

# ESSEX JEWISH NEWS

NEW YEAR ISSUE 5780/2019

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

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Summer scheme  
special



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punch



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Fashion and  
beauty



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## History made as Epping gets its first full-time rabbi

BY SIMON ROTHSTEIN

RABBI Yossi Posen has become Epping's first ever full-time rabbi, after joining the Chabad community there at the start of September.

Rabbi Posen – who was born in London and has lived in Gateshead, Golders Green and Stamford Hill – arrived from Israel with his American wife Rivka and their three children, Mendel, Mussia and Levi.

They will serve Epping, North Weald and Theydon Bois, three areas that have seen a growth in their Jewish populations during the last decade. They will also open a new Chabad Lubavitch Centre in the area.

The rabbinic couple were appointed by Rabbi Aryeh and Devorah Sufrin, who have been helping to slowly build up the Chabad Epping community over the last four years with a series of well-received services, festival celebrations and social events.

Rabbi Sufrin MBE, executive director of Chabad North East London & Essex, said: "We are thrilled that, after a long search, we have confirmed the appointment of Rabbi Yossi and Rivka Posen and their young family. They have already shown a lively enthusiasm in opening a brand new full-time Chabad Centre, catering to the growing needs of the local Jewish population – both those who have been identified so far and the many more who



Rabbi Yossi Posen with his wife Rivka and their three children on arrival in Epping

we are still to connect with."

In an exclusive interview with the *Essex Jewish News*, their first since moving to Epping, Rabbi Posen told us: "What really inspired us so much on our initial visit, and the research we did into the area, was that there is already an established group of Jewish people in Epping. Many of them have lived here for a number of years, quite a distance from the traditional hub of local Jewish life, and yet they are active, passionate about their heritage and ready and dedicated to building the community here."

Rivka echoed: "When you hear that so many people are already involved and many others are asking for services and programmes, and everybody knows

that there are many more people waiting to be discovered, it really makes us feel needed here."

Rivka, herself a daughter of a prominent rabbi, says that the environment she grew up in at home will be greatly beneficial to her as she takes on this new role. Rabbi Oberlander, Rivka's father, resides in Monsey, New York. In addition to his role as a rabbi for a larger community, he also runs a successful Chabad Centre operating from within his home.

"We're excited to raise our children in Epping, and we're sure they're going to grow up to become proud Essex Jews," Rivka added.

Rabbi Posen's appointment is a sign of the growing Jewish community in parts of Essex,

where there were previously few Jews. Although once thriving centres of Anglo-Jewry, such as Gants Hill and Clayhall, have seen sharp declines, other places – including Chigwell, Buckhurst Hill, Loughton and now Epping – have become popular with a new generation.

Steve Klein has been the chair of Chabad Epping since it began in 2015. He said: "This is the start of a new era for Epping. We have been growing steadily over the last four years, but there was only so far we could go without a full-time rabbi.

"It can often be hard to get younger people involved in a local Jewish community but Rabbi Posen, who is in his twenties and has three young children, is somebody they can immediately identify with.

"Epping can date its history back to 1086 – when it is mentioned in the Domesday Book – but this Rosh Hashanah will be the first time it has had its own rabbi. We can't wait to make our own little piece of Jewish history."

Asked for his one overarching goal in his new role, Rabbi Posen told us that it is "to make sure that there isn't one Jew in the area that feels lonely".

He concluded: "The inclusive vision of the Rebbe - Rabbi Menachem M Schneerson of righteous memory - his unconditional love of humanity and his leadership and dedication will be the inspiration and guiding light for the new Chabad Jewish Centre of Epping."

## The 'Shul by the Sea' welcomes a new rabbi

SOUTHEND and Westcliff Hebrew Congregation (SWHC) has appointed Rabbi Geoffrey Hyman as the community's new full-time rabbi.

Rabbi Hyman joined the 113-year-old congregation, along with his Rebbetzen Michelle, at the end of July. This was followed by an official 'meet and greet' Shabbat service in mid-August.

SWHC president Michael Nelkin said: "We believe Rabbi Hyman and his Rebbetzen Michelle will set us on a clear path of communal renewal and development. We have been fortunate to find a rabbi with so much enthusiasm, coupled with a friendly and approachable manner to lead, inspire and enhance our

warm community here at the 'Shul by the Sea'."

Close to 250 congregants packed the shul for the Shabbat service to welcome the new rabbinic couple.

In his sermon, Rabbi Hyman said that, during his 38 years in the rabbinate, he had never been more overwhelmed or impressed by the enormous amount of people involved in the running of a community – ranging from the caretakers, the hard-working office staff and all the helpers and volunteers making a valuable contribution.

Rabbi Hyman's academic background is vast; and he has held various United Synagogue posts, including most recently serving Ilford United Synagogue.



Rabbi Hyman and his Rebbetzen Michelle

## King Solomon teams are Maccabi stars



The victorious girls' and boys' teams from Kantor King Solomon

KANTOR King Solomon High School cleaned up at this year's Maccabi GB Secondary School Track and Field Tournament, beating a variety of sides from North

West London and Hertfordshire.

Both the girls' and boys' teams came first, after taking part in a range of events from hurdles to high jump. They



were also praised for showing fantastic sportsmanship and support for each other.

The teams they beat included pupils from JFS, Yavnah, JCoSS and Hasmonian.

NEW YEAR GREETINGS TO THE COMMUNITY ARE ON PAGES 22 AND 23

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



# ESSEX JEWISH NEWS

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# To Be Frank ...

## COMMENT

**H**AD she – in other circumstances – lived till then, the posthumously world-renowned, wartime diarist and Holocaust victim Anne Frank would've celebrated her 90th birthday just a few months ago, on 12 June 2019.

Around that time, your comment writer recalls reading about that arguably equivocal notion and the painting, by different artists, of two artworks – one of which was donated to the Anne Frank Trust for sale by auction – individually visualising, depicting or portraying the 15-year-old girl as a nonagenarian (albeit with one canvas featuring the teenager in the foreground). Sadly, she had died (probably) of typhus, alongside her older sister Margot, in the Nazi concentration camp of Bergen-Belsen, shortly before it was liberated by British troops in April 1945.

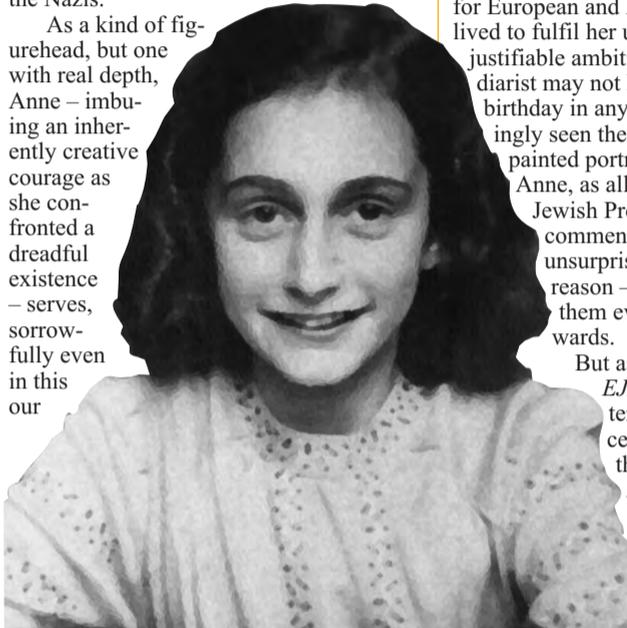
Anne's family – led by her father Otto Frank, its only Shoah survivor, who would arrange publication of his younger daughter's now famed diary in 1947 – had fled to Holland (from their home in Frankfurt) to escape the vicious, antisemitic persecution of Hitler's Third Reich. But they were forced into hiding, within the so-called 'Secret Annex' of Otto's business premises in the Prinsengracht, Amsterdam, after Nazi Germany invaded and occupied the Netherlands. (Your comment writer knows well that a visit to the building, long a relevant museum – the 'Anne Frank House' – can be a very moving experience).

Hidden away from the world, Anne's emotions and psyche – as a girl in her early teens – found talented focus in her now so widely read diary, written and confided in during the two years of the Frank family's fearful concealment. And before their ultimate and fatal (likely) betrayal to

the Gestapo, followed by discovery and arrest on a raid by the SS and German police.

Needless to say, the facial portrayals of Anne Frank at age 90 in the two oil paintings mentioned are different; apparently, one of the artists employed a special technique for ageing Anne's teenage features. Naturally, there's so much to be said in favour of an extensive and deep remembrance of Anne Frank. She remains – and, hopefully, will continue to be – one of the beacon symbols of the six million Jews whose lives were ended prematurely by the Nazis.

As a kind of figurehead, but one with real depth, Anne – imbuing an inherently creative courage as she confronted a dreadful existence – serves, sorrowfully even in this our



post-modern environment, to counteract historically the evil of (increasing) anti-semitism. However, in that connection and context, there's a compelling impulse to say that the world needs to remember her, meaningfully, as she was ... an innocent, 15-year-old Jewish girl caught up inexorably and destiny-wise in the widespread web of Hitler's cataclysmic hatred of her people.

Almost automatically now, we can image Anne's 'eternal' face – with its somewhat whimsically mature glow of intelligent curiosity – in our mind's eye whenever we read, or hear mention of, her name. The young, pensive features remind us of – and, indeed, tell us – everything about that horrifically disastrous period for European and Russian Jewry. Had she lived to fulfil her undoubted promise and justifiable ambitions, the noted literary diarist may not have reached a 90th birthday in any event. Having fleetingly seen the relatively recently painted portrayals of such an aged Anne, as alluded to earlier, in the Jewish Press and online, your comment writer was – perhaps unsurprisingly, and for whatever reason – unable to mind-image them even quite shortly afterwards.

But as your writer pens this *EJN* Comment's final sentence, he can see – on his cerebral screen – the authentic Anne Frank the Jewish teenager-diarist, and understand all that her instantly recognisable image represents, very clearly indeed ... and so be it.

## A community figure in every sense of the word

THE *Essex Jewish News* offers its best wishes to Rabbi David Hulbert on his retirement. He is, in every sense of the word, a community figure and not one who devoted his time only to his synagogue, important though that is.

Rabbi Hulbert always made a point of attending as many events in the community as possible – while some other rabbis have stuck rigidly to their own shul business and nothing else – and has always been a huge supporter of this newspaper, helping us find stories, reporters and even our current editor.

Rabbi Hulbert, who had been the longest serving minister in the Essex area, was rabbi of East London and Essex Lib-

eral Synagogue (ELELS) and previously Bet Tikvah Progressive Synagogue in Barkingside, which merged with Woodford Liberal Synagogue to form ELELS. He served this same community for the entire 30 years of his rabbinic career, making him Liberal Judaism's longest serving minister within a single congregation by some way.

Outside of his synagogue, Rabbi Hulbert's great achievement was becoming a founder member of the East London Three Faiths Forum; and he was instrumental in bringing representatives of the three Abrahamic faiths together in discussion and social events.

His retirement service (pic-



ture) was a splendid affair attended by many local dignitaries as well as Rabbi Danny Rich, the senior rabbi of Liberal Judaism, who was in the same Leo Baeck College graduating class as Rabbi Hulbert some three decades ago.

Rabbi Hulbert will now become emeritus minister of ELELS and plans to continue as a 'rambling rabbi' visiting small Progressive communities around the country.

Our congratulations on your retirement and a job well done.

## WHERE YOU CAN PICK UP THE ESSEX JEWISH NEWS

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 Harlow Synagogue  
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# RAGS raises six figures for community care

# TOWIE Trekkers aiming to raise £6,600 for MDA



**Above: RAGS' Andy Green and Andrew Klein present a cheque to Jewish Care CEO Daniel Carmel-Brown (centre). Left: A participant tees off.**

PHOTOS BY YAKIR ZUR

ALMOST 120 golfers were on par for the 49th Annual RAGS (Redbridge Aid Golf Society) golf tournament at Abridge Golf and Country Club, raising £111,000 for community services in the Redbridge area.

A cheque for £96,000 was presented to Jewish Care's chief executive, Daniel Carmel-Brown, to support the charity's work locally. Further donations were made to the Community Security Trust (£10,000) and Sidney Gold

RAGS Scholars (£5,000).

Golf committee chair Andy Green said: "This was another great year for RAGS. It is always a highlight in the calendar and a good opportunity to enjoy playing golf whilst raising money for vital services, including much needed funds for Redbridge Jewish Community Centre."

The overall winner of the day was James Thompson, with the winning team made up of Neil Ackroyd, Paul Dell, Lee Manning and Neil Keveren.



A GROUP of young adults from Essex calling themselves the TOWIE Trekkers are aiming to raise money for the rebuilding of the Magen David Adom (MDA) Ambulance Station in Rahat, Israel.

Locals Danielle Lenchner, Louise Bick and Darren Kantor (pictured above) are joining with a group from North London for the trek, which is known as Israel 360 and is full of challenges along the route.

Darren said: "None of us has ever done anything like this before. We are pushing ourselves to the limit by climbing mountains, going through craters and various terrains over a period of five days throughout Israel."

"We have chosen to support MDA as it is Israel's only ambulance and medical emergency service. It raises funds for medical equipment, ambulances, bloodmobiles and stations to benefit ALL Israel's citizens."

The Ambulance Station in Rahat – the world's largest Bedouin settlement and part of the MDA Negev region – is manned 24/7 and provides emergency services to the entire population of nearly 67,000. In 2017, it responded to 2,500 emergency calls. It is in need of a complete re-build to make it fit for purpose.

To sponsor the TOWIE Trekkers, visit [www.justgiving.com/fundraising/towie-trekkers](http://www.justgiving.com/fundraising/towie-trekkers)

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# A service everyone should try



BY **SIMON ROTHSTEIN**  
EDITOR ESSEX JEWISH NEWS

THE foremost thing on my mind as my first trip to a Shabbat Shelanu service at East London & Essex Liberal Synagogue (ELELS) came to a close was that this is something every community should do.

The idea of the Shabbat is to fully include those who happen to be affected by a disability through the use of visual aids, singing, acting, interaction and regular explanations of what is happening. What this means, in practice, is that the service immediately becomes accessible to absolutely everyone in attendance ... and a whole lot of fun, too.

Young children, mine included, love all the fun elements and they are positively encouraged to be noisy, while older children enjoy being able to show their knowledge and assist the rabbi. Occasional shulgoers appreciate always



knowing what is happening, while regulars get something new and very different to the norm.

Through the continued hard work of a team of people – including Rabbi Richard Jacobi, Mich Sampson, Alice Wilcock, June Beads and Zara Fryer – the service is all about bringing people together and giving life

to Liberal Judaism's motto of being the home for your Jewish story.

As ELELS member Jo Pinyon so eloquently put it afterwards: "This beautiful, sensitive service meant so much to me and, I'm sure from what we could all feel, to every person present. It was so touching, poignant and enrich-

ing, with signing instead of speaking and the ability to take part in inspired depictions that really brought the Torah to life. I felt very privileged to be present."

Shabbat Shelanu takes place regularly at ELELS. For more details and dates, visit [eastlondonandessexliberalsynagogue.org](http://eastlondonandessexliberalsynagogue.org)

# Clore kids enjoy 'best ever' school fête



A MIX of new attractions and community support led to pupils describing this year's Clore Tikva Primary School summer fête as "the best ever".

Highlights included the brand new bungee trampolines and aqua zorbs as well as the Lego fire walk, which saw a series of brave/crazy children walk barefoot along a stream of plastic bricks.

All those in attendance also had the opportunity to have their face painted, hair braided, beat a goalie, boing on a bouncy castle, take a chance on the human fruit machine or simply to take a rest on a deckchair (pictured).

Community organisations

playing an active role in the fête included Chabad, JLGB and CST. The fête also had overwhelming support through donations of goods and services from The Forest Farm Shop, Tesco Gallions Reach and Sweet Dimple. It was sponsored by Hills of Woodford.

Headmaster Matthew Neat said: "The success of our summer fête was made possible by the wonderful parents on FACT (Fundraisers At Clore Tikva), who worked tirelessly over many months. I am grateful to all the people who came and supported the school, particularly in these challenging financial times."

# Women lead the way at Southend Reform



Southend & District Reform Synagogue held a Shabbat service with a twist, it was led solely by women. Synagogue council member Mike Royston said: "In Reform Judaism, women play an equal role to men in synagogue worship. Our synagogue decided to celebrate this by having a service led entirely by women. It was a pleasure to see so many members participating in and attending this service."

# Chigwell Batzmizvah Club graduate

BY **CHAYA GOODWIN**

SEEING the graduation of the Batmizvah Club of Chigwell & Hainault Synagogue was a proud moment.

I have run the club monthly over the past year, assisted by Abigail Preston. It was attended by 16 girls in school years 6 and 7. They learnt lots of important things about Judaism in a hands-on way. For example, they hosted a Friday night dinner in shul for their families where they helped cook the food, set the table and gave Divrei Torah (words of inspiration) at the meal.

There was also a social action theme which included a trip to Tesco led by GIFT ('Give It Forward Today' – a Jewish

charity that collects and distributes items for those in need), and where the girls shopped for food for families in need. Some other activities over the year included decorating Shabbat candlesticks, making soap for asylum seekers and celebrating Lag B'Omer with a BBQ.

All of this culminated in a graduation ceremony at the shul, where the girls each lit a candle, together with their mother, to thank them for bringing them to the age of batmizvah. After this, everyone was invited to enjoy some desserts, whilst the girls made a craft with help from their family. At each session, the girls gave tzedakah (charity) and the proceeds reached a total of £50.79, which has been donated to GIFT.



PHOTO BY AVI VACHMAN

# Singing + Bingo = Singo

# Mayoral candidate pops in for a Chat



**A musical spin on bingo proved a huge hit in Southend** PHOTO BY YAKIR ZUR

More than 100 people enjoyed a night of Singo in Southend, a new musical spin on traditional Bingo. Instead of listening for a number, players listen out for their favourite music from the 60s and 70s.

The *Essex Jewish News* spoke to Derek Silverstone and Marcia Goldberg, the chair and functions chair of the Southend & District Aid Society.

They said: "We were de-

lighted with the support and success of the Singo evening to raise funds for activities at Jewish Care's Southend & Westcliff Community Centre.

"We all enjoyed the singing bingo and were de-

lighted we could raise funds to support the well-being of older members of our local community, including those who attend the Community Centre to socialise and enjoy the entertainment and tasty hot meals."



**Shaun Bailey (left) with Sid Green, founder member of Chaps That Chat**

CONSERVATIVE party Mayoral candidate Shaun Bailey visited the Chaps That Chat group at Redbridge Jewish-Community Centre (RJCC).

Chaps That Chat was set up four years ago by Sid Green for local men, who are 60 and above, to liven up their week by meeting up once a month to discuss current affairs and issues and enjoy each other's company.

Sid told the *Essex Jewish News*: "We had over 60 members between the ages of 60 to 93 who came along to hear Shaun Bailey, who was fantastic. He answered all the questions from the chaps and stayed for a cup of tea and cake."

"Shaun told us that he ap-

preciated meeting the group, and said it was wonderful to see so many older men from our community getting together at the Chaps That Chat group. He knew about the work that Jewish Care and the RJCC are doing and we wished him good luck in his Mayoral campaign."

Shaun Bailey said: "Chaps That Chat is a wonderful community initiative, and it was an absolute pleasure to join them for the day. I come from a Jamaican culture where respect for our elders is deeply ingrained. As a self-appointed honorary Chap, I hope to see the Chaps again and I now fully expect to be invited into the group full time when I turn 60!"

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Jewish Legacy

# Holocaust survivor Janine stands against prejudice

TISHA B'AV is always an emotional day. It was made even more so when Holocaust survivor Janine Webber addressed the Chigwell and Hainault Synagogue community. For nearly an hour and a half, both in telling her remarkable story and answering questions, Janine spoke with an eloquence and fluency that belied her 87 years. Her audience was captivated.

Rabbi Davis (pictured right with Janine) said afterwards: "We lived her story through her eyes."

Born in 1932 into an ordinary Jewish family in Lvov, Poland, Janine lived with her parents and brother in a modest apartment. Always a happy child, she often went to shul on Shabbat with her adored father. When the Nazis occupied Poland in 1941, Janine and her family hid. By hiding behind holes in wardrobes, and by her father on one occasion jumping from a second floor balcony and breaking his leg, they avoided arrest, until the Nazis eventually discovered her father and shot him dead.

The disconsolate family moved to the Lvov Ghetto with other family members including

her 19 year old aunt, Nina. Soon afterwards, Janine's mother was struck with typhus and died in a rat-infested cellar in the ghetto. On her aunt's advice, nine-year-old Janine and her seven-year-old brother crawled under the fence and tried to escape, but soon returned after being blackmailed by Polish children to give them their precious coats. Escaping again, the children took refuge with a Polish farmer who let them stay in his stables. After being forced to move, they again crawled back into the ghetto where their uncle found a Catholic family to look after the children. Unfortunately, the Nazis caught them. Her darling brother was shot but, for some unknown miraculous reason, the soldier let Janine escape.

It was soon afterwards that Janine met a remarkable Catholic Pole called Edek. This courageous, 19-year-old, underground fighter took pity on Janine. Edek hid Janine, Nina and her uncle, together with 11 other Jews, first of all in a loft and then what amounted to a hole in the ground for a year. One consequence was that Janine lost her ability to walk properly, but in subsequent years she defied



Holocaust survivor Janine Webber with Rabbi Davis

the doctors to recover. Edek's courage has resulted in him being honoured at Yad Vashem; and last year, Janine collabo-

rated with an unlikely source - an English rapper and composer called Kapoo and film director Malcolm Green - to make a

short documentary about Edek.

Through her ingenuity, Nina managed to obtain false papers and encouraged Janine to sur-

vive by spending the rest of the war years pretending to be a Catholic girl. She variously stayed with members of the Polish community, in a Convent, as an 11-year-old maid with a Polish family and then had to take Holy Communion to maintain her false identity.

After the war, Janine was rescued by her aunt and spent time in Paris in a Jewish children's home. She became fluent in French and, at the age of 24, came to England where she married and now has two sons and two grandsons. Nina also moved to the UK.

Like many survivors, Janine was never encouraged to talk about her experiences. She lived with nightmares for many years. Now she tells her story regularly around the UK, including at the National Holocaust Centre in Nottingham.

Janine concluded her talk by telling the community how she has taught her children to "stand up to prejudice". This she has done throughout her life; and we normal mortals can only admire her courage with awe and wonder. This was an evening that will long live in our collective memories.

## Hands up if you love Chigs Summerworld has kids in a spin



THE Summer Scheme at Chigwell and Hainault Jewish Youth Club (Chigs JYC) welcomed 115 different primary school children, supported by a team of 73 volunteers and staff who ranged in age from 11 to 90+.

Youth worker Josh Nash told the *Essex Jewish News*: "Thanks to support from the Children's Aid Committee and National Lottery Community

Fund, we were able to host a range of visits and workshops. These included Sacha Magical Entertainment, exotic animals, circus skills and a giant inflatable assault course.

"We also offered lots of other activities each day - from arts and crafts to sports and dance - designed to bring all ages together, creating a safe and enjoyable environment where

everyone had lots of fun!"

Chigs JYC runs all year round and has been putting on holiday schemes for almost three decades. To find out more, visit [www.chigsjyc.co.uk](http://www.chigsjyc.co.uk)

The National Lottery Community Fund distributes money raised by National Lottery players for good causes, and is the largest community funder in the UK.



JEWISH CARE's Redbridge Jewish Community Centre (RJCC) Summerworld holiday scheme was a big success again as children enjoyed the Circus theme with plenty of juggling and plate spinning.

They also had a great time at competitions week and Little Big Me, where they had a go at finding out what it's like to be police, medics, chefs,

engineers and business leaders of the future. There were animal afternoons and visits from Guide Dogs, and a magical week of Wizarding School to finish off.

RJCC youth and family co-ordinator Emma Senitt told the *Essex Jewish News*: "At the RJCC, our holiday schemes and after-school clubs create opportunities for primary school-age

children to socialise, have fun and form new friendships, and our leaders get to know each child so they have as much fun as possible."

To find out more and sign up for the next RJCC holiday scheme 23-25 October, please get in touch with [rjccyouth@jcare.org](mailto:rjccyouth@jcare.org) or telephone 020 8418 2120.

# Rabbi Sufrin celebrates his 60th with tefillin



A SPECIAL '61 for 60' campaign was launched to celebrate the 60th birthday of Rabbi Aryeh Sufrin MBE, head shliach and executive director of Chabad NE London & Essex.

Organised as a surprise by Rabbi Sufrin's wife Devorah, their daughters Chavi and Shterni and friend and long-term supporter Brian Mitchell, the target was to have 61 tefillin wearers come together to celebrate 60 years.

In the end, more than 70 participants gathered together for the occasion, much to the delight of the rabbi.

In recent times, Rabbi Sufrin has strengthened his involvement in Chabad's Tefillin

Campaign, including initiating and leading a weekly tefillah and prayer service at Kantor King Solomon High School.

He said: "I could not have asked for a better gift in honour of my special birthday. Representatives came from our three Chabad Houses – Gants Hill, Buckhurst Hill and Epping – as well as Southend-on-Sea. Many were re-engaging with the mitzvah of tefillin after many years.

"Dear friends made a real effort this morning, leaving me feeling humbled and deeply moved. May the merit of this special mitzvah protect us all as we beseech Hashem for His Blessings for the New Year and beyond."

**Family, friends and Chabad members from all over Essex celebrated with Rabbi Sufrin**



**I could not have asked for a better gift for my special birthday**

## Essex Liberals help fight global poverty

THE community at East London & Essex Liberal Synagogue (ELELS) presented a cheque for the sum of £1,486.66 to Tzedek UK, as part of a special Shabbat service looking at the fight against poverty.

Tzedek chief executive, Judith Stanton, accepted the donation and spoke about the charity's vision to reduce extreme poverty in some of the poorest regions of the world, driven by the expertise of the UK Jewish community.

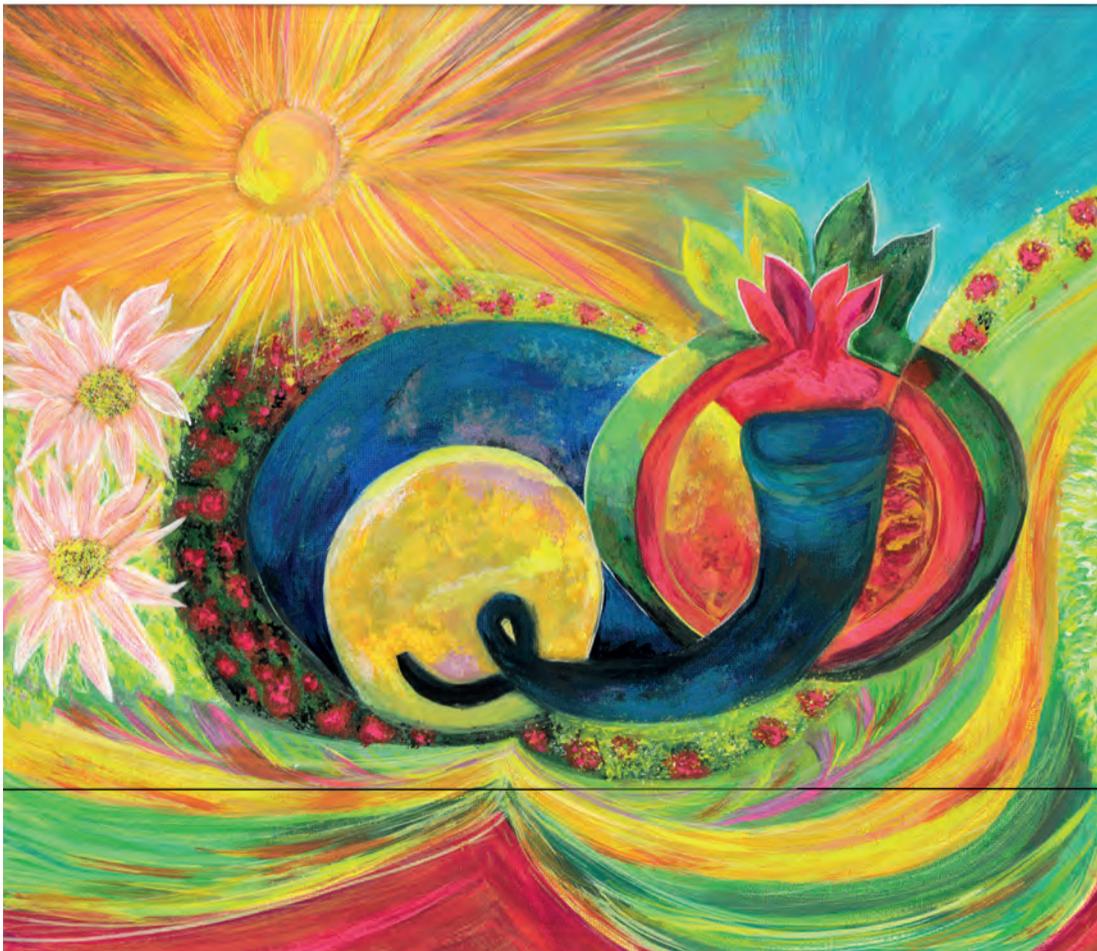
Judith said: "It is truly inspiring that communities like ELELS can dig deep and realise the obligation we have to support those



living in extreme poverty. Thank you so much for the big cheque."

To find out more about Tzedek's work, please visit [www.tzedek.org.uk](http://www.tzedek.org.uk)

**Judith Stanton of Tzedek UK with Rabbi Richard Jacobi, Stewart Spivack and Jonny Hurst**



707

## How does Chai care?

"Cancer made us voiceless, isolated and scared.

The workshop gave us the confidence to be creative and express things that are hard to put into words.

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chai cancer care  
together we can cope

# A sixty second shmooze with ... Gary Green

**G**ARY GREEN started out as a monumental mason in 1978 and established his business 'Gary Green Memorials' in 1992. His first showroom was in Clayhall, Ilford, and two years later he opened a second showroom in Edgware. His is now one of the largest firms of monumental masons in London. Gary took some time out to chat to **Micaela Blitz** about his profession:

*Your father was also a monumental mason, and you followed in his footsteps. What appealed to you?*

I was always interested in art and my father made me serve my apprenticeship as a letter carver when I left school, and the rest is history.

