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Livni unveils new party for run in the upcoming Israeli elections

ISRAEL HAYOM/EXCLUSIVE TO JNS.ORG

After months of speculation, former Israeli Foreign Minister and Opposition Leader Tzipi Livni on Tuesday announced her candidacy in Israel's January 22 general elections, unveiling her new party Hatnuah ("The Movement").

According to media reports, Livni delayed launching her new party until after hostilities with Hamas in Gaza had ceased.

"It was difficult for me to return to politics," Livni told a packed roomful of reporters at a media conference in Tel Aviv. "I came to fight for our shared vision; to fight for peace. I will not lend a hand to those who are trying to turn the word 'peace' into a bad word. I came to fight for Jewish Israel, for democratic Israel. I came to fight against social gaps."

Livni said she "didn't return to politics to be in this or that party".

"My return was motivated by a void that has emerged," she said. "When I thought that [former Prime Minister Ehud] Olmert may run, I was relieved, because I thought he would pose a viable alternative to the prime minister (Benjamin Netanyahu). Ultimately, I stepped in because the political arena remained empty."

Livni initially entered politics just over a decade ago, following a stint in the Mossad intelligence service - as a legal adviser, some say, while others speculate that she helped hunt Arab enemies abroad - and then a career as a corporate attorney.



Tzipi Livni has been criticised for fragmenting the political centre with her new party.

Dubbed "Mrs Clean" by one Israeli newspaper columnist, a reference to her unmarred integrity while her colleagues were plagued with criminal investigations, the usually dour former foreign minister is widely seen as the antithesis of former Prime Minister Ehud Olmert, a glad-handing veteran politician embroiled in a corruption scandal that forced him from office.

Reactions quickly followed Livni's media conference. Labour Chairman Shelly Yachimovich, who had asked Livni to join the party but had been rejected, issued a statement saying: "Tzipi Livni, who is a worthy woman and politician, is making a terrible mistake. She is establishing a party of double refugees and giving Netanyahu and [Avigdor] Lieberman a reason to smile."

"Instead of focusing on their [Likud-Beytenu] ultra-extreme Knesset list, now we're focusing on the fact that there is another little party in the centre."

"Anyone who believes that Israel should have a fair economy and just society, protect democracy and the rule of law and be able to promote a diplomatic [peace] process, should unite behind the leadership of Shelly Yachimovich, who is leading the centre bloc with confidence and stability."

"Next week, the Labour Party will present an economic-social plan that, when implemented, will give Israeli citizens better, more decent lives."

The other main Centre-Left Israeli party, Yair Lapid's Yesh Atid ("There is a Future"), also issued a statement, saying: "The manoeuvre that Tzipi Livni instigated this morning is an embodiment of the old politics, the quintessential monster, motivated solely by her ego."

"It is unfortunate that Livni refused to be a partner in making a real change in the lives of Israel's citizens."

Lapid had also asked Livni to join his party, and had been refused.

Meanwhile, the results of the Likud primaries, which ended on Monday after two days of voting due to glitches in the computerised voting system, indicated that the party's list for the next Knesset includes Members of Knesset considered as belonging to the right-wing side of the party.

Jewish leadership positive of an open door to government
The meeting was a welcome return to the kind of open, constructive dialogue that until recently had always characterised the relationship between the Jewish leadership and government.

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‘Leadership should not be a lonely road’ - Chief Rabbi Goldstein



Bruce Whitfield; Chief Rabbi Warren Goldstein; Adrian Gore; and Stephen Koseff
SHIRA DRUION

The Union of Orthodox Synagogues is impacting the Jewish community and Tuesday morning’s leadership forum testified to the fact that the UOS has its finger on the pulse of Johannesburg Jewry and is taking the necessary steps to enlighten our community with the best intellectual property on the market.

The breakfast at Investec, opened with a panel of experts, chaired by 702’s Bruce Whitfield who took no prisoners with his interrogative style.

Chief Rabbi Warren Goldstein, Investec CEO Stephen Koseff, and Discovery CEO Adrian Gore, were the three distinguished guests of honour, all of whom did not disappoint with shared words of hope and advice about the journey travelled.

They related to the audience their failures and successes and shared in-sights on how to lead in tandem with

the people, ensuring that winning partnerships could be formed so that optimal results could be achieved.

“Leadership should not be a lonely road. If you are too lonely, you can’t lead,” said Rabbi Goldstein. “Good leadership is about inviting others to share the journey, to share the vision.”

“I recently attended a conference where Henry Kissinger spoke about the Chinese and their outlook on life,” said Gore who is refreshingly optimistic about the opportunities for growth and development in SA.

“The Chinese say that life is about problem solving, so, as opposed to seeing life as an amalgamation of limitations, this outlook breaks down those self-imposed walls and allows a fluid interaction with our circumstances and the opportunities for growth that it presents to us.

“I believe that if we employ this perspective, we will open our eyes to

a continuum of opportunities that have the possibility to create great change in the world.”

“Great leaders invest in others,” said Koseff. “Leaders have to cajole and to nurture their colleagues and employees, so that they can bring out the best in them. It’s not about a one-man show. A dictatorial leadership style gets you nowhere, so one has to be consistently diplomatic and ensure that one’s leadership methodology is being modified consistently.”

Chief Rabbi Goldstein spoke about the noble virtues accompanied with humility.

“The way to avoid arrogance is by attaining self-knowledge because that connects a person to his reality. Arrogant people don’t understand themselves. Leadership is about being clear eyed, and realistic about the status quo, all the while maintaining a hopeful vision for the world and all of its antics.”

Jewish leadership assured of open door

DAVID SAKS

Last Wednesday, coinciding with the dying stages of the Gaza conflict, an SAJBD and SAZF delegation met with Minister Collins Chabane and Director General Dr Cassius Lubisi from the Presidency at Tuynhuis, Cape Town. Also attending was Justice Minister Jeff Radebe.

The meeting, scheduled before the Gaza conflict erupted, took place following a tense week dominated by reports of strident calls from local activists for SA to sever its ties with Israel. In its media statement, the Office of the Presidency described the meeting as “fruitful and amicable”.

SAJBD Chairman Mary Kluk said the meeting was a welcome return to the kind of constructive dialogue that until recently had characterised the relationship between Jewish leadership and government.

The meeting was a follow-up to an initial meeting in September, where a number of issues concerning SA Jewry were raised. These included the labelling of goods from “Israel Occupied Territories” and the perceived travel ban to Israel by government officials.



Delegation members present President Jacob Zuma with Jewish Memories of Mandela, after the meeting.

These questions were again discussed. It was resolved that the Departments of Trade and Industry as well as International Relations and Co-operation, would further discuss the issues with the Jewish community. After the meeting, President Zuma briefly left the meeting he was attending, to greet the delegation

He was presented with a special copy of the SA-JBD’s 2011 book, Jewish Memories of Mandela.

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What will come from Mangaung?

With the ANC elective conference at Mangaung coming up in less than two weeks, it is clear nothing will be done before then by top political figures in government that might antagonise their supporters or jeopardise their chances of election or re-election. They don't want to rock the boat.

For a betting man, the money is clearly on President Jacob Zuma to be elected for a second term.

Political paralysis is never a good thing, but it is particularly bad in our situation today, with such a need for decisive political action.

In this light the meeting of the Jewish leadership with Zuma's office, reported on page 3, was unlikely to produce any visible, concrete results. However, the amicable feelings expressed at the meeting stand in stark contrast to the increasing hostility towards Israel that has characterised the ANC of late, as illustrated by the comments from Minister of Trade and Industry Rob Davies and those of deputy ministers of international relations and co-operation, Ebrahim Ebrahim and Marius Fransman.

What is the true reality? Do Davies, Ebrahim and Fransman represent the core of the ANC attitude to Israel? Or is there under the surface a greater understanding of Israel's situation? And if the latter, why has the ANC leadership under Zuma allowed the expression of such hostility towards Israel? Not a peep from him.

South African Jewry's stake in what comes out of Mangaung centres on two major areas. Firstly, our South African context and how this country is governed; and secondly Israel, and the government's approach towards it.

The policy by stealth or inaction towards Israel which we have seen in recent times, should stop. Not adhering to its stated position - a two-state solution - creates confusion.

Underneath the superficial political face of any country, there are always different things going on. We hope that after Mangaung, whatever political configuration emerges, a more constructive attitude might be fostered towards Israel, which may actually help in the Israeli-Palestinian conflict rather than exacerbate it.

Israel's attitude towards South Africa has become one of dismissal and cynicism. South Africa is regarded as basically irrelevant to Israel's struggle in the Middle East, given its clear alliance with the Palestinians and unhelpfulness in doing anything towards resolving the conflict. And its unwillingness to even engage in debate is sad, particularly in the light of the huge moral gravitas this country once offered and has squandered.

Is this likely to change? Can we see another "Brazilian President Silva" blossom in this country - who, after a lack-lustre first term, had the confidence and political freedom to move Brazil out of its stupor and give it an injection of vitality, leaving Silva with a lasting legacy with which he is still associated. According to the Washington Post in October 2010: "Under Lula (Silva), Brazil became the world's eighth-largest economy, more than 20 million people rose out of acute poverty and Rio de Janeiro was awarded the 2016 Summer Olympics, the first time the Games (were) held in South America."

Turning to our own situation: can a second term Zuma emulate his Brazilian counterpart and be the decisive leader we need him to be? This is the most sorely lacking quality we face.

If he is re-elected, he will have to find the confidence to become an African statesman rather than a mere Struggle leader.

Building of Muslim-Jewish ties brings hope for Mideast



Photo by Cassandra Giraldo

A group of Muslim and Jewish teenagers from the Young Peace Builders club at both Amity High School and Kings Bay Y community centre prepare food at the Masbia Food Pantry in Midwood, US, as part of the Weekend of Twinning, an international programme during which Muslims and Jews unite to help those in need.

MARC SCHNEIER AND SHAMSI ALI NEW YORK

The recent conflict in Gaza and Israel casts a vivid spotlight on the need to strengthen relations between Jews and Muslims in countries around the world. It is crucial if we are to avoid importing the violence that has rocked the Holy Land to our communities.

The good news is that there is significant building of grass-roots Muslim-Jewish ties in North America, Europe and other regions - an ongoing process that is yielding positive results.

In the United States, mainstream Jewish organisations spoke up against the demagogic whipping-up of anti-Muslim hysteria like the cries in 2010 against the so-called Ground Zero mosque in New York City. American Jewish groups also spoke up against the passage this year by several state legislatures of patently unconstitutional bills to "ban" Shariah law.

