the grunge-inspired oversized silhouettes and muted tones seen on the High Street at Whistles, Jigsaw and Cos, to a polished aesthetic seen in blazers and tailoring.

Blazer trail

Alongside the season's most stunning (and priciest) blazers by Balmain, YSL and Blazé Milano are terrific High Street versions at M&S, Boden and Hobbs. There are gorgeous leather blazers by Whistles; corduroy ones by Mango; and tweed ones by MaxMara.

While the under-20s may embrace an ironic take on the 90s power suit by pairing a peak-lapel blazer with a mini-skirt or – much fresher – perky little city shorts, those of us who rocked this trend last time around may prefer to add a well-cut blazer to a midi skirt or trousers – or perhaps even a dress.

The perfect midi to pair

with a blazer is A-line, pleated or gathered. Find pleated midi skirts at Joseph, Luisa Cerano, MaxMara, Boden and M&S; and find midi skirts in other cuts at Boden, M&S and Hobbs.

Trousers and suits

The newest trouser shape is wide-leg and cropped, but in this 'Anything Goes' era many shapes and many cuts will look equally on-trend. There is wide leg long, ankle-skimming skinny, 70s-style flares and lots more.

The trouser suit – created by pairing a blazer with coordinating trousers – is back and widely available from High End to High Street. Find them in corduroy by Mango; in scarlet satin by Alexander McQueen; in light pink at MaxMara; in red at Hobbs; and in black leather at Whistles.

Despite the ubiquity of trouser suits, the skirt-suit remains hard to find. I tracked down pretty, meticulously tailored and cleverly interchangeable

blazers, skirts, trousers and dresses from vibrant East Anglian-based brand, Kaya Turello (kayaturello.com).

The midi dress remains a key piece though maxis are still around for daytime, too. This season's midi dresses are mainly in print, including checks though there are plains available. The oversized shirt is an important silhouette though many have a well-defined waistline and a gathered or A-line skirt; the wrap bodice is still offered, too. Some of the best include a ditsy floral print with semi-sheer sleeves, fitted bodice,

tiered skirt and delicate ruffle details at Next; a floral, wrap-front V-neck with piping and three-quarter sleeves at Boden; and a light blue leaf print-belted shirt dress at M&S.

The season's key details include frills, fringes and asymmetry, while oversized scarves – possibly heavily fringed – bring coats and jackets bang up to date.



1. Pink knife-pleat skirt, £120, purple cardigan, £85, both Boden (Boden.com)
2. Print midi dress, £169, Fresha (Freshalondon.com)
3. 'Elize' jacket in red, £160, matching pencil skirt, £65, both Kaya Turello (Kayaturello.com)
4. Billington coat in pink, £230, Boden (Boden.com)
5. 'Victoria' belted blazer in black, £160, matching trousers £70, both Kaya Turello (Kayaturello.com)
6. Ditsy-print midi dress, £36, Next (next.co.uk)

TRAVEL

MARK HARRIS



Becalm in the Boon of Burgos

CASTILIAN BIRTHPLACE OF 'EL CID' AND OF MEDIEVAL JEWISH LEARNING IN IBERIA

WE'VE vacationed for much of many Augusts over past years somewhere or other in the Iberian Peninsular. There are now just a few stones left to unturn across the multifarious geographical, historical and cultural (including, especially, medieval Jewish) 'landscapes' of Spain, and also Portugal.

Before the sudden and challenging onset, and dreadful outcome, of the coronavirus pandemic this year, the heartbreaking effects of which have persisted for several months, we'd planned – like hosts of other, enthusiastic globe-trotters – to journey overseas, including our virtually traditional August, exploratory stay in Espagna. Aside from needing to cancel a booked spring trip to Italy (like Spain, one of Europe's worst Covid-19 hit countries), we were compelled to shelve other proposed sojourns abroad during the early and high summer months.



Our itinerary targets – one of which could've occupied this 'Travel' page – had covered the Norwegian coastal city of Trondheim (which, interestingly, is home to a significant Jewish community) and its environs, the Polish alpine town of Zakopane (nestling in the Tatra Mountains south of Cracow) and Hungary's Lake Balaton ... likely based in its picturesque, hill-backed and waterside 'resort' town of Balatonfured with its adjoining, and forested, Tihany peninsular.

However, there's little point in crying over spilled pickled herrings, kosher pirogen dumplings and goulash stew! Hopefully, we'll get around to exploring these appealing destinations in the proximate future. In the meantime, I thought we'd travel back in time to August 2019; and to our warm, sunny and culturally absorbing vacation in charming Burgos, once capital of the Spanish province of 'Old Castile' (for nearly half a millennium). Needless to mention, but this particular and relatively recent jaunt hasn't been the subject of a previous EJN or other 'Travel' column.