*Can you tell us more about your training needed to do this profession?*

I learnt the trade the hard way, but had a good teacher. Early mornings and late nights in all weather conditions. I have been in the trade for over 40 years and have run my own business for 25 years. There is nothing about the trade I do not know. It comes with years of experience.

*Do people often think that you are morbid for working in this kind of area? Is this a common misconception amongst those working in this area?*

It's not a morbid industry even though we are dealing with

the death of a family member. A stone setting is a celebration of people's lives and a time for family and friends to remember the good times they shared.

*You are dealing with people at a very distressing and difficult time. How do you learn to deal with them in a sensitive and respectful way? Do you receive training in counselling, etc?*

I pride my company on excellent customer service and going the extra mile to provide them with complete satisfaction. Showing sensitivity and being respectful is all part of this service, and does not require extra training for my staff.

*What is the best part of your job?*

This is a very unique, niche business and we are servicing the community. I get satisfaction when I know that our customers are pleased with the service we provide.

*What is the most unusual request you have received for a headstone?*

A lot of our customers will try to create a witty inscription, but the rest of the family will normally keep things very formal. The new fashion is to have Swarovski diamonds on the granite headstone. Whatever the customer wants ... the customer gets!!

*Can you tell me more about the process involved in creating a*

*headstone in your factory? Is it still done by hand or is technology involved?*

All of our marble memorials are manufactured by hand at our factory. Inscriptions are created by using a letter-cutting machine for marble headstones and sandblasting for granite. The gilding is all finished by hand.

*How has the job changed over the time you have been working?*

When I first started, everything was done by hand. I now personally prepare all the artwork for each granite memorial using computer technology and produce rubber stencils. The industry has also become more regulated, and stonemasons need to be registered with the governing bodies BRAMM (the British Register of Accredited Memorial Masons) and NAMM (National Association of Memorial Masons).

*For anyone that might be interested in going into this profession, what advice would you give to them? What skills do you need?*

You need to understand the industry and be good with customers. At Gary Green Memorials we treat each customer with the respect they deserve. Hard work, a focused team and investment in the infrastructure has also helped us grow over the years.



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Adam’s mother, Tracy Field

# EMPOWERED

# Amazing Alice celebrates



Rabbi Richard Jacobi and Alice Alexander light the Shabbat candles

HOLOCAUST survivor and East London & Essex Liberal Synagogue (ELELS) member Alice Alexander celebrated her 94th birthday at the shul with congregants, family and friends.

In honour of her birthday, Alice lit the Shabbat candles at a special service, which was led by Rabbi Richard Jacobi. Afterwards, ELELS chair Stewart Spivack said: "It was an honour to celebrate Alice's birthday with her."

Alice was born in Germany and fled the Nazis as a Kindertransport refugee, having to rebuild her life in England as a child. Her parents were murdered in the Holocaust. After the war, Alice joined the British military and worked for them in Palestine.

Still going strong, and even travelling alone on public transport, Alice is currently working on a book about her amazing life.

## School tour

PROSPECTIVE parents at Kantor King Solomon High School can take a tour of the school and meet the teachers next month.

There is an evening session on Thursday 3 October from 6.30pm to 9pm, with a speech from head Hannele Reece at 7.30pm. For those who prefer mornings, a second opportunity to visit is on Thursday 10 October from 9am to 10.45am.

# Camp Simcha build 'Safety Net' to reach every family

IF you would like to volunteer and help others but don't really have the time, then Camp Simcha may have the role for you.

With the support of the Wohl Charitable Foundation, the charity is recruiting an army of ambassadors to be their eyes and ears in the community – ensuring that any family with a seriously ill child knows exactly how Camp Simcha can support them.

Naomi Cohen, Camp Simcha's Community Liaison Co-ordinator, explained this new TouchPoints Ambassadors initiative to the *Essex Jewish News*, saying: "Many of our referrals come from word of mouth. I have already made contact with a lot of people with formal positions in the Jewish community: headteachers, school and synagogue administrators, rabbis, welfare officers etc. But now we want to build a network or 'safety net' of informal social connections to make sure we reach every family that needs us."

"The kind of people we would love to hear from might be a parent who is a class rep, in touch with a lot of the other parents in her child's school class or year, as well as having children at a dance or gym class, Brownie/Cubs pack or even an antenatal mums or toddler

group.

"It could be someone who is on the list for his or her shul's children's service rota or cheder security or their child's football team.

"The time commitment is very minimal. After an initial induction to learn about Camp Simcha, all we ask is that they use their network to simply keep in touch with any groups that their child or children attend. If they hear about a sick child or their sibling, they liaise with the school or group about contacting Camp Simcha in the appropriate way."

One of Camp Simcha's first TouchPoints Ambassadors is Sarah Burns. She said: "With three children, I have always found volunteering opportunities at their schools and clubs as well as at the local Brownies and our Masorti synagogue community, so I see a lot of other parents over the course of the week."

"I'm looking forward to finding out more about what Camp Simcha does, so that I know what to do and how to help if I hear about a family with a child that is in hospital or being treated for a serious illness."

For more information on becoming a TouchPoint Ambassador, email Naomi Cohen at [naomi@campsimcha.org.uk](mailto:naomi@campsimcha.org.uk) or call the Camp Simcha office on 020 8202 9297.



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# WOMEN IN THE SPOTLIGHT

# Model Linda makes the perfect Pitch



BY **MICHAELA BLITZ**

A GLAMOROUS granny from Chigwell is proving that it is never too late to follow your dreams. Linda Pitch, a retired nurse, has taken up modelling at 76, showing that age is just a number if you are young at heart.

Linda had always dreamt of performing on stage and loved singing and dancing, but never really pursued it. When she re-

tired 10 years ago, she decided to join a choir as well as the local amateur dramatics society CROADS (Chigwell Row Operatic and Amateur Dramatics Society); and she hasn't looked back since. She has been involved in many performances, including most recently Pirates of Penzance, telling the *Essex Jewish News*: "I must be an absolute show-off."

When a friend mentioned that advertising agencies were

always looking for more mature models, she decided to give it a go and signed with Allsorts Modelling Agency in Buckhurst Hill. Since starting modelling, she has had a few interesting jobs; and was even offered a campaign for Tesco, but had to turn it down due to a family wedding

One of the campaigns she was involved in was for a retirement home and, as part of it, she had to wear an oxygen mask. As

she explains: "When it came to the shoot, no one on the crew really knew how to use it but, due to my experience as a nurse, I was able to show them how to do it properly!"

Whilst she considers modelling just a hobby and a bit of fun, it has also helped her to have a more positive image of herself, as she explains: "When I was a child, I was quite fat and I think that as a result of that I have always had a negative

body image. But now I have learnt to like what I see, and I am happy with it."

Her family have been very encouraging of her new hobby. Her daughter, Anna Mileberg, comments: "We are all delighted with mum's modelling career. Mum has always had a great attitude to life and grabbed every opportunity that came her way. She is a great example and we should all have her energy and love of life!"

Linda would be the first to admit that she has always done things later. She later retrained to become a nurse in her 40s, and went on to work in the profession for 25 years as a ward sister at King George's Hospital before retiring in 2008.

"I definitely don't feel my age and don't dwell on it or let it stop me doing the things I want to do," she concludes. "You don't get any applause for holding back!"



Thirty-four women from The Ladies That Lunch Club at the Redbridge Jewish Community Centre enjoyed a fun day out at Capel Manor Gardens



## Dame Louise vows to fight on

BY **IAN MURRAY**

DAME Louise Ellman MP has promised to continue her fight against antisemitism in the Labour Party.

Speaking at a dinner attended by more than 130 people at Chigwell and Hainault (United) Synagogue, Dame Louise spoke candidly about the horrendous hatred and abuse she has received from factions within her Liverpool Riverside constituency for speaking out on the matter.

An outstanding MP who has served her community for more than 20 years, Ellman had a majority of nearly 36,000 at the last General Election.

She told how she takes comfort from the support she has received from the majority of Labour MPs who abhor the open rise of antisemitism within their party under Jeremy Corbyn, adding that she is determined to fight it from the inside.

Dame Louise later generously allowed time to answer wide-ranging questions and received enthusiastic applause from her attentive audience.

The evening raised £1,000 towards supporting both Merseyside Jewish Community Care and Ezra Umarpeh, a charity that provides a range of targeted support services for hospital patients and their families.



SALSA dancing classes are starting again on Monday 28 October at South West Essex and Settlement Reform Synagogue at 8.00pm. The cost is £5.00 a session. Contact the synagogue for further details.



Dame Louise Ellman MP with event organiser Natalie Rose and Chigwell & Hainault Synagogue chair Lindsay Shure

## JLGB girls switch off for a night's camping

A GROUP of girls from JLGB did the unthinkable on a camping trip ... and gave up their phones. The group had to meet up on a Sunday morning in Chesham, where they would start their journey using only a compass and some maps.

All the groups set off at different times to make sure another group couldn't follow them. They went into the forest, where they had to get to where they would pitch their tent for the night.

They had to do all of their own cooking, washing up and carry heavy bags containing everything they needed including their tents, sleeping



bags, cooking utensils and lots of other things.

Those taking part included Essex school pupils Aimee Colli, Emily Harding and Lipaz Silver.

# MEN IN THE SPOTLIGHT

## What's cooking? Just ask the chaps ...



Stacey Kanolik and the chaps in the kitchen

BY PAT LIDIKER

THIS summer saw the launch of Chaps that Cook, where a group of enthusiastic men turn up the heat in the Redbridge Jewish Community Centre (RJCC) kitchen. The brainchild of professional chef and cookery teacher Stacey Kanolik, the group is already looking to expand its number of sessions to cope with demand.

Participants, mainly retired, said they sign up for a variety of reasons. Some want to learn how to share the cooking with their wives, others to impress their families; while those living alone look to spice up the variety of meals they eat at home.

Sessions last around two hours, culminating in the pleasure of tucking in together round the table to a delicious, freshly cooked lunch straight from the oven. Stacey demonstrates and explains techniques every step along the way; each person is given a cooking task, as well as asked to chip in with his own suggestions.

The day I went along the menu included pea and mint soup, baked fish, sweet potato wedges and roast tomatoes. The emphasis was on healthy, practical, tempting dishes with minimal fuss. After each session, printed recipes are available to take away to try out at home.

Stacey lives in Buckhurst Hill. She and her husband have three grown-up children, each as adept in the kitchen as their mum. After qualifying with a culinary arts degree, Stacey worked in the City's elite corporate dining sector before later moving into education – teaching and passing on her experience at various

Redbridge schools, including Kantor King Solomon High School.

Each session at the RJCC accommodates a maximum of eight participants who pay £6 each to cover the cost of ingredients. Such is their enthusiastic camaraderie in learning a useful new skill together that nobody wants to drop out. The kitchens are non-meat, although Stacey explains how substitutions can be made for those who want to add chicken or other meat when making the recipes back at home.

If you're expecting prima donna dramas, tears, traumas and tantrums, then sit down and watch Masterchef or Bake Off instead. This is about the rewards of learning the mysteries of cooking under expert tuition without getting in a stew.

Then, while they chew the (vegetarian) fat and put the world to rights over lunch, Stacey does the clearing up in the kitchen.

She told the *Essex Jewish News*: "I was looking to do some volunteering in the community, using my skills as a chef and teacher, with the objective of making a difference to the lives of members.

"Many of our more mature gentlemen have never needed to cook but find themselves at a loss if their other half is ill or has passed away. With a little knowledge and a few lessons they can be given the confidence to cook for themselves and their families. I am delighted the classes are proving such a success."

Find out further details of times, dates and availability for Chaps that Cook by phoning Sharon Imber on 0208 8418 2116 or emailing simber@jcare.org

# Fifty years as a DJ: it could be a record!



PAT LIDIKER TALKS TO LARRY FOSTER ABOUT HALF A CENTURY OF BEING A DISC JOCKEY

IF there was a golden disc just for DJs celebrating 50 years in the music business, Romford's Larry Foster would be top of the pops. From his teens, he says, music and showbiz have been his job, passion and hobby, earning him a living into the bargain.

Until now, Larry has been working pretty much all hours; but, at 64, he says he's finally in the happy position of being able to cherry-pick only the jobs he wants to do. He and his wife Mandy married in Beehive Lane Synagogue 38 years ago and have three children, Jade, Scott and Glen, who are all avid music fans. There are three grandchildren now, so working part-time means more time with them and longer holidays.

## NO REGRETS

Larry told the *Essex Jewish News*: "I've no regrets and have been so lucky to enjoy 50 years doing a job I love. I only recently sold my collection of 45,000 vinyl records, mainly to avid collectors, as we are downsizing to a smaller house further out in Essex. I did hang on to 2,000 though, many of them autographed."

After leaving school, Larry (real name Hilary, which the family still use) worked as a postman and bus driver for a short time, but knew his natural habitat was in music. It was in the blood as his brother, Stephen Foster, is the Melody Maker photographer who famously captured the iconic shot of PJ Proby splitting his blue velvet trousers onstage in Croydon.

Larry has mingled with his fair smattering of celebrities, too, telling us: "We were once at a party at Stringfellows and I thought I'd died and gone to heaven when Diana Ross, Marvin Gaye and Stevie Wonder gathered round the piano!" He has also met the likes of Bill Haley & His Comets, Rick Wakeman, Suzi Quatro and many more.

From his mid-teens, Larry has been in constant demand for private parties or 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 runs popular reminiscence



Larry Foster ... still enjoying life as a DJ after 50 years

evenings, featuring 50s and 60s music, to raise funds for the Alzheimer's Society.

For many years, Larry has been a familiar face on the London and Essex wedding, barmitzvah and batmitzvah circuit, too; he's always guaranteed to get the dancers onto the floor. And if this involves dressing up as the Mad Hatter, then even better.

Ever the extrovert, Larry may have been spotted by you trying his luck on TV game shows, including The Weakest Link, Fax (with Bill Oddie) and The Chase. He said: "They just pay your expenses and put you up in a hotel, so

the real incentive is the money; in The Chase, with Bradley Walsh, I reached the final but sadly didn't win the £15,000."

But, happily, he did once win a smart new Renault car, presented by David Hamilton, after entering a phone-in on Capital Radio.

Another benefit of semi-retirement is that it may give Larry more time to tune in to his own all-time favourites Frank Sinatra, Barbra Streisand and Matt Monro.

I asked him to share his top tunes with *Essex Jewish News* readers; and, after putting on his thinking cap, Larry

came up with these. "But bear in mind this changes on a daily basis!" says the man who, like Frank, always did it his way.

**Larry's picks:**  
 Bad Moon Rising – Creedence Clearwater Revival  
 Rock Your Baby – George McCrae  
 Joy and Pain – Maze  
 Firestarter – The Prodigy  
 Hurt – Johnny Cash  
 Sound of Silence – The Disturbed

## ... and on the subject of music



More than 140 people enjoyed a second visit from The Jive Aces at the Redbridge Jewish Community Centre. The evening was an enormous success and had been organised by Sharon Imber and her committee.

## Col Kemp spends an evening at Chabad



PHOTO BY TONY MARGIOCCHI

CLOSE to 100 people enjoyed a canapé and cocktail evening at Chabad Buckhurst Hill in the company of Colonel Richard Kemp.

Rabbi Odom Brandman, director of Chabad Buckhurst Hill, opened the formal part of the evening by welcoming and introducing the colonel who, he said, had become “a household name up and down the country

and among the Jewish community in particular due to his vocal stance supporting Israel and the IDF”.

Col Kemp is a retired British army officer who served for 30 years and commanded the British forces in Afghanistan. After writing a best-selling book on the conflict and being recognised numerous times for his service, he is now a sought after

military adviser to the British government.

Guests first enjoyed a full canapé dinner including sushi, lamb cigars, salt beef on latkes and pulled chicken tortillas, prepared by Neil and Alison Cohen and their team.

Col Kemp then gave a 40-minute presentation on a wide range of relevant topics, including the current situation in Is-

rael, his personal views and experiences observing the IDF, current world conflicts and politics, with his take on the American peace proposals.

Rabbi Brandman then invited questions from the audience, covering everything from how Brexit might affect Israel to what is happening in Iran. The evening ended with the colonel being given a standing ovation.

## Speaking Truth to power



BY AVIAD YISRAELI OF MY TRUTH

I WAS part of the delegation speaking at the British Parliament on behalf of My Truth – an Israeli grass roots, non-profit, educational organisation comprised of IDF reserve soldiers which seeks to show the high moral standards we strive to meet.

But before our Parliamentary meeting, Matan Dansker and I also spoke at the community of Loughton.

The members of this outstanding community made us feel welcome and really at home, and came out to hear about our experiences as IDF soldiers and our perspective on how Israeli soldiers conduct themselves in the ongoing battle against terror and for a safe and prosperous Israeli state.

Matan and I both served as combat infantry soldiers, experiencing the battlefield first hand in Gaza and the West Bank. We lost friends in combat and we still serve as reserve soldiers.

We told the community about the dilemmas a combat soldier faces when required to make crucial decisions in seconds, making sure to complete the mission they were given while avoiding hurting the innocent civilians so often used by Palestinian terrorist groups as human shields.

We spoke about our training and about our backgrounds growing up in Israel in not-always-easy times, and how that affected us as soldiers and as people.

We learned about the political reality here and the disturbing antisemitic and anti-Israel tides; and hope that the people who we met will now have a little more insight, and maybe more motivation, to fight these movements.

We were so wonderfully hosted by the Loughton community and want to thank them all. Especially Rabbi Yanki, the rabbi of the Loughton Synagogue, Phillip Leigh who was instrumental in all the events, and, of course, Yochy Davis, who made it all happen.

## Chelmsford seeking to make garden grow



CHELMSFORD Jewish community enjoyed their annual twist on an AGM, combining it with a garden party.

The guest of honour was Revd Malcolm Weisman, who helped set up the community 45 years ago; and he gave a talk on how to support and

grow small communities. Chair Stanley Keller (pictured) gave an address describing the challenges Chelmsford faces in trying to locate potential new members.

To find out more about the community, visit [www.jewishcommunitychelmsford.co.uk](http://www.jewishcommunitychelmsford.co.uk)

## Salt and Pepper work well together!



TWO members of Southend & Westcliff Hebrew Congregation walked from Chalkwell Beach to Shoeburyness and back again to raise nearly £5,000 for charity.

Geoffrey Pepper and Stephen Salt undertook the seaside stroll in support of the Emunah Afula children's home in Northern Israel, where ‘at risk children’ – some orphaned, some abused, all neglected – are given the help they need to rebuild and often save their lives.

Geoffrey said: “The home, which is more than 60 years old, is in a terrible state and in

need of complete renovation. The conditions the children are now living in are very basic, and in urgent need of upgrading to meet modern standards.

“Just like our children, these children need a safe, nurturing, secure home environment with their own personal space, a bed, a desk to study at and a cupboard for their belongings; also bathroom facilities which afford appropriate privacy. There is a matched funding pledge so that every pound raised will be doubled.”

To find out more about the charity, visit [www.emunah.org.uk](http://www.emunah.org.uk)

## Essex Rabbis ‘duel’ at communal BBQ ...

MORE than 350 people from the Essex Jewish community enjoyed a communal BBQ and fun day with rides, entertainment, music and plenty of food.

The event, held to mark Lag B’omer, was a joint effort by 16 local organisations spearheaded by a team from Chabad Buckhurst Hill led by Greg Warren, Howard Wise and Rabbi Odom Brandman.

Special features this year

included a circus workshop – where children could learn juggling and other circus skills – and a huge 30ft bouncy gladiator duel, which saw Rabbi Brandman battle it out with Rabbi Mendy Brukirer of Aish Essex.

Rabbi Brandman said: “This was another successful event that saw the community come out in force. People are already talking about the next one!”

## ... and Chabad Epping cook up a treat

FIFTY people attended a kosher BBQ in the garden of Chabad House in Epping, enjoying burgers, sausages, chicken wings, skewers and salads.

Chair Steve Klein said: “The Annual Chabad Epping

BBQ is now a fixture in the calendar and, this year, was attended by the largest crowd ever in the wonderful green surroundings of Epping Forest. Thankfully, the rain held off and we had a fun afternoon in the sunshine!”



Tenants at Jewish Blind & Disabled's Hilary Dennis Court enjoyed a wonderful afternoon of magic with close-up magician and entertainer Brendan Rodriguez

# Sun shines on Hilary Dennis Court



TENANTS at Jewish Blind & Disabled's Hilary Dennis Court (HDC) enjoyed a fabulous summer garden party.

House managers Nicole and Sue said: "A brilliant time was

had by all and we even had the perfect weather for it. A big thank you to everyone who helped us make it a success – including Chris, Stan, Jo and our lovely tenants, who got involved

with making the bunting. It's parties all the way at HDC and we are already looking forward to the next one."

Tenant Blanche added: "What a wonderful afternoon we all

had – the food, music and atmosphere were all absolutely lovely. The service by our great house managers and their volunteer helpers was fantastic. We were thoroughly spoilt."

# Why making a Will should be a New Year's resolution ...



BY CAROLYN ADDLEMAN

WHATEVER your family or financial circumstances, making a Will is one of the most important things you can do in your lifetime – it takes care of your present assets in the future. Incredibly, seven out of 10 people never make a Will, often causing family and friends heartache and giving rise to legal disputes at a difficult and emotional time.

The financial consequences of dying without making a Will could be serious. Your estate may be shared out according to legal rules in a way that you do not intend. There are hidden pitfalls in Will-making which only a trained legal eye can spot and successfully overcome. Thousands of pounds can be lost if a Will is not properly drawn up and validly witnessed, so don't rely on a 'DIY' will – most disputes about Wills relate to those that are made without the benefit of legal advice.

The only way to guarantee that your wishes are properly carried out is to make a Will with the benefit of proper advice, and to ensure that it is reviewed whenever circumstances change. Only then can you be sure that your chosen beneficiaries receive what is properly due to them.

And if you benefit JNF's vital work in Israel through a legacy, the Will can be drawn up without charge through JNF's subsidiary, KKL Executor & Trustee Company. KKL has decades of experience in providing this service to the Jewish community and beyond. In addition to its well-known Will writing service, KKL can also act as Executor in administering your estate. This role may be

less well known; but it is equally vital, acting as the oldest communal Executor and Trustee Company. In particular, we have acted for many people who had no close family or friends, or professional advisors who could undertake this role.

The appointment of KKL as Executor can remove the anxiety about who will administer your Estate in accordance with your Will. KKL will perform not only the usual tasks associated with administering an Estate (collecting in assets, calculating and paying inheritance tax, paying legacies and distributing residue under the terms of the Will) but also the very Jewish functions associated with death – arranging the funeral and tombstone consecration, and for Kaddish to be said.

All these services are available without charge to anyone prepared to leave a legacy to JNF UK.

Whatever your age, or circumstances, making or changing your Will now, with the benefit of proper advice, ensures that all the years of nurturing your assets will not be wasted.

*Carolyn Addleman is director of legacies at KKL Executor & Trustee Company (a subsidiary of JNF UK). She can be contacted on Freephone 0800 358 3587 or at carolyn@kkl.org.uk*

# Buckhurst Hill bowlers help make history



JEWISH members of the Buckhurst Hill Bowling and Lawn Tennis Club helped make history when they played a game of lawn bowls against an Israeli side over the summer.

Steve Klein, Ellard Swillman, Melvyn Cohen, Brian Yershon and Cheryl Petar (pictured above with an Israeli competitor) played for the Maccabi Lawn Bowls Association in the match – part of the first ever visit from an Israeli lawn bowls team to the UK.

The Kiryat Ono team, who brought a party of 40 players and supporters, also played games against sides from Woodside Park and Stanmore.

# Emotional twinning families meal



Left: The Lencher and Apteker families meet for a meal. Above: Emily Lenchner with Holocaust survivor Benny Apteker – the brother of her batmitzvah 'twin' Suzannah

BY PAT LIDIKER

THE Chigwell & Hainault twinning project celebrated its first birthday this summer with an emotional reunion in Herzliya.

Teaming up with Yad Vashem, the scheme allows the shul's young members, about to celebrate their barmitzvah or bat-

mitzvah, to twin with a Holocaust victim who was never able to enjoy one of their own.

Co-ordinator Harvey Frankel told the *Essex Jewish News*: "Our first twinning was when Emily Lenchner paired her batmitzvah with Belgian-born Suzannah Apteker, who perished at Auschwitz at the age of nine.

The girls shared the same birthday, and there wasn't a dry eye in the shul when Emily held up a photo of her 'twin' during her D'var Torah."

Since then, Emily's father Paul has managed to trace some of the surviving Apteker relatives in Israel; and he arranged for the different generations to

meet for an emotional family meal in Herzliya. They even got to meet Suzannah's brother Benny.

All agreed that this is what the twinning project is all about, Jewish families connecting with memories which can be passed on from one generation to the next.

# AJEX parade

THE annual AJEX ceremony and parade at the Cenotaph is on Sunday 17 November. Those wishing to march must have a ticket enabling them to do so. This is at the request of the police. Those watching the parade do not need a ticket. Contact 0208 202 2323 or e-mail parade tickets@ajex.org.uk

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# The end of the school year ... WIJPS style

AS ANOTHER SCHOOL YEAR BEGINS, **SUSAN GEIST** LOOKS BACK AT HOW THE LAST ONE ENDED FOR WOHL ILFORD JEWISH PRIMARY SCHOOL

## WIJPS SATS Smashers!

The school's year 6 pupils produced SATs results which exceeded predicted grades, with all students making exceptional progress over the course of the year. The results build on the gradual improvement of SATs results at WIJPS over the last few years. Headteacher Andrea Elliker said: "We wish each of our year 6 pupils every success for the future, both at their secondary schools and beyond."

## WIJPS Got Talent !



As part of the end of year festivities, WIJPS held an annual talent show, organised by the school's house captains and hosted by the head boy and girl. Pupils showcased an array of talents including gymnastics, singing, magic, music and comedy. The winners were Rafi Sandford and Nathan Geist from year 6, who performed a rock song they composed called 'Party To The End'. The show raised almost £200 for the school fund.

## Israeli Dance Group and Choir give a great performance

Both the WIJPS Israeli Dance Group & WIJPS Choir made the school and their families proud, with an excellent performance at the Kantor King Solomon Summer Fête.



## Year 6 – Kingswood, Aladdin and Leavers Party



Year 6 have had an amazing end to their time at primary school with a fantastic end of year party including fun fair stalls, mocktails and professional DJ, Jo Shalome. They entertained parents and special guests at their Siyum, with a superb performance of Aladdin, followed by a prize-giving presented by Olympic Athlete Hughie Teape. They rounded off the celebrations with a five-day trip to Kingswood activity centre in Norfolk, where they pushed themselves to the limit with go karting, quad-biking, rock climbing, fencing, archery and more, all in the company of Israeli school, King Solomon primary, with whom they also shared a lovely Shabbat weekend.

## Reception 'mini fun run' ... and then the big one



Pupils aged just four and five took part in a mini fun run around Fairlop Waters last week, raising an amazing £400 for the school. Meanwhile, nearly £20,000 has been raised by parents, family and friends of WIJPS taking part in this year's Maccabi GB Community Fun Run.

## Year 5 at Wembley for Etgar Challenge



Year 5 pupils took part in this annual event where they were commended for their exemplary behaviour and manners throughout the day. The children were lucky enough to be joined at the event by the Chief Rabbi, who told them: "Yiddishkeit will remain with you for the rest of your lives. Always be proud of your Judaism. You are all winners".

## Year 4 adventures in Upminster



YEAR 4 pupils from Wohl Ilford Jewish Primary School (WIJPS) spent three, fun-filled days at Stubbers Adventure Centre in Upminster, where they enjoyed a variety of activities including canoeing, high ropes, climbing, bell boating, bush craft, grass sledge and more.

Teacher Naomi Harris said: "For many of our children, this was their first time sleeping away from home. We are so proud of the way they challenged themselves to complete the activities, and how they worked together and supported each other as a team."

## Chagigat Chumash and Chagigat Siddur



The school were "so proud of our Year 3 and Year 1 pupils for their outstanding performances at their respective Chagigat ceremonies" as they got their first chumashim and siddurim.

# Nonagenarian Susie packs a hell of a punch



Ninety-year-old Susie Shipman is delighted after a very successful boxing session (inset) with trainer Jamie at the Community Arts Well Being Studio



BY **MANNY ROBINSON**

A 90-year-old woman from Redbridge has taken up boxing, thanks to a new Essex initiative to get people active in both body and mind.

Susie Shipman said that she always found it difficult to get up from her chair. But having attended the Community Arts Well Being Studio (CAWS) in Goodmayes, she is not only on her feet ... but doing many of the other things she had found it hard to do.

Susie, who attends the classes every week, making her own way by taxi to Goodmayes, came to Britain as a child from Germany on the Kindertransport and qualified as a teacher.

The Studio, which is situated in a Tesco store, has attracted a wide cross-section of the community who engage not only in gentle exercise, but also pottery making and art.

It is the brainchild of two patients of the former Health 1000 Practice (a GP Practice

caring only for patients with multiple complex conditions). David Barr and Dr Raymond Kennard, who is from Chigwell and a member of Cranbrook United Synagogue in Beehive Lane, developed the idea for a group to provide more bespoke social opportunities. Originally set up to provide support for patients of the practice, CAWS has now opened its doors to all residents in Barking and Dagenham, Redbridge and Havering.

Dr Kennard, who worked for 40 years in the probation service and also served as a magistrate, said: "My doctor told me that, unless I took up an interest, my health would suffer even further and this is one of the most exciting projects I have ever undertaken. The Studio has attracted a complete cross-section of the community – and it not only provides them with something to do, like gentle exercise, but gives them a social outlet, too. I am immensely proud of the Studio.

"The Studio helps the disabled, lonely and marginalised long-term. Nine GPs referred 20 participants to the charity for the 'musical movement' class with a qualified fitness instructor. We are now looking for additional premises for pottery, furniture restoration and a computer suite."