At the same time, prominent American Muslim leaders have spoken out publicly against Holocaust denial by representatives of Iran, Hamas and the Palestinian Authority. Before Gilad Shalit was released from captivity, American Muslim leaders also signed an open letter calling for his release.

Across the ocean, top European Muslim and Jewish leaders held a groundbreaking conference in Paris two months ago at which they vowed to work together to reduce conflicts between Jews and Muslims across the continent. They also pledged to join forces to oppose efforts in many countries to limit ritual practices that both faiths hold dear, such as circumcision and ritual slaughter.

Why has this blossoming of Muslim-Jewish relations in the Diaspora been taking place even as the Israeli-Palestinian peace process has reached its nadir?

We believe the answer lies partly in the recent profusion of face-to-face Muslim-Jewish encounters. When Jews

and Muslims meet flesh-and-blood members of the other community for the first time, it transforms the previous dynamic of fear and mistrust into something far more uplifting.

A paradigm shift takes place during those encounters, turning the collective "Other" into a person with a name and values that upon closer examination turn out to be very similar to one's own.

There is also a more concrete element in the equation. Leaders of both communities in North America and Europe have come to appreciate that like it or not, they are fated to live side by side in large numbers. They have figured out that they must strengthen Jewish-Muslim ties on both the leadership and grass-roots levels if they are to secure a decent future for both communities.

Moderate Muslim leaders in many countries understand that the Jewish community can be among their strongest allies in fighting against the spread of anti-Muslim sentiment. For their part, Jewish leaders understand the urgent need to build solid working relations with moderate Muslim leaders and to help those leaders credibly make the case to Muslim youth that they have a path to success if they study hard, play by the rules and reject the call of Islamist extremism.

For all these reasons, we are seeing more and more Muslims and Jews - especially members of the younger generation who are connecting via social media when they are unable to meet face to face - who simply refuse to accept the conventional wisdom that Jews and Muslims are doomed to line up on opposite sides of a cataclysmic, century-long "clash of civilisations". Instead, they are choosing to connect with each other on a human level and hold joint events.

We saw that in the recent fifth annual Weekend of Twinning - a global event facilitated every November by the Foundation for Ethnic Understanding during which members of mosques, synagogues, and Muslim and Jewish or-

ganisations in cities around the world hold joint events dedicated to building ties between our two faith communities.

During the past several weeks, despite the drumbeat in the media about the exchange of missile fire in the Middle East, thousands of Muslims and Jews in more than 20 countries chose to go forward with more than 100 planned "twinning" events.

They engaged in comparative Torah and Qur'an study, highlighting commonalities in the two faith traditions; visited soup kitchens together to feed the hungry and homeless; and held discussions on how to fight together against Islamophobia and anti-Semitism.

There is a growing global movement of Muslims and Jews who are committed to communication, reconciliation and co-operation. They have come out in force in recent days to say that as saddened as all of us were by the recent events in Israel and Gaza, we emphatically are unwilling to return meekly to our respective bunkers and just abandon our efforts to build positive Muslim-Jewish ties.

We believe that in time our global efforts for Muslim-Jewish understanding and trust will also contribute to the realisation of peace between Jews and Muslims in the Holy Land. Our efforts will show our brothers and sisters there that Jewish-Muslim amity is eminently realisable and that we are not fated to fight each other forever.

There is every reason for hope. All it takes is for Jews and Muslims anywhere and everywhere to step forward and extend a hand to each other across the barricades. (JTA)

• *Rabbi Marc Schneier is president of The Foundation for Ethnic Understanding. Imam Shamsi Ali is spiritual leader of the Jamaica Muslim Centre in New York. They are co-authoring "Sons of Abraham", to be published by Beacon Press next autumn.*

The Editor, PO Box 84650, Greenside, 2034 email: sharon@sajewishreport.co.za

Disclaimer The letters page is intended to provide opportunity for a range of views on any given topic to be expressed. Opinions articulated in the letters are those of the writers and do not necessarily reflect the views of the editor, staff or directors of the Jewish Report	Guidelines for letters Letters up to 400 words will get preference. Please provide your full first name and surname, place of residence, and a daytime contact telephone or cell number. We do not publish letters under noms de plume. Letters should preferably be e-mailed. Letters may be edited or shortened.
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DRIVEN BY A SENSE OF RESPONSIBILITY TO REMEDY PAST APARTHEID WRONGS

I am writing after careful thought, in response to the article by Dr Ivor Blumenthal, in Jewish Report of October 12, entitled “Jewish philanthropy: Is it charity or merely reparations?”

I would like to address this to Dr Blumenthal: My usual reaction in situations such as this is not to make matters public, but as this article appeared in a public journal, I necessarily must respond to counter negative public perceptions. I am happy to meet with you to debate this issue privately should you wish to.

The view you expressed, that Jewish support, be it through philanthropy or through corporate social investment, is driven by legacy guilt, is factually incorrect. One of the motivations that drives many of the donors - Jewish as well as non-Jewish - is a sense of responsibility that we have to remedy a past situation where the structure of apartheid crippled the development of the majority of our population.

The damage done during these apartheid years was not simply an issue that could be remedied by monetary compensation; a mindset shift was necessary in addition to homes and schools being built.

People who once felt incompetent and incapable, had to be taught that they could indeed fashion their own futures. Managerial competencies, skills and the mindset that orients toward long-term planning, were only some of the challenges that we as South African’s collectively faced at the end of the apartheid era.

Respectfully, “guilt money” alone does not achieve this result. Responsible in

vestment of time, effort, fortified by financial capital, is required to bring about permanent change within communities that were deprived of both financial and intellectual resources.

As a fellow Jew, who takes his responsibilities toward our Jewish community here and in Israel seriously, I do not believe that the policy of only supporting “our own” is appropriate or wise. Firstly, I believe we have a responsibility as South Africans to care for our own broader South African community while not neglecting the fraternity to which we religiously belong.

Secondly, we have a self-interest motive in doing all we can to co-ordinate our efforts with other efforts that are going on in the country to build a more productive, safer South Africa, as we live within the broader context of a multicultural multi-ethnic South Africa.

I certainly do agree with you that the incredible efforts of so many Jews and Jewish organisations working toward a better South Africa for us all, are not given sufficient credit by our government or many of our social leaders.

In truth, we often have to work against anti-Semitic biases when dealing with local and even regional authorities, but on the ground, dealing with the individuals who are the direct beneficiaries (we work with over 20 000 direct beneficiaries a day) I can assure you that our efforts are appreciated and valued.

While we do not present ourselves as a faith-based organisation, we certainly

promote our Jewish leadership and the values of tzedakah that are the core of our efforts. If each of our beneficiaries network with 10 people, we are able to, in our small way, influence over 200 000 black township community residents in a number of positive ways.

This is all driven by community development motives rather than by “bleeding hearts” motivated by guilt. Equally as a Jewish led organisation, dealing with a large number of South African companies, we direct funds into community development initiatives that promote hope, stability and a more liveable and productive environment for many.

On a personal level, as a South African who grew up during the apartheid years in this country, I do carry a sense of guilt for not having done more to alleviate the suffering of people whose lives were handicapped by an unfair and immoral system.

I will carry this guilt for the rest of my life, but instead of allowing it to paralyse or victimise me, I and many other Jews with similar sentiments, choose to do something about it.

So by not being myopic in focusing only on Jewish causes alone, my family and many others, names like the Menell family, Samson family, Krawitz family, Rosenberg family, Forman family, Ackerman family and countless others, are able to support both Jewish institutions and individual as well as previously disadvantaged communities.

Marc Lubner
CEO, Afrika Tikkun

PROFESSOR PETER ALEXANDER AND COMPANY MAKE A MOCKERY OF ACADEMIC FREEDOM

By denying Professor Jeffrey Kantor, a visiting Israeli professor, an opportunity to present a research paper before an audience of his peers, at a sociology conference at UCT, Professor Peter Alexander and his associates have succeeded in making a mockery of academic freedom and intellectual debate.

Conflicting theoretical positions characterise the domain of tertiary education and contesting relevant issues through argumentation is at the core of scientific research. By definition, an academic argument is debatable and requires opposing views that different groups of people support.

In the Socratic tradition, it is incumbent upon scholars to be receptive to dissenting voices and argue logically from widely differing perspectives. Universities, in fact, are mandated to instil in their students a spirit of enquiry and to encourage them to examine critically their own belief systems and compare them with the belief systems of those who may not share their worldview.

To discourage any accredited academic, either overtly or covertly, from arguing his or her case in an open forum, because of ideological differences, is indefensible in any academic society, especially in a society that espouses democratic principles.

By doing so, Prof Alexander and his associates, in my opinion, succeed in stifling not only freedom of speech, but also freedom of association and demean not only their own academic status, but also the reputation of the institutions they represent.

A case in point is that of the president of Iran who has on several occasions been given a platform at the United Nations to present his distorted premise that the Holocaust is merely a historical fabrication conjured up by the “Zionist imperialists”.

In this context, allow me to quote the influential American

philosopher, Eric Hoffer, who won the Presidential Medal of Freedom in 1983: “I have a premonition that will not leave me; as it goes with Israel, so will it go with all of us. Should Israel perish, the Holocaust will be upon us all.”

One can only speculate whether the same lack of courtesy would be afforded delegates from Iran, Syria, China, Myanmar , the Republic of Congo and the like, whose records attest to gross violations of human rights and religious intolerance and where, in most instances, females are not permitted the privilege of a basic education.

The fact that such selective discrimination emanates from a discipline dedicated to local and international co-operation and cross-cultural understandings, is a serious indictment of our commitment to intellectual integrity.

When our scholars deliberately choose to breach the code of academic ethics in the name of political expediency, we begin to understand why South African institutions of higher learning rank so poorly among the world’s top universities.

Dr Judy Seligmann
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Jonathan Taylor ‘with the household face’, a formidable Pirate King

ROBYN SASSEN

Born on a chicken farm on an Israeli moshav to “gung-ho young Zionist socialists”, actor Jonathan Taylor - aka the Pirate King in the current production of *The Pirates of Penzance* directed by Greg Homan - has a face and a voice you somehow recognise more readily than his stage presence.

“I have a household face,” he laughs. “I’ve been in situations as diverse as cricket umpiring and social horse-riding,” he explained, “where professionals associated with the field knew me, but couldn’t remember why, so in the interests of their own straight faces, they assumed my umpiring or horsing skills were top class.”

Taylor started off adult life

wanting to be a vet. “But my father could not afford the university fees, so I opted to become a school teacher instead. I was nabbed by the theatre industry before I had the chance to graduate as a teacher, however.

“It was in the mid-1970s and I was given the chance to understudy Bruce Millar and Richard Loring in the production of *Joseph and the Amazing Technicolor Dreamcoat*, then at the Alexander Theatre.”