The engaging university city straddles the Rio Arlanzon – Burgos' 'casco historico' (or old quarter) stretches in depth alongside its northern bank – about a two-hour drive, through ultra-pleasant topography from Madrid's airport. We stayed, hotel-wise, in the excellent NH Collection Palacio de Burgos, its attractive and historic building – boasting a wonderful, internal cloister used for celebratory

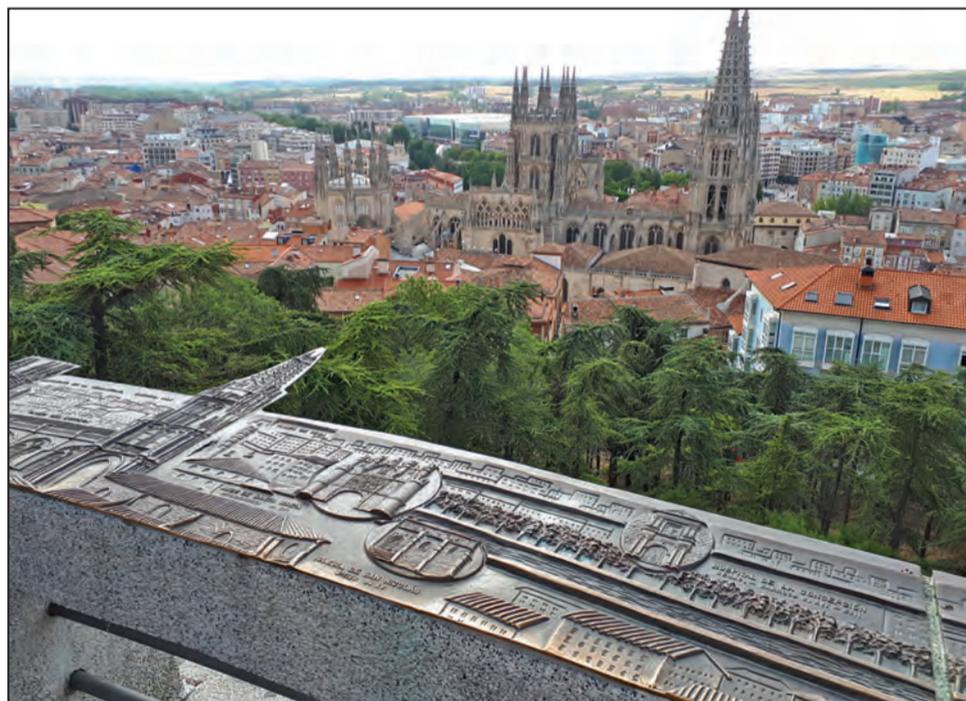
functions – having been constructed during the 16th to 17th centuries, and overlooking the river plus the ancient city beyond.

Apart from the customary forms of restful leisure activity in a typically relaxing Spanish city – with its numerous buzzing inns, tapas bars with ambience and bubbly cafes, their tables spilling alfresco beside the tree-shaded, riverside promenades and circling the several expansive and splendid plazas (especially Plaza Mayor) – there's so much else to discover ... architecture, indeed all kinds of art, as well as history and culture. And not only in the city's museums, galleries and ecclesiastical structures (including some impressive, medieval monasteries and convents in its reasonably close outskirts). Just strolling, for example, along the city's cobbled streets and lanes, beside the legacies of its old walls and through their conserved arches, can enhance a satisfyingly evolving impression of Burgos and its immediate, compelling neighbourhoods.

Without doubt, Burgos' foremost striking edifice is its Gothic cathedral – one of the most magnificent, externally and internally, in all of Spain – which dominates the entire 'casco historico' ... Let



Statue of 'El Cid' in Burgos



Above: Panoramic view of Burgos
Below right: 14th century chanukiah

alone the spacious and restaurant-ringed Plaza Rey San Fernando I, from which the light-stoned, intricately towered, spire-and-domed building (from the Middle Ages) largely rises. Once within the vast interior you'll be awed by its glorious artistry, whilst admiring many ornate side-chapels and walking around the elegant, two-storey cloisters.

'El Cid' (from the Arabic 'Sidi' meaning 'Lord' ... but whose birth name was Rodrigo Diaz) – Spain's almost legendary soldier-mercenary, and military leader against the Moors (and who was born

in the nearby village of Vivar in 1040) – was, with his wife Jemina, re-interred in Burgos' cathedral in 1923. A remarkably iconic statue of an armoured and helmeted 'El Cid' – also known as 'Compeador' ('Supreme in Valour') – riding a powerfully charging steed, and with flowing cape and outstretched sword, stands atop a lofty plinth on the Plaza del Cid and near to the park-flanked river.



The best way to approach the cathedral, at least from

our NH hotel on the opposite side of the Arlanzon, is across the river's Puente (Bridge) de Santa Maria; then through (and to just beyond) the imposing Arco (Arch) de Santa Maria, a one-time towered gateway in the city's old walls. For free, you can ascend the internal and winding staircase for a really good vista; and there are temporary art exhibits to view in the albeit somewhat limited, interior space.



There are several, rather more substantial art galleries and museums in the city. These include the sizeable, post-modern Museo de la Evolucion, the Centro de Arte Caja de Burgos ('CAB' is the city's most recently established and modernistic gallery) and the intriguing museum at Castillo de Burgos, an expansive walled fortress (which was quite



Burgos had become the principal Jewish settlement in North Castile by the 13th century

smashed up by Napoleon's troops during the Peninsular War) high on a hill commanding the city. One exhibit we found in the Museo de Burgos was an amazingly preserved, 14th century chanukiah (excavated in the town) taking the form of a glazed, horizontal ceramic.

This discovery sort of encouraged us to perambulate around that area of the hill, primarily residential, below

the castle; and where the Jewish community had generally lived from the early medieval epoch up to the 'Expulsion' in 1492. Apparently, 'El Cid' had sought campaign financing from certain of its wealthy members. Nothing remains nowadays of the virtual 'ghetto', its heavily taxed inhabitants persecuted and attacked from time to time, often with fatal consequences. Though members of the community could seek transitory refuge in the castle; and actually moved inside the citadel for a period during the 12th century.