*The Studio is open to all residents every Wednesday at the Tesco store in Goodmayes from 1.30pm. Admission is free.*

## Shir brilliance at Chelmsford concert



BY **STAN KELLER**

TWO of the challenges for the Chelmsford Jewish Community, like those all over the country, are attracting new young members and raising our profile in wider society.

This is how we ended up with the idea of putting on a Klezmer concert in the local theatre... and what a night it turned out to be!

The band, comprising five musicians, were absolutely brilliant. Together they are called Shir, led by Ivor Goldberg on guitar and Maurice Chernick on

clarinet, and supported by Steve Rose on bass, Yair Schleider on the accordion and Ronen Kozkaro on drums. Ivor and Maurice are also accomplished singers; but apart from the fact that musically they are so good, it was their personalities that shone through.

They established an immediate rapport with the audience, which was probably very different from their usual gigs, as they are more accustomed to barmitzvahs and weddings in North London plus other, mainly Jewish, events.

In their blurb, they are de-

scribed as "internationally renowned" and this is true as they have played in Israel, Holland and many venues in Spain, including Cordoba and Madrid. Their repertoire was a whole range of Jewish music, not just Klezmer; also Sephardi, Yiddish, Israeli, Ladino and Simcha, all designed to get the feet a-tapping. The audience clapped and joined in with

gusto in the choruses; and I am sure many were itching to get up and dance, but this is Chelmsford, so a bit reserved.

Shir genuinely enjoyed themselves. At the end, I said to Shir that I hoped that Chelmsford had made as good an impression on them as they had on Chelmsford.

Definitely an evening to remember.

## FROM THE ARCHIVES

STORIES FROM THE EJM FROM 10 YEARS AGO

### Ilford shul gets new Beis Hamidrash

"THE Chief Rabbi, Sir Jonathan Sacks, has opened the Freda Schaller Beis Hamidrash at Ilford United Synagogue in Beehive Lane. The 50-seater prayer and study room was consecrated at a special service in the synagogue in memory of the late wife of Leon Schaller OBE, a former chairman of the shul and a member for many years.

Rabbi Geoffrey Hyman, the synagogue's minister, in addressing the 150 guests – including numerous rabbonim, the president and executive of the United Synagogue, local MPs and dignitaries – said that the new facility

was 'due to the incredible generosity of Mr Schaller to this community'. He added: 'Mr Schaller personally supervised the project from beginning to end.'

In his speech, the Chief Rabbi referred to 'the great sense of loss felt at the passing of Mrs Schaller', whom he described as 'a woman who was always there for her family and a source of pride to them and the Jewish people'.

Cantor David Rome, chazan of the Ilford shul, led the service, supported by The London Cantorial Singers conducted by David Druce. Afterwards, the Chief Rabbi affixed a mezuzah to the doorpost of the Beis Hamidrash and two Sifrei Torah were placed in its Ark."

*News item, EJM New Year 2009*

# To protect your bagels ... put locks (lox?) on them!

IT'S QUITE a coincidence that, elsewhere in this *EJN* issue, Manny Robinson's regular 'View from the Bridge' column takes as its yummy theme the bagel (or beigel)! Being a long-time fan of the fishy 'Jewish' delicacy, Watcher had felt the urge – this time around – to pen a piece about smoked salmon. We of the faith, Watcher believes, know very well the virtually traditional, indivisible and intimate connect between bagels (or beigels) and smoked salmon. And even despite the possible intercession of a potentially tasty and generous schmear of cream cheese! What better style of food Yiddishkeit could one conceive of for a leisurely snack whilst reading the Sunday newspapers (or belatedly perusing the JC).

The purportedly rye – sorry, wry – headline, chosen by Watcher, refers to "lox" (which is derived from the Yiddish word for salmon ... 'laks' or 'lacks' or 'lax' – the German language word being 'lachs'). 'Lox' is said to be the 'New York' or 'American' label for smoked salmon. Technically, however, the two are understood to be different in kind, in the sense that lox is salt-cured or brined but never smoked. Customarily, lox was produced from the fatty stomach of the fish; today, that's not necessarily the case. Smoked salmon can be prepared from any part. Nowadays, it would seem, the terms 'lox' and 'smoked salmon' are

versions of 'smoked salmon' didn't look, feel or taste quite the same as the subsequent 'Jewish' smoked salmon.)

The great tides of Jewish immigration to Great Britain from Eastern Europe and beyond came in the late 19th and early 20th centuries, as a result of severe, antisemitic persecution and pogroms in, generally, Tsarist Russia, the Ukraine area and Poland. Accompanying the newcomers, especially to what became London's 'Jewish East End', were their centuries-old and well-proven, culinary recipes ... not least the 'cholent' but much else besides. These included the technique of smoking salmon, in order to preserve the fish; in those days of yesteryear, refrigeration possibilities would've been quite basic. Watcher has learned that H Forman & Son established the first smoked salmon factory, in London, in 1906; and is the last survivor of the original kosher smoke houses in the United Kingdom.



Smoked salmon became a rather expensive, luxury food item; and not that many Jews – in the olden days of the generally impoverished 'Jewish East End' – could afford to buy it, at least not that often; but maybe for a simcha. For the time being, and until their economic condition would improve, they would stick mainly with their pickled herrings (plucked from a barrel) or some gefilte fish, made from

## WATCHER IN THE RYE



## Smoked salmon ... the 'Jewish National Fish'

the hub of the 'Jewish East End'.

Watcher recalls the post-war years in lively and character-full Petticoat Lane, at the heart of the East End's Jewish community. Here, an aunt of his worked as a smoked salmon 'expert' in one of The Lane's several kosher delis. She would cut or carve a side of smoked salmon so meticulously that, when a slice was held up, it was so thin and transparent that you could almost see through it like a window! (The thinness was also apt price-wise.) If, in those days, Watcher had been 'a good little boy', he might well be given a free little taster!

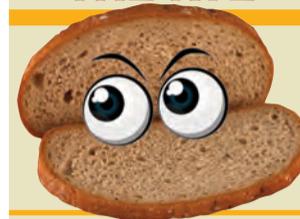
The then (non-farmed) salmon was frequently alluded to as 'The King of Fish' or 'The Noble Fish'. As time went by, and more Jewish people were able to afford smoked salmon – and fill their bagels with the delicious fish – it might well have been referred to as 'The Jewish National Fish' ... just like fried fish and chips was, and maybe still is in large measure, 'The British National Dish'.



For Halachic purposes, smoked salmon is considered 'pareve' and can be consumed in a dairy or meat meal (though, being fish of course, it wouldn't be eaten together with meat by the Orthodox). And it always makes a fine starter to a Shabbat – or any other – repast. Several brands of smoked salmon are KLBD (Kashrut Division London Beth Din) certified: see The Really Jewish Food Guide. But a totally assimilated Jew could well be a 'Bagel and Lox Jew'; and as dedicated to smoked salmon as a religiously inclined brethren. And he or she may be well aware with respect to, and

times, packets of smoked salmon are widely available in supermarkets and convenience stores at a comparatively low price. Probably, it's now produced primarily from salmon that has been farmed, which – together with various food technology developments over the years – has doubtless diminished the product's quality, as well as its cost. Nonetheless, it's likely to be healthier to eat than many another food-stuff option that Watcher could mention. Though he thinks that one test of a good product could be whether you need to wipe your hands dry after handling a slice of the slithery smoked salmon you're about to digest ... and if that's necessary, you could be on to a good thing!

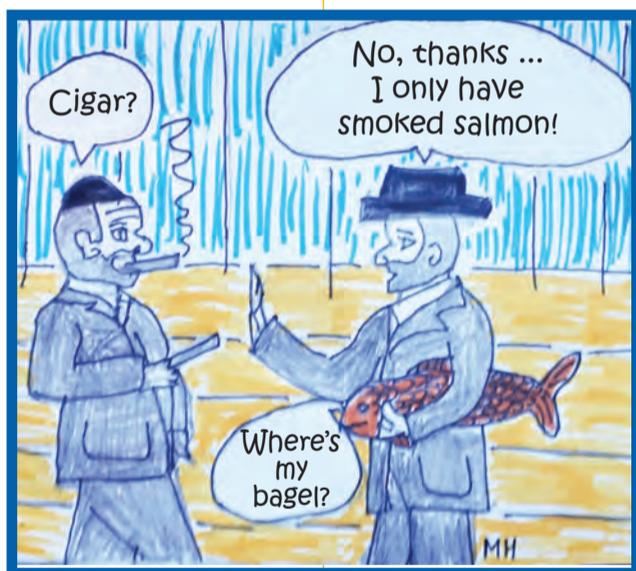
## WATCHER IN THE RYE



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



The Chigs JYC inbetweeners group have enjoyed some amazing trips over the past year including jump giants, top golf, tubing, climbing adventure and aqua bounce.



employed interchangeably in everyday usage.

Watcher does wonder, philosophically speaking, whether – as is sometimes averred – Jews invented 'smoked salmon' ... the orange-pink 'Chosen Fish' that's smooth, silky and rich-tasting to the palate. But he has read also that a variety of this fish format had figured in Native North American cultures across the centuries (doubtless utilising Pacific or Atlantic salmon); as well as having been a not insignificant cuisine item in the ancient Greek and Roman worlds. It's said to have been around in the medieval epoch, too. Interestingly, and apparently, the first smoking factory for fish was set up in Poland in the 7th century CE; but this was well before Jews began arriving as migrants to that country and in material numbers. (Likely the earlier

fairly cheap ingredients. So what was wrong with that, indeed? Smoked salmon wasn't really on the menu for the hoi polloi; though, invariably, it was popular fare for the enjoyment of the upper crust of British society, including at royal and aristocratic banquets. By the 1930s, top restaurants were serving it; and famed food halls, such as at Harrods, were selling it to the affluent middle classes.

It would appear that, initially, the (of course) wild salmon, for preservation by smoking, originated as imports from the Baltic regions. Later, Scottish salmon was noted to be available, and was bought for smoking – for which it was observed to be the best – at Billingsgate Fish Market. The undercover market's then site was close to the Tower of London; and, conveniently, a relatively short distance from

also delight in, retaining at least some such conventional and time-honoured link or affinity with their perhaps pious ancestors from 'Der Heim'.

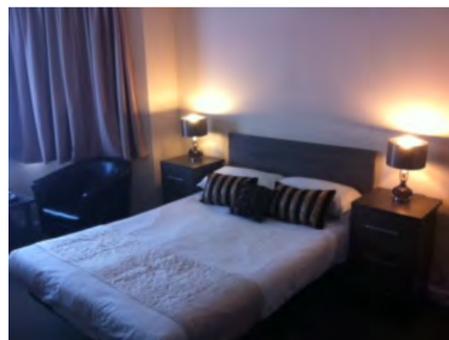
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## Broken bonds: The children being denied their grandparents



Lorraine Bushell and Esther Rantzen at the meeting in Parliament

PHOTO COURTESY OF THE DAILY EXPRESS

BY ANNE FISHMAN

**A**n Action Day about grandchildren estranged from their grandparents, held in the House of Commons, called for greater recognition of this life-impacting issue and to ensure legislation safeguards the rights of grandchildren to have a relationship with their grandparents, regardless of the children's parental situation.

This issue constitutes a global epidemic and is considered by leading international experts in the field to be a severe form of child and elder abuse. The dynamics of families being torn apart, often as a result of acrimonious family breakdown or other toxic family events, results in heart-breaking tragedy in the lives of grandchildren and grandparents who lose an important, loving and valuable relationship together. It is estimated that, in the UK, more than a million grandchildren are denied contact with their grandparents.



Dame Esther Rantzen, Nigel Huddleston MP and Dr Matthew Offord MP, together with experts in family law and researchers in the field of family psychology, spoke about the long-term detrimental effects of such estrangements and the potentially serious, long-term consequences affecting grandchildren and grandparents.

In the UK, the law states that grandparents, where an ongoing relationship cannot be agreed with the parents or carers of the child, are able to apply to a court for a Child Arrangement Order. However, a grandparent first requires permission, or Leave, from the court before they can apply for this order, as they are not automatically entitled to apply for it. This historical and unjustified legislation aims to limit vexatious applications which, in reality, have never been an issue for the courts.

This process is also stressful, time-consuming and extremely expensive for grandparents to pursue. In France and other countries, grandchildren have the right to know their grandparents, which should also be the case

worldwide.

Lorraine Bushell, who runs a London-based grandparents support group and organised and chaired this parliamentary meeting, highlighted the importance of grandparents in providing a second layer of family warmth and support; and refuge, continuity and unconditional love to their grandchildren.

Dr Mathew Offord MP stated that parliament is supportive of change to the Children Act 1989, to ensure the grandparent's role in grandchildren's lives. In addition, Nigel Huddleston MP commented that it is important to continue to raise awareness of the issue in parliament, as this is a cross-party concern; and that Wendy Morton MP, the new Under Secretary of State for the Ministry of Justice, is aware and sympathetic towards the issue. He said he is committed to working towards legal change to extend family access for children, including grandparents.

Dame Esther Rantzen, a long-standing ambassador for this cause, stressed the issue is a matter of the grandchild's rights to an extended family life with their grandparents; and suggested the USA 'one umbrella - over all the states' charity should be implemented in the UK to succeed in a change in the law.

Vanessa Lloyd Platt, a well-known family lawyer, supported the removal of the legal requirement for grandparents of "leave to apply"; and, with her legal team, has redrafted a relevant part of the Children Act 1989 to facilitate grandchildren's right to a relationship with grandparents, and which was offered to the MPs to use in their parliamentary discussions.



Vanessa suggested tips for new grandparents: to be extra careful with comments like, 'should they be eating that? They watch too much television. Is it bedtime yet?' Such comments may cause the start of a family fall-out or, as the Americans referred to it, a "cut off". She says always be clear that funds (towards a home/car or during separation) is either a gift or a loan; and, if a gift, a temporary measure to

assist through the period of separation and not a long-term arrangement.

Further presentations from the chair of the USA group Alienated Grandparents Anonymous (AGA) highlighted the realities of alienation that affects children, parents and grandparents; and that this constitutes child and elder abuse, which is a human tragedy akin to grief without closure.

In addition, Dr Carol Golly, a key therapeutic advisor to AGA, outlined findings from her recently completed doctoral research work on 'Grandparents cut off from grandchildren: an exploratory study' which is the first research of its kind to evaluate societal impact on grandparents. Completed surveys identified that daughters, followed by daughters-in-law, sons-in-law and sons were the parents most frequently creating grandparent relationship breakdown with grandchildren. This research also showed that grandparents experience "complicated grief", which is similar to post-traumatic stress disorder and leads to increased symptoms of morbidity and suicidal thoughts.

Closer to home, in Chelmsford, after a divorce, Sandra's daughter stopped speaking to her. Sandra was alienated. She wasn't invited to her daughter's wedding and has had no contact from her three grandchildren for over 12 years.

The meeting was very well attended by affected grandparents from across the UK and MPs and Peers from various UK constituencies, including Lord David Blunkett, Edward Argar, Andrew Lewer and Mike Wood.

As a result of this meeting further lobbying for legislation to ensure affected grandchildren have a right to an ongoing relationship with their grandparents will continue.

If you have been affected by this issue and need to speak to someone, there are grandparent support groups across the UK. Lorraine Bushell runs the London group in the Hendon area and can be contacted via [hendongrandparents@gmail.com](mailto:hendongrandparents@gmail.com)

Reporting based on notes made by Sarah Jane Lenihan from Stowe Family Law LLP

## Ruth brings Jewish Care crowd to tears



Ruth Sherman and daughter Helen with Sky News' Gillian Joseph

PHOTO BY SAM CHURCHILL

**B**IG names were everywhere at this year's Jewish Care annual fundraising dinner - from X Factor's Dermot O'Leary to Sky News presenter Gillian Joseph - but the real stars of the night were an Essex couple whose appeal film brought the 900 guests to tears.

Ruth and Leslie Sherman have been married for 55 years. They met at a Jewish dance when Ruth was 16 and Leslie was 22. Leslie was supposed to bring someone else to the dance that night. But when he arrived to pick her up, her parents said she was not there. So he ended up going to the dance on his own. Ruth spotted Leslie, and because he was on his own, she thought he was part of the band. When they spotted each other, she said it was love at first sight.

They have been inseparable ever since, bringing up three children together, until Leslie had to move in to Jewish Care's Vi and John Rubens House because he developed Parkinson's Disease and dementia.

Both Ruth and Leslie's mums' lived at Vi and John Rubens House around 25 years ago, so they know it well, and Ruth and her family feel like it's a home from home. Leslie's mum had very advanced dementia and Ruth's mum didn't have dementia but needed nursing care. At the time, Leslie volunteered on a Vi and John Rubens House Fête committee to help raise funds for the home. He also volunteered as a care bus driver taking residents on outings to the East End.

Leslie was a really intelligent man, who always kept himself busy. His first main job was as an engineer, but during that time he wanted to become a taxi driver, so Ruth helped him learn the 'Knowledge'. Whilst Leslie was a taxi driver, he discovered he had a passion for helping people, so decided to train as a paramedic. He loved his work, Ruth said: "He always looked after people no matter what he did, and now he needs looking after, he can't even look after himself".

About 20 years ago, Leslie's hand started to shake. He put it down to the long hours of being a paramedic. But when Leslie and Ruth went to the doctor, they were shocked to learn he had developed Parkinson's

Disease. They never thought something like that would happen to them.

For the first five years, he continued to be a paramedic and it didn't affect him; but after this, it started to get more advanced, and Ruth felt like she needed to move out of their family home and move into a bungalow to keep Leslie safe. She cared for him for many years. She said she always had to check on him every few minutes and couldn't be left alone for very long.

Four years ago, Parveen from Jewish Care's social work team suggested that Leslie start going to The Dennis Centre for people living with dementia. But after three years, Leslie's dementia got too advanced for the centre. Ruth said "she was at her wits end", so Parveen helped Ruth to move Leslie into Vi and Johns permanently. Twenty-four hours after Leslie moved in, Ruth felt a relief, she knew he was being cared for in the right place.

Ruth visits Leslie every day. He can no longer communicate but he knows who she is; and sometimes he may say a word or two and acknowledge that she has been there. When Ruth was ill and was in hospital, her daughter Helen - a volunteer at Vi & John Rubens House - let Leslie know. Helen said she could see tears in his eyes and had to reassure him that she would be okay.

When the weather is nice, Ruth and Helen like to take Leslie for a walk in the local park or sometimes he goes back to Ruth's home for family gatherings. Ruth has kept all memories of Leslie and family life, from press clippings, photos and VHS of family parties, holidays and growing up. When Leslie was 70 the family put on a 'This is your life' party, which they have footage for as well.

In the powerful appeal film, Ruth spoke of her enduring love for Leslie. She said: "When things started getting bad, I thought I have got to speak to someone, so I contacted Jewish Care; they were really marvelous; they were really marvelous. It was a sense of relief to feel someone understood."

"I love him more for how he is now because he needs me more. I don't think I would be able to manage without Jewish Care. They care about you and your loved ones."

## COMMUNITY NEWS IN BRIEF

OVER 50 people, including proud parents and grandparents, gathered at Loughton shul for the Loughton cheder prize-giving celebration.

Rebbitzin Rochel Abrams addressed the crowd and thanked each parent for entrusting their children into the hands of the capable staff at Loughton shul.

Each class gave a performance of what they have learned throughout the year. One of the classes focused on learning about the Jewish home, and worked on a year-long project of a 3D home. To mark this achievement, at the prize-giving ceremony, all the children together with their parents enjoyed decorating a sign with a blessing for their homes.

The highlight of the event was when each child was called and recognised for their talents and received an Alef champ certificate, as well as a Jewish book.

The shul's Rabbi Yanky Abrams said: "It was amazing to see so many children celebrating their Judaism."

Afterwards, one of the cheder students asked if there could be cheder during the summer holidays, as she enjoyed it so much and couldn't imagine what to do on a Sunday while cheder will be closed.



**KANTOR** King Solomon High School (KKS) held their annual primary school sports day with schools, including Clore Tikva and Wohl Ilford Jewish Primary School (WIJPS) taking part.

Pupils took part in a range of races and team events, including tug of war. The winning school was Clore Tikva, and they were presented (pictured above) with a trophy by KKS Headteacher Hannele Reece.



A **NEW** line dancing class has begun at the Redbridge Jewish Community Centre, and will be held on Tuesdays every fortnight. Beginners at 10.45am and the class is at 11.00am. Cost is £5.00. Phone 0208 418 2116 or e-mail [simber@jcare.org](mailto:simber@jcare.org)



**CHABAD** will be holding the next of their famous whisky tasting evenings on Monday 28 October in Gants Hill.

Katie Groves of Milroys will be returning to guide guests through the five different whiskies on offer ... and there's salt beef sandwiches, latkes and dessert, too!

For online bookings, please email [admin@chabadilford.co.uk](mailto:admin@chabadilford.co.uk) or visit <https://form.jotformeu.com/82173058377361>

# The Essex man with all the answers

BY PAT LIDIKER

HERE is your starter for 10: if Michael Finger has compiled up to 20 quizzes a year since 1983, each with maybe 100 puzzles and a marathon, how many fiendish questions has he actually dreamed up?

Even he and his wife Suzanne find working it out Pointless and Impossible.

One thing hasn't changed in the intervening years though, quizzing: it remains great fun as well as exercise for the brain cells with interest unabated in Redbridge, Berkshire and NW London, where Michael is much in demand.

The first quiz he devised was for a charity event at Beehive Lane; and such was the enthusiastic response, he was urged to carry on the good work for different organisations. Since then, venues have included synagogues and community centres right across the religious spectrum, charity groups, youth clubs, Rotary clubs and the Redbridge Jewish Community Centre.

Varying formats have to be adapted for each different audience; and while Michael devises the wide-ranging questions, Suzanne is his right-hand woman for checking, scoring and myriad other tasks.

The couple live in Hainault and have two daughters, Hayley and Joanne.

Michael says he still handwrites all his questions, as he did at the start when he had no



Michael and Suzanne Finger

computer or mobile phone, just a pile of reference books; although Joanne works in IT and brings a new dimension to the quizzes with her internet skills.

Hayley attends Uniting Friends in Beehive Lane, an inclusion project for adults with learning disabilities like herself. Although council-funded, it constantly needs more money for outings, transport, holidays and weekend projects. Michael and Suzanne don't charge for organising the quizzes, instead giving any donations received on the day to Uniting Friends.

As for his day job, Michael ran his own hardware shop for 20 years and now has a private hire car business. But dreaming up new posers is always on his mind, whether cryptic, mu-

sical, Israel, sports, films, politics, general knowledge, show business – you name it.

So, on behalf of *Essex Jewish News* readers, I asked him to set us this exclusive quiz to pit our wits against family and friends over the Yom Tov period. Fingers on the buzzer and good luck.

## Michael Finger's quick quiz:

These notable people are Jewish by birth. Who are they?

- 1) American singer/songwriter/actor born in 1941 into a Russian/Polish family. More than 100 million records sold and 38 Top 10 hits – among them Song Sung Blue and You Don't Bring Me Flowers.
- 2) Actress born in 1924 as Betty Joan Perske. Her films include *The Big Sleep* and *Key Largo*.
- 3) American medical researcher and virologist. Developed one of the first successful polio vaccines. Born in 1914 and died in 1995.
- 4) American singer/songwriter born Carole Joan Klein. Probably the most successful female songwriter in the US in the latter half of the 20th century.
- 5) American theoretical physicist known as 'father of the atomic bomb'. Developed some of the first nuclear weapons with the Manhattan project.
- 6) Rabbi, the author of the 1190 work *The Guide For The Perplexed*.
- 7) Only Israeli to win an Olympic gold medal. This was at Athens in 2004 for windsurfing.
- 8) American comedian/actor born Jerome Levitch. Starred in 60 films, the first 16 as part of a double act.
- 9) Born in 1945 into the Rosenberg family in Manchester. Labour MP for Liverpool Riverside since 1997.
- 10) The second Prime Minister of Israel (1954–55), serving between David Ben-Gurion's two terms.

Now turn to page 23 for the answers.

## It's PC Andy and Fireman Sam

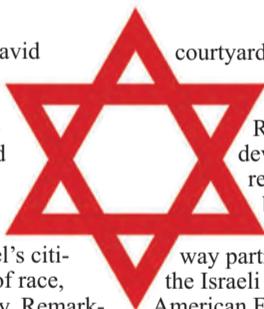


## Leaving a legacy to save lives in Israel

MAGEN David Adom is Israel's only national medical emergency and blood service. It is responsible for the primary health-care for all of Israel's citizens, irrespective of race, religion or ethnicity. Remarkably, it provides this service as a non-governmental agency, dependant on funds from donors across the world in order to carry out its life saving work.

Magen David Adom UK is one of the largest providers of this funding. Each year, supporters contribute in excess of £5m to fund everything from bandages and blood bags to ambulances, stations and bloodmobiles. This figure is made up by the efforts of marathon runners, cake sellers and, this year, Israel360 - MDA UK's new format in Israel-centred challenges. Critically, the ever-increasing number of people who remember Magen David Adom in their will play a significant part in ensuring that the medics, paramedics and 22,000 volunteers (Israel's largest volunteer organisation) have the tools they need to save more lives.

A recent legator decided that he would like his legacy gift to sponsor the ground floor



courtyard at MDA's new National Blood & Logistics Centre in Ramla. Work on the development has already begun. It is being funded through a three-way partnership between the Israeli Government, American Friends of Magen David Adom and Magen David Adom UK. The project will safeguard Israel's medical emergency infrastructure and blood supply against population growth, terrorism, cyber-attack and natural disaster.

As the project develops, the legacy lives on. By leaving a gift to MDA UK in his will, the donor has planted a seed that will save lives for generations to come.

Leaving a gift in your will is one of the most valuable and lasting ways you can support Magen David Adom. It is also very tangible. Friends, family and loved ones can see your gift and the incredible, vital, life saving services it provides, for many years to come.

For more information on Israel360, leaving a legacy to Magen David Adom UK (or joining us on the Legacy Mission from 10-15 May 2020) or the new National Blood & Logistics Centre, please contact the office on 020 8201 5900 or email [rachelcohen@mdauk.org](mailto:rachelcohen@mdauk.org)

“ELLO” “Ello” “Ello”, what's all this then? It's the local community police along with Loughton Fire Brigade, who visited the children of Chigwell and Hainault United Synagogue Nursery at the end of the Summer Term.

Classes learnt what it's like to be a community policeman in Essex today; and

were allowed to see the police vehicle close up, complete with flashing lights.

Children were taught the importance of holding their parents' hands, wearing seatbelts and remembering their home address as soon as they are able.

There were shouts of joy and laughter coming from the

playground as fire-fighters opened up their fire engine to show children the different rescue and firefighting equipment on board; and, best of all, they allowed the delighted children to operate the hoses, using cones as targets.

After refreshments together, children wholeheartedly approved of the way the

fire-fighters drove dramatically away from the nursery, sirens and horns blaring.

Nursery Manager Melanie Kaye said: “We are very grateful to Essex Police and Loughton Fire Brigade for coming along and teaching the children these vital skills in such a fun and exciting way.”

## YOUR LETTERS

Dear Sir

Your View from the Bridge in the Chanukah 5779 edition of the *Essex Jewish News* – ‘it's time to blow our own trumpet’ – prompted the thought that the things about which Jews can blow our own trumpet, or indeed shofar, are too many to enumerate.

Inevitably, some achievements are often left out of such a list; but one achievement is, today, more significant than many others. That is the discovery of the psycho-neuroses, which erupt from emotional hang-ups.

It was the two Jewish doctors in Vienna, Josef Breuer and Sigmund Freud, who separated psycho-neurosis from among the many neuroses which plagued Victorian Europe. It was Josef Breuer who stumbled

on psycho-neurosis, while treating a young female patient called Bertha Pappenheim with hypnosis. He noticed that Bertha's physical symptoms immediately and permanently disappeared after she had talked about the memory which had caused them.

The young Freud was Breuer's protégée, and Breuer told Freud about his discovery. Freud tried the method out for himself, and eventually added phobia, paranoia and obsessive/compulsive behaviour to the list of conditions, which yield to the ‘Talking Cure’. Thus, all those emotional hang-ups, which nowadays go under the name of ‘mental illness’, became instantly curable; provided that the causative incident, like the death of a mother, is remembered. Such a trauma cannot easily be forgot-

ten, but if the relevant incident is ‘forgotten’ the patient may need the help of hypnosis to recollect the traumatic event, in order to be able to talk about it.

One might be inclined to treat such startling discoveries with suspicion but, anecdotally, I can vouch for that phenomenon from an experience I had while working as a lawyer. My room in the office was at the end of a corridor, so that I only had one neighbour. He was a Catholic Irishman. One day he became unwell, and took sick leave. He got worse. He took to his bed and got worse. He was taken to hospital. He was there for weeks. He had tubes going in and out of every orifice. He got worse. When he seemed at death's door, the medics called the priest. He gave the Irishman the Last Rites, including a Confessional.

After the Irishman got the Last Rites, he pulled out all the tubes, got out of bed, went home and came back to the office to do his work. The

Catholic Church had been aware of that startling phenomenon since the 12th century, but the clergy kept that matter to themselves. The Church was probably at a loss to know whether the cure was due to the Last Rites or to the Confessional, but one thing is beyond doubt. The ‘Talking Cure’ is the fourth certainty.

Since the Lord of Israel does nothing except through the hands of men, the two Jewish doctors had no doubts. On 1 January 1895, they published their discovery in a book called *Studies on Hysteria*, which now goes under the name of psychosomatic illness. That book was attributed to Josef Breuer and Sigmund Freud. Today, the book is published by Penguin Books for £7.15. It is now attributed, in reverse order, to Freud and Breuer. Sic transit Gloria.

Yours sincerely  
Peter Breuer

# Learn, laugh and live with U3A

BY JAN MARTIN-ELLIS

WHAT do Joan, Marilyn, Sandra and Stuart have in common? Here's what they told me ...

Joan – "When I retired from a career in catering, I needed structure to my life. As a 'people person' I wanted to meet new people and be involved in what U3A could offer."