From stage to radio to television, Taylor built himself a career as a freelancer. In the 1980s, his gigs included writing and starring in the Springbok Radio series “Squad Cars”, and he’s enjoyed small stints in all the soaps. He’s also sought after in films “in

roles big enough to be nominated for best supporting actor; small enough to not be responsible for the whole thing flopping.

“People underestimate the power of the imagination,” he says. “Acting lends itself to vicarious experience of a range you could never dream of in ‘real life’. I’ve been everything from a doctor to a fighter pilot to a racing driver.

“This career has also given me the chance to experience the world,” he says, speaking of how productions have taken him everywhere from Munich to Seoul, over 38 years.

Associated since its hilarious debut in June with the potted version of Gilbert and Sullivan’s *Pirates of Penzance*, which is cur-

Photographs courtesy Old Mutual Theatre On The Square.



Members of the girls’ chorus: David Dennis, Michael Richard and Jonathan Taylor.

rently enjoying a return season by popular demand, Taylor sings the praises of the work, while he sings a bar or two, basking in its suppleness and wit.

“Gilbert and Sullivan were pioneers of English musical theatre. They made opera accessible with social satire, sending up Victorian verbosity in the best possible way. It is such fun.

“The music is so wonderful to sing. And with Greg Homan magicking it down from a cast of 10

principals and three choruses to one of five men, it becomes all the funnier. It can be prosaic, it can be melodramatic, but it does need a certain level of performance to be carried off as well as it does.”

- *In this version of Pirates of Penzance, at Old Mutual Theatre on the Square, Sandton until December 22, Michael Richard replaces James Borthwick; Keaton Ditchfield replaces Brandon Lindsay and Kevin Kraak replaces Rowan Baker at the piano. (011) 883-8606.*

The Sugar Man story is much stranger than fiction

SHIRA DRUION

Rodriguez was surely being prophetic when he scripted the lyrics for his hit song, ‘Sugar Man’, back in the ‘70’s. Little did he know that 40 years later, Johannesburg-born Stephen Segerman, aka “Sugar”, would redeem him from his life as a down-town Detroit construction worker and present to the world, the real Rodriguez.

“Rodriguez (now 70) was so much a part of our youth in South Africa,” recalls Sugar, who grew up in the Johannesburg suburb of Emmarentia. “So many of our memories from back then have his (now viral) album ‘Cold Fact’ as their nostalgic soundtrack.”

The movie, “Searching for Sugar Man”, has won worldwide acclaim and has won awards at film festivals such as Sundance, LA, Canberra, Durban, Moscow and others. But more than the movie’s recent fame, is the many lives it has touched with the countless memories it has brought to the fore for thousands of South Africans who recall the “Rodriguez revolution” with tenderness.

Sugar details the almost mythical tale of how he came to be involved with Rodriguez. “After working in the jewellery business for many years, I decided to leave Johannesburg following a short illness. I moved to Cape Town with my family and have been here for the past 17 years, running a music store in Cape Town’s CBD.

“If I trace back through time, it is obvious that there was a grand plan in place, because if I had not left Johannesburg, and got into the music industry, I would not have experienced one of the proudest achievements of my life, which was finding and meeting the real ‘Sugar Man’ in 1998.

“To me, Rodriguez is an almost ethereal being, a man of great humility and wisdom and very inspirational. My two greatest heroes are Madiba and Rodriguez, both of whom coincidentally returned to the world after 27 years of solitude and hard labour; Mandela after having been denied his freedom and Rodriguez after having been deprived of the fame he should have enjoyed much earlier on in his musical career.

“But these two men emerged from their very challenging journeys as humble, generous, forgiving and understanding human beings. To me, they epitomise all that it means to be noble.”



Stephen ‘Sugar’ Segerman with Rodriguez.

On the success of his movie, Segerman says: “There will be financial rewards for those involved, most of all Rodriguez and his family. But this whole experience has enriched me in far more valuable, spiritual and non-material ways.

“It has given me a sense of purpose and great satisfaction and some very meaningful encounters, gifts which business deals don’t usually bring to the table and are far more priceless in my eyes, not to mention the joy of seeing Rodriguez finally receiving the worldwide recognition for being the star he always was and should have been.

“The fact that I was nicknamed ‘Sugar’ because of that song, 20 years before this all happened, tells me that this was no fluke or coincidence. This whole story pre-dates the internet, straddling the ‘60s and ‘70s all the way to 2012. I am a follower of rock ‘n roll history and to date I think this is the craziest rock n roll story that I have ever encountered.

“It is an epic filled with sheer elation and fascination, but more than all that, it has been a voyage of discovery that has culminated in the triumph of the human spirit, in one of the greatest music stories of all time.”

- *Rodriguez will be performing in SA in February in five concerts. Three will be taking place in Johannesburg and two in Cape Town.*

Arts in Brief

ROYAL CONCERTGEBOUW FOR KZN PHIL’S CELEBRATIONS

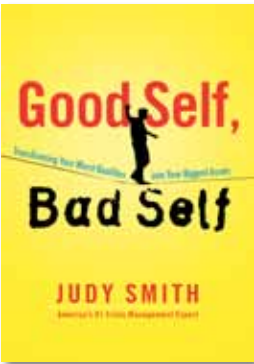
Earlier this week, the KZN Philharmonic Orchestra announced, in a Johannesburg celebration of its 30th anniversary, its season for 2013, which features the Amsterdam-based Royal Concertgebouw Orchestra’s first South African tour. Celebrating its 125th anniversary the RCO is one of the oldest orchestras in the world, and is rated by Gramophone magazine as among the world’s best. The RCO will tour Cape Town, Durban, Pretoria, Soweto and Umlazi in a bouquet of three concerts, under the baton of Charles du Toit, with violin soloist Janine Jansen, as well as several children’s workshops. Tickets range between R250 and R750. At the launch, the managing director of the RCO, Jan Raes commented on how the orchestra’s outreach and skills transfer elements, as well as its performance acumen, are about “listening to one another and absorbing the energy of the country.” This RCO tour is part of a 48-concert, six continent tour, which will result in a full length filmed documentary. Visit www.concertgebouwworkest.nl/en/

Some very good reads

REVIEWED BY GWEN PODBREY

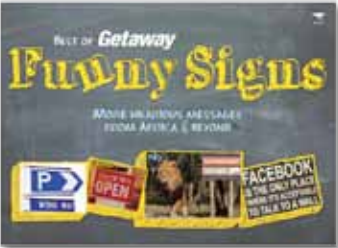
Good Self, Bad Self by Judy Smith (Simon & Schuster, R350)

Internationally acclaimed American crisis management expert Jody Smith helps readers identify, explore and, ultimately, transform their worst and most obstructive qualities into strengths. She examines the fears driving self-defeating behaviours, offers practical guidelines for overcoming them and demonstrates how several of her own country’s most memorable political and social scandals might have been prevented, had the individuals involved in them had a better grasp of their own (and others’) motives. The book sheds light on many problematic areas within business, leadership and interpersonal relationships.



Best of Getaway Funny Signs edited by Tyson Jopson (Jacana, R95)

A compilation of signs erected on roads and outside emporiums around the world, ranging from the deliberately obscene to the blissfully (but hilariously) ignorant. Examples include a poster in a Klerksdorp shop window: “April Special: Free Lotto With Every Tombstone”. Not to be outdone, another stone-mason, in Kimberley, offered: “Buy One Tombstone, Get One Sheep Free”. (Business seems to be... er.... dead?). In Saudi Arabia, a large notice outside a construction site cautions: “Danger - Men Working With Large Erections”, while a notice on a stairwell in a building in Australia advises: “In Case of Fire, Exit Building Before Tweeting About It”. Great fun.



Medical Matters

Compiled by Marlene Bilewitz tel: 083-475-0288 e-mail: marlene@sajewishreport.co.za or visit www.sajewishreport.co.za

Finding the right medical scheme

WILLIAM OSBURN
MD CIRCLE HEALTHCARE

Medical Aid contributions per family vary dependent on individual needs and the health status of the family.

Various medical insurers offer high to low options, subsequently with equated fees attached, such as the principal member and spouse/partner being the high end contributors, with dependents of a marginal lower cost affiliate thereafter.

A medium scheme will ask in

the region (family of 4) R650 per adult x 2 and dependents @ R450 x 2 and a health saver contribution of possibly R1 200, all per given month.

Total average monthly spend = R3 400. Coupled to this monthly contribution, when one of your family members is required for hospital admission, you may readily be required to pay a co-payment - in the region of R950 - R1 500.

A suggestion would be to also pay for a newly-introduced system to the healthcare arena

named Gap Cover, which will cost you approx R120 pm; this insurance will cover all you excess above medical aid fees to hospitals, doctors, anaesthetists, hospital co-payments, etc.

Should you not wish to be burdened with all these headaches and shortfalls and the effort to recoup your monies through additional submissions, then be prepared for a monthly contribution of a high-end medical aid option plan of plus-minus R5 500.

A recommendation for a change in medical insurance,

or a family investigating options in the marketplace for the first time, is to contact a medical insurance broker office, where you may acquire various options in the market suitable to your needs and pocket.

One such proposed broker would be Optivest. Their client service centre number is 0860 860 860. This team is most helpful and will assist you in finding the most suitable medical insurer for your level of affordability and will be a helpmeet for queries, etc.



Willowbrook - quality living for the discerning senior citizen

Situated in the beautiful suburb of Sandown, near Village Walk Shopping Centre, Willowbrook is a home from home for the selective senior citizen. It offers residential living in homely bachelor and 1-bedroom en-suite apartments, most overlooking the beautiful gardens.

Assisted living and full care are also available with qualified and caring staff. Willowbrook has a podiatrist and physiotherapist who visit regularly and there is a GP on call (or you can use your own) and easy access to hospitals.

Residents have a choice of enjoying the sweet fragrances of the rose garden, which is at its spectacular best from November; or enjoying the shade from the massive trees in the well-manicured garden.

Poppies, lilies, hydrangeas and many other plants, also give a magnificent show. The rose garden is a favourite venue for afternoon tea. It's like being on a permanent holiday! All delicious meals and laundry are done for you and there is plenty of entertainment and activities.

Whether you like daily walks or stretching exercises, trips to shops or special outings to the theatre, you'll be spoilt for choice at Willowbrook. We also have various card games, arts and crafts, guest speakers and parties are planned regularly, especially over the December period when the garden and weather are at their best. Only need a temporary holiday while your carer or family are away? Willowbrook offers holiday care especially for you. Book for a week or a month and enjoy all that Willowbrook offers, along with the care and hospitality of all staff. Also on offer is a respite facility, which is useful after an operation.