Burgos had become the principal Jewish settlement in north Castile by the 13th century; and was, in fact, an important centre of Jewish culture and learning ... even, arguably, before Toledo to its south. Many of that city's scholarly rabbis came from Burgos. Erudite rabbis in Burgos included Meir Halevi and Todros b. Joseph Halevi; and a considerable number of Hebrew manuscripts originated in the city. Many well-known 'Kabbalists' resided in the area, too, such as Rabbi Moses b. Solomon b. Simeon.

But numerous Burgos Jews converted. Perhaps its Jewry's most extraordinary convert to Christianity was Rabbi Solomon Halevi. He changed his name to Pablo de Santa Maria, and actually became the Bishop of Burgos. Sad to note, but he joined with other Jewish 'conversos' and helped lead the movement against Spain's then continuously and increasingly oppressed, Jewish population. A majority of Burgos Jews converted after the 'Edict of Expulsion'. The remainder fled Castile, and the country, before the 'Inquisition' could get its hands on them.

Today, sadly, there's no apparent Jewish community in Burgos ... but, at least, we could stand where once the city's Jews had lived – and even prospered happily for some lengthy periods – and give them our focused thoughts and remembrance.



OBITUARIES

A true woman of worth who taught love and goodness

DOREEN COHEN MBE

Born: 1 December 1927
Died: 26 May 2020

A PERSONAL VIEW BY KENNETH BLACK

MANY years ago, Ilford AJEX held a Chanukah children's party. As usual with children, they were running around fairly wildly. Suddenly, a young lady went on the stage, clapped her hands together, said "NOW CHILDREN" in her special voice, and there was instant silence. Rev Sidney Black, the minister at Ilford United Synagogue, turned to financial representative Harry Goldner and said: "We need her for cheder."

Doreen Cohen, who was already a full-time teacher, quickly became the head of the Infant Cheder, meeting at Gearies School, and deputy head of the whole of the huge Ilford Synagogue Cheder.

She had taught at Robert

Montefiore School and then joined Stepney Jewish. She was already living with her husband, Henry, and her two daughters, Suzanne and Leonie, in Ilford; and naturally transferred with Stepney Jewish when it became Ilford Jewish Primary School, becoming head of the IJP Infants' Department. When the deputy head, Harry Balkin, became head, Doreen became the school's deputy head.

At the same time, Doreen was leading the Ilford shul's under eights Shabbat services, attracting quite a number of parents as well as the children.

She played a part in the 35s group, who, at the time, were knitting warm clothes for the Russian 'Refuseniks'.

She and Henry were founder members of the Friends of the Jerusalem Botanical Gardens. She held regular plant sales at her home in Glenwood Gardens to raise funds. If you visit Jerusalem, you can see a bench in Henry's name; and there is also technical equipment



given by the Cohen family.

After retiring, Doreen would guide children of other religious dominations around the shul; and received the MBE from the Queen, in 2002, for her services to interfaith and education services.

For the last six of her 92 years, she lived at Jewish Care's Rosetrees home in Friern Barnet, and often told me how lucky she was to be there. She

was near her daughters, and was once again able to go to shul each Shabbat and Yom Tov.

She leaves behind her family, colleagues, friends and countless pupils who each have their own memories of Doreen Cohen.

Typical of Doreen, right up to the end, at the completion of our regular phone calls, Doreen would say: "If

there's anything I can do to help you and Lilian (or sometimes the shul) please let me know."

Editor's note: An appeal launched by Victoria Posner to raise £1,000 as a tribute to the late Doreen Cohen MBE has been launched. If you would like to donate, go to www.just-giving.com/crowdfunding/victoria-portnoy

A major part of the Essex Jewish Community

NORMAN GOLDBERG

Born: 4 April 1941
Died: 4 April 2020



NORMAN GOLDBERG passed away on his 79th birthday from coronavirus, leaving behind a reputation as a kosher butcher whose customers always praised him for his courtesy and interest whenever they visited his shop.

He was, in fact, one of the few kosher butchers in the Redbridge area.

Norman began as a butcher at the age of 15, working in his father's shop in Hessel Street in the East End of London. He opened his own shop – Norman Goldberg (Kosher) Butchers – in Claybury Broadway 48 years ago, finally retiring from the business in 2016. According to friends, he regretted retiring because he missed the day-to-day activities in the shop.

He met his future wife Myra at the Winter Gardens in Blackpool and they married 58 years ago, living first in Palmers Green, then Southgate and Hadley Wood and, finally, settling in Potters Bar.

His wife told the *Essex Jewish News*: "Norman was a major part of the Jewish community in Essex after opening his kosher butcher's shop, making many friends out of the wonderful customers he had over the years.

"He befriended and chatted to everyone and made them all feel special. He was a truly kind, generous and wonderful man and has left a great legacy, and was someone who truly made a difference."

Norman is survived by his wife, daughters Miranda and Hayley, three grandchildren and sister Ruth.

One of the architects of the 'golden age' of Ilford Jewry

JEREMY (JERRY) GOLDSTEIN

Born: 17 February 1940
Died: 28 March 2020

ON 29 March this year, Jerry Goldstein and his wife Ann were due to host their 80th birthdays with a party at St John's Wood Synagogue. Instead, on that day, he was buried after passing away from an illness not believed to have been caused by coronavirus.

Jerry Goldstein was one of the most influential people in Redbridge during the 'golden days' of the 1970s and 1980s, when synagogues were packed to capacity and overflow services had to be held in places like the Odeon cinema in Gants Hill.