Marilyn – "When I had to leave work unexpectedly with no plans for any retirement, I started to feel rather depressed. My doctor suggested I think about joining U3A and it literally 'saved my marbles'. With U3A I've made new friends and found new interests and a new purpose in life."

Sandra – "I've been in U3A for seven years and now organise a monthly coffee morning. Where U3A scores for me is in the large variety of groups and social events available. When I first joined I was nervous about meeting new people, but have found everyone very friendly and approachable."

Stuart – "When I retired from what was a highly technical job, where I met lots of people, I wanted to occupy my time and my mind and make new friends, while continuing to keep my brain ac-



'Third Agers' learning to frame the perfect shot or emulating the sound of George Formby

tive."

So what do they all have in common? The University of the Third Age, fondly known by its members as the U3A.

'Learn, Laugh and Live' is the motto of the U3A; but if I stopped you in the street, or perhaps in the library, and asked you if you'd heard of U3A, the chances are you'd say no. So who are they, what are they and what do they do?

The U3A started life in 1972 in Toulouse, with the aim of offering older people a range of cultural activities. It found its way across the Channel in 1981; but the original ethic changed slightly, so

that the groups would be led by the members themselves and the learning would be self-directed. This was achieved through special interest groups, where people could come together to share ideas, thus giving the movement greater intellectual and ideological independence. It creates a different way of learning, independent of State funding and external teaching.

If the U3A has another mantra, it would be 'by the members, for the members' – a U3A branch does not provide services for its members, members provide them for each other.

Don't run off with the idea

that U3A is a 'university' in the sense of attending courses and getting a degree. In its original sense, a university was a group of people who came together to learn together. So, there is no curriculum, no exams or certificates

form new friendships and enjoy a sense of belonging to a vibrant community.

You may have heard the newest buzz phrase 'social prescribing'. It's not half as scary as it sounds. It's aimed at doctors and social workers



and no campus – but what there is in any U3A branch are hundreds of people attending a variety of special interest groups and pooling their knowledge to learn from each other.

Maybe your next question is: Who are Third Agers? They are the people who have retired or finished raising a family, and who have time on their hands. Time to enrich their lives with new skills and experiences, pursue their interests and, most importantly,

so they can point people like Marilyn, at risk of loneliness or depression, towards a practical way of helping themselves, rather than taking drugs like anti-depressants.

In this way, U3A has closed the huge gap left by the loss of evening classes – remember all those wonderful subjects you could once go out and study or take part in? So many of them have disappeared as education has become more bureaucratic. Let's face it, many of us don't now

want to go out at night if we don't have to. U3A groups, even if they are of an academic nature, offer somewhere you can go and learn, while also safely fulfilling a vital social role.

What, then, is on offer? Practically anything from the academic to the practical and social; from science to chess or card games, languages to philosophy or psychology, gardening to guided walks or sports, creative writing and reading groups; and with discussion groups, coffee mornings, weekend or mid-week lunch get-togethers thrown in. There's sure to be something to suit most people.

Maybe your local U3A doesn't yet offer a subject that interests you? Why not become a member and start a new group?

Finally... who are the group leaders? That's easy – they are people like you and me!

There are now more than 1,000 U3A groups in the UK with 425,000 members of all backgrounds, beliefs and cultures. Redbridge & District U3A can be contacted through their website <https://u3asites.org.uk/redbridge/groups> or by calling Maureen on 07932 318 448.

For U3A elsewhere in Essex and the East of England, please visit [www.u3a.org.uk/](http://www.u3a.org.uk/) find

## An eye problem needing attention

AN Essex-based optician has spoken out about the dangers of glaucoma, as it was revealed that the number of cases will increase by more than a quarter over the next decade.

There are currently 16,600 people in Essex registered as suffering from glaucoma, which is forecast to rise to nearly 21,000 by 2030.

Glaucoma, which is sometimes called the silent thief of sight, is the third main cause of blindness in the world and many people do not know they have it.

Speaking during National Glaucoma Awareness Week, Kevan Green – the director at Specsavers in Romford – said: "Glaucoma is on the rise and we don't have a cure. Early detection of glaucoma, however, can make the condition easier to manage, which is just one of the reasons opticians recommend getting an eye test at least every two years.

"We've invested in hospital-grade equipment like our optical coherence tomography (OCT) machine, which is a piece of state-of-the-art technology that can not only detect this condition sooner, but also helps to support local hospitals, which can have long waiting lists."

### AN ESSEX OPTICIAN GIVES 5 FACTS ON GLAUCOMA

As part of National Glaucoma Awareness Week, Specsavers has put together five facts about how the condition can affect you.



#### 1. A rise in eye pressure

Glaucoma causes fluid, which occurs naturally inside the eye, to stop draining properly, causing a build-up of pressure – often this can affect both eyes to varying degrees. There are two types of glaucoma – chronic (slow developing) and acute (sudden painful build-up of pressure).

#### 2. Vision change

Although sometimes subtle, due to it occurring beyond one's central vision, chronic glaucoma causes a loss of the peripheral vision, which begins

to move slowly inwards. This can be detected by your optician with a visual field test. Acute glaucoma can be present with blurred vision and haloes around lights.

#### 3. Damage to the optic nerve

The excess pressure caused by glaucoma can affect both the nerve fibres from the retina and the optic nerve. This is able to be detected by your optician via digital retinal photography.

#### 4. Genetics

Genetics can often be a factor in whether or not you are more at risk of getting glaucoma, with those who have higher levels of short sightedness and people of black-African descent being at the most risk.

#### 5. Age

According to research one in 50 people over the age of 40 is affected by glaucoma.

When detected early, glaucoma can usually be treated with daily eye drops and managed effectively to avoid blindness.

If you would like to talk to your optician about glaucoma or book an appointment, find and contact your local optician online.

## EXPANDING OUR CHEDER AT SUKKAT SHALOM SYNAGOGUE

We at Sukkat Shalom Synagogue are looking to expand our lovely Cheder (Sunday school). We currently have a group of ten children ranging from the age 7 to Bnei Mitzvah. Next year however, we are taking on the exciting opportunity of recruiting a younger class; children from 4-5 years of age. Therefore, we need your help to expand and make the community thrive! If you have children from the age of 4 to 12 then please get in touch, we would love to see them in September!

Our Cheder operates at SSRS every Sunday during term time from 10am- 12.30pm. We start with Havdalah and then we move onto a Hebrew reading session. The Children then have a break- with the chance to play outside before the concluding Jewish Studies session. This year we have incorporated an exciting Jewish Studies curriculum which aims to make Jewish learning fun. All of our lessons are interactive and we teach the children a variety of things ranging from the

Bereshit and Kashrut to Jewish Sports Heroes. Every lesson has a reform Jewish identity at the very heart.

We also work very closely with the SSRS Toddler Group run by member and Chair of Education, Ida Lewinsohn. Together we have hosted a variety of family friendly events such as a Chanukah and Purim Party. These events have been a great success.

The Cheder is open to SSRS members free of charge but for a small fee of £8 per session we are opening the Cheder up to non-members. These fees must be paid termly, in advance. If you have any questions or want to express your interest in our Cheder then please contact us using the details below.

We hope to hear from you soon!

Ida Lewinsohn  
Chair of Education  
[ida.naverma@gmail.com](mailto:ida.naverma@gmail.com)



### SUKKAT SHALOM REFORM SYNAGOGUE

i Victory Road, Hermon Hill, Wanstead E11 1UL  
Email: [admin@sukkatshalom.me.uk](mailto:admin@sukkatshalom.me.uk)  
Website: [www.sukkatshalom.org.uk](http://www.sukkatshalom.org.uk)

Frank Yarrow (centre), with friends from one of our community centres.



**LIVING ALONE SHOULD NEVER MEAN BEING LONELY.**

**PLEASE MAKE A DONATION THIS ROSH HASHANAH AND HELP US SUPPORT MORE PEOPLE LIKE FRANK.**

When Frank lost his wife Annette, he found himself alone for the first time in more than 60 years. "I would spend days staring at the walls. I was so lonely." Now he's making new friends at one of our community centres. Frank is just one of the thousands of people who will be counting on us for help this Rosh Hashanah. Can they count on your support too?

To make your donation, visit [jewishcare.org/donate](http://jewishcare.org/donate) or call 020 8922 2600 now.



Charity Reg No. 802559

# FOCUS ON: Redbridge Jewish Community Centre (RJCC)

## MICHAELA BLITZ PAYS A VISIT TO SINCLAIR HOUSE AS IT CELEBRATES ITS 50TH ANNIVERSARY

ANYONE who has grown up in the Redbridge area can't have failed to have had some connection with Redbridge Jewish Community Centre (RJCC), or Sinclair House as it is more affectionately known. Whether as a member of 'club' in your youth, a volunteer on Wheels in your spare time, or attending the Day Centre, the Centre is a focal part of the local community and this year will celebrate its 50th anniversary.

Originally known as Redbridge Youth Centre, it was the brainchild of a determined group of people including Bernard Sinclair MBE, who shared a passion for youth and local community and recognised the need for a youth club in the area. Although many felt at the time that Redbridge was 'not Jewish enough', Bernard was determined and managed to negotiate a grant from Redbridge Borough Council and the Department of Education. His commitment to making this vision a reality was so strong that

he even put down the £100 deposit required to secure the site on Woodford Bridge Road from his own pocket. In Bernard's honour, Sinclair House took his name. His determination paid off and, in 1969, the Centre was opened by the Chief Rabbi of the time, Lord Jacobovitz. As membership increased, the Centre was extended in the mid 70s and renamed Redbridge Jewish Youth and Community Centre in 1976 to reflect the wider range of services and ac-

tivities that it was now offering. In 1997, it merged with Jewish Care and became the largest Jewish community centre in Europe providing educational, social and welfare programmes for the entire Redbridge Jewish community. Today, the Centre serves around 1,200 people on a weekly basis through all of its activities and programmes, and caters for every part of the community from babies right through to the elderly. The activities and programmes on offer include support groups, day services and home care provisions; and the Centre also works with local schools and other organisations.

Centre manager Graham Freeman works with his team to provide these services, which cater for the needs of every part of the community. He told the *Essex Jewish News*: "The RJCC is at the heart of the community. It's a space to come together. There really is something for everyone, no matter what age; and it provides opportunities for all generations."

One of these newer opportunities is a group that has been set up to support parents in the area. There are information sessions as well as ante-natal classes; and Graham hopes that this will encourage young parents to engage with the Centre, and be more involved. For those couples who may have moved out of the Redbridge area, it is a way to still connect with the Jewish community there. There are also plans to develop more engaging programmes for older members of the community, alongside many of the current activities including line dancing, table tennis and discussion groups.

Graham continues: "It is this understanding of the needs of the community, and development of programmes to reflect this, that I believe is essential and enables the Centre to continue to be relevant to the local community."

The RJCC is part of the Jewish Care umbrella, enabling the Centre to be able to help and support even more members of the community than before. Daniel Carmel-Brown is the CEO of Jewish Care. As an Essex boy, the Centre has played a significant part in his life. He told us: "Growing up in Redbridge certainly shaped my identity. My involvement at RJCC began with the Redbridge Jewish Youth Council, at the time, a key organisation which brought together representatives from all the Jewish youth organisations and movements locally. It was through the Youth Council that I formed friendships that remain

today. The experiences that followed – Israel Tour, a Shoah seminar, gap year taking part in the Youth Leadership programme (now known as MIKE), and working at the Centre – all led me down a path which ultimately has defined my career, family life and my identity."

Another alumnus of the Youth Leadership Programme is Richard Shone, now Jewish Care's head of community engagement and volunteering. Talking about his long connection with the Centre, Richard explained: "I first started attending club when I was at primary school, and became a youth volunteer from the age of 13. I have now been working for Jewish Care for the past 29 years, so you could say that I am very much part of the Centre, and it is very close to my heart in many ways."

The MIKE (Motivation, Inspiration, Knowledge and Education) programme, introduced in 1983, is one of the RJCC's biggest success stories with graduates including JW3 CEO Raymond Simonson and UJS chief executive David Brown. It encourages youth leadership and currently has 60 participants from school years 9, 10, 11 and 12. As Emma Senitt, RJCC youth and family coordinator, comments: "MIKE is a great

scheme that helps young people to develop confidence, as well as leadership skills which they can use throughout their lives. It also enables the participants to socialise with people they may not usually meet, and work with members of Redbridge JCC of all ages."

Emma is also responsible for many of the other activities that run for youth and family, including the parent and toddler groups, the after school 'club nights' and the school holiday schemes for primary school children, including the recent Summerworld.

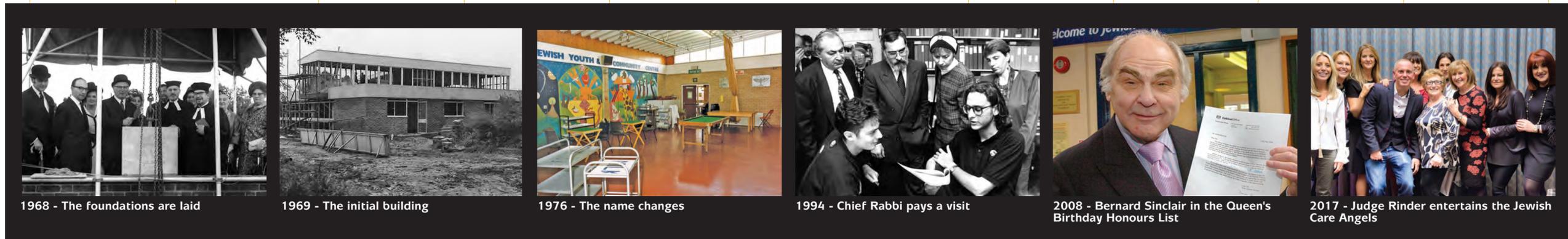
While many children nowadays are more focussed on their phones or computer games, Summer World encourages them to interact with others 'in real life'. It can be seen to instil values that really help youngsters to develop and grow. One participant, Emelia aged six, particularly enjoys the activities on offer, saying: "I really enjoy doing art at Summer World. I've made a circus in a box, an Olympic torch, trophies and a gold medal. Some of my friends from school come here, too, and it's lovely to see them."

Throughout its long history, the Centre has always relied on its hardworking team, which includes the many volunteers that help across the organisation. One area that

volunteers are needed for is a new befriending service that is being set up. A similar service runs in Golders Green, Hendon and Edgware, and offers older people the chance to interact with other members of the community to combat feelings of isolation and loneliness. It is not always those that live alone that will have these feelings. Sometimes, they may be living with their family but feel isolated in some way. In order to continue to offer the range of services and programmes, fundraising is also essential in supporting the work that the Centre does; and, over the years, thousands have been raised through various

events and activities organised by fundraising committees. The Redbridge Aid Golf Society (RAGS) is one of Jewish Care's oldest fundraising committees, having been established in the 1970s. It has played a pivotal role in local fundraising efforts, and organises regular events which are always extremely successful. More recently, in 2007, a group of women in the local area set up 'Local Angels' to help raise awareness and money for local projects within the Redbridge area. Looking towards the future, Graham believes that the Centre will carry on playing an important role in the community. As he concludes: "Seeing the positive impact that the Centre has through its services is very rewarding to all those who work here, and we hope that it will continue to thrive and be a key hub offering a wide range of services to the local Jewish community for many more years to come."

Find out more about the Jewish Care's Redbridge Jewish Community Centre by calling 020 8551 0017, emailing [RedbridgeJCC@jcare.org](mailto:RedbridgeJCC@jcare.org) or visiting [www.jewishcare.org/rjcc](http://www.jewishcare.org/rjcc)



1968 - The foundations are laid

1969 - The initial building

1976 - The name changes

1994 - Chief Rabbi pays a visit

2008 - Bernard Sinclair in the Queen's Birthday Honours List

2017 - Judge Rinder entertains the Jewish Care Angels

# ESSEX JEWISH NEWS

## New Year Greetings to the Community 5780/2019



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

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Shabbat services are held weekly on Saturday morning at 10.30 am. Please contact the synagogue for details of Friday night services.

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Visitors are always welcome to join us

### 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 and Well over the Fast.



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 Prosperous New Year and Well over the Fast

Marlborough Road, London E18 1AR  
020 8989 7619  
eastlondonandessexliberal@gmail.com  
eastlondonandessexliberalsynagogue.org



### 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



### CRANBROOK UNITED SYNAGOGUE

22 Beehive Lane, Ilford, Essex, IG1 3RT

Rabbi Steven & Rebbetzen Siobhan Dansky, Reverend Gary & Gillian Newman, the Executive Board and Synagogue Advisory Council look forward to seeing you and wish the whole Community Shana Tova V'Gmar Chatima Tova

Rabbi Dansky with Jeffrey Leader will be accompanied by the Cranbrook United Synagogue Choir.



### Shana Tova from everyone at

### WOODFORD FOREST UNITED SYNAGOGUE

All welcome to our services

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




### שנה טובה

The Board of New Essex Masorti Synagogue wishes the community a happy, healthy, peaceful & sweet 5780

A warm welcome awaits you at our services across the High Holy Days, which include children's services and Yizkor.

If you wish to join us please contact us at the email address below to receive your ticket.  
nemasorti@hotmail.com

MODERN TRADITIONAL JUDAISM

### 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 and Rebbetson Lynette Sunderland, the Honorary Officers and Congregation wish everyone a Happy and Healthy New Year and Well Over the Fast





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

WOHL ILFORD JEWISH PRIMARY SCHOOL  
Headteacher: Mrs A Elliker  
Tel: 020 8498 1350  
office@lpsonline.co.uk  
www.lpsonline.co.uk

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

### 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 Board of Management together with it's Pre-School Nursery wish all readers of the Essex Jewish News a Happy New Year and Well over the Fast



**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 5780

We invite you to join SWESRS members for the High Holydays Services at Oaks Lane, Newbury Park Young Adult High Holy Day Scheme - FREE tickets for 18-27 year olds  
Check out <http://bit.ly/HHDtickets2019> for further details

Please call the Synagogue office for tickets and further information; 020 8599 0936

Throughout the year our doors are always open, ready to welcome you to our wonderful choral, family and children's Shabbat morning services, along with our weekly Tuesday Lunch Club and regular Neshamah meditation services too

We would be delighted to see you at any time of the year... Why not take a look at our website for further details? [www.swesrs.org.uk](http://www.swesrs.org.uk)



**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.

For details, Email: [info@jewishcommunitychelmsford.co.uk](mailto:info@jewishcommunitychelmsford.co.uk) or phone 01245 475444



**Excel Nurseries**  
be brilliant, be outstanding

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](mailto:hello@excelnurseries.co.uk)  
W [www.excelnurseries.co.uk](http://www.excelnurseries.co.uk)

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

Harlow Jewish Community send best wishes for a happy, healthy and peaceful New Year to all our friends

...

Contacts:  
01279 792926 or 07710 466522

**Michael Finger's quick quiz answers:**

- 1) Neil Diamond
- 2) Lauren Bacall
- 3) Jonas Salk
- 4) Carole King
- 5) Robert Oppenheimer
- 6) Maimonides (Moses ben Maimon)
- 7) Gal Fridman
- 8) Jerry Lewis
- 9) Dame Louise Ellman
- 10) Moshe Sharett

**WHERE TO GO AND WHAT TO DO?**  
TO SEE WHAT'S ON  
TURN TO PAGES 38 & 39



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

On behalf of Executive Directors:  
Rabbi & Mrs Sufrin MBE, of Chabad Gants Hill and Rabbi and Mrs Brandman of Chabad Buckhurst Hill  
Rabbi and Mrs Posen of Chabad Epping

We are delighted to announce the arrival of our new Shluchim/Branch Directors of Chabad Epping  
Rabbi Yossi and Rivka Posen commencing Rosh Hashanah 5780

Chabad also has an office in Westcliff-on-Sea

[www.chabadilford.co.uk](http://www.chabadilford.co.uk)  
[www.chabadonthehill.co.uk](http://www.chabadonthehill.co.uk)  
[www.chabadepping.co.uk](http://www.chabadepping.co.uk)  
[www.chabadsouthend.co.uk](http://www.chabadsouthend.co.uk)

**Awards for ELELS cheder children on last day of term**

East London & Essex Liberal Synagogue (ELELS) concluded its cheder year with a special family Shabbat service spanning the generations, and including guests from as far afield as the USA.

Rabbi Richard Jacobi led the fun-filled service, in which the children read the prayers - some of which they had written themselves.

It also included a prize-giving, where cheder head Paul Bloomfield presented pupils Matthew and Dominik with Jack Petchey Achievement Awards for going above and beyond in their efforts in class, especially when it comes to helping others. Paul then presented every child with a certificate for their good work throughout the academic year.

Finally, Sharon Pinhas, chair of the ELELS New Generations Committee, presented Paul and his team of teachers with a box of chocolates each.

Synagogue chair Stewart Spivack said: "It was such a warm, friendly and happy atmosphere with all the generations blending together. The end of term service is always a good one."



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 5780 and well over the Fast.

**Shana Tova**  
from

Southend & Westcliff Hebrew Congregation  
*The Shul by the Sea*

01702 344900 | [shuloffice@swhc.org.uk](mailto:shuloffice@swhc.org.uk) | [www.swhc.org.uk](http://www.swhc.org.uk)  
Finchley Road, Westcliff-on-Sea, Essex, SS0 8AD



Headteacher: Mrs Margot Buller  
Chairman of Governors: Mrs Frances Niman

**Fullwell Avenue, Barkingside, Ilford Essex IG6 2JN**  
Telephone: 8551 1097 Fax: 8551 2070  
email: [admin@claretikva.redbridge.sch.uk](mailto:admin@claretikva.redbridge.sch.uk)

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

# ROSH HASHANAH THOUGHTS FROM OUR COMMUNAL LEADERS

BY **CHIEF RABBI EPHRAIM MIRVIS**  
CHIEF RABBI OF THE UNITED HEBREW CONGREGATION

ON 23 June 2019, something extraordinary happened in Turkey; something which provides an insight into how each of us might successfully navigate a society which feels more divided and dependent than it has for many years.

Increasingly, when faced with a major problem, public figures discover that they find acclaim by apportioning blame. Immediate, oversimplified solutions are promised and their impassioned rhetoric alone can be enough to generate widespread public support. Over time, those holding an opposing view feel compelled to resort to many of the same tactics in order to be heard, and society becomes polarised. Those who might be cast as an obstacle to the success of

one side or another are scapegoated. Before long, people become defined by their perceived ‘allegiances’ and a destructive culture of demonisation of ‘the other’ sets in.

Today, we call this populism. Its impact is felt across the globe, from here in the UK, right across Europe, the United States and even in Israel. These are times of disharmony, which many of us never believed we would see.

Citizens in every country are prompted to make a choice: Will we do the easy thing? Will we sit back and allow ourselves to be swept up by the dangerous currents of hostility to ‘the other’? Or can we find a port somewhere in the storm where we can remain considered and temperate; where we can be discerning about truth and justice within our fragile world?

The signs thus far have been less than encouraging, but earlier this year a Turkish man, Ates Ilyas Bassoy, provided a flicker

of light in the darkness.

Mr Bassoy had observed how actor Robert De Niro had publicly insulted President Donald Trump at a high-profile awards ceremony the previous year. His expletive-ridden remarks were greeted by a standing ovation, but they also served to motivate and embolden the president’s supporters.

Not surprisingly, anger generated yet more anger. Mr Bassoy concluded that a more effective strategy would be one of what he called ‘radical love’ – to meet aggression with peace, insults with praise and hatred with love. To most, it sounded like a naïve – if honourable – approach, but he was provided with an opportunity to prove it could work when he became the campaign manager for a virtually unknown district mayor, Ekrem Imamoglu. Mr Imamoglu was to stand for Mayor of Istanbul against the might of President Recep Tayyip Erdogan’s powerful party regime. Bassoy de-

scribed his campaign strategy as having two simple rules: ignore Erdogan and love those who love Erdogan.

Few people believed that his candidate stood any chance. After all, Istanbul had long been a stronghold of the ruling AKP party and President Erdogan had a large base of support in the Turkish capital. Astonishingly, on 23 June this year and against all the odds, Ekrem Imamoglu was elected Mayor of Istanbul, striking a blow for civility, selflessness and decency.

The lesson of this most unlikely political earthquake is that the port in the storm is not in fact beyond our reach; nor is it something that we must wait for others to provide. On the contrary, the answer is and has always been right under our noses.

Our societies can take a lesson from our Torah tradition: *נתיבותיה וכל נעם דרכי דרכיה שלום*  
“The Torah’s ways are pleasant and all its paths are peace.” (Proverbs 3:17)

It is within our power to break free from the cycle of po-

larisation. It begins by modelling what Rav Kook, the first Chief Rabbi of the Holy Land, referred to as ‘Ahavat Chinam’ – causeless love: making time to give of ourselves to others, with no expectation of reward or reciprocity.

Our sages taught: We become truly wise by learning from every person. We become truly mighty by conquering our own negative inclinations. We become truly honourable by honouring others, and we become truly heroic by turning enemies into friends.

A highlight of our Yom Kippur services is the repetitive chanting of the 13 attributes of Hashem’s mercy. The Talmud explains that we do so in order to inspire us to emulate the ways of the

Almighty: just as He is merciful, so too should we be merciful; just as He is kind, so too should we be kind. (Shabbat 133b).

Over the High Holy Day period, when we lower our heads for viduy (confession), we will admit to the sins of sneering, impertinence and obduracy; of disrespect, hard-heartedness and insincerity; of deception, tale-bearing and baseless hatred. Are these not among the most transgressed sins of the social media generation? In these times, when decency is no longer the norm

and humility is mistaken for weakness, Rosh Hashanah and Yom Kippur inspire us to buck the trend and to change ourselves so deeply that those around us cannot fail to be influenced by it. This is how the seeds for real global change are sown.

Valerie and I extend our heartfelt wishes to you all for a happy, peaceful and fulfilling New Year.



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

AS we prepare for the New Year 5780, no doubt we will be thinking about the key mitzvah of the day.

Is it possible that we concentrate too much on one detail, missing the ambience of the whole experience? I’ve often heard it discussed: “How was your shofar-blower? Mine was amazing, every note perfect, or I’ve heard better, he kept getting stuck?” and similar comments.

Let’s look at a by-gone era and perhaps re-evaluate what we really need to be looking at? The synagogue



in Radomsk, Poland, was packed. It was Rosh Hashanah, and thousands of followers had gathered to spend the holy day in the presence of the Rebbe of Radomsk.

When it came time for the shofar-blowing, the learned and pious shofar-blower, who’d been carefully selected for the task, stepped up. With his tallit draped over his head, he recited the blessings with obvious concentration.

Taking the shofar to his lips, ready to blow. Yet, not a sound issued from the horn. His embarrassment rose but there was no sound. A much younger man was called up to take his place, picked up the shofar and completed the task.

Following the services, the Rebbe called over the crestfallen shofar-blower and shared a story...

A new king had been chosen. Expressing their great admiration and devotion for their monarch, a new crown was commissioned. They sought stones and a craftsman, but nobody would take on

the task, afraid that they’d damage it.

A craftsman accepted the job and asked for a month to work on the crown, but he was too scared to actually attach the stones.

The deadline drew near, he picked up the crown with a pounding heart. With trembling hands, he prepared himself to set the precious stones, but he dropped the crown. He could not complete the job, so called his simple, but capable assistant, showing him the crown and the stones, and gave him instructions, which he followed and the crown was completed.

Perhaps herein lies a message for us for Rosh Hashanah. Perhaps we are too focused on the shofar-blower rather than the Creator.

We need to do our part, get the job done and let G-d do the rest!

At Chabad we look to serve, develop and grow. We’re expanding along the Essex corridor with a new Chabad Family this year in Epping. But we know we have to do our part and allow G-d to do His.

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

IS time passing us by at an ever more rapid pace? Or is it just a perception we are left with by the seemingly increasing rate of change in the world around us? Certainly it feels as though we are living through some of the most rapid developments in human history.

Judaism’s hard wired for change. This year we’ve seen change due to the rise of Artificial Intelligence (AI) and the increasing influence of global technology companies. Important elements of our lives are augmented by computerised helpers. We may feel controlled by what our phones and computers indicate that we should be doing at any given moment.

The task for this coming year is to reaffirm the mitzvot, values and actions which are important to us, when there is so much to draw our attention away from them.

We’ve had enormous changes before – industrialisa-

tion, immigrations, world wars; and we have kept Judaism vibrant and relevant. This is not a coincidence – Judaism is built exactly to adapt to changing situations. We’ve morphed from tribe to nation, from scattered to independent State, from priesthood to rabbis. There’s no question in my mind as to our capacity to embrace what is good about new technologies, and to use our Judaism to challenge and adapt ourselves in response to opportunities evoking a vast mixture of emotions.

The High Holy Days period offers us the moment in time to step away from the pressures of this rapidly moving world and focus back on these questions of what really matters to us. We must account for ourselves – take responsibility back – and plan ahead for a year where we remain true to the values we reflect on at this moment. It’s our annual reboot which refreshes our identity, our memories, our capacities and our



plans. The precious period of time around Rosh Hashanah and Yom Kippur gives us a rare chance to pause the rapid pace of our lives and take back control for ourselves. We must identify the values which matter to us, and ensure we are reminded of those every day.

The judgement our liturgy discusses is as much about whether we take responsibility for ourselves and not get swept away by life, as it is the specifics of what we may do.

May the coming year be one of intention and thoughtfulness, where we write the story of our lives with deliberation. May we all bring to life the values we all hold dear.

BY **RABBI DANNY RICH**  
SENIOR RABBI AND CHIEF EXECUTIVE OF LIBERAL JUDAISM

IT is a privilege once again to be able to offer a thought to the readers of the *Essex Jewish News* as we prepare to enter the experience of the Yamin Nora’im.

On 28 November 1990, in Downing Street and on being asked to form a government, (Sir) John Major spoke of his objective to create “a nation at ease with itself”. Whether he achieved this or not, it is evident that in the last few years Britain has found itself in a state of parliamentary stalemate and political rupture, as it seeks to fulfil the mandate of the referendum



to leave the European Union.

The High Holy Days and its process of teshuvah, returning or atonement, is, of course, first and foremost relevant to the individual as (s)he reflects on the vagaries of the past year. It is true there is much good in each one of us, but we become poignantly aware of time and talent wasted, of being so much less than we know we might have been.