Willowbrook is proud to be managed by the Flower Foundation. Established in 1963, the Foundation has 10 villages around Johannesburg, offering independent living for the active person in 1-, 2- and 3-bedroom cottages, and in apartments for residential living.

For future care needs, Flower Foundation offers assisted living accommodation in spacious bedsitters, where meals and laundry are catered for, and nursing staff assist with daily living activities. We are also proud to have

a specialised Alzheimer's and dementia care centre. The advantage of living in our villages is that there is always someone around to respond to an emergency call. Nursing staff are always on-site or on call. Activities and entertainment are arranged to keep residents active, healthy and interested in loving life.

• For further information on the Foundations Villages, respite or holiday care, please contact a marketing consultant on (011) 781-4920 or e-mail info@flower.org.za



The lush gardens are the perfect setting for parties or to sit in and be enveloped by peace.



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WILLOWBROOK RETIREMENT VILLAGE

HOLIDAY ACCOMMODATION AND RESPITE CARE

If you require accommodation for the holidays with meals and laundry provided, then Willowbrook is the place for you, offering Holiday and temporary accommodation in our lovely residential suites with entertainment and activities to promote companionship and interaction. Assisted and Full Care also available on a short-term basis. Contact Matron Karin on 011 884 7305 for holiday or respite accommodation



PRIVATE SUITES FOR RESIDENTIAL LIVING

Our approach to healthy residential living is to let you enjoy your life while we cater to your needs. Willowbrook's upmarket residential living suites in the Jacaranda wing overlook beautiful and serene gardens. We take care of providing delicious meals, clean laundry, domestic services and we can provide daily living assistance to suit your needs.



PRIVATE SUITES FOR ASSISTED LIVING

If you decide you'd be more comfortable close to a nursing station, you'll be delighted by our assisted living suites in the Maple wing, which overlook a sunny, formal rose garden. Nursing staff provide professional yet empathetic and sensitive assistance with aspects of daily living. We provide meals, assistance with bathing, dressing and medication, laundry, cleaning services and activities to promote healthy interaction and companionship.



PRIVATE WARDS FOR 24 HR FULL CARE

Our Full Care facility in the Protea Wing is a secure environment with 24 hour nursing care. Whether you are looking for holiday care or long-term nursing, you can be assured that our full care will provide professional, supervised care.



Please contact us if you would like to know more

Tel: 011 781 4920
info@flower.org.za **www.flower.org.za**



Make sure your medical aid caters for your changing needs

Most medical aid schemes have recently released their benefit increases for 2013. It's now time to re-assess your medical aid and decide whether the benefit structure of your current scheme is adequate to cover your needs in 2013.

Peter Jordan, principal officer of Fedhealth Medical Scheme, says that every year each member should assess their current healthcare needs based on their age, family composition and health status and select an appropriate option which will cater for this level of need.

"A member selecting an option based on affordability rather than healthcare needs,

should be fully aware of the risk of having to cover certain healthcare costs out of their own pockets," he says.

Members should compare rates and benefits of different schemes and look at rate increases over the last couple of years.

"One must, however, remember that price should never be the only key determinant, as service levels are, if not more, as important," he says.

"It is important to look at service in terms of how claims are paid, as well as the communication in place to allow members to keep track of claims processing. A superior call centre as well as dedicated client liaison



Let's be REAL

What's more important to give your staff, a pointless reward programme or unlimited access to a GP?

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So if you want a healthier staff, give them the benefits of belonging to a **Real Medical Aid**. Ranked among the top 5 in the country and with a consistently high Global Credit Rating of AA-, we're stable and here to stay. Choose **Fedhealth. Because nothing replaces real.**



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officers for companies to meet with clients and resolve member problems on site, are essential."

When analysing different scheme options, Jordan says intermediaries can play a vital education role in assisting members.

"When discussing options with their medical aid expert, members should confirm the financial stability of the scheme they are considering, including the credit rating and solvency.

All schemes are required by law to maintain reserves of at least 25 per cent of total contributions," says Jordan. "Global Credit Rating is also a good indicator of any scheme's claim-paying ability and ratings of AA- is considered acceptable."

Understanding the level of cover you will receive, is another important aspect to take into consideration.

"Members need to check and understand the reimbursement rates when it comes to specialist rates. It is also important to check benefit limits on certain options to ensure appropriate cover."

Jordan urges members to ensure they understand what claims get paid from what benefits.

"Members need to understand where money is drawn from, for example, does the scheme pay for certain out-of-hospital benefits from risk or only savings?" he says.

"They also need to ensure they make the most of their benefits. For example, if members have a chronic condition they should be applying for chronic medicine authorisation, otherwise it will be paid for from their day-to-day benefit."

Jordan advises members to ensure they understand the pre-exclusion clause and how it will impact on them. He explains that while medical schemes are not allowed to exclude any pre-existing conditions, they can impose a waiting period of up to 12 months on all claims related to a specific condition.

Should a member have more than two years' continuous cover, Jordan says the scheme can only apply a three-month general waiting period. However, if the member has less than two years' continuous cover, the scheme can apply up to 12 months pre-existing condition specific exclusions.



Peter Jordan: principal officer, Fedhealth Medical Scheme.

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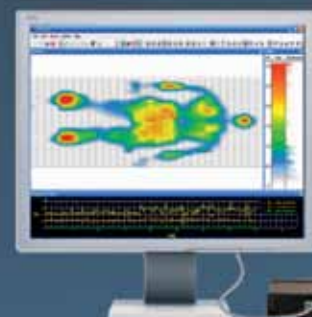


The Mattress Mapping Clinic - *A First In Africa!*

Our mattress mapping system is the first of its kind in Africa and is designed to allow us to measure pressure distribution and magnitude between your body's sleeping surfaces. We capture data from a series of sensor points propagated across your body surface and assimilate the data into our computer providing you with colourised pressure maps and detailed statistical reports. We measure both pressure and temperature distribution.

Our mapping system is a matrix based tactile surface sensor that works by the principle of piezoresistance. Tiny sensing cells cover the entire surface area of our sensor "skin" allowing for discrete spot pressure analysis at any point in the contact region. By mapping your body we can calculate precisely how your body lies when you sleep at night. We take all the data captured and create a customised bed for you. We can also measure your partner's body position and make one mattress for both of you to sleep on.

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B4-Play: The goodness feeling is euphoric



BARRY BILEWITZ

Our feet are the foundation of our entire body and the underside of the foot, called the plantar fascia, is often a source of trouble that communicates up through the entire body. When problems with the feet or bad circulation occur, the entire body structure becomes faulty and out of balance.

The B4-Play product is essentially a rubber ball made from monoprene (elastomeric polymer) with small, protruding pimples on the surface to stimulate the skin, during use. The compression factor is very specific and consistent, not being too soft nor too hard.

B4-Play has a virtually unbreakable non-toxic silicone rubber tubing which is simply twisted around the ankle, securing it under the user's foot, allowing the B4-Play to be used during aircraft flights and in other confined seating situations and is patented: Patent- No 2008-04701.

People who fly long-distance are susceptible to deep vein thrombosis (DVT). This can be a killer as one in 1 000 people get lower

extremity DVT which is the major cause of pulmonary embolisms and has led to the death of over 25 000 people per annum in the US.

The main therapy for the treatment of DVT is anti-coagulation (usually Heparin or Warfarin), but for the cost of only one treatment, you can help prevent DVT by using a B4-Play massage ball. When getting into your seat for the flight, remove your shoes and simply place the flexible rubber strap around your ankle and the ball under your foot.

Rolling B4-Play underneath each foot (plantar fascia) for approximately one to two minutes will release the tension in the muscle lines and help increase blood circulation. These effects will travel up through the entire body, giving relief and relaxation to the fascia and muscle structure. If used regularly, B4-Play can improve posture, muscle tone, body alignment, blood circulation and flexibility.

B4-Play is available from Sportsman's Warehouse branches throughout South Africa for R200 or directly from supplier. See our website www.b-4play.net.

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b4play

Living longer, while enjoying life with diabetes

**ROSEMARY FLYNN
CLINICAL PSYCHOLOGIST, CENTRE
FOR DIABETES & ENDOCRINOLOGY**

Diabetes has reached epidemic proportions and affects more than 170 million individuals worldwide and the numbers are growing especially in Africa, Asia and South America.

In more developed societies, the prevalence of diabetes mellitus has reached about six per cent, but even more alarmingly, among obese white adolescents, four per cent had diabetes and 25 per cent had abnormal glucose tolerance.

What is diabetes mellitus?

Type 1 diabetes mellitus is a disorder in which circulating insulin is very low or absent in the body. The beta cells which produce insulin in the Islets of Langerhans in the pancreas are destroyed sufficiently to stop insulin being produced.

Insulin is a hormone that is needed to convert glucose, starches and other food into energy that is needed for everyday life. The body's own immune system attacks these cells - so Type 1 diabetes is known as an autoimmune disease.

Type 1 diabetes accounts for only about 5-10 per cent of all cases of diabetes, but its incidence continues to increase worldwide and it has serious short-term and long-term implications. The disorder has a strong genetic component,

Type 2 diabetes makes up about 90 per cent of the cases of diabetes. It may be a genetically inherited or an acquired disease. Obesity is thought to be the primary cause in people who are genetically predisposed to the disease. Type 2 diabetes is a metabolic disorder characterised by high blood glucose because of insulin resistance and insulin deficiency.

Insulin resistance means that the body cells do not respond appropriately when insulin is present. As the glucose levels in your blood rise after a meal, the process which enables glucose to be received by the muscles is impaired so that the glucose levels in the bloodstream remain high and the muscles do not get the energy they need to work

How do you know if you have diabetes?

Type 1 diabetes mellitus may present with characteristic symptoms such as thirst,

frequent urination, blurring of vision, and weight loss. In its most severe forms, ketoacidosis can lead to stupor or a coma, and if not treated, to death.

Type 2 diabetes can go undetected for a long time unless a blood glucose level is tested and found to be higher than normal. But symptoms of excessive thirst, excessive urine output, dry skin and mouth and blurred vision and a lack of energy, can also be present.

The normal range for blood glucose is between 3,5 and 8 mmol/L. Any blood glucose level greater than 8 mmol/L is considered to be hyperglycaemia (glucose levels too high).

Diabetes in children is usually Type 1 and presents with severe symptoms; very high blood glucose levels, excessive urination, and ketones in the urine.

In most children the diagnosis is confirmed without delay by blood glucose measurements, and treatment, including insulin injection, is initiated immediately, often as a life-saving measure.