He was involved in communal affairs from an early age. He met Ann at Stepney Jewish Boys' Club where he was chairman for eight years and, in 1957, was elected to the National Association of Boys' Clubs, the first Jewish boy to achieve this honour – it was the equivalent of the Duke of Edinburgh's Award today.

Jerry joined Ilford Synagogue in Beehive Lane in 1962, having married Ann that year.

He was a warden at Ilford Synagogue, from 1980 to 1987,



Jerry Goldstein pictured with his wife Ann

following in the footsteps of his father-in-law Sidney Witt.

He was deeply involved with people like Woolf Abrahams, Raymond Rudie and Morris Joseph in bringing Stepney Jewish School to the borough in 1969 as it became an Ilford Jewish Primary School, becoming a governor of the school.

The Goldsteins moved to Chigwell in the late 1980s before relocating to Hampstead Garden Suburb in 2000. Jerry ran the annual Chazanuth Concert for the last eight years.

Steven Wilson, chief executive of the United Synagogue,

said: "Jerry was a stalwart of Hampstead Garden Suburb Synagogue and will be sorely missed by the community and all who knew him."

Marie van der Zyl, president of the Board of Deputies, described Jerry Goldstein as a "kind man who will be sorely missed".

He leaves his wife Ann, sons Michael, who is president of the United Synagogue, and Jonathan, the chair of the Jewish Leadership Council, and Daniel, who lives in Israel, 11 grandchildren and one great-granddaughter who was born last October.

Disc jockey and extrovert



LARRY FOSTER

Born: 16 March 1935
Died: 1 April 2020

LARRY FOSTER had just decided to take life a little easier, picking and choosing where he wanted to work, when both he and his wife Mandy were struck down by the coronavirus. Larry died in the same hospital where his wife lay.

He was an extrovert and was often known as the 'Mad Hatter'. But music and showbiz had always been his passion and hobby, earning him a living into the bargain; and last year he celebrated 50 years as a disc jockey.

In an interview with the *Essex Jewish News*' reporter Pat Lidiker last year, he said

that he had recently sold his collection of 45,000 vinyl records, mainly to avid collectors, but did hang on to 2,000 of them, many of them autographed.

Born in Hackney, Larry (real name Hilary, which the family still called him by) worked as a postman and a bus driver for a short time, but knew his natural habitat was music.

He mingled with celebrities, meeting, among others, Diana Ross, Marvin Gaye, Stevie Wonder, Bill Haley and his Comets, Rick Wakeman and Suzi Quatro.

From his mid-teens, Larry had been in constant demand for private parties and rock-and-roll nights at different London pubs, clubs and discos. He had his own shows on Radio Caroline and hospital radio; and he also ran popular 'reminiscence' evenings, featuring 50s'

and 60s' music, to raise funds for the Alzheimer's Society.

He tried his luck on TV game shows, including *The Weakest Link* and *The Chase*, reaching the final in *The Chase* but did not win the £15,000 prize.

He married his wife Mandy 18 years ago in what was then Ilford United Synagogue; and they lived in Romford before moving, only recently, to Wickford.

He is survived by his wife, daughter Jade, sons Scott and Glenn, three grandchildren and brother Stephen.

We need your help!

THE ESSEX JEWISH NEWS IS SEARCHING FOR A PART-TIME ADVERTISEMENT SALES REPRESENTATIVE

The coronavirus and the economic fallout is creating a tough time for many businesses, especially a small local paper like ours.

We are searching for a part-time representative to help us find new advertisers for our three issues each year (Pesach, Rosh Hashanah and Chanukah) so we can continue to thrive once life returns to normal.

The role offers the freedom to work your own hours, from home, with a very competitive commission rate.

With only a few hours needed each month, the job is ideal for a freelancer looking for extra income, someone on parental leave, a retiree or a school/university leaver looking to get a foothold in the world of sales.

It's also the chance to be part of our friendly team and help safeguard the future of this vital organ for the local community.

To find out more, and to apply, please email directorejn@gmail.com

ESSEX
JEWISH NEWS

A new buzz at the Beehive

IT will be a year next month since Ilford United and Clayhall United synagogues merged to become one shul – Cranbrook United Synagogue – and the result has been a new buzz about Beehive Lane.

From Ilford's point of view, the merger, if one is honest, prevented the shul from going under. An ageing congregation and a Shabbat attendance that was miniscule when compared to the glory days of the 1950s and 1960s meant that the synagogue, if it carried on as it did, was unlikely to survive more than another five years or so.

From Clayhall's point of view, the merger offered them the chance to worship in a 'cathedral' synagogue rather than the hall at the Redbridge Jewish Community Centre (RJCC). But, more importantly, the proposed redevelopment of RJCC over the next few years meant that there was unlikely to be room there for a synagogue.

What has become obvious in the past year is the determination of those in office to turn Cranbrook United into more than just a shul. The target appears to be to turn it into a proper community centre hosting different events. That is one of the major reasons the merger appealed to Clayhall.

Before the merger, the Beehive Lane building was empty for most of the time - apart from Beehive Lane JACS, who met (and still meet) there every Thursday.

Now Cranbrook has opened its doors to the community. One of its earliest successes was a health check, where more than 70 people attended the first ever Community Organisation's Open Day, at the shul, from eighteen health and social organisations including Jewish Care, JAMI, Jewish Blind and Disabled, Jewish Women's Aid, Redbridge Carers Support Services, Diabetes UK amongst others.