The gift of the preparatory month of Elul and the first 10 days of Tishri (including Rosh Hashanah and Yom Kippur) present the ideal opportunity for self-reflection, including making good those damaged relationships, approaching and apologising to those whom we know we have offended, forgiving those who may have wronged us and, finally, approaching our Creator, the Eternal God, about whom Midrash (Shir HaShirim Rabbah 5:2) declares:

Open for Me one gate of repentance by as little as the point of a needle, and I will open for you gates wide enough for carriages and coaches to pass through.

This process of returning to God and to our better

selves is described by the English term ‘atonement’ or ‘being at one with oneself’.

How so, however, for the nation at large, which is far from being at one or at ease with itself. A robust democracy does not require everybody to agree; indeed, it requires passionate disagreement. Nevertheless, the capacity to finally reach a resolution, the humility to accept defeat and the manner of how the debate is conducted are also signs of a healthy nation.

I am reminded of the Talmudic schools of Hillel and Shammai which, by all accounts, rarely agreed and frequently engaged in tortuous and lengthy explorations of issues. In spite of so doing, the Talmud (Eruvim 13b) recalls that, concerning a dispute which lasted three years, the views of both the disputing parties are ‘Eilu v’eilu divrai Elohim chayyim hayn (these and those: both are the words of the living God)’.

How much more at ease would our nation be with itself if debate could be conducted against such a backdrop of mutual appreciation of contrary views!

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

ON Rosh Hashanah and Yom Kippur, we spend a lot of time talking about books – we ask to be written in God’s Book of Life, we declare that on Rosh Hashanah our judgement is written, and that on Yom Kippur it is sealed.

I don’t really believe that God literally opens any kind of books, nor that judgement is literally decided once a year – so what does this metaphor really mean for us?

In Pirkei Avot 2:1, the Ethics of the Fathers, it offers a lesson about keeping out of trouble, saying: “Keep your eye on three things, and you will not come to sin: Know what is above you: an Eye that sees, and an Ear that hears, and all your deeds are written in a book.”

For many of us, we drop our guard when we think that no one is looking. If we are

aware of the eyes of other people watching us, we might be that much more careful to give to the beggars on the street, or to speak respectfully to the waiter in a restaurant. He wants us to know that we are always being watched, that you are never really alone. Everything you do matters, every action you take counts as something that you did – there’s no cheating the system, everything gets recorded for posterity.

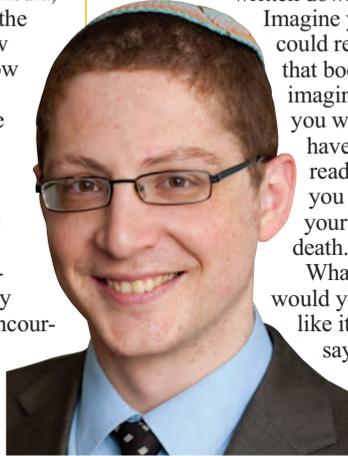
In our age of social media, this lesson should be all the more powerful. We know that the words we say now could be dug up years from now and we will be held accountable for the jokes we shared in poor taste, for supporting the wrong causes or abusing vulnerable people.

We also have experienced how the anonymity that the internet grants encourages all kinds of insults and bullying that few would commit if they had to say it to the person’s face directly. Twit-

ter in particular can be a really vicious place, where a single tweet can create a pile on of abuse, often targeted at women, black people, LGBTQI+ people, Muslims and, of course, Jews.

Before posting anything online, you should imagine God’s books spread in front of you. Even in that moment of seeming anonymity, what you do matters and will be a part of your life story. Everything is written down.

Imagine you could read that book, imagine that you will have it read to you after your death. What would you like it to say?





## A message for Rosh Hashanah from the President

**L**AST year, my Rosh Hashanah message told of the way the Jewish community came together to proclaim in a loud and firm voice, “Enough is Enough” on antisemitism in the Labour Party.

Since then, the antisemitism crisis has not gone away. However, our campaign against those who pursue this most ancient form of racism has had great successes, notably the suspension of serial offenders including Chris Williamson and Peter Willsman and the expulsion of Jackie Walker.

There is understandable anxiety in our community about the way racists within Labour have been emboldened to express their disgraceful views by the indifference, and at times the collusion, of the party’s leadership. However, as I have been saying since I assumed the presidency of this great organisation in 2018, there is another story to be told.

This is the story of a longstanding community that has lived peacefully in the UK for centuries; a community which, since we were allowed back into this country by Oliver Cromwell, has had the freedom to practise our religion and live a truly Jewish life within a respectful society.

In return, our community has contributed great things, in the arts, in society, in business and in politics and science. We have produced major figures from Abba Eban to Amy Winehouse, from Isaiah Berlin to Mark Ronson. With the prevailing conditions of freedom and respect our community has flourished over the past centuries, and despite worries over the revival of mainstream antisemitism, most of us lead happy Jewish lives.

However, there is a reason that the Board of Deputies has existed since 1760; that is to protect those hard-won freedoms and to ensure that the Jewish community in all its forms and denominations, continues to flourish.

At the Board of Deputies, we are in constant campaign mode, challenging Labour antisemitism through advocacy in the media, and to those in Labour and outside who support us and can make a difference.

Of course, Labour’s antisemitism problem is not the only problem with which we are grappling. Brexit is an issue of enormous national significance, and it will impact on British Jews. We have been working with the Government to ensure that Jewish interests are safeguarded in all circumstances.

The Board of Deputies played a prominent role in campaigning for the terrorist group Hizballah to be

banned in its entirety. The Government listened and responded last autumn by ending the artificial distinction between Hizballah’s political and military wings.

We continue to confront and challenge divisive and unhelpful boycotts of Israel. Through our Invest in Peace projects, where we bring Israelis and Palestinians to speak to interfaith audiences, we show that there are better ways to address and resolve differences over the conflict.

We made a significant intervention into the Government’s legislation on organ donation. As we moved from an opt-in to an opt-out system, we acted to ensure that Jews of all denominations were protected. We also obtained compromises from the Department for Education on relationships and sex education that will allow all parts of our community to teach according to their ethos.

We work to educate non-Jewish children and adults throughout the UK on the Jewish way of life. One way we do this is through our mobile exhibition, the Jewish Living Experience which is visited by thousands of children and adults.

We ensure high standard of religious education in schools through our Pikuach inspection service – ‘the Jewish Ofsted’ which is accredited by the Department for Education.

Our honorary officers and staff reach out to local councillors at Local Councillors Seminars across the UK, to ensure that they understand and are sympathetic to Jewish concerns.

Through Milah UK, for which the Board of Deputies provides the secretariat, we campaign for the right of every Jewish boy to be circumcised according to Jewish law.

Our contribution to UK Jewish life is crucial. We will continue to represent you in the coming year to ensure we continue to live freely and safely as Jews as we have done here for centuries.

May this Rosh Hashanah bring you, your families and all of Am Yisrael health, strength and peace.

**Marie van der Zyl**

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

# CELEBRATIONS

# To barmitzvah or not to barmitzvah?



**Congratulations to our colleague Irving Angel and his wife Audrey, who celebrated their Diamond Wedding anniversary on 28 June. They were married at Clapton Synagogue. Irving, who for many years has been one of our proofreaders, and Audrey are members of Woodford Forest Synagogue. Congratulations also on the recent birth of their great-granddaughter Sienna.**



**Renee Millstone celebrated her 100th birthday with a party for relatives and friends at the Vi and John Rubens House, where she has lived for nearly two years. She has a daughter, Linda, two sons, Maurice and Simon, and four grandsons as well as four great-grandchildren.**



**Shira Morris Masters celebrated his 100th birthday at Romford & District Affiliated Synagogue on Saturday 6 July 2019. Two years ago he received the Ordre National de la Légion d'Honneur.**

PHOTO: HARVEY LEXTON PHOTOGRAPHY



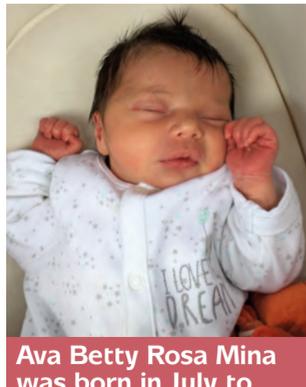
**Freddie Rapp was barmitzvah at Chigwell and Hainault Synagogue.**  
PHOTO: THE PHOTO PEOPLE



**Jayden Fisher was barmitzvah at the Chabad Buckhurst Hill.**  
PHOTO: THE PHOTO PEOPLE



**Zachary Jerrard was Barmitzvah at Chigwell and Hainault Synagogue.**  
PHOTO: THE PHOTO PEOPLE



**Ava Betty Rosa Mina was born in July to proud parents Lisa and Mark Miba, who attend Cranbrook United Synagogue. Ava weighed 6lb and 6oz.**

BY NOAH BENNETT

**I**N school year 7, the pressure was on from the expectation that I would have a barmitzvah to mark my 13th birthday.

I didn't feel good physically, with stomach pain, lethargy, bloating and just constant discomfort. It was not on my agenda and I felt it would be a pointless act. I believe in the scientific explanations for the world around us and religion is not my thing. I just felt to do a barmitzvah was too much effort, when physically I didn't feel great, much to the disappointment of my family.

They tried every trick in the book to get me to change my mind, but it just wasn't on my agenda. For my parents, it was the tradition and the honour and the marking of manhood. To top it all, I had a Jewish education teacher who told me to be barmitzvah you didn't need to have a barmitzvah, so I was sticking to my guns.

Eventually, my parents took the pressure off and said I could have a party in the garden with my friends to mark my 13th birthday. Then, in October of year 8, I got diagnosed with coeliac and it became clear all my physical symptoms were as a result of my body reacting to gluten.

Slowly but surely I got myself back as I started to feel physically better and look physically better and I started to feel free of pain and discomfort, and I had more energy.

I went to many barmitzvah events and, as I was feeling better, I felt free. I went to one party where it was just kids and no adults, apart from the parents, and I felt sad for them as I thought they should be enjoying the party, too.

I spoke to my parents and said I would have a barmitzvah because I wanted them to have that joy, but I didn't want to be in shul for three hours



**Noah Bennett at his barmitzvah dress rehearsal**

doing it. We found a win/win situation and agreed I would do an afternoon Saturday service which was shorter.

Jonny Lorraine taught me my portion and – with the support of Rabbi Yanky Abrams and Rabbi Zvi Portnoy along with some games of FIFA, table tennis and football – I learnt it all.

Soon the day arrived and it was my turn to do my barmitzvah.

I didn't feel nervous at all

because everyone there was on my side. I realised this was an opportunity for me to work hard at something and succeed by learning my portion, standing up to do it, make my family and friends proud and make myself proud. I achieved this and got an amazing free party out of it, too. It's a rite of passage into manhood and I took that step into it.

Finally, I wanted to do something for the mitzvah part of my barmitzvah and decided



**It was not on my agenda and I felt it would be a pointless act**

to raise money for the homeless charity Crisis.

My dad and I spent two days and one night outside in the forest in early August. We learnt how to make a fire, pluck and cook game, make gluten-free damper bread, build our own shelter and sleep under it, then go fishing in the middle of a lake to catch our dinner. It's not the same as being homeless, of course, but it gave us a good sense of having to survive outdoors.

I also want to try and do a good deed for other people by doing this, and raising money for charity. It's terrible to be homeless and it would make me feel incompetent to not have a home, and to not know what will happen next; incredibly frightening. They must be in a constant state of being out of control.

If you want to donate to Crisis it's a great charity that not only goes out there to help people who are homeless but has also written a report which highlights ways to get rid of homelessness for good. After all, everyone should have a right to a home.

The link to my page is [www.justgiving.com/fundraising/noahbennett](http://www.justgiving.com/fundraising/noahbennett)

Thank you for reading my story and, if you are happy to, thank you for donating and supporting me.

# Is it criticism or antisemitism?

**T**HE question is often asked: "When does criticism of Israel become antisemitism?"

I will mention a few possible answers...

During a recent skirmish on the Gaza border, the headline on the front page of The Times was: "Israel bombs Gaza". On page 32, in a tiny two-line snippet in a list of 'little' items was 'Gaza bombs Israel'.

The BDS movement vilifies Israel, and screams about 'apartheid'; yet there are FIFTEEN countries around the world which do not allow Jews or Israelis in.

Even if you are Christian and go to walk in the footsteps of Jesus, and visit Nazereth or Galilee, and have got an Israeli stamp in your passport, you cannot go to Algeria, Bangladesh, Brunei, Iraq, Iran, Indonesia, Kuwait, Lebanon, Libya, Malaysia, Pakistan, Sudan, Saudi Arabia, Syria or the United Arab Emirates. So where are the cries of

## PERSONAL OPINION

### RENEE BRAVO



'apartheid'? Where are the calls for a boycott? Why is only Israel singled out for vilification? Is this antisemitism?

The use of the word 'apartheid' in relation to Arabs living in Israel is even more ludicrous. In 2016, Arabs in Israel were 11% of doctors, 16% of medical students, 14% of nurses, 48% of student nurses, 38% of pharmacists and 43% of pharmacy students. At Haifa University, 50% of the students are Arabs.

During a recent visit to Israel, I had to attend the local clinic and the doctor was Arab. In one of the smart household stores, most of the

sales assistants were Arab, including girls wearing the hijab. I went to a hotel in Eilat, and half the guests were Arab; and the children played together in the swimming pools, including children of the Haredi people.

It is often forgotten that almost the same number of Arabs were displaced in Israel in 1948 as the number of Jews expelled from Arab countries, 800,000 and 700,000. The only reason why the Arabs are still registered as refugees is that the UN (that's you) pays for them.

I recently heard a BBC newsreader say: "When Israel

seized the West Bank ..." But Israel didn't seize the West Bank. Jordan invaded Israel. When Jordan held the West Bank, Jews were not allowed to live there. Should the Israelis have given it back? And when the Israelis called for negotiations, the Jordanians refused to come. But once again, Israel is vilified. Is this antisemitism?

Every day you hear of terrible atrocities in many different countries – thousands killed, made homeless – yet there are no calls for a 'boycott'. Almost the worst atrocity in recent years was when 500 schoolgirls were kidnapped, and taken openly into sexual slavery. Not one English university student raised a finger in protest, no-one suggested a boycott. Is this antisemitism?

Can we dare to hope that the coming New Year will bring us some hope for a better understanding and awareness of a seemingly endless dilemma?

# Our rabbi, our teacher and, above all, our friend

A TRIBUTE TO RABBI DAVID HULBERT ON HIS RETIREMENT, GIVEN BY STEWART SPIVAK

Stewart Spivack is chair of East London and Essex Liberal Synagogue. This speech was given at Rabbi David Hulbert's farewell service.

Rabbi David Hulbert, who retired today, has served our community, in its various guises, for 30 years. First at Barkingside Progressive, which became Bet Tikvah, and now into the new East London and Essex Liberal Synagogue.

When I say David has served his community, that is true in all senses of the word. But he has been primarily, in the truest sense of the word rabbi, our teacher.

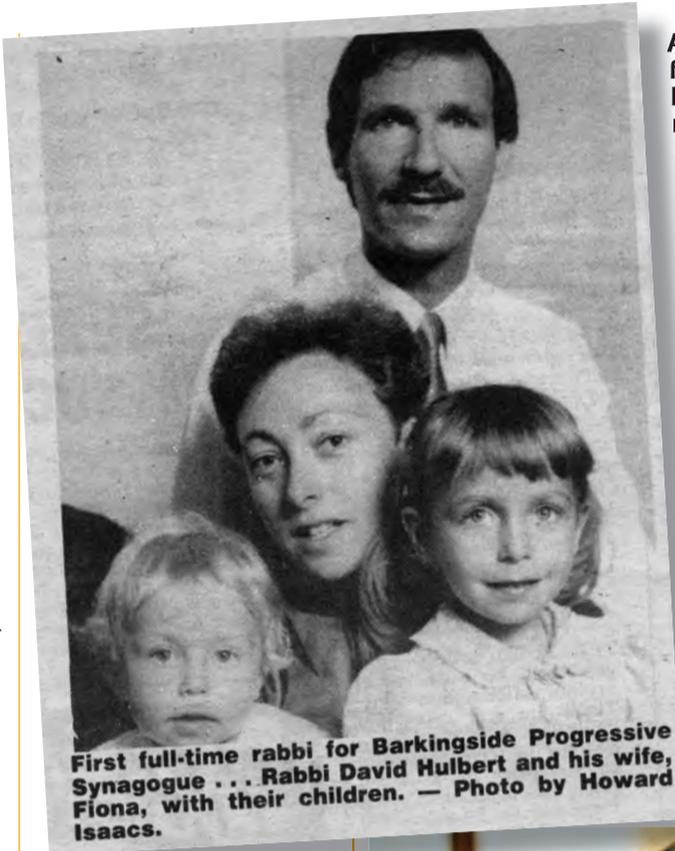
He has taught us from the Torah, in services, in study sessions, and in Torah breakfasts. He has taught us scriptures and liturgy. He has taught us, through his wonderful sermons down the years, bringing stories of Torah and adapting them to the modern world.

He has taught so many of us, not only in services but at religion school, Bnei Mitzvah, in adult education classes and at schools in and beyond our local area. One of David's particular joys is to invite school groups to our synagogue and show them what goes on in this building.

Of course, through the years, David has mentored and helped to train many other rabbis in our community. I am very pleased that, today, Rabbi Nathan Godleman, of South London Liberal Synagogue, is with us; and he was mentored by David.

As I said, David has served us all. Taking services regularly through the years. And being there for the special times: baby blessings, Bnei Mitzvah, weddings, then more baby blessings from the results of the weddings, birthdays and anniversaries. There with us to celebrate the good times through our lives.

And when we face difficulties, either at work or business, or in health of ourselves or those close to us, David is al-



First full-time rabbi for Barkingside Progressive Synagogue ... Rabbi David Hulbert and his wife, Fiona, with their children. — Photo by Howard Isaacs.

A newspaper cutting from 1989 announcing Rabbi Hulbert's appointment as Barkingside Progressive Synagogue's first full-time rabbi

Her contribution to our community, and all its areas of activity, cannot be underestimated. Fiona, you are a wonderful, kind, thoughtful person and we all are thankful for your presence and work in our community through the years.

David, of course, not only works within our community.

He was a co-founder member of the Redbridge Three Faiths Forum. This is a group of people who have met for many years and help to foster understanding between the different religious groups within our wonderful cosmopolitan area in which we live. This is a work that is so vital, and I

Almost 20 years later, Rabbi Hulbert in 2006



ways there. With a visit, a call, David is there.

In our prayer for health it says we should try to keep our own composure to help others. Rabbi David does this, and has helped many of us through difficult times.

When we face a loss, of a member of our family or a friend, or a member of our community, David is always there. Quickly, he would come to help with the practicalities needed at that moment.

He would be there with his kind words, his comforting presence to ease us through those times.

And then, at funerals, he leads the service with care and thought, preparing a Chesped, a eulogy, which is always just right, and applicable to the person concerned.

And at that time, and all others, David and all of us are helped by his dear wife, Fiona.

I know it is David's retirement we are marking today, but Fiona also retires shortly.

know that David works so hard in this group, and we admire him for it.

David was the founder Rabbi of the Clore Tikva School. He was there at the start. So many youngsters are thankful for his work in creating this centre of education in

mountain, or crossing wild country and looking up at a beautiful sky full of birds and wildlife.

As I have said, David is a cultured man in so many ways. Interests in books, poetry, theatre, film, music and also science, politics, society,



Rabbi David Hulbert leading the ELELS Seder, April 2019

Barkingside.

And David is always ready to put the word of ELELS out there, in to the *Ilford Recorder*, *Essex Jewish News* and many other publications.

Our Rabbi David is a cultured man. He plays his trusty violin in orchestras and string quartets, entertaining and playing with great skill.

David has many, many interests. A love of nature, and walking, of science and astronomy, of reading and study. Maybe not of motor cars, as his now forty plus years old Volkswagen Beetle may show evidence. Or maybe he must really love that car; and it still goes, near enough.

Of course, bees feature greatly in David's life. If you visit his house, David will always invite you to meet his bees. Do not be afraid, they are quite a friendly lot, and have also provided us with honey at Rosh Hashanah for many years.

Very recently, during David's very well-earned sabbatical, he became the Rambling Rabbi, crossing the country to take services at various other Liberal communities. He became a celebrity of the rabbinical circuit.

During that time, he went on some very interesting trips to Europe, and other travels. I hope he continues to do this. David's interests are very wide, and I hope he will have the time to pursue them all with Fiona at his side.

David and Fiona will never take the conventional holiday. Not for them sipping cocktails by a sunny swimming pool!! More likely climbing a rugged

community. David is a man of peace who hopes to foster that peace by the work he does.

Above all, David has been our friend. A friend to our community in good times and painful times. He works loyally to serve us all and he is a truly good person in the deepest sense of the word.

David, as you now approach your retirement, I, and we all, hope you enjoy it with Fiona. And also we hope that you enjoy your elevation to become our first Emeritus Rabbi of East London and Essex Synagogue.

David, I have been very proud, comforted and pleased to have worked with you together for many years now, and I am honoured to call you my friend.

Thanks to donations from the community and the council of our synagogue, I would like to present you with some gifts from which we all hope you will find pleasure and enjoyment in the years ahead.

I am pleased to say that we are presenting you with a joint lifetime membership, for you and Fiona, to The Woodland Trust, and a gift voucher for a pair of, I am told, much needed walking boots.

I would like also to present a gift voucher to allow you to visit many concerts at your beloved Royal Albert Hall.

Finally, when you look up at the stars at night, you will be able to see, in the sky, the Rabbi David Hulbert star! David, you are a true star of Liberal Judaism and our community.

David, Thank you from us all.

## EJN man marks fiction-writing decade

BY SIMON ROTHSTEIN

ESSEX Jewish News writer and retired lawyer Mark Harris – who moved from Clayhall to Cambridge in 2009 – is also 'marking' another 10-year anniversary. It was one decade ago that the first of his now five fiction books was published.

Mark's first three published books form the trilogy of his Jewish short story anthologies: *The Shtetl* and other Jewish Stories, *The Chorister* and other Jewish Stories and *The Music Makers* and other Jewish Stories.

His latest novel, *A Virtual Reality*, was released last year. It's set in post-modern and medieval Cambridge and includes significant Jewish content, just like his previous work *Last Days in Berlin*. The book was published just in time for its



Mark Harris (left) receives the NABC 'Writer of the Year' trophy from Vera Lynn and Frankie Vaughan in 1961

promotion at 'Cambridge One Day Limmud' last November; and signed copies were put on its shelves by celebrated Cam-

bridge bookseller Heffers.

Mark says: "My very first fiction efforts to be published were in a book of 'youth writ-

ing' that the late Olympic athletics gold medallist and sports journalist Chris Brasher CBE compiled in the early 1960s. This resulted from his attendance at the National Association of Boys' Clubs' annual awards ceremony at the Royal Festival Hall, where (as a member of the Brady Boys' Club in London's East End) I received the NABC 'Writer of the Year 1961' trophy from the hands of Vera Lynn and Frankie Vaughan."

Mark adds that he is "currently in the process of writing a sequel to *A Virtual Reality*" ... so watch this space.

Mark's books can be ordered via any good bookshop or internet retail site – including *Waterstones*, *WH Smiths*, *Blackwells* and *Amazon* – or direct from the publisher at [www.troubador.co.uk/bookshop](http://www.troubador.co.uk/bookshop)

My first year at Kantor King Solomon

BY **ETHAN CLERCK**



**D**URING my first year at Kantor King Solomon High School (KKS HS) I have had many different experiences which have inspired me to write this article. I'd like to start by sharing some of my worries that I had about starting secondary school.

Something I was nervous about was how I had to walk to school, it's not very far but I had to remember my bag and lanyard and especially making sure I had the right books, and I couldn't rely on my mum to remind me. I learnt this the hard way as one time I had to run all the way back home after leaving my bag at home. But I still managed to get to school in time!

I was also worried about having to remember where to go for each lesson. However, in my Induction day, we did some orienteering activities which helped out a lot. On the first day of school we started later than usual and it was only Year 7s at the school. This meant that we had a couple of hours to get used to how lessons were going to be and what we were to expect. By the end of the first day I felt more confident walking

around from lesson to lesson and, by the end of the week, I was helping others find their way round.

After a few weeks, I felt like I knew what my teachers expected of me and I was managing to keep up with the homework. Homework can be a daunting prospect but sometimes we were given projects to work on with friends, which was really enjoyable. We even got to choose who we worked with, which made it even better.

My teachers have been extremely helpful towards me and my peers as they explain in detail what we are learning about and what the tasks will be. I can see that my teachers really try to make their lessons fun and interactive. To motivate us to work harder and put in more effort, teachers give out reward points which students collect to gain badges.

Alongside the lessons, there are additional clubs through lunchtimes and after school. Examples of this are football, rugby, STEM, netball, athletics in the summer, computer club and more. There really is something for everyone. For me, I chose to be a part of the rugby team, which led me on many great outings and tournaments and I was proud to represent my school.

When I joined KKS HS, I was partially shy with many of the new students joining the school. However, I soon overcame this and made some amazing new friends, as well as keeping my old friends from Wohl Ilford Jewish Primary School.

Finally, I personally have had a great journey throughout this year at KKS HS and I am so pleased I chose this school, and I'm looking forward to what comes next.

My last year at Kantor King Solomon

BY **PHOEBE MYERS**



One of the main aspects of the school that truly sets us apart is our sense of community, established and maintained by our school's systems and schemes. A clear example of this is the 'buddy' scheme, which allows students just joining our school to raise any concerns or issues they may have with their designated buddy from year 12, who will either handle the issue or pass it on to a member of staff. I have experienced the benefits of this scheme as both a year 7 and year 12 student, first as a mentee and later a mentor.

In years 12 and 13, I studied history, Spanish and English literature, subjects which I still consider interests of mine and all of which I wish to continue building knowledge on in my spare time. In particular, I have always had an interest in languages, and having studied Spanish for A-level and, in my work as a Spanish prefect, I have acquired the skills needed to speak at a level I am proud of. In addition, the modern languages department has encouraged and inspired me to pursue this further as a hobby; and I aim to learn even more languages in the future.

The year 12 Spanish exchange trip to Barcelona has now become one of the highlights of my school career, as I got to explore and learn about a country which has such a beautiful and unique culture: while also allowing me to make lifelong friends, with whom I have remained in contact... in spite of the distance.

The school always finds ways to support students in making dreams and ideas into a reality, providing a platform for us to use our voices, even to make the smallest difference to our community.

Firstly, I was given the opportunity to make a session for a staff INSET day, in which I spoke about my battle with mental health and anxiety, while educating staff on understanding and considering these matters from a student's per-

spective. In addition, I spoke about how to break the barrier which is commonly found between teachers and students due to a lack of understanding of one another; something which stops students from speaking up and asking for help, in fear of judgement.

By being given the opportunity to speak in front of every staff member at the school, I was able to build my confidence in public speaking; and this led me to take my interest in the topic of mental health further. I created a weekly mental health support group, with the help of the pastoral team, various staff members and the SEN department.

My work with sufferers of mental health issues at the school led to a nomination for, and award from, the Jack Petchey Foundation, something that I never realised I could achieve. The mental health group and one-to-one sessions I do for those who prefer private support have given me so much inspiration, while also helping me personally; as I enjoy the feeling I get from helping those who need support around me. I am forever building my knowledge and skills with students in the weekly support group and one-to-one sessions, as I will continue to do these in spite of coming to the end of my academic career at KKS HS. Not only has my work shown me how to use my personal experiences to help others, but also how to learn from the students I work with, even if they are younger than myself.

These experiences have ultimately allowed me to realise my dream career of becoming a therapist; and in the autumn of this year, I shall be studying psychology and counselling at The University of Westminster.

I feel I have been given every chance to succeed at KKS HS with experienced, passionate and inspiring teachers who have had high expectations of me, preparing me for higher education and supporting me to find a suitable path and plan for my future. I feel also that I would strongly recommend KKS HS to prospective students, as my time here has given me the confidence and tools that I will need in order to achieve my dreams and reach my goals, both academically and personally - all of which I wish for others to experience.

Thank you to **Laura Marks** for helping collate these articles.

## Prize-giving evenings acknowledge students' successes

KANTOR King Solomon (KKS) High School held several prize evenings to celebrate students' achievements at the end of the last academic year.

The guest speaker at the Enterprise, Creative and Technology Prize Evening was Hadleigh Stollar. Since leaving KKS and completing his degree, Hadleigh has gone on to achieve incredible success within the NHS, facilitating and delivering key policy changes. Recently he won the Digital Public Sector Innovation of the Year award for the work.

The Charlie Mosely Award, a special prize presented at the end of the evening, was given to Rachel Samuels.

The school followed the event with a PE Prize Evening, where pupils were joined by British 800m runner Kyle Langford. Kyle spoke about his journey from education to the track, and the dedication and commitment that he is giving to the sport to enable him to become a successful athlete.

A special award was given to sixthformer Ellie Grant for outstanding achievement in swimming. Ellie has represented the borough in many competitions, and Great Britain in the Maccabi Games. Overall winners on the night were Jessie Williams and Adham Ahmed.



Special prize winner Rachel Samuels receiving the award from Charlie Mosely



Ellie Grant with athlete Kyle Langford

**H**AVING been at Kantor King Solomon High School (KKS HS) since I was 11 years old - after completing primary education at Wohl Ilford Jewish Primary School - I have really seen the school grow and change for the better. The atmosphere has evolved into one which is culturally diverse and in which I feel everyone is accepted and free to express themselves.

Of course, in my seven years at the school I have - as any student does - faced challenges and obstacles, all of which have made me stronger and none of which have I had to face alone, as I was supported by my teachers and excellent pastoral team.

## Students celebrate exam results

KANTOR King Solomon High School is celebrating another strong set of GCSE results. The school maintained the progress it has made in the last two years with more than 87% of students gaining English GCSE, and over 75% making the grade in maths.