Managing diabetes

The most important thing in managing diabetes is to keep blood glucose levels as near normal as possible. This requires home-monitoring of blood glucose levels and responding appropriately to the reading.

Lifestyle changes are usually needed. For those who are overweight (BMI 26 - 30) or obese (BMI 31 +) every effort should be made to reduce weight.

A good weight can be the difference between having the uncomfortable symptoms of hyperglycaemia and developing the complications of diabetes and living a healthy, symptom-free life. Some research has shown that a 600 cal/day eating plan can reverse diabetes but this is a very rigid way of living and most people cannot keep it up on a long-term basis.

In Type 2 diabetes, keeping blood glucose levels in their right place can be done in three ways: oral medication as prescribed by a doctor, exercise and eating the right foods in the right way. Conscientiously following these treatments will enable good health with fewer complications for much longer.

Diabetes is best managed by a team of professionals who can care for its different aspects. Type 1 diabetes is treated with insulin which can only be given by injection. Knowing when and how much to inject is a learned skill and a diabetes educator can assist learning that skill.

A dietician with a good knowledge of diabetes can suggest appropriate foods to eat. Usually a plan of six small meals a day is preferable to eating large amounts at the usual three meals. Exercising is highly encouraged and is also a learned skill (particularly for those with Type 1 diabetes), and a biokineticist who understands diabetes is very helpful in this endeavour.

Care of the feet is also recommended because of the possibility of poor circulation and neuropathy (nerve damage) which can develop. A podiatrist can keep track of any changes that may occur and help prevent and treat any damage to feet.

Diabetes need not be a death sentence. If it is well managed, it is possible to live for a long time with a good quality of life.

AUDIOLOGIST

**TANYA GABRIEL
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Sandton Bagel and Bistro epitomises healthy eating

The Sandton Bagel & Bistro, first opened its doors to clients on August 22 this year, offering a range of enticing kosher dishes in a relaxed setting in the heart of Sandton.

“This restaurant was borne from my love of cooking,” says owner Natasha Grunebaum. “The frustration of not being able to find restaurants which offered my favourite dishes in an ambient and fun atmosphere, encouraged me to take on this new adventure”.

The bistro offers sublime versatility on the menu, which caters for everyone’s taste, from mouthwatering pizzas to tantalizing pastas, salads and sushi.

“Because, of growing awareness of the effects of bad eating habits, as well as the dangers they pose, we have added gluten-free pasta, spelt rolls and spelt pizza bases,” says Natasha. “We also offer slimmer’s portions on both our pasta and salad dishes.”

The menu consists of of freshly squeezed juices, such as a beetroot, orange and mint. “Not to take away from the health conscious, but we also have some decadent goodies such as sticky

chocolate brownies smothered in Belgium chocolate.”

Even the décor is retro-modern. “I wanted a traditional Italian style with a South African touch.” The restaurant has modern fans hang from the ceiling with pictures accented on South Africa’s history on the wall to add to the charm and ambiance of this bistro.

“We are very lucky to have been able to get expertly trained pizza and pasta chefs. Together with our very own executive chef, Amy Price, who is a very accomplished in her own right, you have a recipe for delicious food which is kosher!”

“We also offer an extensive catering menu for functions and corporate events and are able to host functions on our premises.

Operating hours:
Monday - Thursday from 09:00 to 21:00; Friday from 08:00 to 15:00; Sunday from 08:00 to 17:00.

Phone: (011) 783- 0411. For bookings: mark@sandtonbagel.co.za

Corporates/events/functions: chefamy@sandtonbagel.co.za or natasha@sandtonbagel.co.za

Odyssey Assist co-ordinates the home health team

Odyssey Assist uses internationally accepted tools to evaluate and monitor patient needs and co-ordinate the home health services team - doctors, nurses, physiotherapists, occupational therapists, speech and hearing therapists, social workers, psychologists and carers.

We work with the patient’s current health team, augmenting services - such as 24-hour nursing care - where needed.

Our success lies in our co-ordination of these quality services. This correlates with international studies that have shown that well-co-ordinated, quality, home healthcare results in significant benefits for the patient such as increasing life quality, reducing disability, reducing the frequency of acute hospital readmissions; and reducing the overall cost of healthcare.

American studies have noted that co-ordinated home healthcare reduces healthcare costs over a five year period by one third.

We provide a wide range of multidisciplinary, patient-focused, home-based care programmes, including:

Home but Not Alone: We

provide supervised care workers, companions, and activities for the frail, lonely elderly. Social Worker: Home visits, social activities and outings

Companion at Home: From 2 hours twice weekly to fulltime

Community Mental Health Service: Monitoring psychiatric patients in their own home, and providing occupational therapy and psychology group support

Frail-Care At Home: Nursing and medical support, and managed daytime or fulltime carers (healthcare workers)

Hospital At Home: Complete multidisciplinary care for those discharged from hospital and requiring rehabilitation at home, the very ill, those with terminal illnesses such as cancer, and those with neurological and psychiatric disorders.

Our team provides healthcare, rehabilitation and support services for people in need - in the comfort and dignity of their own homes or in retirement homes. We care for the frail, elderly and dementias, as well as patients recently discharged from hospital following serious illnesses and operations.



- Our services include:**
- Health co-ordination services
 - Independent needs assessments and dementia assessments
 - Advice on care homes, frail-care centres and retirement villages
 - Home companionship services, 24/7 care-givers and 24/7 nurses
 - Doctor and nursing sister home visits
 - Physiotherapy, counselling, occupational and speech therapy at home
 - Medical equipment equipment supply: We supply medical equipment for purchase or rental to optimise home care.

Sandhurst Centre, 60 Rivonia Road



Corporate Events



Birthday Parties



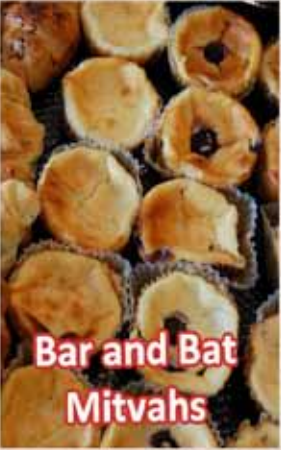
Year-end Functions



Hospital and Hotel meals



Teambuilding



Bar and Bat Mitvahs

(011) 783-0411

www.sandtonbagel.co.za



Our team provides multidisciplinary healthcare, after-hospital care, rehabilitation care, frail care, and support services for people in the comfort and dignity of their own homes or in retirement homes.

We specialise in frail elderly patients, those patients with dementias such as Alzheimer’s Disease, and adult patients of all age groups with severe illnesses, such as cancer and neurological disease.

Our Home Based Care services include:

- Coordination of Health Services
- Independent Needs Assessments and Dementia Assessments
- Advice on Care Homes, Frail Care Centres and Retirement Villages
- Home Companionship services; group outings and activities • 24/7 Care Givers and 24/7 Nurses
- Doctor and Nursing Sister home visits
- Home Physiotherapy, Counselling, Occupational & Speech Therapy
- Medical equipment and supplies; Food supplies & prepared meals
- Ongoing liaison with specialists, and local and overseas families

“Home but not Alone”

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Exercise care when choosing a medical scheme



JOHANNESBURG - The tough economic climate is a challenge for many South Africans and making ends meet is a constant juggling act. Access to quality health-care is an important budgetary factor and with the medical scheme change over period just around the corner many people are considering their options.

The question then arises: How does one go about selecting medical aid cover that addresses our specific healthcare needs, while remaining within budget?

“Finding the right balance between adequate cover and affordability can be complicated and the key to making the right decision is thorough research,” comments Bestmed’s Alan Fritz.

There are several factors that you should consider before making a decision.

First and foremost, a medical scheme should be financially secure and meet the legal reserve ratio minimum of 25 per cent. A healthy reserve ratio is an indication that the medical scheme will be able to pay a member’s claims and members can enjoy peace of mind knowing that their benefits are guaranteed.

“It is not uncommon for medical schemes, large established ones too, to dip below this level, while others might boast a reserve ratio much higher than the legal minimum, but this leads one to question whether the excessive reserves are an indication of poor investment practices,” adds Fritz.

A solid track record and sizable membership base are further indicators of how healthy a medical scheme is. “For example, Bestmed has a 48-year track record with

“I love making hard decisions.

At least I know that when it comes to medical cover, the decision is easy.”

THE OLD SHANGHAI FIRECRACKER FACTORY 703231



a solid member base of 155 000, which includes many second-generation dependents who have opted to become principal members,” says Fritz.

Other considerations are mutual trust, integrity, accessibility, personalised advice and flexibility, as well as easy and convenient internal procedures and processes given the complex nature of medical schemes, as well as the legislative requirements that govern them.

Another key factor is the variety of options available as medical cover needs vary according to one’s stage in life, as well as personal and financial circumstances. This is a guiding principle that has assisted Bestmed in developing its range of options.

Furthermore, one needs to consider whether a medical scheme is innovative and continuously enhances and improves its product offer to meet the changing needs of its members.

Bestmed firmly believes that prevention is better than cure, which over the last few years has resulted in the implementation of various preventative healthcare activities and benefits.

In 2013, preventative care benefits such as flu vaccines, paediatric immunisations, preventative dentistry, as well as glucose, cholesterol blood pressure and BMI biometric screenings, will be standard on all Bestmed options.

Communication is also a key focus for Bestmed going forward and they have invested in improved digital platforms. These include a dedicated communication portal for all members and other stakeholders and the webmail service provides members with a summary of their registered chronic medication and conditions, as well as recent claim information.

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Better living. Better life.

Sub-Acute: The level between acute care and traditional home nursing

WILLIAM OSBURN
MD CIRCLE HEALTHCARE

I would like to take this opportunity to introduce: Circle Sub-Acute Hospital Group to you and the benefits of allowing our facility to become a part and parcel of your community.

Sub-Acute hospitals are relatively a new “in-patient” hospital service offered in South Africa, that merges the sophisticated technology of a general hospital and the efficient operation of a skilled nursing facility to reduce the cost of services, while maintaining the high quality of care.

Sub-Acute care is emerging as one of the key solutions to reforming South Africa’s healthcare delivery system. It is a comprehensive “in-patient” evidence-based medical rehabilitation programme designed for someone who has an acute illness, injury or exacerbation of a disease process.

It is a goal-orientated treatment plan released immediately after, or instead of, acute hospitalisation, to treat one or more specific acute complex medical conditions, or to administer one or more technically complex treatments in the context of a person’s underlying long-term conditions and overall situation.

Generally the individual’s condition is such that the care does not depend heavily on hi-tech monitoring or complex diagnos-

tic procedures, with the exception of grade 3 patients. Those are patients interpreted to be virtually non-ambulant requiring maximum nursing assistance.