A Guys' and Gals' club meeting on a Monday has also



MANNY ROBINSON LOOKS AT THE MERGED SHULS, ILFORD AND CLAYHALL, ONE YEAR ON AND FINDS A CRANBROOK COMMUNITY CENTRE IN THE MAKING

got off the ground (see separate article elsewhere in the *EJN*) and is meant to replace the Friendship Clubs that flourished – and then faded – a few years ago.

On the religious side, there are both ladies' and men's Talmud shiurim, a ladies' lunch and learn, a Rosh Chodesh group, spirit with spirits, Purim and bingo; and coming up, an evening devoted to Yom Hashoah.

Another innovation has been to install an open mechitzah, so that women can actually see the services instead of being 'hidden' behind a curtain. Plans are in hand to extend the open mechitzah, so that all women can be on one level downstairs instead of some upstairs and some down.

The synagogue is also hosting, on a regular basis, the Eastern Jewry minyan that used to meet at Newbury Park station:

this takes place in the Beit Hamidrash in Schaller House every Shabbat.

Harold Marco, the synagogue's warden, told the *Essex Jewish News*: "We also want to attract more 40- and 50-year-olds to our open events. They may not necessarily be regular shul goers, but coming to other events could persuade them to attend services more often."

There is little doubt that the merger also saw a drift away by some, mainly Clayhall members, who found the walk to Beehive Lane (if they were 'shomer Shabbat') too much. Others left for other synagogues, but some have since returned.

Of course, any merger will have its teething problems. One disagreement has been the need for a choir, a feature for so many years in the old Ilford United Synagogue. For one reason or another, the choir now does not appear to complement the form

of service conducted by Rabbi Steven Dansky. The choir, however, will be performing once a month instead of every Shabbat.

Other changes from that experienced by the former Ilford members has been kaddish being said in unison with women.

Both Mike Callaghan and Malcolm Nathan, the joint chair, told the *Essex Jewish News* that they are delighted with the merger, which secures both shuls for many years to come.

Another innovation is to have a joint mincha and maariv minyan; and for details of these times, please visit the synagogue's website: www.cranbrooksynagogue.org.uk

On the celebration side, things are also looking up with six bar- and batmitzvot arranged for the 12 months ahead.

A year of promise that appears to have satisfied both former synagogues.

Young professionals wine and dine at Chabad

CHABAD Buckhurst Hill hosted a unique event for young Jewish professionals – Friday Night: A Wine Tasting Shabbos Dinner.

A full gourmet, four-course, traditional, Friday Night Dinner was served accompanied by a selection of five different wines – each with a story and a suitable match to the menu.

Wines were sourced from Kedem Europe, the largest importer of Kosher wines to the UK. Yishai Steinberg, one of Kedem's top salespeople, acted as guest speaker and resident wine connoisseur. He guided the participants through the wines, telling the story of each unique winery they were selected from, and helping all present to enjoy and appreciate them.

Participants were also treated to a fun programme with games, songs and jokes in a relaxed and engaging atmosphere.

Rabbi Odom Brandman, the director of the Chabad Centre in Buckhurst Hill, and his wife Henny came up with the

idea as a unique way of engaging with young professionals. Kevin Benham-Whyte, a friend and supporter who is currently living and working in Shanghai, generously sponsored the whole evening and flew in to participate, along with his daughters and their friends, who still live in Essex and were in the event's target age-range.

Rabbi Brandman told the *Essex Jewish News*: "The event was so popular, online bookings had to be closed on the Wednesday as the tickets were all sold out and the wines and food had already been ordered. Even though more young adults wanted to join, we had to make a cut-off and close the event."

"No expense was spared – we had elegant decorations, real crockery and glassware, good quality wines, chicken, steak and other delicious food, which all added to the calibre of the evening."

"With Kevin's support, we hope to make this an annual event, which will only grow and become more successful each year."

Southend's Pop-In celebrates its barmitzvah



BY **GEOFFREY PEPPER**

MORE than 120 people attended the 13th anniversary of the now legendary Southend and Westcliff Hebrew Congregation (SWHC) POP-IN – billed as its barmitzvah party.

Care Committee chair Janice Steel said the POP-IN was started in 2006, at a meeting of the then newly formed committee with representatives from SWHC and Jewish Care. It came from an idea by Fay Sober (former wife of the community's chazan at the time, the late Reverend Len Sober) and the late Norman Zetter, a former chair of the Aid Society in Southend.

From 30 guests at the beginning, the monthly numbers trebled. The committee's ethos has stayed the same.

They work very closely together, each one bringing their strength to the group.

At the barmitzvah party, the care team were praised by SWHC Rabbi Geoffrey Hyman and the Mayor of Southend, Councillor John Lamb – who complimented them as "leaders of the community looking after their flock".

Catering was handled by SWHC shop manager David Law, with entertainment from Dean Gee. Special guests included Merrill Dresner, daughter of Fay Sober, Graham Freeman from Jewish Care and many of the POP-IN's generous sponsors.

SWHC president Michael Nelkin gave thanks to Janice Steel and the care committee for all their hard work in the community, which includes visiting the unwell, and for organising this event.

... and the buzz starts at the Guys' and Gals' club

BY **PHILIP SHAMPLINA**

FRIENDSHIP is a-plenty at Cranbrook Synagogue. To be precise, it's at the recently formed Brook Guys' and Gals' Club, the idea of myself and fellow shul-goer Colin Emden, based on the model of the old Friendship Clubs many synagogues had in the late 1960s.