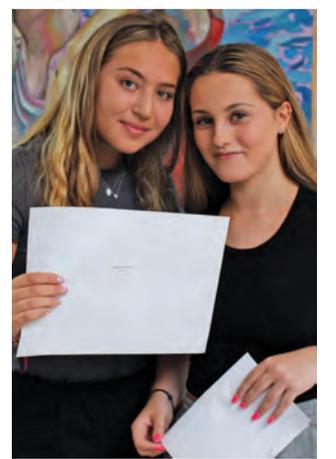
Students also received their A-Level results, with many now off to represent the Essex Jewish community at universities in Nottingham, London, Birmingham and East Anglia. The school achieved 100% A\*-C in religious studies, 83% A\*-C in Spanish and 81% A\*-C in art.

Headteacher Hannele Reece

said: "We are delighted for all our A-Level students, and we wish them well as they take their university places, start employment or head off on their gap year. I am also delighted for the entire school that we have maintained our amazing success at GCSE."

"Kantor King Solomon continues to move from strength to strength. I am so proud of all our staff and students, and all their hard work."

**Abi Marcovitch and Natasha Schiffman** celebrate getting great GCSE results



# Oak Lodge Avenue is home to a King



MANY readers will doubtless recall the hit 1980s sit-com *Birds of a Feather*. It starred Lesley Joseph, Pauline Quirke and Linda Robson, who all 'lived' in Chigwell.

Savvy readers who know their region well, however, may also recall that though it was set in Chigwell, the popular BBC comedy was actually filmed near the BBC's Elstree studios. Back then, leafy up-scale Hert-

fordshire stood in for leafy up-scale Essex.

But now with new BBC sit-com *King Gary*, Chigwell is once again the setting for a hit comedy. But this time it was really filmed in Chigwell with a leafy cul-de-sac, that's located close to the United Synagogue's flourishing Chigwell and Hainault congregation and home to many *Essex Jewish News* readers, substituting for the fictional Butterchurn

Crescent.

Butterchurn Crescent – or Oak Lodge Avenue, as it's known in real life – is the road in which the sitcom's eponymous 'hero' Gary King lives with his wife, Terri, played by Laura Checkley. Others in the cast of family, friends and neighbours include *The Fast Show*'s Simon Day as Gary's dad, Big Gary; Camille Coduri from *Him & Her*; Neil Maskell (*Humans*); Lisa McGrillis (*Mum*) and the wonderfully funny Romesh Ranganathan.

According to a BBC press release, Gary and Terri are a husband-and-wife comedy duo "living in competitive suburbia" and "aspiring to social acceptance and material success". Since *TOWIE* catapulted Essex to the top-of-the-league for places that epitomise 'competitive' aspiration (somewhat unjustly, some might argue), it's not entirely a surprise that an Essex suburb was chosen as the setting for this new sitcom.

But at least this time, it was actually filmed in Essex with most of the exterior and location filming taking place in the leafy

Chigwell cul-de-sac over three days in early summer.

During the filming, the pavements of this quiet close were criss-crossed by snaking cables, while a fleet of production and catering vehicles were parked on the grass verges.

"It all created a lot of excitement," one resident told EJM. "Everyone wanted to see what was going on and to see if we could spot any of the actors."

"Naturally, everyone took photos and posted them on social media," noted another resident.

Gary and Terri's 'home' does not belong to a Jewish family; but eagle-eyed viewers may spot a mezuzah on the door-post of the home of 'neighbour' Romesh Ranganathan... it's actually the spacious home of Jewish couple Jeanette and Paul. Other real-life neighbours include Katie and Simon and their daughters Sadie, 11, a pupil at King Solomon High School in Barkingside, and Poppy, nine, who attends Wohl Ilford Jewish Primary School.

Keep an eye out as the series continues and see if you can spot the homes of your friends and family.

# A wheely worthwhile challenge



BY MICAELA BLITZ

MANY people would like to tell their boss to get on their bike, but one local businessman has taken this advice to heart. Eddie Turze, MD of ET Clay Products Ltd, has set himself a cycling challenge to celebrate the 25th anniversary of his company. He plans to cycle 155 miles from the Birmingham depot to the Essex head office, and hopes to raise money for Macmillan Cancer Support in the process.

Although not a natural cyclist, Eddie has eagerly donned his cycling helmet and Lycra shorts and is taking his training very seriously. He will be accompanied by other members of his team: Imran Khalid, financial director Jim Hawkins, sales director, as well as Craig Cooper and Andy Blackmoor from the Midlands branch. His son-in-law, David Blitz, who is the firm's commercial director, is also taking part. David is himself no stranger to taking on physical challenges and has been helping him with his training. As he explains: "This is a huge challenge for Eddie and one he is very much committed to achieving. He has spent the

past few weeks increasing his distance every day, and his main motivation is being able to raise money for Macmillan."

Eddie hopes to raise £25,000 for Macmillan Cancer Support, which is a charity close to his heart and was an obvious choice to which to donate.

He told the *Essex Jewish News*: "The care and support that the charity provides to those suffering with cancer and their families is amazing. To reach such a professional milestone, I feel privileged to be able to support such a worthy cause. I am not sure if this challenge is foolish or brave, I will let others decide. I am grateful for all the donations and support received so far, and hope that people will continue to help me to help others by donating anything they can to help me reach my target. All the money we raise will go towards helping this cause, so any donations, no matter how small, will be greatly appreciated."

If you would like to donate, and help Eddie and the rest of his team to reach his target, go to their Just Giving page – [www.justgiving.com/ETClayProductsLtd](http://www.justgiving.com/ETClayProductsLtd).

# 'Being with kids from Israel doubled the fun of our weekend in Skeet'



PARTICIPANTS on the Redbridge Jewish Community Centre (RJCC) MIKE Youth Leadership Scheme hosted a delegation of 10 Israeli teenagers from Ma'ale Yosef, a region on the northern border with Lebanon.

They spent a weekend together at the Skeet residential retreat, sharing Shabbat experiences and learning about Zion-

ism and the differences between cultures in the UK and Israel. The Israelis also spent time at the RJCC day centre, presenting a very well-received show on their Jewish heritage.

Oded Gvaram, the Shaliach from the Jewish Agency at RJCC, accompanied the delegation of 13-14 year olds during their visit. He said: "One of the things I enjoyed the most

was watching the kids from both communities become friends in a moment. I'm very glad we had the opportunity to give our youth opportunities to meet with youth from Israel and spend time together, all thanks to our exchange programme and the Partnership From UJIA."

Fourteen-year-old Emily Jewell-Harding participates in

the MIKE programme. She said: "The weekend away at Skeet was enjoyable and the time with the Israeli kids made it twice the fun. In my time with them, my Hebrew improved after not speaking any for many years. Even now, after Skeet, almost everyone keeps in contact with the kids in Israel and we all look forward to seeing them again."



# History comes (back) to life

THE Essex branch of the Jewish Historical Society of England was relaunched to a large crowd in July.

Having previously announced that it would be closing, the local branch was resurrected at the instigation of the Essex Jewish Community Council by a new leadership team under the chairmanship of Loughton-based historian Richard Cohen.

After the audience of more than 100 at Clore Tikva Primary School heard a talk on 'Shakespeare and the Jews' by Dr Aviva Dautch of the British Library, Richard announced that a full monthly programme was now planned starting later this year. Tribute was also paid to the hard work of the group's previous long-serving leaders, including Sheila Lassman and Sheila Chiat.

The new programme will

feature speakers including Board of Deputies vice president Edwin Shuker, Professor Clive Bloom and Professor Geoffrey Alderman. To read the full programme search for 'Jewish Historical Society of England Essex Branch' on Facebook or check out the Essex Jewish Community Council's Communal Calendar at [www.ejcc.co.uk/communal-diary](http://www.ejcc.co.uk/communal-diary)

# Ringling the changes this Rosh Hashanah

WITH the Yom Tovim coming late this year, the chances are the weather may be distinctly autumnal, so I've decided to pick some recipes to accommodate the chill. The chicken dish is just right for early autumn and can be prepared in advance, ready to reheat after the service. The frangipane dessert also freezes well and is super quick to prepare. If you're not a fan of gefilte fish or you fancy a change to something different, you could give the fragrant fish patties a try. They are made with fresh herbs and spices and bring a zingy alternative to the table.

I wish you and all your families Chag Sameach – a happy, healthy and peaceful New Year.

## CHICKEN WITH PEPPERS AND ALMONDS

1 chicken cut into 8 pieces  
2 tabspns olive oil  
1 red onion sliced  
1 red pepper cut into strips  
2 cloves of garlic finely chopped  
3 fl oz sherry

2 sprigs of fresh thyme, leaves stripped  
2 tabspns fresh parsley chopped  
Salt, pepper and grated nutmeg  
A handful of flaked almonds

Heat oven to 180°F – Gas Mk 5

Dry the chicken pieces with kitchen paper and then brown them in the oil in a deep frying pan. Remove the chicken, add a little more oil and then fry the onion garlic and peppers until soft and limp. Return the chicken to the pan, add the sherry and the seasonings and enough water to barely cover. Cover with a lid and simmer for 20-25 minutes or until the chicken is cooked through.

This can also be done in the oven if you prefer.

Remove the chicken to a serving dish and keep warm. Turn up the heat under the pan and boil until the liquid is reduced by about a third. Taste, and adjust the seasoning if necessary. Stir in the herbs and flaked almonds and pour the sauce over the chicken.

## COOKING FOR YOMTOV

### SHELLEY POSNER



#### FRAGRANT FISH PATTIES

The beauty of this recipe is that the main chopping is done by the food processor, so you only have a little light cutting up to do!

1 tabspn sunflower or light olive oil  
1 onion roughly chopped  
1 cm fresh root ginger roughly chopped  
4 garlic cloves roughly chopped  
1 red chilli – seeds removed, roughly chopped  
1 teaspn ground cumin  
¼ teaspn ground cloves  
450 gr firm white fish – any mixture – skinned and roughly chopped

1 egg  
Salt and pepper  
2 tabspn chopped mint  
3 tabspn chopped fresh coriander  
A bunch of spring onions – green part only finely chopped  
Sunflower oil for frying

Heat the oil in a frying pan and fry the onion, ginger, garlic and chilli for 5 minutes until soft and beginning to colour. Add the cumin and cloves, stir well and remove from the heat. Into the processor place the fish, egg and salt and pepper and whizz until roughly chopped, then add the onion mixture and process until smooth but not mushy. Transfer the mixture to a bowl, add the

mint and coriander and spring onion tops and mix thoroughly. If time allows, cover the fish mixture with cling film and chill for an hour in the fridge.

When you are ready to cook, shape the fish mixture into 12 equal-sized patties. Heat the frying oil in a heavy frying pan, and fry the patties in batches for about 3 minutes on each side or until they are lightly browned all over and cooked through. Drain on kitchen paper and serve on a bed of baby salad leaves.

#### FRUITY FRANGIPANE

This is a variation on the frangipane I usually serve at Pesach, with a fruity base of autumn apples and berries gathered from the garden. Make sure you use a flan dish with a circumference of at least 28 cm, or it will spill over the top.

2 large cooking apples  
100 gr fresh blackberries  
A little caster sugar  
1 teaspn cinnamon  
Juice of half a lemon  
For the frangipane:  
175 gr caster sugar  
175 gr ground almonds

175 gr butter or parev fat such as Mehadrin  
2 eggs  
A few drops of almond essence  
A handful of flaked almonds

Preheat oven to 190°F – Gas Mk 5

Lightly grease a 28 cm flan dish. Peel, core and chop the apples into slices or bite-sized chunks. Place in a pan over a gentle heat and add the lemon juice, cinnamon and sugar to taste. Cook gently for 3-4 minutes until beginning to soften, then add the blackberries and stir well. Cook no more than a minute or two, then turn out into the flan dish and allow to cool.

Meanwhile, make the frangipane. Put the sugar and ground almonds into a large bowl. Chop in the butter in small cubes. Break in the eggs and beat with a hand beater or in a machine until well blended. Add the almond essence and stir well. Spread the mixture over the fruit, making sure it reaches the edges. Scatter over the flaked almonds and bake in the oven for 30 minutes until well risen and golden brown.

## BEAUTY

### PAT LIDIKER



products won't break the bank either. OK, they're a French company; but so widely available things are unlikely to disappear just yet. Then there's clever, clever Charlotte Tilbury (pictured below) who, by adding the word magic into her irresistible products, has an ever-growing fan base.

Rosh Hashanah has arrived later this year, in time for autumn trends; but that's not the only reason for keeping an open mind on what's new.

We all change over the years and each stage brings different skin and hair, colours and textures, and the realisation that what used to suit us no longer does.

So why not embrace all this and completely rethink your image? With so much choice around, it's hard to know where to start; so seek out an experienced member of staff to help you.

The latest lip colours are velvety and ultra-matt in crimson, scarlet, tomato or red wine while last year's plum, damson and berry shades are happily still with us. Not as harsh as they sound – if dabbed, blended or blotted on sparingly they can look stunning. For ultimate impact, see Charlotte Tilbury's hydrating Matte Revolution Walk of Shame. The berry rose colour blends oils and waxes which hydrate lips with every application.

Eye shadow palettes are a fun way to ring the changes, depending on your mood and style; but they often contain so many colours you'll never, ever wear. Look for matte or shimmering shadows rather than sparkle in smaller compacts combining grey, brown, cream and pink; and ring the changes with blue, green, gold or purple. Shape the eyes with charcoal or dark chocolate rather than black to complete the look; and, again, a demo from a

trained counter assistant will help you get it right.

Many new foundations, such as L'Oreal True Match, incorporate extra benefits like moisturiser, creating a skincare and make-up product in one. Reformulated to include hyaluronic acid, glycerine and aloe vera, it glides onto the skin for a luminous, radiant finish. Laura Mercier's tinted moisturiser gives 24-hour hydration and includes SPF, vitamins C and E and its medium coverage can be built up. Ask for a sample on the counter at John Lewis to try for yourself.

If your skin is less than perfect, which applies to most of us, then use a concealer first on problem areas like dark spots and redness – prices vary

from under a fiver to the sky's the limit. Maybelline Eraser has its own sponge applicator to hide under-eye shadows and other imperfections, while Revlon PhotoReady Antioxidant has caffeine to perk up puffy eyes; both come in several shades to suit anyone.

Always cleanse, moisturise and prepare the skin first; and never be afraid to try new ranges if your favourites are unavailable. Boots have new serum activating pads, which gently exfoliate to give extra glow and allow better absorption of creams and serum, giving you a healthy glow.

So whatever happens on and after 31 October, we can at least put on a brave face. Have a beautiful New Year.

# BEAUTY and the BREXIT

NOT long now till Brexit Day (possibly!) – who knows? But deal or no deal, if you're reading this to find out how it will affect the availability or price of your own favourite beauty products, don't ask me. I haven't a clue and nor has anyone else!

All we do know is that projected scarcities of essential medical supplies, putting so many of us at risk, means other European products are sure to follow. This could well include French skincare and cosmetics from names like Clarins, Lancôme, YSL, Dior, Chanel, Biotherm and Yves Rocher, all established, popular brands on our counters and in beauty salons.

On the other hand, the Estee Lauder Group now has so many other brands under its banner (including Bobbi Brown, Clinique, Jo Malone, MAC, Prescriptives, Smashbox and Tom Ford) it will, hopefully, be busi-

ness as usual.

But let's get real here, we're not talking about life and death! We can either stock up now on our own European must-haves or grab this golden opportunity to widen our horizons with something new. And the choice is amazing.

Boots never fail to come up trumps, now supplementing their No 7 range with Boots L;ft (yes, spelling is correct). This is aimed at those on a budget but still looking for high quality serum, oil, re-hydrating creams and more at prices seldom more than £7.99.

L'Oreal



## FROM THE ARCHIVES

STORIES FROM THE EJN FROM 10 YEARS AGO

### Mass Bat Chayil at Fed Shul

"AN astonishing 19 women from the community of Ilford Federation Synagogue have been Bat Chayil at a unique mass ceremony in the Coventry Road shul. None of the group (aside from the youngest member, a 12-year-old) had enjoyed an opportunity to take part in such a simcha earlier in their lives. Seizing the chance presented last year by Rabbi Alex Chapper and his wife Eva, the women met regularly over many months to be taught principally by the rebbetzen, whose course concentrated on famous Jewish women in history.

Almost 400 relatives and friends packed the synagogue to hear speeches given by the women on the reasons for their participation. In his address, Rabbi Chapper remarked that he was 'tremendously proud' of the group's 'phenomenal achievement', had been 'overwhelmed by its enthusiasm' and wished

each of its members the 'heartiest mazeltov'. He added: 'I got the idea from a shul in St John's Wood that shall remain anonymous. They had six Bat Chayil women. And here we are, in little old Coventry Road, with no less than nineteen. It has been an amazing success!' He went on to praise the women's tutor: 'Their experience was enhanced and enriched by Eva Chapper, whose passion for her subject, and gently relaxed style of teaching, truly endeared her to the class of 2009.'

Each participant was presented with a Bat Chayil certificate and two books, one of which is a compendium of the 'graduation' speeches. The formal procedure was opened with a resounding 'Baruch Haba' by the synagogue's chazan, Rabbi Shneur Zalman Rodal, who also gave a melodic rendition of 'Eshet Chayil', the Friday night song praising Jewish 'women of worth'. A buffet tea in the shul's hall followed the ceremony."

Extract from a news item, EJN New Year 2009

# FASHION

JAN SHURE

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



# WEAR TO GO for the NEW YEAR

IT'S the Jewish New Year and the start of the new fashion season. How lucky are we that those two things more or less coincide in the calendar. Also, that the new season throws up so many trends which can be easily worn to attend synagogue.

Synagogue-friendly fashions for the Yom Tovim and beyond

1



2



3



Foremost among these trends, of course, is the midi-dress, which has been a strong look for several seasons and continues into autumn/winter. Accessorised with pumps, loafers, ankle-boots or trainers, the midi-dress is a perfect outfit for synagogue. If it has sleeves – which all the choicest ones do – it can be worn alone if the sun shines, or under a jacket if it's chillier. Then, as the season goes on, a midi will work for the office or for any daytime event and with a switch to glammier accessories and jewellery, for dinner out or low-key evenings. Midi dresses are on offer at all prices, from top designers and mid-market labels to High Street brands, including Next, Hobbs, Zara, Mango, M&S and John Lewis's own brands, Modern Rarity and Kin.

- 1. Tartan coat dress, £100, Joe Browns
- 2. Check wool midi-dress, from a selection at around £140, Hobbs
- 3. Midi-dress from a selection, Lipsy

4



5



Tailoring is a big trend for the new season, especially the boyfriend blazer. Teamed with a midi-length skirt, the boyfriend blazer is another look that is very synagogue-friendly. While midi-skirts of all shapes and in lots of fabrics – including pleated midis – remain a key look in A/W, mini-skirts are making a comeback, though primarily for the under-20s.

High-end designers offering covetable boyfriend blazers include Giorgio Armani, Alexandre Vauthier, Balmain and Saint Laurent. On the High Street, there are beautiful boyfriend blazers in a variety of fabrics, including cord, velvet, plains, checks, tweed and satin, as well as lots of colours and silhouettes, from straight long-line, to short and curvy. At Reiss, Jigsaw and Hobbs they are mainly priced from £200 to £300; while at John Lewis and Boden, they are around £100. At River Island, Zara, Mango and M&S they are priced at under £80.

Other important looks heading our way for A/W include Chanel-inspired, fringe-trimmed tweed and bouclé jackets, "It" knits and evening fabrics, notably brocade and satin worn for daytime as well as for evening.

Find fringe-trimmed jackets at Alexander McQueen or at Balmain, and more affordable versions at M&S and from Isabel Marant Etoile and Claudie Pierlot.

- 4. Fringed tweed jacket, £59, Marks and Spencer
- 5. Blone blazer by John Lewis own brand, Modern Rarity, £165

The term "It" Knits has replaced "Statement Knit" as the new buzz-phrase to signify any fabulous jumper you want to show off, rather than keep hidden under another piece of clothing. The season's best "It" knits possess all or some of these attributes: decorative patterns or stitches, are in gorgeous yarns, in beautiful colours, have elaborate sleeves or necklines. If you want a jumper mainly for warmth, the black polo-neck retains cachet as a super-cool classic.

Eveningwear fabrics first shimmied onto catwalks as a quirky, daytime trend several seasons ago. This season, traditional occasion-wear fabrics, including brocade, satin and velvet, plus an occasional dusting of sequins, take centre stage crafted into boyfriend blazers, kimono jackets and oversized duster-coats. These can be paired with denim for daytime, and with almost anything to add a generous dash of glamour to a party-wear look.

7



6



- 6. Block colour funnel-neck jumper, £25, Next
- 7. White cable-knit jumper, £12, Primark

# Settlement Synagogue celebrates a centenary

BY **BRENDA SOSKIN**

SOUTH West Essex & Settlement Reform Synagogue (SWESRS), in Oaks Lane, hosted a weekend of celebrations in honour of the 100th birthday of the Settlement Synagogue, founded by Sir Basil and Lady Rose Henriques in Betts Street, Stepney, and originally known as the St George's Settlement Synagogue. After the synagogue moved to Berners Street in 1929, it became known as the Bernhard Baron Settlement and housed the famous Oxford & St George's Youth Clubs.

On Shabbat morning, there was a special service dedicated to the Settlement with the SWESRS choir singing pieces that were familiar to Settlement members. Congregants recalled how the synagogue was important to their Jewish life in the East End, the only community to be affiliated to both the Reform and Liberal movements in the UK.

The first to share his very special memories was Sid Goldwater, who recalled how, during the Second World War, Lady Rose Henriques, known as "The Missus", organised concerts and theatre entertainment, feeding the firemen of the Blitz with her homemade soup. Lady Rose was a very talented musician and played the organ at synagogue services, having organised the Settlement's all-female choir, the descendants of which still sing in SWESRS' choir today. Among today's singers is Sid's daughter Jocelyn, who talked about the history of the Settlement choir and its leaders, including the involvement of her mother Lilah, who was both chair and president of the Settlement.

## ■ THE 'GAFFER'

On Sunday morning, SWESRS hosted a beigel brunch, attended by Settlement and SWESRS members and their families, some attending from overseas. Members revealed how Sir Basil Henriques, all 6 foot 3 inches of him and known as "The Gaffer", was originally a Captain of the Royal Artillery in the First World War. He drove one of the original tanks to be used in battle. He was famous for his rather long sermons, wearing his university cap and gown with his tallit over his shoulder.

One of the Settlement members recalled that, when Sir Basil was a magistrate, later in life, he presided over a case involving his father, one of the Settlement's members, who was arrested for breach of the peace in 1936 during the Battle of Cable Street – the penalty was unknown, but Sir Basil was not forgiven.

Mitzi Kalinski told how her aunts Sophie and Sylvie fled Holland with their mother, helped by Sir Basil who got them here, leaving behind 19 family members who died in the concentration camps during the Holocaust. Her aunt, Sylvie, was married at the Settlement at



**Sir Basil and Lady Rose Henriques, founders of the Settlement Synagogue in Betts Street, Stepney**

the tender age of 16. Mitzi joined the Settlement when she was 22, and recalled how the rabbi who did her baby's blessing emigrated to the US and later converted to Christianity.

## ■ FIRST AND LAST

Stan Roberts recalled that he joined the Settlement 62 years ago in order to marry his wife Anita, as her parents were very much involved in Settlement synagogue life. This was a double wedding as Anita's sister Kitty married her fiancé Lenny at the same time. Apparently, this was the first and last double wedding to be officiated at the Settlement. The two couples went on honeymoon together, and Stan and Anita shared 57 very happy years together.

There were many famous reverends and rabbis who officiated at the Settlement. Rabbi Henry Goldstein spoke about both Rabbi Van der Zyl, who founded the Leo Baeck College, and Rabbi Lionel Blue who, although an East End boy himself, had won a place to study at Oxford University and chose the Settlement as his first placement. Rabbi Goldstein remarked how the final rabbi at the Settlement, Rabbi Laurence Rigal, although a Liberal rabbi



**Lenny and Kitty on the left and Anita and Stan on the right at their wedding day in 1957. This was the first and last double wedding to be officiated at the synagogue**

at heart, faithfully kept the Settlement on its modern Reform basis and continued to inspire and nurture its community spirit developed over many years by its many spiritual leaders.

Finally, members recalled how the Oxford & St George's youth club, based at the Settlement, became a centre for the Jewish community in the East End, with inspired leadership from "The Missus" who, with her talent for music, rewrote and played Gilbert & Sullivan songs in Yiddish, for the Jewish community who had emigrated from eastern Europe. There were many classes and groups for young people including dance, music, cookery, dressmaking, keep fit, self-improvement, etc; and during the Second World War it was even rumoured that there was a Marxist women's knitting group within the centre!!

In 1996/7, due to the decreasing numbers of the Jewish community living in the East End, the synagogue was merged with South West Essex Reform Synagogue in Oaks Lane, Newbury Park, to become SWESRS. The Settlement's spiritual leaders shaped the strength of the East End Jewish community throughout its existence. May their memory be a blessing.

# A short step into the world of Maurice Blik

**PAT LIDIKER**  
DISCOVERS THE  
MAGICAL WORK  
OF THIS FAMOUS  
SCULPTOR  
RIGHT ON OUR  
OWN DOORSTEP

**T**HE small village of Braxted, near Tiptree, holds a stunning surprise: a sculpture garden and gallery exhibiting the supreme talent and originality of Belsen survivor and acclaimed artist Maurice Blik.

He and his wife Debra, formerly a high-flyer with a City

families after the Holocaust.

In an exclusive interview, Maurice told the *Essex Jewish News* how he was taken, at just four years old, with his family from their home in Amsterdam to the Bergen-Belsen concentration camp. Eventually liberated, he was brought to London in 1945. He says: "I lost many members of my family, including my baby sister, in Belsen but buried the memories deep inside me."

He insists that his sculptures are never an attempt to revisit those experiences nor are they his inspiration, saying: "I don't carry around images of Belsen in my head and go about illustrating them. My

very personal way of externalising these thoughts and feelings and then, as now, initially models in plaster then moulds and casts in bronze. His first pieces were horses' heads (examples of which can be seen in Sculpt Gallery), before he progressed to figurative work entwining joy and destruction.



The awesome scale of some of these can be seen in gigantic figures in his idyllic garden at Braxted which, before our eyes, seem to dance, stride, walk, sit, wait and listen. Every piece resonates with passion and emotion.



**Sculptor Maurice Blik with his wife Debra** PHOTOS BY STEPHEN FREEDOR

law firm, have made their home here in deepest Essex, where she has run Sculpt Gallery for the past eight years and he works in his studio.

He does admit, though, to frequently tiring of the tranquillity and green trees, so heads back to London to work, meet friends and colleagues over lunch and recharge his creative batteries.



Readers may recognise Maurice from this year's emotional TV documentary *The Last Survivors*, which compiled testimonies from some of the few remaining Holocaust survivors in the UK. It followed them as they tried to examine their personal journeys since that terrible time; and how they and their families have tried, in their own way, to come to terms with the horrors of what happened. For some, this led to embracing their Jewish heritage and for others the reverse.

On watching the programme and in a quest to learn more, Divas Book Club member Sylvia De la Fuente of Chigwell organised an outing to the gallery for 20 members, their partners and guests (including lucky me).

All agreed it was a memorable day and Sylvia and Maurice were able to find comparisons within their own

work is not therapy or 'Holocaust art': it is art of now. If people want to make connections with my story and my sculpture that is their affair, not mine."

Disarmingly unpretentious despite his international success, and speaking in deep, distinguished, baritone tones that show no trace of any other accent but British, Maurice continues: "I suppose I coped with my early years in Belsen by staying silent about it for 40 years. But to simply decide that what happened in my childhood would influence my life's work is not what I have become."

He is unequivocal about never having had truck for religion of any shape or form and did not have a barmitzvah, insisting that people who believe in a God must recognise such a being as an extremely cruel and malignant one to allow these disasters.

He added: "When I began sculpting 40 years ago, I realised that my inspiration was coming from inside my head. We all have internal, mental imagery in various sense modes whether visual, audible, kinaesthetic, haptic and so on. One's view of the world and place in it is formed intellectually, emotionally or rationally and it's there where my internal memories were formed and then externalised in my sculptures."

He identified a unique,

After obtaining his Arts degree, Maurice enjoyed an extensive career in Art Education. Among his achievements was his election as President of the Royal Society of British Sculptors and Fellow of the Royal Society of Arts. In the USA, where his works are equally sought after, he was awarded residency by the government as a "person of extraordinary ability."

He gave up teaching in 1991 to work full-time on sculpting, since when he has exhibited at prestigious exhibitions all over the world. His countless commissions include the Evacuees' Memorial, "Every Which Way" at The National Arboretum in Staffordshire.

A previous marriage ended in divorce. He has two children, a daughter in New York and a son who is a commercial pilot living in Hong Kong.

We are extraordinarily lucky that he and Debra have settled in Braxted, enabling us to admire his work on our own doorstep, individual creations here differing in size from tiny to towering.

Sculpt Gallery opens to the public on Saturdays, and Debra arranges group bookings on request for weekdays. If you are interested in organising such a visit, to find out more please contact her on [debrablik@sculptgallery.com](mailto:debrablik@sculptgallery.com) or telephone 0798 076 8616.

# TRAVEL

**MARK HARRIS**



# Back to the Balkans

THERE WERE several reasons why I wanted to visit Plovdiv this year ... So you've never heard of the city? That's a real pity, because it's one of the most remarkably historic and picturesquely situated in Europe. The second city of Bulgaria is declared (objectively) to be the oldest, continuously inhabited metropolis on the continent, extending back culturally around eight millennia to its original settlers, the Thracian tribes. The city's extraordinary saga, still reflected significantly in an incredibly eclectic architectural legacy spanning the centuries, extends from pre-history to post-modern times. Its story straddles the Hellenistic, Roman, Gothic and Ottoman periods to Bulgarian unification and independence in 1885, alongside Russia (of the Tsars) and later Soviet intervention eras.