Sub-Acute care requires the co-ordinated services of an interdisciplinary team, including physicians, nurses and other relevant professionals, who are trained and knowledgeable, to access and manage specific conditions and perform the necessary procedures.

Sub-Acute care is generally more intensive than traditional nursing facility care and less intensive than acute care. It requires frequent (daily to weekly) recurrent patient assessment and review of the clinical course and treatment plan for a limited (several days to several months) time period, until the patient’s condition is stabilised or a pre-determined treatment course is completed.

About Circle Healthcare

At the forefront of sub-acute care, Circle has its own individual identity and distinguished history that combines to provide a unique and comprehensive range of rehabilitative and healthcare services

Circle’s clinical management systems, which aims to ensure that patients receive safe care practices that are up-to-date and timely, is the catalyst behind everything we do. Circle’s dedicated staff of professionals use only the most advanced techniques

in the care of rehabilitation and medically complex cases.

Circle Sub-Acute Hospital offers a diversity of medical, rehabilitative, and therapeutic services at a level of care between acute care and traditional home nursing. Our sub-acute programmes use an interdisciplinary team approach to patient assessment and treatment.

Doctors, therapists, nurses with advanced clinical skills, case managers and other health and allied health professionals, work together with the patient and his or her family to make sure that the patient receives the finest managed care available today.

Circle Sub-Acute Hospital operates with lower overheads than hospitals with expensive services such as intensive care units and operating theatres. Studies of the industry consistently validate the cost-efficiency of sub-acute care while continuing to provide the highest quality of care.

Caring for people is a responsibility we take seriously. We know that helping people achieve their personal best requires knowledge, experience and the ability to keep pace with developing technology.

Our services reflect our commitment to quality care. We want to provide the patient with care and support they need, in an atmosphere they will appreciate. Our goal is to get the patients to their community as quick as possible, while attaining the highest levels of functioning that is



possible.

Most medical aids cover Sub-Acute Hospital Care. Management is prepared to negotiate private rates based on individual merits.

Further to, being willing to accommodate our elderly folk at various times of the year, when families may wish to vacate their homes for a period of time.



Medical Centres • Sub-Acute Hospitals

Your Circle Of Patient Care

Circle Healthcare facilities offer sub-acute rehabilitation therapy that supports the patient’s transmission from hospital care back to the community.

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- Comprehensive rehabilitation programmes (physical, occupational and speech therapy)
- Pulmonary and respiratory care
- Advanced wound care
- IV antibiotic therapy
- Pain management
- Cardiac care
 - Dialysis
 - Post-surgical care

Physicians, nurses, case management and social workers, rehabilitation therapists, (physical, occupational and speech)

Recreational activities co-ordinator, dietician, respiratory therapy team, pharmacists

The facilities utilise a multi-disciplinary approach to healthcare
The services include:

- Family practice (Normal business hours)
- Ambulance and medical transport (as per medical aids)
- Basic pathology services
- Basic X-Ray services
- Allied medical disciplines



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Circle encompasses the ideals of absolute quality and professionalism. Their ethical and cost-effective care are the defining elements of clinical leadership

Akeso and Crescent Clinics for specialised psychiatric in-patient treatment

At Akeso and Crescent Clinics we offer specialised private psychiatric in-patient treatment. We take great pride in treating each patient as an individual with unique needs, in a safe and tranquil environment.

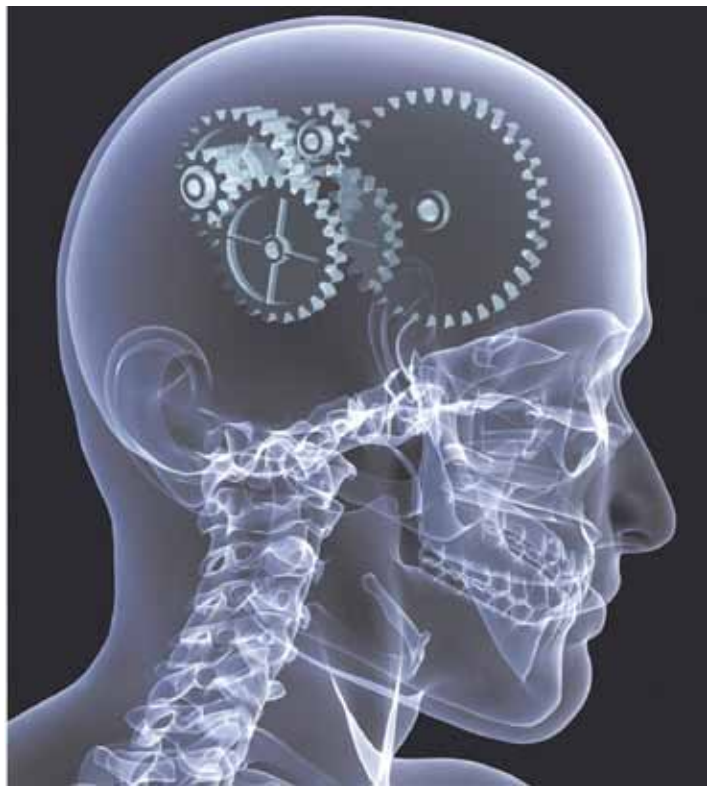
Akeso was the mythological goddess of healing. Unlike her sister Panacea, Akeso believed that cure involved process, rather than a magical, elusive cure-all. At Akeso and Crescent Clinics, we believe that healing occurs through an integrated, proven process involving multi-disciplinary teams of professionals at the highest international standards of clinical ethics and practice.

Akeso and Crescent Clinics admit patients requiring in-patient care for the treatment of symptoms as-

sociated with a range of psychiatric conditions. These symptoms may have been brought on by extraordinary life stressors, a traumatic event, an underlying psychiatric vulnerability, a chronic illness or a combination of these.

Whatever their cause, these symptoms are such that they impair daily functioning to such an extent that the patient requires a safe and comforting therapeutic environment in which assessment, containment and healing may occur.

Such a therapeutic milieu may be found at all our facilities. At our clinics, the patient and his or her family can expect to be treated with dignity, respect and professionalism.



The Akeso Group offers comprehensive, multi-disciplinary inpatient interventions for all symptoms associated with psychiatric illness.



Akeso and Crescent Clinics are a bit like an emotional ER. Most of the patients admitted into our facilities are in crisis. Our aim is not only to alleviate the immediate crisis, but also to allow patients the opportunity to change the direction of their lives and to gain new momentum.

We do this firstly by providing a containing “safety net” to contain the free fall that the patient’s symptoms have created. We then assess and manage so that the downward momentum is arrested. Finally, we refer the patient into a stream of process-driven therapy that will help generate an upward momentum towards recovery and health.

Akeso and Crescent Clinics offer specialised programmes for major depression, bipolar and other mood disorders; dual diagnosis programmes for patients suffering from the twin diagnoses of a primary psychiatric condition as well as substance abuse or alcoholism; eating disorders such as anorexia, bulimia, food restricting or overeating; disorders associated with adolescence; post-natal depression; post-traumatic stress disorder and anxiety disorders.

The Akeso/Crescent Response Unit is available 24/7/365 to respond to emergencies of a psychiatric nature such as suicidal threats or attempts, psychotic episodes as a consequence of either an underlying psychiatric problem or drug use (or both), or other psychiatric crises.

Our call centre 010040 HELP (4357) will be able to assist with admissions, appointments, information or an emergency response.

• For more information about our clinics, visit our website www.akeso.co.za or www.crescentclinic.co.za or call us on 010040 HELP (4357).

OUR INTEGRATED APPROACH TO TREATMENT

The Centre of Psychotherapy Excellence (COPE) programs are an integral part of the services offered to all patients at Akeso Clinics.

COPE programs ensure that every patient is treated by a multi-disciplinary team that includes specialised nurses, psychiatrists, psychologists, occupational therapists and registered counsellors.

THE COPE PROGRAMS:

General Psychiatric Unit | Dual Diagnosis Unit /Addiction Unit
| Young Adults Program | Eating Disorders Unit

Alberton | Parktown | Pietermaritzburg | Randburg (Crescent Clinic)

24 Hour Psychiatric Response Unit: Helpline: 0100 40 (help) 4357



SAJR JUNIOR



YESHIVA COLLEGE

All for one and one for all

GILA GLAZERSON
GRADE 11

For many years, Yeshiva College has had the honour of associating itself with the Johannesburg Junior Council. Every year, two learners are awarded the privilege of representing their school in a forum of learners from across the city.

The definite highlight of a councillor's term is the team-building weekend at Bush-trail camp which took place early this year.

The air was abuzz with excitement as 72 learners boarded the bus, ready to embark on a life-changing weekend, filled

with obstacle courses, workshops and plenty team spirit.

Growing up in South Africa, youth are plagued by buzzwords: "discrimination", "racism", "equality"... Many perceptions of others are preconceived, influenced by what is heard on television or read online. Many learners are unaware of the melting pot of nationalities by which young South Africans are surrounded.

They say that ignorance is bliss, but it doesn't take more than three jam-packed days to concur that we are all the same; we are united by the reality that all colours and cultures are distinct and individual. We

don't share blood, but we share the air that keeps us alive.

Johannesburg Council allows learners from across all classes to interact, regardless of race or religion. It enables the youth to appreciate the diversity of this exciting city. For when it comes time that we are all stripped to bare bones and facing eternity, we will understand that the only law we were meant to follow, was to love ourselves and each other unconditionally. Nothing more, nothing less.

This epitomises the motto of JJC 201: "We are now, we are change, we are council. We dream, we dare, we do.



Chanan Emdin and Gila Glazerson – Yeshiva College JJC representatives 2012

Beyond words of rebellion et al

YAFFA ABADI
GRADE 11

This year, the grade 10 and 11 public speaking teams were given the challenging task of selecting a word, any word, ending in "ion".

"Rebellion" is still a very emotive term in this land of sunshine and diversity and so it provided the four grade 11 contestants from Yeshiva College with plenty of resource work to explore in order to construct their speeches.

Each speaker engaged in a different perspective of the topic and after much research and practice, presented speeches with insight and confidence. Aviva, their chairman, marked the rebellious beginning by greeting the audience in an unusual fashion and capturing the crowd's attention.

She concluded by introducing the first speaker, Gila Glazerson. Gila identified with the subject of rebellion in youth and their struggle to gain individuality and attention. Her witty and persuasive

argument supported the need of some healthy teenage outlets and this left the crowd in stitches.

Following her, Devorah Wolberg educated the room on the topic of the rebellion of the masses. From the French Revolution to the more current "Facebook Revolt", she discovered that sometimes a little uprising is necessary to bring about necessary change.