At 22 Beehive Lane, each and every Monday throughout the year (except Yom Tovim), the Brook Guys' and Gals' Club meet from 10.30am to 3.30pm.

Here you will be greeted by two friendly, happy, smiling ladies. To enter, it's just £4 for a time of mirth, fun and laughter. On offer are a host of activities. You can join the card school – where you will play solo, whist, kalooki, poker, bridge; and also dominoes, chess, Scrabble, Monopoly and other board games. Table tennis and table football are also available.

There is also a discussion group for men, and also one

for women. Reminisce about the 'good old days' when you went to club at Brady, Brent-house, Cambridge and Hackney, Contemporary, Wanstead and Woodford, Maccabi, Leytonstone Maccabi, not forgetting Oxford and St Georges, Victoria and Stamford Hill clubs. Enjoy a good laugh with the Guys and Gals, who attended these haunts in yesteryear.

What about the Old Boys' Club on a Thursday night? When you enter the portals, you will hear all those foot-tapping songs you grew up with (I'm sure you'll be word perfect in every song that's being played).

You can read the newspapers, or just chat. Here there are no strangers, only friends you've yet to meet.

The 'meeter and greeter' will offer you tea, coffee, cake and biscuits. At lunchtime, you will be served with soup of the day and a roll, followed by tea, coffee, cake and biscuits.

Each week there are different activities to look forward

to: bingo, a piano recital, quiz, a talk by a member of the CST or a stand-up comedian. One week, an ex-chef from the Savoy Hotel gave a demonstration of the culinary arts and his soup, on that occasion, was sampled for lunch.

So when you've done your shopping, why don't you pop

in to the Brook Guys' and Gals' Club and meet old and new friends for a chat over a cup of tea or coffee (you don't have to stay all the time).

For any enquiries, please contact Colin on 07860 313922 or myself on 07949 626677. We look forward to meeting you.

THIS PAGE WAS FIRST PUBLISHED IN OUR PASSOVER ISSUE. AS THIS ISSUE WAS ONLY PUBLISHED ONLINE, IT IS REPRINTED NOW AFTER REQUESTS FROM READERS WHO DID NOT HAVE ACCESS TO COMPUTERS

The Prince and the pauper (and other characters who 'made' the East End)

VIEW FROM THE BRIDGE

MANNY ROBINSON



EVERY time I click on my Facebook page, there is one message or another asking for information about the old Jewish East End. Did you ever work at, or go to, the Houndsditch Warehouse? Here is a picture of my bubbah. Does anyone remember her? What street was Frumkins, the wine merchants, in? Is the Troxy still a cinema? Is Johnny Isaacs still a fish and chip shop? We used to have chicken eggs in the fowl and which we put into the soup – why don't we get them now?

Questions, questions, questions – and the only people, I guess, who can answer them all with any accuracy are now probably in their mid to late 80s, who remember with fondness the golden days of the Jewish East End which, to me, were the late 1940s and 1950s.

I say 'the golden days'. In truth, those days were like the pickled cucumbers we ate ... sweet and sour.

It was the generation that was born before television, penicillin, polio shots, frozen foods, supermarkets, plastic, contact lenses, electric blankets and tumble driers; and before man walked on the moon.

It was also the generation when people married first and then lived together; a generation who thought 'fast food' was what you ate in a hurry, and a Big Mac was an oversized raincoat. A generation that had never heard of computer dating, day centres, disposable nappies, computers, knee replacements, artificial hearts or of men wearing earrings.

■ UNIQUE

There are countless books about the Jewish East End. Some concentrate on the synagogues and historic buildings; others are personal reflections of growing up in the area, while there are still more that look at the history of the Jewish migration to the East End.

But I have yet to come across a book that deals with some of the remarkable personalities who made their mark on the East End. All, sadly, are now long gone; but those unique characters live on in the memory of many East Enders. Here, surely, is a book waiting to be written.

The East End I remember was a world inhabited by good, honest people alongside spicers, villains and snorers; all with nebulous expressions on their faces. There was also a barrel organ player, a cornet player, one who played the mouth organ and salesmen who walked the streets selling laces, buttons, reels of cotton and elastic, usually worn around their necks like a Hawaiian lei.

I can remember vividly Ras Prince Monolulu. I was only 13 or 14 at the time, having come back from being evacuated to Wales, and saw this majestic figure walking through Petticoat Lane, or ad-

joining streets, shouting 'I Gotta Horse!' at the top of his voice. Monolulu wore a head-dress made of ostrich feathers, and lavishly embroidered gowns. He was certainly impossible to miss in a crowd.

■ TIPSTER

The story goes that Monolulu made his name as a racing tipster when he tipped Spion Kop, a 100-6 shot in the 1920 Derby, and it came home first. After that success, Monolulu became a legend, not only in the East End but throughout the world. His death in 1960 was bizarre: a journalist took Monolulu a box of chocolates while he was in hospital and he choked to death on one of them.

Walk outside Blooms or into Brick Lane and you would see Annie and Eva, two beigel sellers whose pitches were up-turned orange boxes. I remember them always covered in huge overcoats that came up to



Top: Ras Prince Monolulu. Left: bandleader Gerald Bright.