I hadn't visited Bulgaria for some decades – having transited the country en route to Turkey during one 'long vacation' of my university student days – when we decided to sojourn in the historic and handsome Bulgarian capital, Sofia, in the early summer of 2017. During our warm and sun-splashed, extended break in this intriguing destination, we attended Shabbat services at the magnificent and Sephardic, Moorish- and Byzantine-styled Sofia Central Synagogue, dating from 1909; and at The Rohr Chabad Jewish Community Centre. I conversed about the past and current situation of Bulgaria's Jews with its affable director (since 2000), Rabbi Yusef Salamon.

The recorded Jewish history in the region goes back to the Roman era; and, unsurprisingly, our brethren experienced good, bad and near fatal times. Over the years, Bulgaria has made some seriously mistaken political choices; not least, allying itself with Nazi Germany and enacting a Defence of the Nation Act in line with the antisemitic 'Nuremberg Laws'. A virtual miracle – in the form of a national protest of sorts – prevented the government acceding to Hitler's demands for deportation of the country's 50,000 Jews to Nazi death camps. Post-war, mainly during the late 1940s, the vast majority of survivors made 'aliyah' to the new State of Israel.

Rabbi Salamon suggested that the official figure that I'd noted on-line for today's Bulgarian Jewish citizenry of about 2,200 could more likely be 7,500 (largely secular) out of a total population of just over seven million. Most Jews reside in Sofia. He added that there was a 'Chabad House' in the country's Black Sea resorts of Varna and Sunny Beach; and that it was hoped to establish a new base at Plovdiv in 2018. So this was one of my

initial motivations for spending a while in that city. Unfortunately, when I contacted Rabbi Salamon last January, he told me that the project is on hold for the time being.

But that hadn't been my only rationale for visiting Plovdiv which, I understood, is home for up to 500 Jewish residents. The city has a beautiful, Sephardic orthodox shul – the Zion Plovdiv Synagogue (entrances at Eliezer Kaley 6 and Tsar Kaloyan 13). It was constructed in 1886-7 in the so-called 'Ottoman' style, and dedicated in 1892. This was some years after the Treaty of Berlin 1878, and the country's liberation following the Russo-Turkish War. It's one of only two actual synagogue buildings (the other in Sofia) that remain active today. It was built into a courtyard within the spacious, pre-war Jewish quarter (of 7,000 inhabitants) called Orta Mezar. The shul stands not far from the River Maritza that glides serenely, banked with arboreal greenery, through the city (over which my top-floor room at the Plovdiv Grand Hotel afforded superb vistas).

The Zion Synagogue holds regular Shabbat services, but only on Friday nights; otherwise, primarily over the High Holidays. But before attending its Kabbalat Shabbat prayers, I visited Plovdiv's regional chair of the national Organisation of Jews in Bulgaria, known as 'Shalom' and which has branches in several cities. The body's individual membership isn't restricted to Jews; anyone who has a Jewish family con-



## Ancient Theatre of Philippopolis

defending the constitutional rights of its members and of all Jews in the country, opposing any form of fascism, totalitarianism, racism, antisemitism and national chauvinism". 'Shalom' seeks to achieve its goals via study, maintaining the historical heritage, charitable and social work; and by arranging a wide variety of cultural events.

I met Svetlozar Kaley at his 'Shalom' offices (Hristo G Danov 20), located in the town centre. Unfortunately, although his English was better than my sparse Bulgarian, I couldn't speak with him in any depth. But he did call a friend, and I chatted to him on the phone. On my leaving, Svetlozar kindly handed me his card, in case I needed to contact him. The Plovdiv community doesn't have a rabbi, and the Friday service at the Zion Synagogue was officiated by its chazan, Dr Shmuel Behar, whose baritone voice echoed in the shul's first-rate acoustics. Sadly, we were one short of a 'minyan'

suspended, Venetian glass chandelier. A beautifully blue and white painted, marble-pillared dome – with a gold Star of David at its apex – crowns all. The seating arrangement, with two galleries, faces or is sideways-on to the stepped 'bimah' and a wonderfully gilded Ark, flanked by lofty arched windows. The walls and other surfaces portray green and blue, geometric designs in the Moorish style.

In one of Plovdiv's several excellent archaeological and history museums and art galleries – themselves housed in some celebrated edifices – I

city was 'Trimontium' (Three Hills); though there are actually six within its outer perimeter. Another impressive, 2nd century CE legacy – preserved in a city centre square and beside the Dzhumaya mosque, with its towering minaret – is the northern end of a Roman stadium, erected during the reign of Emperor Hadrian; and which could accommodate up to 30,000 spectators. Another section of the stadium has been found underground recently, just off the vehicle-free thoroughfare of Knyaz Aleksander I.

That route is linked with the equally car-banned Rayko Daskalov; and, combined, they constitute one of the longest pedestrian shopping streets in Europe (at 1,750 metres). The range of independent shops and boutiques is extensive; and prices, like other than for retail services in the city, is generally less than half that for similar provision in Western Europe. Although the country is an EU member, it retains still the Bulgarian Lev as its currency.

The 'main shopping street' (there are also some exceptional modern malls in the town, like Mall Plovdiv and

most eye-catching features include 19th century 'Revivalist' houses (often the one-time homes of wealthy merchants – such as Balabanov and Hindilyan – and many being museums now). Their unique symmetry and colour designs are an idiosyncratic, national reflection on European baroque. And there's also a sloping 'Street of Crafts' where arty visitors can make handi-crafts, too.

The 360-degree, panoramic views over Plovdiv and its surrounding countryside from the summit of Nebet tepe are brilliant! As are the vistas from other city heights, like Danov (with its tower) and Liberators tepe (with its soaring monuments to 'Russian Liberators' of the city in 1878 and the 'Unknown Russian Soldier' known as 'Alyosha'). There are several pretty and spacious parks; I favoured, particularly, the 1892-created Tsar Simeon's Garden with its lake, 'singing fountains', ubiquitous sculptures and a Viennese cafe. What struck me especially about these green venues and promenades was their friendly, communal ambience. Families gathered to socialise, young children shared various supervised activities and also play zones. Indeed, the motif promoting Plovdiv's application for European Capital of Culture 2019 was 'Together'!

I noted another illustration of this pleasing 'togetherness' atmosphere when visiting an expansive sports and leisure area at the western edge of the city, and spread out adjacent to the river. Here's to be found the 2,200-metre long 'Rowing Canal' – the largest of its kind in the Balkans – for regattas and water sports, akin to the 'Cambridge/Oxford' boat races on the Thames. At the far end of the broad 'lake' stands the Landmark Hotel, its agreeably shaded terrace very handy and conducive for nursing a large Bulgarian lager-beer in the daily average 26°C temperature. There's also a Leisure and Culture Park which, with the sports complex, offers tennis courts and a swimming pool (plus some scattered cafes and watering holes).

Somewhat dominating this relaxed locale, at least in part, is Plovdiv's football stadium. Suddenly, while walking past its apparently closed and deserted structure, I heard loud music and cheering emanating from within. I managed to locate an open door and crept inside, to find there was a trophies presentation in progress on the pitch; and involving primary school-age children. I sat in the stands, alongside their 'kvelling' (not a Bulgarian word) parents and grandparents. After the ceremony had concluded, and on my departure, I was handed one of the hundreds of tethered balloons. I sported the big blue thing, attached to my shoulder (man)bag, until I reached the Landmark's terrace for a ... you-know-what!



## Interior (part) of Plovdiv Zion Synagogue

nection and supports its aims can join, too. These objectives cover "preserving and developing the Jewish ethnic, linguistic and cultural traditions,

with nine men and four women present (including a couple visiting from Israel).

Its somewhat plainer, yet still attractive but not huge exterior belies the synagogue's lovely interior. The first attribute to strike me was its gorgeous and centrally

## National 'Revival' Architecture

discovered a half-intact, floor mosaic from the city's imposing 3rd century CE synagogue. It depicts a menorah, a 'lulav' or palm branch and partial names of its donors. After strolling to the ancient house of worship's one-time location – not far from the expansive remains of the Roman Forum and Odeon – I noted that a sizeable building was being developed on the site.

Another raison d'être for my stay in Plovdiv was its appointment as a 'European Capital of Culture 2019'. I was delighted to attend an unbelievably free, evening concert (an orchestra and 50-strong choir spectacular) – part EU sponsored – led by popular Bulgarian conductor and composer Yordan Kamdzhali. It was held in the most amazingly preserved, 1st century CE, open-air 'Ancient Theatre of Philippopolis' (a former name of Plovdiv – after Philip II of Macedonia, father of Alexander the Great). Ensclosed on the rising and inclined half circles of marble seating, amidst a 'full house' audience for the performance, I was enchanted also to witness the sun setting gloriously beyond the distant ring of mountains.

The Roman title for the

the Grand Mall) is one of the city's architectural splendours, with early 20th century work, classicism, secessionism as well as post-modernism. It also forms the western flank of the 'Kapana' district, a kind of lively Bohemian neighbourhood with some really cool



## Roman glass vessel with menorah

night clubs, stylish but cosy bars and cafe-restaurants (such as 'Central Perk' – a place for 'Friends' to meet). And it's also a haven for creativity in the form of studios, craft workshops, small galleries and other artistic projects.

Beyond Kapana, below and around the ancient fortress of Nebet tepe (hill), lies the 'Old Town' ... a hilly, cobbled quarter whose heritage spans all epochs of Plovdiv's history. To me – to everyone – its

# Why is this Haggadah different from all others?

**PAT LIDIKER TALKS TO THE CREATORS OF A NEW HAGGADAH ... AND IT'S STRICTLY MADE IN ESSEX**

**M**OST families have accumulated myriad different Haggadot over the years, many favourites now battered beyond repair, but the latest, uniquely Essex edition, is strictly for the kids.

It is the brainchild of Romford's Sheryl Weintraub who, like many parents, has struggled to keep her own young children's attention throughout the long service.

She called on close family friend and graphic artist Seth Benjamin to provide the illustrations. The idea captured the support of Rabbi Sufrin of Gants Hill Chabad, and the finished result will hopefully grace many seder tables next Pesach. And who knows, it could well become an heirloom for future generations.

Sheryl explains she has colour-coded the text to first introduce small children to the basics of the traditional seder service before allowing them to discover different aspects as they develop. She told the *Essex Jew-*

*ish News*: "I've tried it out on my own children and other young members of the family for their approval, and they like it."

Sheryl and her husband Perry, an IT manager, have two children, Hope (six) and Logan (three); and she is currently training as a primary school teacher. She taught herself to touch-type in Hebrew but is always in need of proof readers, just in case. The Haggadah is dedicated to the memory of her late doctor father David Viniker. Proceeds from sales are earmarked for Chana – the charity which supports couples in the Jewish community who are dealing with the challenge of infertility – in memory of his dedicated service to both his medical work and love of Judaism.

Sheryl knows he would have been thrilled to see her latest effort and equally proud to see Seth's stunning illustrations, surely a prime example of triumph over adversity.

Seth works from home in Hainault, where he lives with his mother Bettina Benjamin and her fiancé of 15 years, Dave De La Haye. His parents divorced when he was seven and he has an older brother Brett and sister Nicole. Bettina, now a nanny, has previously worked as a

teaching assistant in several local schools, including Wohl Ilford Jewish Primary School.

She and Seth, 25, speak frankly about the debilitating health issues suffered since his premature birth; but if this latest achievement is anything to go by, the battle has made him tougher and more doggedly determined.

He told me: "I have been diagnosed with autism, ADHD, dyslexia and T1 diabetes, which at one time resulted in massive weight loss plus losing my hair and with constant muscle pain. I have spent many years in and out of hospital where horrific experiences resulted in depression and PTSD."

His mother adds: "He needed many blood transfusions and didn't talk till quite late, babbling very fast. He struggled at school and had 25 hours, special needs help a week though couldn't read or write properly. When he was eleven, I managed to get him into Beal School's special needs unit where he thrived, and within six weeks was reading and writing."

He went on to achieve five GCSEs, including photography and English Literature. His further education was equally impressive, a double distinction in



**Seth and Sheryl hard at work on the Haggadah**

BTEC media before studying photography in Ealing.

But sadly then, his diabetes struck with a vengeance and he was in hospital for many weeks, before leaving to study graphic design.

When agoraphobia and depression overtook him last year, he looked for guidance from Rabbi Sufrin, who suggested he try doing something within the local community. Just a week later, Sheryl asked him to provide the graphics for her new

Haggadah; and he helps in the art department at Sinclair House.

As well as taking commissions, he also contacted the Jewish Museum, who invited him to submit 52 images to be archived and displayed at regular intervals throughout the year.

But back to the current project: Sheryl is currently working on producing around 100 pages of illustrations and text in Hebrew, English and transliteration. She says: "Having grown up in a modern, traditional Orthodox

family, I have enjoyed the full seder. Now, as a mother of young children, I just want them to get through it then, as they get older, we will work towards the complete seder I know and love."

*Anyone wanting further information or wishing to obtain copies of the Haggadah can visit Seth's website [www.seth1b.com](http://www.seth1b.com). He can also be found on Facebook and Instagram by searching for 'sethbenjamin'.*

## Colchester camp hosts 500 young Jews



**M**ORE than 500 young people from Jewish communities around the world came together for an action-packed week of fun activities, adventure and learning in the heart of Essex.

JLGB's annual summer camp was held in Colchester from 28 July until 4 August, and was enjoyed by young Jews from across the UK, Russia, France and Israel.

The theme of this year's camp was 'Unwritten', with its activities designed to allow the young participants to explore

their 'never-ending stories' through adventurous challenges such as rock climbing, zip wire, archery, kit car racing and high ropes.

Formed into teams, participants were also able to develop their teamwork skills through a variety of activities including coding, first aid, cookery, debate, music and arts and crafts. Each day, they competed to win points for their teams, with the ultimate champions being announced

at the closing awards ceremony.

Evening productions were packed every night with a whole host of special guest stars, including the return of former X Factor contestant Luena Martinez. Other evening entertainment included a journey through the Land of Oz and an immersive Shrek-themed, secret cinema.

The young people also took part in social action projects organised in conjunction with Mitzvah Day (pictured), including a collection of toys and games for Tikva Orphanage in Odessa in the Ukraine.

Reflecting on the week, camp director Lee Sidney said: "Young Jewish people from across the world came together in Colchester to not only have fun and make new friends, but also to contribute to wider society. I am so proud of our young leaders, who dedicate so much of their time to the organisation, and am thankful to them all for helping me to run this incredible summer camp."

For more information on JLGB Camps and its weekly activities across the UK, email [getinvolved@jlg.org](mailto:getinvolved@jlg.org) or call JLGB HQ on 020 8989 8990.

## School children put the icing on the cake



**S**CHOOL councillors from Clore Tikva Primary School pictured after taking part in The Great Jewish Bake Day, where they visited the Redbridge Jewish Community Centre.

Clore's Samantha Bendon said: "The children were wonderful, helping members of the day centre to decorate cakes. They chatted, they laughed and they sang with the members when the entertainment arrived. It was a super afternoon. It was especially lovely to see our young students spending time with the older generation and bonding through a love of food, music and laughter."

## Marriage ... conditions may apply!



**BY ALFRED LEVY**

**G**OOGLING idly recently through the customs of Jewish marriage, past and present, I was intrigued by what came to light.

Did you know, for instance, that the wedding ring is a symbol intended to represent the purchase price of the bride? Presumably, if you didn't like what you married – perhaps 'not of merchantable quality' or 'unfit for purpose' – you might have been able to take her back for exchange or refund. Provided, of course, the original wrapping was intact and you kept the ketuba.

I learned also that when Abraham was a lad, a man was allowed to have up to 18 wives. Can you imagine the amount of broken glass under the groom's foot at the marriage ceremony? It would look like an explosion at Pilkingtons.

It appears there were only three conditions which had to be met before a man would be allowed to acquire such a large collection of housewifery. One had to furnish a roof over their heads. Reasonable. One had to provide enough food. Not too oner-



**Did you know ... that the wedding ring is a symbol intended to represent the purchase price of the bride?**

ous; and with a Tesco credit card, no problem. And lastly, in a quaint turn of phrase, a man had to guarantee his brides' 'conjugal rights'.

You didn't even have to remember their names!

Now I don't know about you, but I see problems with that third condition. Mainly because, if you married 'em all at the same time, carrying them over the threshold would almost certainly guarantee they'd need to take a raincheck on the conjugal rights part of the deal. Well, for a day or two anyway. It might have been prudent also to invite one's herniologist to the wedding.

And you'd be really miffed if when the day dawned – or the sun set – your energy returned and your newly refreshed "Hello, darlings, I'm all yours" was met with stony looks and multiple headaches.

Orthodox Jewish wives would, of course, have to shave their heads. This custom was not for providing the filling for knitted soft toys for the shul 'bring and buy'. It was, as you must know, to make them unattractive to

other men. The wives, not the soft toys.

You might ask, who pays for all these wives? It's a good question. Apparently, according to tradition, it appears they largely paid for themselves, because it was the women's job to be the breadwinner while the men studied all day. Yes, I know. Study? With 18 women in the house? Fat chance! And in any case, having 18 wives, how much more would you need to learn?

Travel must have been a nightmare. Visualise 18 back-seat drivers. "Mind that camel – watch that sand-dune – why did you come this way?" Nine of them telling you to turn right and the other nine insisting you turn left.

Setting up home would also have its share of quandaries. "I'd like to buy a bed please." "Certainly, sir. Single, double, queen size, king size?" "Well, er, none of those actually..."

You'd never be able to get into the bathroom; and even if you did, you'd never find the bath, with 18 pairs of tights hanging up over it.

I suppose the situation might have its compensations; but for all the gentlemen reading this, let me conclude with this sobering thought.

If you imagine that having 18 wives at your beck and call (and the wherewithal to support them) would turn your humdrum uneventful lives into a bed of roses ... think on!

Along with that bevy of bald-headed beauties, you'd also be getting 18 mothers-in-law.

# OBITUARY

## True Grit!

### JACK TOPER MBE

Born: 12 November 1921 Died: 29 March 2019

**MANNY ROBINSON WRITES A REMARKABLE TRIBUTE TO A REMARKABLE MAN WHO SUFFERED HORRIFIC BURNS WHEN HIS AIRCRAFT CRASH-LANDED DURING THE WAR... BUT HE CAME BACK TO LIVE A LIFE OF DETERMINATION, INTEGRITY AND GREAT MORAL CHARACTER**

THE Wellington bomber of 166 Squadron carrying 22-year-old, flight sergeant Jack Toper was hit by anti-aircraft fire while returning from a bombing raid over Germany in August 1943. The plane managed to limp back across the North Sea on a single engine and crash-landed in a field in eastern England. Jack, the plane's wireless operator, was helping a fellow airman out of the plane; and it delayed him long enough for him to catch the full force and flames of the exploding oxygen tanks.

He lost his nose, upper eyelids, the top of his right ear, upper lip, chin and right cheek. "Otherwise I was normal," he said in an interview with *The Observer* in 2004.

Jack, who had enlisted at the age of 17, was selected to receive treatment at the hands of one of the most innovative surgeons of the 20th century, Archibald McIndoe (later Sir Archibald); and he joined 635 other World War Two airmen with burns injuries who were to become 'guinea pigs' of McIndoe.

The patients recognised that their treatment was experimental, and formed The Guinea Pig Club – originally intended to be a drinking club that would disband after the war. Instead, it became an enduring support organisation for the many men who needed both personal and financial support throughout their challenging lives.

Sir Archibald rebuilt Jack's nose, eyelids, chin and mouth using skin grafts; but Jack's 30-plus operations at Queen Victoria Hospital, East Grinstead, during his three-year stay there were not always successful. One attempt to fix his chin with plasma, instead of stitches, failed when the ward was infected with streptococcus and his chin 'fell off'.

Sir Archibald used skin from Jack's stomach to make him a new nose. But in order to keep the skin alive during a series of operations, it had to remain connected from his stomach to his nose for a few months in what looked like an elephant's trunk.

In an interview in 2001 with BBC News On-Line reporter Dominic Bailey, Jack, who became editor of *The Guinea Pig Club* magazine, said: "I can't sing the praises enough for Archibald McIndoe. Not only was he a great surgeon, he was also a great psychologist."



Jack Toper above and, left, in his RAF days

Woodford Green, in 1970. Apart from a short spell with a travel agency after retirement, Jack spent the whole of his working life at Marks and Spencer, where he ended up as a store manager, before retiring in 1975. Unfortunately, Sybil passed away in 1994.

Jack spent his latter years enjoying travel with trips that included the United States, Russia, Spain, Portugal; and, with his wife, he enjoyed holidays in India, Sri Lanka, Hong Kong and other countries.

He was an active member of the Association of Jewish Ex-Servicemen and Women (AJEX) and became chairman of the Romford branch. He could always be seen at the Jewish service of Remembrance at the Cenotaph, before ill health made it impossible for him to take an active role.

Jack was awarded the MBE in the New Year's Honours List of 2004, receiving the award from Prince Charles. The citation reads: "For services for people with severe burns



There was no feeling sorry for each other ... in those days there was no counselling. We just got through without it. A lot of us realised we were grateful to be alive

- Jack Toper

through The Guinea Pig Club." In 2018, Jack and four other fellow Jewish war veterans were guests of honour at the RAF Museum in Hendon at a presentation written and presented by film documentarian Joshua Levine.

Jack is survived by his daughter Helen, son Steven, son-in-law Norman, grandchildren Michael and Natalie, great-granddaughter Katherine, daughter-in-law Susan. Son-in-law Norman said: "He was an English gentleman to the core, principled and honourable." He described his father-in-law, at the funeral at Waltham Abbey, as a man who had "True Grit". Jack's daughter Helen said in her eulogy: "He was brave, courageous, modest, warm and compassionate. My father possessed great moral character, integrity and honesty, as well as a wry sense of humour, adventure and fun."



Jack Toper (right) with a colleague, Alfred Huberman, at the RAF Museum in Hendon last year



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# CAMBRIDGE DIET

## MARK HARRIS



NO, the headline doesn't mean this feature concerns some relevantly titled, lady member of the Royal family in medieval England. The woman just didn't exist. But I am writing, in my rather aptly tagged column for this issue's subject, about a particularly well-known 'Helen' within post-modern Cambridge's Jewish community ... a wife and mother who's the 'UK No. 1 kosher food blogger'.

Helen Goldrein and her husband Tim Goldrein PhD, an 'Innovation Consultant' helping companies to gain competitive advantage, are fellow members of the Cambridge Traditional Jewish Congregation. And they attend regularly, with their eight-year-old daughter, at the Cambridge Synagogue. Helen has been a popular and keenly followed food blogger for several years; and she has created many original and tasty recipes for all meals. An indication of her recipe for success was the publication (in 2015) of her book, Helen's delicious Pesach - subtitled: "8 days of recipes for breakfasts, mains, side dishes, cakes and desserts". So, it stands to reason, I just had to interview her for my 'Cambridge Diet' page ...



**MH:** Before focusing on your current food endeavours, let's travel back in time. Where were you born and brought up?

**HG:** I was born and grew up in Bury, just north of Manchester, and lived there until I finished school. Then I spent a year in Israel, and afterwards studied at the University of Bath.

**MH:** When you were a child, what were your favourite foods?

**HG:** My Mum's ginger cake, my Grandma's fish and potatoes cooked in milk and a delicious cake that my other Grandma made, which we always just called "Grandma's cake"! It was a layer of sweet pastry with jam and sponge cake on top.

**MH:** When and how did your own interest in matters of creative cuisine come about, and who or what were influential here?

**HG:** My Mum was, and is, an amazing cook. We ate all kinds of interesting and unusual things at home. She used to try making at least one new dish every week. I'm sure that influenced my interest in food. As a teenager, I would sit and read her recipe books for hours and occasionally cook from them, too! When I moved away from home, I began to cook more seriously because it was the most economical way to eat delicious food regularly. I remember the neighbour in my student hall of residence looking on in amazement the

first time I made artichokes in our shared kitchen.

**MH:** I believe you studied biology and other science subjects at university, and gained a BSc followed by an MSc. What were you aiming to do career-wise at that juncture, and what did you go on to do?

**HG:** I didn't really know what I wanted to do. By the end of my BSc in Applied Biology, I knew that I didn't want to work in a laboratory. I gained my MSc in Science, Culture and Communication, which included internships at Wired News and working on a documentary film at NASA with a view to doing something like science media or journalism. Ultimately, I spent several years working in science and technology PR. I worked with some of the many small, start-up tech companies around Cambridge, and helped them to get their messages out and gain publicity.

**MH:** For how long have you been a kosher food blogger, and why did you decide to become one?

**HG:** I published the first recipe on my blog, family-friends-food.com on 1st January 2014. At first, the blog was very general. But as I continued to write it, I realised that my Jewish heritage and kosher lifestyle were significant influences on what I was cooking, so I changed the focus of my blog to reflect this. Originally, I saw it as a way to share recipes with my friends, as well as being a creative outlet. Since then, it has grown way beyond what I'd imagined and is now the top kosher food blog in the UK.

**MH:** Since when have you resided in Cambridge, and why? And, in context, has the city itself been an inspiration to you to any extent?

**HG:** I moved to Cambridge in 2005 after meeting my husband, who'd lived here for many years. We were married in 2006. There are certain aspects of the 'food scene' here that have definitely inspired me! East Anglia produces a great deal of wonderful produce, and the fresh fruits and vegetables available are first class. We also have a weekly box of organic local vegetables delivered by the Cambridge Organic Food Company, Cofco, which often includes interesting items I haven't seen elsewhere. Local foodie institutions have also inspired me to create new recipes. For instance, Fitzbillies cafe's world-famous Chelsea Buns inspired the recipe for Chelsea Bun Babka on my blog. This year, I also created a Duke of Cambridge Matza Cake, which was really delicious.

**MH:** What sort of feedback have you received from your blogs? And I take it such would arrive from well be-

# Helen of Cambridge

## 'THE UK'S NO1 KOSHER FOOD BLOGGER'



I realised that my Jewish heritage and kosher lifestyle were significant influences on what I was cooking ...

Helen Goldrein

yond the UK?

**HG:** I've had a lot of positive responses from people all around the world. I have lots of readers and subscribers in Australia, South Africa, the USA and across Europe. It's always lovely when people comment on my recipes, to let me know that they've made and enjoyed them.

**MH:** What are your favourite recipes, and what do you personally like to eat?

**HG:** My favourite type of recipe is one that's quick and simple to prepare, but looks and tastes like a million dollars! I find that using plenty of fresh ingredients, and a generous hand with the seasoning, can produce wonderful re-

all take short cuts sometimes! I'm a firm believer in moderation but the most important thing, I think, is just tuning in to how food makes you feel. If it tastes delicious now but you know you'll feel bloated and miserable in half an hour, is it really worth it? If we listen to our body's responses to different foods, we end up instinctively choosing a healthier and more balanced approach to food.

**MH:** I've noted that the *Jewish Chronicle* has given you the occasional brief mention in its cookery pages. But have you had any more substantive media attention? And have you been invited to contribute cookery articles to newspapers or magazines, Jewish or otherwise?

**HG:** My recipes have been included in a number of online, print and broadcast media, including the *JC*, *The Jewish Telegraph*, *Jewish Week Food & Wine (USA)*, 'Joy of Kosher' and the 'Jewish Hour' radio show. And I was part of a panel discussion at 'Gefiltefest' in London a couple of years ago. Recently, I was asked to contribute a recipe for the next 'Monday Morning Cookery Club' recipe book, which features sweets and desserts and will

be published in 2020. MMCC is an Australian recipe website.

**MH:** You've achieved much in a relatively short time, including your book Helen's delicious Pesach. What objectives, aspirations or ambitions do you harbour now?

**HG:** I certainly plan to continue with family-friends-food.com! I'm working constantly in growing my audience and reaching more people. I think there are lots of busy people who love my recipes for easy, delicious, kosher family food. My recipes are all meat-free, which lots of people, vegetarians or otherwise, have told me they find very useful. I have some other, longer-term plans for my blog, but I'm keeping them under wraps for the time being. Watch this space!

**MH:** Can you cook up a blog for our EJM readers?

**HG:** I love to adapt recipes and make them more Jewish, like my Hot Magen David Buns and Chanukah mince pies. Most traditional Essex recipes seem to be 'glatt treif' containing shellfish, pork, game or all three! However, Essex Apple Dowdy is a traditional dessert from the county that sounds like it would be perfect Rosh Hashanah fare ... a sort of bread-and-butter pudding with an apple filling, sweetened with golden syrup. Yum!

**MH:** Would you have any other recipe suggestions for Rosh Hashanah or ending the Fast?

**HG:** I'm sure most of your readers will have a family recipe for honey cake. Although, if necessary, they can find one at <https://family-friends-food.com/sticky-spicy-honey-cake>

And I have a couple of recipes that are a bit different ... Honey-roast root vegetables with apples is a terrific autumnal side dish that's great with any festive meal. The recipe is available at <https://family-friends-food.com/honey-roasted-root-vegetables-apples/>

Head of a fish shortbread cookies are a fun twist on an old tradition. You can find the recipe at <https://family-friends-food.com/fish-head-shortbread-cookies-rosh-hashanah/>

Having enjoyed a great meal of an interview with Helen of Cambridge, I thought finally about just desserts from her husband Tim. He said: "Until I met Helen, I was one of the best cooks I knew. But now I don't get a look in!" Ah, bless ...



'Helen's delicious Pesach' is now available on Amazon.co.uk or Amazon.com, ebook for iPad, or pdf, available on Blurb.com

# So what do YOU call the roll with the hole?

IT'S A BEIGEL IN BRICK LANE ... BUT A BAGEL IN GANTS HILL

**O**K. I give up. Is it a beigel or a bagel? The hole with a roll around it is, in my opinion, the most iconic of all Jewish foods; but I get hot under the collar with the different spelling of the name. In fact, so many people I know pronounce it 'beigel' and write it as 'bagel'. Go figure!

## VIEW FROM THE BRIDGE

**MANNY ROBINSON**



Some time ago, I wrote a column in the Jewish Chronicle about the spelling of Chanukah. Or was it Chanukah? Or Hannukah? Now I am back on the soapbox about the spelling of beigel or bagel.

One of my abounding memories of life in the East End years ago was the picture of Annie and Esther, the two women who sold beignets in competition in Brick Lane. They would hurl obscenities at each other, particularly if one woman sold some and the other didn't.