The third and final speaker, Yaffa Abadi, delved into the minds of creative geniuses such as Bob Dylan and Elvis Presley, and showed how those artistic minds instigated rebellion in the world of art.

She reasoned that all remarkable creations stemmed from fighting against the norm.

exposing the lighter side of humiliation: this humour is explored in some of our favourite comedy shows.

Natasha Shimoni then focused on humiliation and bullying as a pattern in relationships.

Finally, chairman Sarah Weinberg concluded by linking all these facets of humiliation and giving the alternative on focusing rather on people's strengths, than highlighting their embarrassing weaknesses. This rousing presentation merited an A+ symbol.

The task for the junior teams was to design a speech around any slogan. Our grade 9 girls decided to speak on "power, beauty, soul", the advertising slogan of the Aston Martin sports car.

Dalya Abadi explored the theme of power and related this to the personal dynamic of the subject. Pnina Herring spoke about the exclusivity of beauty and just like not every person will own an Aston Martin, neither will beauty belong to all. Therefore, it is absolutely imperative to appreciate this quality when it appears.

The Aston Martin car is one that has matured over the ages and this is simply because it has soul - and so Adina Davidowitz argued that the spiritual characteristic of anything is vital for its longevity.

Gila Rosen tied these ideas together in a very successful evening and the team scored a well-earned B symbol.



Grade 8 public speaking girls: Gila Rosen; Adina Davidowitz; Penina Herring and Dalya Abadi.

Rosh Chodesh Adar: A day to remember

DANI BELELI, DEVORAH WOLBERG, GABRIELLA NUSSBAUM
GRADE 11

Rosh Chodesh Adar is celebrated annually at Yeshiva College. This Jewish holiday is always anticipated with gusto as the grade 11 class guarantee a day to remember.

Arriving at the school premises before sunrise, spray paint in hand, this year's grade 11s, re-decorated, refurbished and left the grounds looking unrecognisable.

The shul was relocated and

classrooms were turned upside down, creating a more suitable backdrop for this quirky day.

Despite the initially cloudy weather, the Girl's High School trip to Sydenham Pools was yet another day crammed with fun. Between soft serves, sun and swimming, the outing was a huge success!

"Mi-shenikhnas adar marbim be-simcha." The holiday's motto translates: When the month of Adar arrives, joy is increased. And on this day we recognise the full dimension of Torah; of course there are times to be serious, but most certainly, in this

month of Adar, there is much to celebrate and on this day, we take our joy to Hashem.

Always, there is lots of fun on this day, but we never fail not to

forget that we are Torah learning girls. Thanks to the Yeshiva Informal Department and the grade 11s of 2012, this definitely proved to be true.



Grade 11 girls celebrate the delights of the month of Adar.

Liberty Life

"We at Liberty are delighted to be involved with the JNR Jewish Report. At Liberty we believe passionately in the value of education and have been supporting education initiatives for over 40 years."

Steven Braudo
Chief Executive: Liberty Retail SA



Yom Hashoah at West Park Cemetery: We will never forget...

RACHEL HODES
GRADE 11

On April 19, with the sun blazing across the sky, the Yeshiva College juniors commemorated Yom Hashoah by means of a Shiur Klali back at school, while the seniors and Jews from all different schools and parts of Johannesburg, came together at the West Park Cemetery to remember the six million of our brothers and sisters who perished in the Holocaust.

Once everyone had been seated, the remembrance ceremony began. Names of some of those who perished, were read out. Each name depicted a different life, with a different story and history behind it.

A flame in Judaism is used to represent a soul. Torches were lit in memory of the precious souls that were taken so brutally and heartlessly from the world in those cruel Nazi years of the Holocaust.

Various speakers shared stories and memories. The crowd sat listening intently, with heavy hearts and bowed heads.

As if from nowhere, a dark cloud slowly etched its way across the bright blue sky. The rain started to fall, first in small drops but in minutes it was as if the sky had opened up and thunderous tears poured down upon the cemetery.

The ceremony was forced to come to a close earlier than planned, as everyone had to rush to the shelter of their cars to escape the downpour. It is almost as though the skies shed tears for the lost souls.

The ride home was a reflective one as we considered that it is up to each and every one of us to keep alive the memory of those six million.

We will never forget.

Larry Joe’s motivational melodies strike a chord

DIASHA BLOCK
GRADE 11

A man graces the wooden stage. He stands tall and his passion-filled eyes scan the faces of rapt learners who fill the shul hall.

“Hey, hey, hey, hey, listen to the words I say.” His harmonious voice sends shivers down my spine.

Former convict turned musician, Larry Joe, visited Yeshiva College at the beginning of the year. His story is one of hope, inspiration, and discovery. His songs tell the tale of how he found himself into trouble, including gang involvement.

It took his grandfather’s passing away and the fear of being

caught by the police, for him to realise that what he was doing was not right. Understanding that he had to face the consequences of his actions, he handed himself over to the police.

He was sentenced to five and a half years in jail, and was released early for good behaviour.

His career as a songwriter began in prison and to this day he has composed over 40 songs in English, Afrikaans, Xhosa, Spanish and Portuguese. Larry now gives motivational talks and concerts to schools and prisons, encouraging people to stay away from gangs and drugs.

He left us with the powerful message that we need to make a difference in the world. This relates to the Jewish concept of “tikkun olam”.

His story is truly inspiring.



Larry Joe shares his prison experiences with Yeshiva College learners.

A search for spirituality

SHANA HUPERT
GRADE 11

All parents are faced with numerous decisions when contemplating the right high school to provide their children the best education possible.

An important consideration should be the extracurricular programmes which the schools have to offer.

Yeshiva College presents to its learners two wonderful and exclusive programmes in grade 10.

Kfar and Nachshon create unique opportunities over the last three months of grade 10 to learn and to love the Land of Israel. The programme exposes the learners to an array of inspiring and eye-opening facets of Israeli life.

Through engaging with local leareners, tiyulim across the country and a few days on Gadna a new appreciation for the Holy Land is engendered.

The Kfar programme affirms and opens one’s eyes to Yiddishkeit, as many of the halachic principles they were introduced to prior to the programme, are clarified and enriched.

Above all, important traits such as independence, friendship and responsibilities are acquired.



Kfar participants camel riding in the Negev desert



Kfar participants by the Kotel prior to Shabbat, 2011.

YC’s tuckshop for food to warm the cockles of your heart

CALI LEMMER
GRADE 11

A tuckshop is an essential part of every school. It is an interesting, relaxed and happy place where tired learners gather to buy eats, to huck and koch about the pressures of school. Not only the learners, but the parents themselves support the tuckshop at Yeshiva College.

From breakfast to lunch, to snacks, the tuckshop has a large variety from which to choose.

This is a first for Yeshiva College; the school has never had such a luxurious, nutritiously conscious and delicious tuckshop. Not only does it encourage a healthy body but, with the relaxed environment, it also promotes a

healthy soul. Every parent, teacher and learner is delighted about our newly-renovated facility.

Friends Bakery has successfully and happily taken over the school’s tuckshop and has made it not only the place to eat, but the place to be!

There are convenient, comfortable and clean benches which create the atmosphere of a self-service restaurant. It makes every break-time visit exciting and such a treat!

We can now look forward to our break, as we are guaranteed a social, distinctively tasty meal, with a fun and calm atmosphere.

All meals and snacks are charged at a moderate price. Binge, or healthy eating, this tuckshop caters for all!



Grade 9 Girls enjoying the company at our tuckshop.

May this **Festival
of Lights** bring
joy and **prosperity**
to you and your
loved ones.

Happy Chanukah.



LIBERTY

Own your life

YC Primary learners take to ‘election’ with relish

OWN CORRESPONDENT
PHOTOGRAPH SUPPLIED

A mock election was held recently at Yeshiva College, with the grade six pupils, as part of their social sciences syllabus, which deals with democracy and how the government is run.

To assist them with this exciting event, members of the IEC (Independent Electoral Commission) helped run the actual voting process, in which the grade 4, 5 and 6 learners voted.

There were six parties who spent two weeks campaigning around the school, with posters, give-aways and campaign speeches, using powerpoint presentations.

The six parties promised a variety of improvements for their school. The election was won by Legit, ably led by Eitan Chipkin and Micaela Levy.

As new leaders of the Representative Council of Learners (RCL), they will meet with Primary School Headmaster Joseph Beer, to discuss what changes they hope to see.

This event has proved to be a most worthwhile educational experience with a great time being had by all.



YC grade 4 learners waiting to vote.

YC Primary School kids ‘walk the walk’ with relish for chessed



The grade ones of Yeshiva College Primary, with their books for the Help2Read organisation.

OWN CORRESPONDENT
PHOTOGRAPH SUPPLIED

As their chessed project for 2012, the grade 1 learners of Yeshiva College Primary School did a collection for Help2Read. Help2Read trains volunteers to assist learners in underprivileged areas with their reading.

The grade ones went beyond what was expected and were able to collect a car full of games and books to donate to this worthy cause.

This collection formed part of a chessed project throughout the primary school where each of the different grades was involved in different initiatives.

The grade 2s collected seeds for an organisation called Roots and Shoots and they have also started a vegetable garden from which the proceeds will go to the school's ground staff.

The grade 3s are visiting Lyndhurst Primary School for a fun morning with the learners there.

The grade 4s sold serviettes to help Yeshiva College families in need and raised over R3 000.

The grade 5s went to pack boxes at Yad Ahahron, followed by a “swimathon” where they were able to raise over R6 000 for Yad Aharon.

The grade 6 learners were privileged to take part in a CPR and first aid course run by Hatzolah. They then did a lucky packet sale and raised R2 000 for Hatzolah. Well done Yeshiva Primary!

Under-14 and under-16 YC soccer teams shine

OWN CORRESPONDENT
PHOTOGRAPH SUPPLIED

The under-14 and under-16 soccer teams of Yeshiva College, made it into the finals of the Term 2 Independent School Soccer League. It is one of the most diverse soccer leagues, covering most areas of Gauteng.

The under-14s played a magnificent game against Waterstone Sports Academy and were runners-up in the final.

Our under-16 team won against Kings School, with Joshua Kaplan scoring the winning goal in the second half of extra time.

We are so proud of both teams and wish much luck and success to all Yeshiva soccer teams participating in the Northrand Football Association Cup Tournament.

Back: Dovi Krinkin; Joshua Winer; Joshua Kaplan; Leigh Weinberg; David Herbert; Dean Rubin; Brad Lichtenstein; and Mandla Phangula (coach). Front: Yuval Harton-Hotinsky; Amir Taylor; Yoni Mindel; Eitan Shor (manager); Jonathan Kirkel; Illan Biddle; Bini Perelman; Jordan Picker; and Joshua Marks.