PHOTOS BY ALAMY

their ears and knitted caps that came down over them. Their guttural cries of 'Beigels, Beigels!' were more like a ship's foghorn; and should you be so foolish as to pass them without buying a beigel or two, they would let out a torrent of Yiddish curses. If, however, you did buy some beigels, then the curses were stopped in mid-sentence and you would be inscribed for a long and healthy life.

Music was one of the most popular pastimes in the Jewish East End, and some of the most famous bandleaders of the time came from Whitechapel and surrounding areas. Gerald Bright was one, and he just added the letter 'o' to his first name and changed it from Gerald to Gerald.

There is a lovely story – which I cannot confirm – that Gerald, then at the height of his fame, was walking through Brick Lane when he came face-to-face with an elderly Jewish woman with a thick

usually as a 'bad-die' ... I met him a couple of years ago and he looked remarkably well for a man in his late 80s.

Bud Flanagan was already a household name when I was growing up. Chaim Weintrop, as he was originally called, was a national treasure and the East End Jews basked in reflected glory that 'one of us' had met the king. There is today a blue plaque at 12 Hanbury Street stating that Bud Flanagan lived there. And who could forget Meir and Anna Tzelniker at the Yiddish Theatre?

I also grew up marvelling at the achievements of Lew Grade and his brother Bernard Delfont, who grew up in the East End. Bernard was expelled from Stepney Jewish School for running a farthing sweepstake; but it didn't stop him becoming one of the country's great impresarios.

If music was the thing for many Jews, then boxing came a close second; and we all revelled in the exploits of the Aldgate Tiger, Al Phillips, who had

followed on from the remarkable success of Jack 'Kid' Berg. With boxers came boxing promoters like Jack Solomons and Harry Levene, both from the East End, and another personal friend, Mickey Duff, who, as Morris Praeger, was arguably the worst boxer ever seen at the old Mile End Arena.

But Mickey went to the other side of the ropes to become one of the sport's finest matchmakers in boxing history.

I also remember walking through The Lane and seeing Jack Marks, known as 'Fat Jack the fruiterer' and Jackie Brandford, who sold dresses at giveaway prices in Petticoat Lane. He would shout out to his entranced audience: "You've heard of Christian Dior. Well, I'm the Yiddisher Dior". He would ask £2 for a dress, slash it to £1 and then to 10 shillings. The dresses flew off his stall like hot cakes.

There was also Sid Strong, who would throw a dozen or so plates into the air and catch them as they fell. To my knowledge, Sid never ever dropped a plate.

On public service, there were no better representatives than Miriam Moses JP, OBE

IT WAS THE PEOPLE WHO FLOATED THROUGH THE EAST END, NOT THE HISTORIC BUILDINGS

who, in 1931, became the first Jewish woman to become a mayor; Sir Basil Henriques, who founded the Oxford and St George's youth club, and Phyllis Gerson MBE. But there were many more who helped shape the characters of so many of us in the East End in those far off days.

To me, the greatest memory of the old Jewish East End was the unintentional humour of the Jewish people. One great story relates to a mother and her daughter coming out of Wickhams store in Mile End Road. As they left, the mother shouted to her daughter: "I'll phone you on Sunday if I live that long. If not, Monday."

And the woman who asked a shop keeper: "How much the cracked brown eggs?"

"Three pence a dozen", he replied.

"How much the white eggs?"

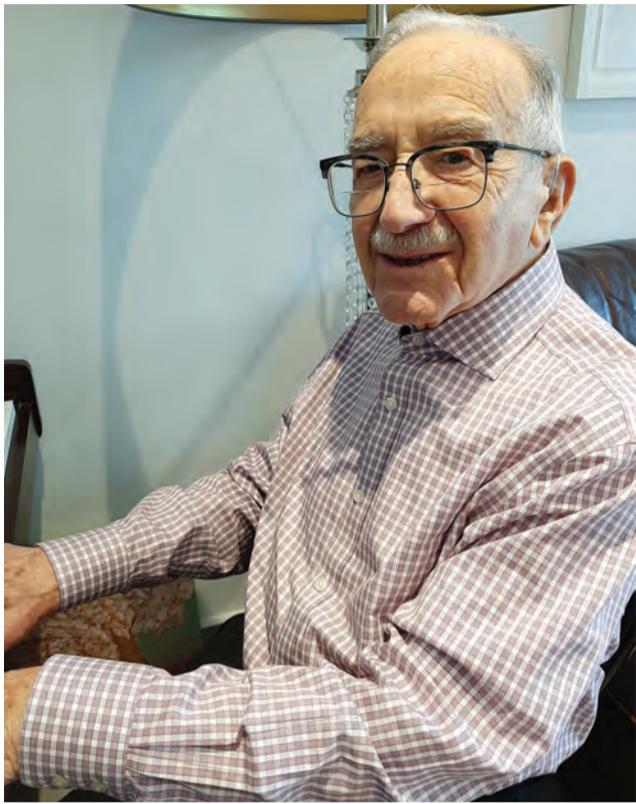
"A shilling a dozen."

"Crack me a dozen white eggs."

Another world long gone.

THIS PAGE WAS FIRST PUBLISHED IN OUR PASSOVER ISSUE. AS THIS ISSUE WAS ONLY PUBLISHED ONLINE, IT IS REPRINTED NOW AFTER REQUESTS FROM READERS WHO DID NOT HAVE ACCESS TO COMPUTERS

The song is ended, but ...