The world famous Beigel Shop in Brick Lane sells bagels. The Bagel Bar in the Fulham Road sells bagels as did Reubens (now closed) in Baker Street. Ali's Bagel Shop in Gants Hill has customers asking for beignets.

The 'Bagel Brigade' received a boost over the 'Beigel Bunch' during the summer, when Warburtons the bakers enlisted the help of Hollywood film star, Robert De Niro, to launch its new bagel range, and even acquired a kosher licence.

### Without exception

But I asked 20 people over the age of 70 to pronounce the word. All – without exception – said 'beigel'. I asked the same number under 30 to pronounce it. All – without exception – said 'bagel'. So it's a generation thing. The elderly always remember their parents and grandparents calling it by its Yiddish name of 'baygl'. The youngsters call it bagel because that's the way it is pronounced on television and in



the Press.

The argument raged on You Tube, and one comment was: "All the posh ones say 'bagel'. It cringes me to even say it like that."

Another commented: "It's beigel – at least not the American crap."

Dr Freddie Shaw, who was a GP in the East End, is adamant that the correct pronunciation is beigel. "People used to say that beigel was Cockney. Rubbish! Our grandparents and great-grandparents coming here from Europe didn't speak Cockney. If they came from parts of Poland, particularly Lodz where there was a large Jewish community, they called it a beigel."

So, as I have already noted, it's really a regional thing. In the south of England, it's beigel; in the north, bagel. Mike Cohen, a journalist on the Jewish Telegraph in Manchester, tells me that everyone, but everyone, in Manchester calls it a bagel, but adds: "My mother-in-law always calls it a buygel."

The origin of the beigel or bagel is obscure. But there is a

legend that, in 1683, a Jewish baker in Vienna wanted to thank the king of Poland, King Jan III Sobieski, for keeping his people safe from Turkish invaders. He was inspired to develop a hard roll in the shape of a riding stirrup (known as 'bruggel' in German) to commemorate the king's favourite hobby of riding, thus inspiring the beigel's unique shape.

### Codswallop

Of course, this story could be codswallop because, in The Joys of Yiddish, Leon Rosten notes that beignets were widely eaten by Ashkenazi Jews from the 17th century. The first known mention of the food was in 1610 in the Jewish community in Krakow, Poland. In the Community Regulations of that city, it was stated that "beignets would be given as a gift to any woman in childbirth". The ring shape may have been seen as a symbol of life.

Dr Freddie Shaw says: "Polish Jews pronounce it beigel and it was those Lithuanian Jews, who settled in America in the 1880s, who pronounced it bagel and who



All the posh ones say bagel. It makes me cringe to even say it like that

– You Tube statement

brought the Jewish food to the USA. According to the writer and New York Times columnist William Safire, the Yiddish beigel was shortened and anglicised to bagel around 1932.

Now you can get a Montreal-style bagel, a New York-style bagel, an East Coast-style bagel and a St Louis-style bagel. You can also get an authentic beigel in the East End!

And there's one important date you should put in your diary, too: February 8, 2020. It's National Bagel Day in the United States!

Many people on that day – and all the other days – will pronounce it beigel and spell it bagel. As the old song by George and Ira Gershwin went: "You say tomato and I say tomatto. You say potarto and I say potayto. Let's call the whole thing off."

Yes, lets. I'm off to have a sandwich!!!

# A simple gesture that turns your heart to stone ...

**A**T this time of the year, hundreds, maybe thousands of Jews from across the religious spectrum complete an act that has stood the test of time. They might be very religious Jews; those who only go to a synagogue once or twice a year and those who claim they are only 'Jewish by Food'. Yet all complete this simple mitzvah ... of placing a stone

or a pebble on the graveside of a departed loved one.

Why? The thought struck me while watching an episode of 'Waking The Dead' entitled 'Yahtzeit', where a memorial had been placed on the grave of a young Jewish family murdered in Britain after escaping the Holocaust. The non-Jewish attendees at the graveside were invited by the rabbi to "place a stone on the grave". But no explanation was given in the television programme, which might have left quite a few viewers bemused. Why do we do it? As Tevye would have said: "I don't know but ... it's a tradition."

Asking three rabbinical experts about the reasons produced, not unexpectedly, four different theories. One source said: "While flowers (at non-Jewish funerals) are a good metaphor for the brevity of life, stones remind us that there is permanence amidst the pain and that souls endure."

Another quote was: "Stones are more than a marker of one's visit: they are the means by which the living help the dead to 'stay put'. There is a superstition that part of the soul continues to dwell for a while in the grave in which it is placed. Even souls that were benign in life can, in the folk imagination, take on a certain terror in death. The 'barrier' on the grave prevents the kind of haunting that formed such an important part of East European Jewish folk-

lore."

And the custom has continued to this day. It has even become commercialised. There is a company in the United States (and elsewhere) selling special stones to be put



on a grave. The stones are black with a Magen David symbol. You place one on the grave, snap off the other and keep it at home as a permanent memorial. The stones measure

about one and a half inches wide by two and a half inches long, and weigh about two ounces.

The most logical explanation I have comes from the Jewish Cemetery Association of Massachusetts, who say: "The origin (of placing stones on a grave) began in ancient times when the deceased was not put in a casket but wrapped in a burial shroud (or a tallit, if a male). Then the body would be placed in the ground, covered with earth and then large stones would be placed on the graveside to prevent animals from digging up the remains."

"Over time, individuals would continue to place a stone to ensure the safety of the site and as a way of building up the memory for a loved one."

"As carved monuments became the preferred memorial, the custom of leaving a stone became a symbolic gesture. So although we now have memorial stones of different shapes and sizes, we still want to add a stone to the grave to build it up (even though a memorial stone is there) to show that we have been there – just as our ancestors did."

Eastern European folk lore? Superstition? Biblical history? Tradition? Who really knows? But as the High Holy Days approach, this simple symbolic gesture can mean only one thing from the mourner to the departed. It says: "I Remember You".

## Did you really mean that?

**I** WAS pleased to learn that my selection of bloopers from synagogue, church and in-house magazines caused so many of you to laugh out loud because of the typos by hard working secretaries. I have found a few more: hope you like them.

\*\*\*  
The fasting and prayer conference includes meals.

\*\*\*  
Our scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

\*\*\*

Next Thursday there will be try-outs for the choir. They need all the help they can get.

\*\*\*  
At the evening service tonight, the sermon will be 'What Is Hell?'. Come early and listen to our choir practice.

\*\*\*  
Low Self Esteem support group will meet Thursday at 7pm. Please use the back door.

\*\*\*  
Pot-luck supper on Sunday at 5pm. Prayer and medication to follow.

# WHAT'S ON

THE EJN'S COMPREHENSIVE DIARY OF EVENTS TAKING PLACE IN YOUR AREA



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## SEPTEMBER

### MONDAY 30 SEPTEMBER : FIRST DAY ROSH HASHANAH

**Sunday 1 September**  
Anna McDonald entertains at Ilford Friendly Circle, Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Entrance £3.50. Refreshments. Contact Alan on 0208 550 0365 or Valerie on 0208 594 5747 for details.

**Sunday 1 September**  
Celebration brunch to mark the centenary of the Settlement Synagogue, at South West Essex Settlement Synagogue, 11.30am. Phone 0208 989 6296 or e-mail admin@swesrs.org.uk for further details.

**Monday 2 September**  
Israel Summer Film Club presents 'Sand Storm' at Redbridge Jewish Community Centre. Doors open 7.30pm. Film at 8pm. Admission £4.00. Phone 0208 551 0017 or e-mail oded.gvaram@jcare.org

**Wednesday 4 September**  
It's sing-a-long time with the U3A Ukelele Band at Southend and Westcliff JACS. 1.30pm.

**Thursday 5 September**  
Megan Garcia entertains at Beehive Lane JACS, Cranbrook Synagogue, Doors open 12.30pm.

**Thursday 5 September**  
Linda Watts entertains at Chigwell and Hainault JACS. Limes Farm Avenue. 1.30pm.

**Sunday 8 September**  
Question and answers session with Rabbi Steven Danksy. 9am at The Tibber Library, Cranbrook United Synagogue. Other dates: 15 & 22 September.

**Monday 9 September**  
Dean Weedon entertains at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Monday 9 September**  
Chabad Buckhurst Hill 'Babycino' a chic meet for mod mums and their tots from 10am - 11.30am. Call 0208 2792987 for details. Other dates: 16 & 23 September; 4, 11, 18 & 25 November; 2, 9 & 16 December.

**Monday 9 September**  
Chabad Epping presents an evening of anecdotes with Spurs legend Micky Hazard with a two-course meat supper. Cost £30.00 pp. Doors open 7.15pm. E-mail admin@chabadeppping.co.uk or phone 0208 554 1624 for details or book directly on-line a www.chabadeppping.co.uk/event-booking

**Tuesday 10 September**  
Chabad Buckhurst Hill men's lunch and learn from noon to 1.30pm. Entrance £7.00. Phone 0208 279 2987 for details. Other dates: 5 November; 3 December.

**Tuesday 10 September**  
Ladies Shiur with Mrs Devorah Sufirin at 7.45pm. Phone 0208 554 1624 for details. Other dates: 13 November; 11 December.

**Wednesday 11 September**  
Chabad Buckhurst Hill ladies lunch and learn from noon to

1.30pm. Entrance £7.00. Call 0208 279 2987 for details. Other dates: 12 November; 4 & 19 December.

**Wednesday 11 September**  
Kenny Charles entertains at Southend and Westcliff JACS. 1.30pm.

**Wednesday 11 September**  
Southend Learning Circle's Shiurim for men with Rabbi Ayreh Sufirin MBE and, for ladies with Mrs Devorah Sufirin, at 8pm. Phone 0208 554 1624 for details.

**Thursday 12 September**  
Lynne Bradley on 'Ghost Singers', at Chigwell and Hainault JACS. Limes Farm Avenue. 1.30pm.

**Thursday 12 September**  
Gary Benjafield entertains at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Friday 13 September**  
'Shabbat Around The World' - a Friday night family dinner at Loughton Synagogue. Service 6pm. Dinner 6.30pm. Adults £27.50, Children (5-13) £15.00. Email loughtonshul events@gmail.co.uk for further details.

**Sunday 15 September**  
Chabad Buckhurst Hill kids' cookery club. Phone 0208 279 2987 for details.

**Sunday 15 September**  
'Memories of Brady Boys' and Girls' Clubs'. An exhibition of photographs from those great days will be unveiled at Skeet Hill House, Orpington, from 2pm to 5pm. Cost £10.00 for the afternoon's tea and refreshments. A coach will be leaving Gants Hill at a cost of £10.00 per person to go to Skeet. For further information, e-mail www.bradyarchiv.co.uk/an-afternoon-at-skeet

**Tuesday 17 September**  
Information evening about the spring trip to Prague with Rabbi Aubrey Hersh. 8pm-9pm at Cranbrook United Synagogue. Phone 0208 629 2780 or e-mail admin@cranbrooksynagogue.org.uk

**Wednesday 18 September**  
Marian Hayden describes how she came to live in Southend and her life in a boarding house, at Southend and Westcliff JACS. 1.30pm.

**Wednesday 18 September**  
Chabad Gants Hill ladies' lunch and learn with Mrs Devorah Sufirin at 12.30pm. Donation £6.00. Phone 0208 554 1624 for details. Other dates: 20 November; 18 December.

**Wednesday 18 September**  
Chabad Gants Hill men's Shiur with Rabbi Ayreh Sufirin MBE at 8.15pm. Suggested donation £4.00. Phone 0208 554 1624 for details. Other dates: 5 November; 10 December.

**Thursday 19 September**  
Ashe-Louise Laurence entertains at Chigwell and Hainault JACS. Limes Farm Avenue. 1.30pm.

**Thursday 19 September**  
'From Bizet To Broadway' with Natalie Sternberg, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 19 September**  
Roy Blass continues with his A-Z of Las Vegas, at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Friday 20 September**  
Chabad Gants Hill Friday night meal. Phone 0208 554 1624 for details.

**Saturday 21 September**  
NEROS Selichot service at Cranbrook United Synagogue, Beehive Lane. Reception 10.40pm followed by the address at 11.40pm. Service begins at midnight. Address by Rabbi Steven Danksy and the service conducted by Rabbis David and Yaacov Singer.

**Sunday 22 September**  
William Bryne entertains at Ilford Friendly Circle. Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Admission £3.50 inc. refreshments. Contact Alan on 0208 550 0365 or Valerie 0208 594 5747 for further details.

**Monday 23 September**  
Cliff Jones entertains at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Tuesday 24 September**  
Chabad Gants Hill presents a women's talk and tea for solo ladies. It's an opportunity to socialise with likeminded women from 10.30am to 11.30am. Phone 0208 554 1624 for details. Other dates: 5 November; 3 December.

**Wednesday 25 September**  
Gary Benjafield entertains at Southend and Westcliff JACS. 1.30pm.

**Thursday 26 September**  
Hits from the musicals with Lindsey Preston, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 26 September**  
Gants Hill JACS presents an afternoon with Kenny Charles and friends at the Library Hall. Ticket holders only.

## OCTOBER

### TUESDAY 8 OCTOBER: KOL NIDRE WEDNESDAY 9 OCTOBER: YOM KIPPUR

**Monday 7 October**  
Robert Knight entertains at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Thursday 10 October**  
The East London Three Faiths Forum subject is 'Welcoming The Stranger'. The meeting will be followed by light refreshments. All welcome. No charge.

**Wednesday 16 October**  
Jane Greenfield describes her life growing up on a farm, at Southend and Westcliff JACS. 1.30pm.

**Wednesday 16 October**  
Succot party with fresh pizza, real ale and live music at Cranbrook United Synagogue. Entry £5.00pp. Pre-booking essential. Phone 0208 629 2780 or email admin@cranbrooksynagogue.org.uk

**Wednesday 16 October**  
Chabad Epping Succot party. Phone 0208 554 1624 for details.

**Thursday 17 October**

Seniors' Succot cream tea from 2.30pm to 4.30pm at South West Essex and Settlement Reform Synagogue. Phone 0208 599 0936 or e-mail admin@swesrs.org.uk for further details.

**Thursday 17 October**  
Chabad Buckhurst Hill presents a joint men's and women's lunch and learn in the succah. Phone 0208 279 2987 for details.

**Thursday 17 October**  
Chabad Gants Hill joint men and women's lunch and learn in the succah. Phone 0208 554 1624 for details.

**Thursday 17 October**  
Gordan Ballon reads his Jewish-themed short stories at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Wednesday 23 October**  
Rabbi Henry Goldstein on 'All About Music Halls', at Southend and Westcliff JACS. 1.30pm.

**Thursday 24 October**  
Jazz on the piano with Keith Nicholls, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 24 October**  
London Through Artists' Eyes with Mark Lewis at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Thursday 24 October**  
Singer Holly Blue entertains at Chigwell and Hainault JACS, Limes Farm Avenue. 1.30pm.

**Sunday 27 October**  
Max Curto entertains at Ilford Friendly Circle. Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Admission £3.50 inc. refreshments. Contact Alan on 0208 550 0365 or Valerie 0208 594 5747 for further details.

**Sunday 27 October**  
Wes Streeting, MP for Ilford North, in a question-and-answer session at South West Essex and Settlement Reform Synagogue. 8pm. Entrance £4.00. For further details, phone 0208 599 0936 or e-mail admin@swesrs.org.uk

**Monday 28 October**  
Will Smith is back to entertain at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Monday 28 October**  
Chabad events team presents another whisky evening under the guidance of Milroy's Katie Groves. £35.00 pp. Ticket price includes salt beef sandwiches, latkes, dessert and whiskies from new and up and coming distilleries. Phone 0208 554 1624 for details or email admin@chabadilford.co.uk

**Wednesday 30 October**  
The story of Magen David Adom by Robin Jacobs, at Southend and Westcliff JACS. 1.30pm.

**Wednesday 30 October**  
Chabad Gants Hill Challah Club invites you to make and bake a different kind of challah at each meeting. 8.30pm. £7.50. Phone 0208 554 1624 for details.

**Thursday 31 October**  
Jane Seward on 'The History of the River Roding', at Gants Hill

JACS, Ilford Federation Synagogue, Clarence Avenue, 1.30pm.

**Thursday 31 October**  
'Central Royal Parks' with Jim Buttriss, at Chigwell and Hainault JACS, Limes Farm Avenue. 1.30pm.

**Thursday 31 October**  
Lynda Styan with songs from the 20s to the 60s, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

## NOVEMBER

**Sunday 3 November**  
Keeley Smith entertains at Ilford Friendly Circle. Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Admission £3.50 inc. refreshments. Contact Alan on 0208 550 0365 or Valerie 0208 594 5747 for further details.

**Sunday 3 November**  
Chabad Epping children's Sunday Club from 3pm to 4.30pm. £5.00. Phone 0208 554 1624 for details.

**Monday 4 November**  
Frankie Dean entertains at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Tuesday 5 November**  
Chabad Gants Hill men's Shiur with Rabbi Ayreh Sufirin MBE at 8.15pm. Suggested donation £4.00. Phone 0208 554 1624 for details. Other dates: 10 December.

**Tuesday 5 November**  
Richard Cohen talks about Sir John (Jack) Cohen and 100 years of Tesco, at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/com munal-diary for further information.

**Wednesday 6 November**  
Maurice Arkus talks about 'London's Hidden Secrets', at Southend and Westcliff JACS. 1.30pm.

**Thursday 7 November**  
Popular singer Keeley Smith entertains at Chigwell and Hainault JACS, Limes Farm Avenue. 1.30pm.

**Thursday 7 November**  
Beverly Stone entertains at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 7 November**  
Christine and Peter Padwick give their view of the Queen 'A Snapshot of a Life', at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Friday 8 November**  
Chabad Gants Hill family Friday night. Phone 0208 554 1624 for details.

**Monday 11 November**  
Southend Learning Circle Shiurim for men with Rabbi Ayreh Sufirin MBE and, for women, with Mrs Devorah Sufirin. 8pm. Phone 0208 554 1624 for details.

**Tuesday 12 November**  
Chabad Buckhurst Hill women's in-depth learning at 7.30pm. Call 0208 279 2987 for details.

**Wednesday 13 November**  
An afternoon of entertainment with Harvey Harris at

Southend and Westcliff JACS. 1.30pm.

**Thursday 14 November**  
Debbie Rainforth entertains at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 14 November**  
Vocalist Beverley Stone entertains at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Thursday 14 November**  
How clever are you? Join in the quiz at Chigwell and Hainault JACS, Limes Farm Avenue, 1.30pm.

**Sunday 17 November**  
AJEX annual ceremony and parade at the Cenotaph. Fall-in 1.13pm at Horse Guards Parade. Those marching must have a ticket. No tickets needed if you are a spectator. Contact 0208 202 2323 or e-mail paradetickets@ajex.org.uk for further information.

**Sunday 17 November**  
Interfaith concert at South West Essex and Settlement Reform Synagogue. Phone 0208 599 0936 for further details or e-mail admin@swesrs.org.uk

**Monday 18 November**  
Chabad Epping discussion group with Rabbi Ayreh Sufirin MBE and Mrs Devorah Sufirin. 8.15pm. Donation £3.00. Phone 0208 554 1624 for details.

**Wednesday 20 November**  
David Goodman, who served for 10 years in the Israel Defence Force, talks about the Jewish National Fund, at Southend and Westcliff JACS. 1.30pm.

**Thursday 21 November**  
'The Life And Times Of Irving Berlin' with Geoff Bowden, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 21 November**  
Carolyn Clark talks about her book 'The Lower Clapton Tales', at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Thursday 21 November**  
Beverly Stone entertains at Chigwell and Hainault JACS, Limes Farm Avenue. 1.30pm.

**Monday 25 November**  
The popular Razzmataz entertains at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Wednesday 27 November**  
Wave the flags and join in the fun with Barbara and the Last Night of the Proms, at Southend and Westcliff JACS. 1.30pm.

**Wednesday 27 November**  
Chabad Gants Hill ladies' dinner. Phone 0208 554 1624 for details.

**Thursday 28 November**  
Will Smith entertains at Chigwell and Hainault JACS, Limes Farm Avenue. 1.30pm.

**Thursday 28 November**  
Harvey Harris entertains at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 28 November**  
Sgt Dan Fox speaks about 'The Jewish Involvement in the Military', at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

# WHAT'S ON

THE EJN'S COMPREHENSIVE DIARY OF EVENTS TAKING PLACE IN YOUR AREA



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**DECEMBER**  
**MONDAY 23 DECEMBER:**  
**FIRST DAY CHANUKAH**

**Wednesday 4 December**  
Reg Wheeler sings and talks about 'Life on the Wicked Stage', at Southend and Westcliff JACS. 1.30pm.

**Thursday 5 December**  
Film show with deli-lunch at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm (ticket holders only).

**Thursday 5 December**  
The magic of Paul Cavendish, at Chigwell and Hainault JACS, Limes Farm Avenue, 1.30pm.

**Thursday 5 December**  
Paul Jerrom entertains at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 2.30pm.

**Sunday 8 December**  
The East London Three Faiths Forum's eighth guided tour to Jerusalem and the Holy Land (until Sunday 15 December). Led by Rabbi David Hulbert, Rev. Ulrike Bell and Imam Dr Mohammed Fahim. For further information, e-mail Rabbi Hulbert on david.hulbert@whsmithnet.co.uk

**Sunday 8 December**  
Gary Benjafield is at Ilford Friendly Circle, Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Admission £3.50 inc. refreshments. Contact Alan on 0208 550 0365 or Valerie 0208 594 5747 for further details.

**Monday 9 December**  
Another gig for Gary Benjafield who entertains once again at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details

**Tuesday 10 December**  
Professor Clive Bloom speaks about 'Meshuggeners and Guns in the old Jewish East End', at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**Wednesday 11 December**  
Lew Button presents a surprise musical programme at Southend and Westcliff JACS. 1.30pm.

**Thursday 12 December**  
The arrival and survival of the Jews of Stepney and the youth clubs - a talk by Eleanor Bloom at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Thursday 12 December**  
'From Jolson To Sinatra' with Glen Hayes, at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 12 December**  
David Kosoff is the attraction at Chigwell and Hainault JACS, Limes Farm Avenue, 1.30pm.

**Wednesday 18 December**  
Mark Ponsford entertains at Southend and Westcliff JACS Chanukah party. 1.30pm.

**Thursday 19 December**  
End of year tea party featuring Razzmatazz at Beehive Lane JACS, Cranbrook United Synagogue. Doors open 12.30pm.

**Thursday 19 December**  
The return of Nick Dobson and friends with 'A Sing-a-long of London' plus a pre-Chanukah lunch (ticket holders only) at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue, 1.30pm.

**Thursday 19 December**  
Singer Maddie Black entertains at Chigwell and Hainault JACS, Limes Farm Avenue, 1.30pm.  
**Sunday 22 December**  
Buckhurst Hill Chanukah

Menorah lighting. Phone 0208 279 2987 for details.

**Sunday 22 December**  
Razzmatazz entertains at Ilford Friendly Circle, Ilford Federation Synagogue, Clarence Avenue. 1pm-3.30pm. Admission £3.50 inc. refreshments. Contact Alan on 0208 550 0365 or Valerie 0208 594 5747 for further details.

**Monday 23 December**  
Chanukah party with Paul Jerrom providing the entertainment at the Grand Lodge of Israel and Shield of David Lodge No 178 at Redbridge Jewish Community Centre. Contact Paul Cross on 07973 202940 for further details.

**Monday 23 December**  
Loughton Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**Tuesday 24 December**  
Chigwell Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**Wednesday 25 December**  
Barkingside Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**Thursday 26 December**  
Epping Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**Saturday 28 December**  
Gants Hill Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**Sunday 29 December**  
Woodford Chanukah Menorah lighting. Phone 0208 554 1624 for details.

**JANUARY**

**Thursday 2 January**  
A new year quiz with Ros at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue, 1.30pm.

**Thursday 9 January**  
Toni Neobard and Kate Broad

speak about the fascinating and bizarre world of family history research, at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue. 1.30pm.

**Tuesday 14 January**  
Methodist minister Rev Bruce Thompson on 'Historic Christian Antisemitism', at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**Thursday 16 January**  
Kate Poole gives her insight into a career at the National Portrait Gallery 'Collecting Faces,' at Gants Hill JACS, Ilford Federation Synagogue, Clarence Avenue, 1.30pm.

**FEBRUARY**

**Tuesday 11 February**  
Edwin Shuker, vice president of the Board of Deputies, speaks about 'Jews In Arab Lands', at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**MARCH**

**Monday 16 March**  
Yanky Fachler of Dublin's Jewish Historical Society on 'How Marcus Witztum, the Irish Schindler overcame Ireland's ban on Jewish refugees, at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**APRIL**  
**WEDNESDAY 8 APRIL:**  
**FIRST SEDER NIGHT**  
**THURSDAY 9 APRIL:**  
**SECOND SEDER NIGHT**

**Tuesday 21 April**  
Agnes Grunwald-Spier speaks about fleeing the Nazis, the story of leading German Jewish ceramist Grete Marks, at the

Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**MAY**

**Tuesday 12 May**  
Professor Geoffrey Alderman on 'Academic Duty and Communal Obligation', at the Essex branch of the Jewish Historical Society of England. Go to www.ejcc.co.uk/communal-diary for further information.

**What's On is compiled by**  
**Manny Robinson**



Gary Benjafield is at Southend and Westcliff JACS on 25 September



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## SOMEWHERE TO GO? SOMETHING TO DO?

A DIRECTORY OF REGULAR EVENTS, ACTIVITIES AND GROUPS IN THE COMMUNITY

**A**

**AISH ESSEX**

Jewish education and experiences for young Jews 16-32 in the UK Contact: 07791 220774 or e-mail: mendy@aish.org.uk

**ART FOR ALL**

Mondays 8pm-10pm at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**B**

**BEEHIVE LANE JACS**

Thursdays 1.30pm - 3pm Cranbrook United Synagogue

**BRIDGE LESSONS**

Tuesdays 7.30pm - 10pm Wednesdays 7.15pm - 9.15pm. Contact: simber@jcare.org or phone 0208 418 2116

**BOY'S CLUB LUNCH**

Monthly at RJCC. Contact: Alison or Sharon 0208 418 2116

**C**

**CARERS COFFEE AND CHAT**

First Thursday of the month 10.3am - 12.30pm. Costa Coffee 688-690 Chigwell Road, Woodford. Contact: Lorraine Fine 0208 418 2153 or Joan Selby 0208 418 2161

**CHAPS THAT CHAT**

Speakers and natter Wednesdays monthly at RJCC. Phone: Alison on 07827 982110

**CHIGWELL AND HAINAULT LEAGUE OF JEWISH WOMEN**

Phone: 0208 501 1661

**COMPUTER DROP-IN CLASSES**

10.30am at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**CONVERSATIONAL YIDDISH**

Sundays fortnightly 10am - noon at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**CHIGWELL AND HAINAULT JACS**

Thursdays 1.30pm - 3pm at Limes Avenue

**F**

**FITNESS FOR ALL**

11am - noon with Tracy Jacobs at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**G**

**GANTS HILL JACS**

Thursdays 1.30-3.30pm. Ilford Federation Synagogue, Clarence Avenue. Phone: 020 8550 9450

**GRAND ORDER OF ISRAEL AND SHIELD OF DAVID LODGE**

Monthly entertainment on Mondays. Contact Paul Cross 07973 202940

**I**

**ISRAEL DANCEFIT**

At Woodford Forest Synagogue (Women only). Phone: 0208 504 1990

**ILFORD FRIENDLY CIRCLE**

Tea and entertainment at Ilford Federation Synagogue, Clarence Avenue Sundays 1pm-3pm

**J**

**JEWISH HISTORICAL SOCIETY (Essex Branch)**

Meetings monthly at 8pm Contact www.ejcc.co.uk/CommunalDiary

**JLGB**

Fabulous activities for all youngsters. Phone: 0208 989 8990

**JUST PAINT**

No age limit. Meetings are twice a month in Barkingside from 7pm. email: marianmyers@btinternet.com or phone 07958 749477

**L**

**LADIES THAT LUNCH**

Last Wednesday in the month at RJCC. Contact simber@jcare.org or phone 0208 418 2116

**LET'S MOVE ON**

For widowed divorced and single people. 7.30pm - 10.15pm at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**LINE DANCING**

Fortnightly at 11am at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**LUNCHEON CLUB AT SWESRS**

On Tuesdays 12.15pm - 2.30pm. Phone: 0208 599 0936

**P**

**PAPERWEIGHT TRUST**

A free service to help people with their personal paperwork and dealing with bureaucracy. Phone: 0208 455 4996

**PILATES**

Tuesdays 10am - 11am. £5.50 per session. All levels from beginners to intermediate. Phone: 0208 551 0017 or email redbridgejcc@jcare.org

**R**

**ROMFORD LUNCH CLUB**

Third Wednesday of the month at Romford Synagogue. Phone: 01708 741690

**S**

**SOCIAL BRIDGE**

Wednesdays 7.30pm-10pm ELELS Synagogue, Marlborough Road. Phone: Sid 020 8928 0435 or 07932 058570

**SOCIAL CLUB AND SALT BEEF BAR**

Thursdays monthly at RJCC. Contact: simber@jcare.org or phone 0208 418 2116

**SOUTHEND JACS**

Wednesdays at Southend Hebrew Congregation Synagogue. Phone: 01268 771978

**T**

**TABLE TENNIS**

12pm-3pm Mondays, 6pm- 9pm Tuesdays, 12pm-3pm Wednesdays Contact simber@jcare.org or phone 0208 418 2116

**THREE FAITHS FORUM**

Jewish-Christian-Muslim. Contact: www.eastlondon3faiths.org

**W**

**WANSTEAD JEWISH LITERARY SOCIETY**

Sunday afternoon monthly. Phone: 0208 505 0063

**Y**

**YOGA**

9.45am - 11am at RJCC. Contact simber@jcare.org or phone 0208 418 2116

# Together...



## ...we can change lives

Yom Kippur is that special time when our thoughts turn not only to our own lives, but to the lives of others.

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

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This year we really need your support again. Please help us.

**Together** we can change lives.