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A column of the Chevrah Kadisha

It’s holiday time!

Though adults often don’t acknowledge it, kids get tired too and relish the relaxed holiday atmosphere of time spent with family or friends at camp.

At the end of a prolonged, often challenging school year, the summer beckons brightly - sea, sun and fun! All children anticipate this time of leisure, absence from pressure and freedom from homework and tests, with a mixture of relief and excitement. It’s a milestone, a symbol of progress and a sign of growing up.

So what happens to the children at Arcadia at this time of year?

For most Arcadia children, spending time with family is, sadly, not an option. Nevertheless, we believe it’s therapeutic for them to benefit from the company of other youngsters and people they feel safe and comfortable with.

As always, the Arcadia team takes the time to look closely at the best environment for each individual child. There is never a “one-size fits all” solution. Personalities, costs, health and socialisation skills, all form part of the decision-making process.

That’s why a number of children have been selected to attend Camp Keshet, where the surroundings meet the needs of children who don’t fit comfortably into mainstream camps.

One child has been sponsored to attend Bnei Akiva camp because for him, it’s a good fit. An older teenager has opted to take a summer job rather than a holiday. And that left a small group with nowhere to go.

Leave it to the Arcadia team to find a wonderful solution: this little band will be going on holiday to the South Coast with Arcadia’s dedicated child-care manager, where free accommodation has been donated.

At the end of year, with your help and support, everyone feels filled with holiday excitement and anticipation, as they should.

Now all that’s left to do is attend to the logistical details of transport, clothing (brand new and donated annually), shopping for toiletries, packing and making sure everyone is in the right place to have a terrific time.

May our partnership continue to thrive!

Please feel free to communicate with me on feedback@thechev.org.za

This column is paid for by the Chevrah Kadisha



Partners in Chesed
Michael Sieff
Group CEO

A column of the SA Jewish Board of Deputies

Danger signs when rhetoric becomes incitement

Following the negotiated conclusion to the conflict in Gaza, the Board and the SAZF, in a joint message to the community, welcomed the end of hostilities and commended those world statesmen who were instrumental in bringing it about.

We concluded by expressing the hope that the suspension of hostilities would mark the beginning of a positive new era between the people of Israel and Gaza, in which the futile, self-defeating violence of the past would be replaced by the peaceful co-existence that the great majority of people on either side longed for.

Times of conflict between Israel and its neighbours are always difficult for Diaspora Jewry. The heightened anti-Israel sentiment this engenders, almost inevitably spills over into anti-Jewish sentiment as well.

South Africa is no exception and certainly we saw an increase in negative media coverage, public statements and civil society action. Of most concern were inflammatory statements made at a protest rally in Cape Town, in which it was said that supporters of Israel were like the Nazis and should not be allowed to function as citizens in our society as if they were “normal”.

The speaker named two respected members of our community as examples of those who needed to be isolated. This kind of rhetoric crosses the line into dangerous incitement and is unacceptable. We are following up the matter to see what our options are.

Despite this incident, we experienced on the whole a fairly quiet week. In the past, Israel-related unrest in the Middle East has usually resulted in a spike in anti-Semitic incidents, but this was not the case this time.

In addition, we received heartwarming messages of support from leaders in the Christian community. Once again, the remarkably low rates of outright anti-Semitic behaviour in this country compared with many other Diaspora communities should be emphasised.

The annual total of anti-Semitic incidents recorded here over the last two decades, has consistently numbered in the dozens rather than in the hundreds, as is the case elsewhere in the world.

This does not mean that we should be complacent, but at the same time, we must not fall into the trap of regarding our situation in South Africa as being somehow uniquely bad.

In previous columns, I have made no secret of my unhappiness over our lack of success this year in communicating our concerns to government. Increasingly, it seemed we were being met with closed doors wherever we went.

Last Wednesday, however, we had the opportunity of meeting at length with Minister Collins Chabane and Director General Dr Cassius Lubisi from the Office of the Presidency in Cape Town. A report on what was discussed appears elsewhere in this issue.



What I will comment on here is that we were encouraged by the reassurance we received that government is indeed aware of what our issues are and is willing to discuss them seriously with a view to arriving at a resolution.

We are hopeful that this will be followed up in the new year by a renewed process of dialogue and engagement of the kind that we could count on in the past.

Currently, all eyes are on Mangaung. We wish the ANC well in their deliberations, and hope that these will result in provided the direction and leadership that our country desperately needs if it is to address its current challenges and go forward.

• Listen to Steven Gruzd on Jewish Board Talk on 101.9 ChaiFM every Friday 12:00-13:00.

This column is paid for by the SAJBD



Above Board
Mary Kluk
National Chairman

Perfecting the art of how not to lose



ROCKING THE BOAT
Jack Milner

I do not profess to be an authority on rugby. During my time at school I actually developed a hatred for the game because it was continually jammed down our throats.

However, as I got older and became more involved in the world of sport and began to understand the nuts and bolts of the game, I actually began to enjoy it very much. Whatever I might think I know, I will always bow in admiration to the likes of commentator Dan Retief who has a marvellous understanding of the sport.

However, what I have learned during my tears as a sports journalist is how to analyse a game. As I said last week, I have always tried to maintain my objectivity and not become a “fan with a pen”. Last Saturday I only managed to see the second half of the Springboks versus England Test but on Sunday morning I sat through the replay. Knowing the result, I could put the excitement of a close encounter behind and dispassionately interpret what I had watched.

After a little thought I came to the following conclusion: In simple terms, all that won us the game was an inspirational moment from Willem Alberts in which



Cricketer Faf du Plessis is supported by his team as he pulls off a stunning save of the second Test match against Australia in Adelaide.

he took advantage of a lucky bounce of the ball to score the only try - and furthermore superb defence by the Boks.

I have said for the past few years that the Boks are unable to play 80 minutes of attacking rugby. In the final 20 minutes of the game they were probably lucky to have spent two of those minutes in the England half. The remaining 18 minutes was played somewhere on the Boks’ 22m line.

There is little doubt that England, when it comes to attacking, are equally inept and they certainly had enough chances. We kept conceding penalties in the dying moments but one has to say that England’s decision to go for posts

in the final minute was one of the most inane I have ever seen. That was total capitulation, as if to say they were happy to lose by one point.

On that subject, I was the one person absolutely delighted by that decision as I had backed England on a minus 2,5 spread and that whacky decision sealed me my win.

There is no doubt we have some wonderful players in our team, but one is never certain down which garden path coach Heyneke Meyer is leading them.

But coming back to defence: All sports are made up of offence and defence. It is vital to have a balanced share of both. It is also an art to know at which point of a

game one needs to defend a lead. However, defence is seemingly quickly becoming what South African sport is all about.

While the Boks held England at bay in the north, managing to cling to a one point win, the Proteas looked to be heading for certain Test defeat Down Under as they ended the fourth day under the cosh at 77 for four wickets, chasing 430 to win.

The match looked all over, with a win for Australia certainty, but AB de Villiers, Jacques Kallis and especially Faf du Plessis, had other ideas. De Villiers kept Du Plessis company for 68 overs and a nobbled Kallis for another 40 overs in the searing Adelaide heat, as Du Plessis tenaciously defied the Australian bowling attack for nearly eight hours.

Many people would have found the pushing and prodding mind-numbing to watch, but it takes a special kind of proficiency and mental aptitude to stay out there for seven hours and 46 minutes, in mainly 34 degrees heat and high humidity, with five different partners, one of whom could barely run, to defy a voracious and tenacious Australian attack and save a crucial match for his country.

This was a monumental effort, performed on debut and already written into the folklore of South African cricket history.

So, while we might lack the attacking prowess of a Genghis Khan, South African sport has elevated the art of defence to another level. I suppose there is an advantage in playing not to lose...

What's On

Sunday (December 2)

- RCHCC is rescreening the award-winning film, “The Debt”, directed by John Madden and starring Helen Mirren, Sam Worthington, Jessica Castain and Tom Wilkinson. Venue: Clive M Beck Auditorium. Time: 19:30. Donation: R60. Booking: Hazel or René (011) 728-8088/8378, after hours (011) 728-8378, e-mail: rchcc@telkomsa.net or rene.s@telkomsa.net or www.greatpark.co.za
- JJMC, with musical director Evelyn Green presents a musical tribute to the Doornfontein Hebrew Congregation (Lions Shul), “Memories of Yesteryear”, as a fundraiser for the shul. The repertoire will encompass traditional Jewish songs. Secure parking. Time: 15:00. Tickets available from Darla at R200. 083-794-6358 darlabrook@hotmail.com

Monday (December 3)

- UJW is hosting Marcia Leveson, former

professor of English at Wits, on “Please Sir, I Want Some More”, Charles Dickens and children in this his bicentenary year. Time: 09:30. Contact: (011) 648-1053, fax 086 273-3044. Donation: R20. Join UJW for an informal tea after the lecture.

Thursday (December 6)

- UJW CT adult education division hosts Isaac Habib who will talk on “Jewish Life in the Island of Rhodes – From Beginning to End”. Venue: Stonehaven. Time: 10:00 for 10:30. Entrance: R20 (incl refreshments). Enquiries: (021) 434-9555.

Friday (December 7)

- The United Sisterhood has its year-end book sale at the Benmore Gardens Shopping Centre. Unwanted books and magazine donations are gladly accepted. Contact: Tel (011) 646-2409; fax (011) 646-4654.

World News in Brief

POPE CALLS FOR END TO PERSECUTION OF CHRISTIANS, NEW ME PEACE EFFORTS

ROME - At a gathering in Rome with Lebanon's new cardinal, Pope Benedict XVI launched a new appeal for peace in Syria and the Middle East, the Associated Press reported.

“The church encourages all efforts for peace in the world and in the Middle East, a peace that will only be effective if it is based on authentic respect for other people,” Pope Benedict told the gathering, which included several Lebanese pilgrims.

He also spoke out concerning the plight of Christians from their traditional homelands throughout the Middle East, calling for them to be able to “live their faith freely”.

Christian communities have come under assault by Muslims amid the upheaval related to the “Arab Spring”. Tens of thousands of Syrian Christians have fled from the civil war there, while Egypt's Coptic Christian community fears the rise of the Muslim Brotherhood and the ultra-extremist Salafi groups to power.

Recently, several Coptic Christian teenage women were been assaulted by other women on Cairo subways because their hair was uncovered. Many Coptic women are now afraid to ride the transit system in fear of being assaulted or sexually harassed, according to Morning Star News. (JNS.org)