LOU FREEDMAN FROM REDBRIDGE IS 103 YEARS OLD AND DESCRIBES HIS LIFE AND TIMES IN THE 1920s, 30s, 40s AND BEYOND

AROUND 100 years ago, the early 1920s to be exact, the days long before radio or TV, everyone used to sing and literally every Jewish house had a piano. Somebody could always bump out some of the latest tunes of which there were new ones almost every day. Most children had music lessons at home, girls mainly piano and boys

mainly violin; and, in school, singing was encouraged with the aid of Tonic-sol-fa, using hand signals for the eight notes of an octave. I took to piano... but that's another story.

I obviously was very young at the time but clearly remember the excitement when a near neighbour bought a gramophone, and invited the family in to see this new wonder of the age.

■ NEEDLE

There it was, sitting in the centre of the table with its big horn staring at us. He inserted a handle and carefully wound it up, following inserting a needle into the soundbox, placing a record on the turntable and setting the speed to 80 rpm. Finally releasing the

brake, the turntable took off, the needle contacted the record and we heard a man singing. HOORAY! it works.

Throughout the 1920s, to me, the main entertainment with young people seemed to be ballroom dancing; and the general interest was the popular sing-along songs, new ones appearing every day, mainly imported from America: beautiful tunes with wonderful lyrics. There were also novelty dances like The Charleston, Black Bottom and Blues; but the end of the 20s, when silent films burst into sound and the big American musicals took over, was as if a revolution had taken place.

Can you imagine the thrill of seeing that great star Al Jolson singing Sonny Boy in that first "talkie" film The Jazz Singer? Even the word 'Hollywood' seemed like dreamland magic; although when visiting there many years later, I found the area not much different to anywhere else. We had also the great Bing Crosby who created crooning, the new way of singing softly using microphones; and he was responsible for a new enthusiasm in singers over here. Almost every High Street had a music shop selling pianos, sheet music and records which, unfortunately, doesn't exist today.

■ DANCING

At this time, we entered the 1930s and many things started to change. I mentioned earlier on that children were having music lessons, but none that I knew had achieved anything and had given up. They had, however, learned to read music and many of the boys, now starting work and earning money, were buying and learning to play saxophone, trumpet and drums, becoming professional musicians and forming dance bands, as ballroom dancing was now well established. Many West End hotels and restaurants employed dance bands, and the most popular public dance halls in London were the Astoria, the Hammer-smith Palais and the Locarno at Streatham. Additionally, there were many privately organised dances held almost everywhere.

■ UNIFORM

Sadly, the 30s ended with war; and it wasn't until well into the 1940s that the war years ended, and things seemed to start picking up again and carrying on as before. But musically nothing changed until the mid-1950s, when today's style of pop music, with its noisy heavy beat, took over.

Now please understand that I don't like today's music, and these comments are just my own. Perhaps it appeals to you, and I respect that. But, to me, today's pop music means singers who can't sing, musicians who cannot play an instrument and often wear a guitar like a uniform. The music they produce seems just a tuneless noise. Ballroom dancing now? Forget it.

I started this missive with a question. Now, what's your opinion?



Fashions in the 1920s. PICTURE COURTESY OF GLAMOUR DAZE



The Astoria in Charing Cross Road, a magnet for ballroom dancing enthusiasts



'When singers were singers ...' Al Jolson (left) and Bing Crosby were the stars that Lou admired

Three Faiths annual Holy Land tour



The group on steps of al-Jazzar Mosque in Akko.

IN EARLY December, 24 members of the East London Three Faiths Forum went off

for a week's tour of the Holy Land, visiting many religiously-significant places in Is-

rael and Palestine, including Bethlehem, Nazareth, Jerusalem, Jericho and Hebron.

This was the eighth annual tour organised by the Three Faiths Forum. The group included 10 Muslims, eight Christians and six Jews, inspiring led by Reverend Ulrike Bell (United Reform Church), Imam Dr Mohammed Fahim (South Woodford Mosque) and Rabbi David Hulbert (East London & Essex Liberal Synagogue).

Rabbi Hulbert said: "The week-long tour was an immense success, packed with unforgettable experiences. Many new and deep friendships were made amongst the participants."

'Thinking of you'

AS the Essex Jewish community dealt with the impact of the coronavirus, pupils from Wohl Ilford Jewish Primary School made amazing 'thinking of you' cards for residents in Jewish Care homes, tenants in Jewish Blind and Disabled buildings and those in receipt of Meals on Wheels. They also made 'thank you' cards for the staff working in Sainsbury's and Tesco stores in Barkingside.



The school's Jewish studies lead Deborah Harris said: "We are a community school and it means so much to all our staff that we

have such dedicated and caring children who care about others each and every day, even in extremely difficult circumstances."

THIS PAGE WAS FIRST PUBLISHED IN OUR PASSOVER ISSUE. AS THIS ISSUE WAS ONLY PUBLISHED ONLINE, IT IS REPRINTED NOW AFTER REQUESTS FROM READERS WHO DID NOT HAVE ACCESS TO COMPUTERS

WHAT IS THE POINT?

**THE POINT IS FOR US TO ENSURE THE
FUTURE OF OUR JEWISH COMMUNITY**

**PLEASE LEAVE A GIFT IN YOUR
WILL TO A JEWISH CHARITY**



**For more information on leaving a gift in your Will to one or more of our
43 Jewish Charity partners, please visit www.jewishlegacy.org.uk,
email gina@jewishlegacygiving.org.uk or call 020 3375 6248.**



Jewish Legacy

Promoting leaving gifts in Wills to Jewish Charities