



Robbert Leggat, two works:
Kingfishers, bronze cast
SOLD R10,000



19th Century German carved
oak library bookcase
SOLD R22,000

Cornelius Bosch,
Still life with flowers, oil on canvas
SOLD R22,000



South African Jewish Report

The source of quality content, news and insights

■ Volume 24 – Number 18 ■ 29 May 2020 ■ 6 Sivan 5780

www.sajr.co.za

Board of Deputies and medical experts caution against opening shuls

**JORDAN MOSHE
AND TALI FEINBERG**

Places of worship have been given the green light to resume services across South Africa next week, but medical experts and the South African Jewish Board of Deputies (SAJBD) are urging religious leaders not to open the doors of our shuls just yet.

“Medical experts have agreed that there is a great danger in opening shuls at this very precarious time,” SAJBD National Director Wendy Kahn told the *SA Jewish Report* on Wednesday evening.

SAJBD national chairperson Shaun Zagnoev said, “We are concerned by the medical evidence which shows that there have been mini outbreaks wherever people gather.

Professor Barry Schoub, the founding and former director of the NICD [National Institute for Communicable Diseases of South Africa] and one of our advisors has noted that the reopening of shuls at this stage of the COVID-19 epidemic in South Africa would pose a very serious threat to the Jewish community.

“In several countries in Europe and in the United States, especially in New York, Jewish communities have suffered grievously with far too many deaths and serious illness. The Jewish population of these countries has been more severely affected in numbers of deaths and serious illness than any other. In Britain and France respectively there have been five and six times the number of deaths proportionate to their population.”

Netcare Chief Executive Dr Richard Friedland told the SAJBD, “We need to be extremely cautious in regard to the dangers of a potential ‘post lockdown euphoria’. In the 1918/1919 Spanish flu pandemic, it was the second wave or ‘peak’ that followed the initial relaxation of the first lockdown that caused the most deaths [almost 50 million]. In South Africa, we are easing the lockdown and we haven’t yet experienced the peak of new daily infections, so we can’t



Photo: Ilan Ossendryver

afford to lessen our vigilance in any way.”

“To date, we have placed substantial reliance on our medical experts, and believe that to deviate from taking their advice now would be ill-considered,” said Zagnoev.

“It’s much too early,” said Schoub. “It should be one of the last restrictions to go.”

President Cyril Ramaphosa announced on Tuesday night that South African places of worship, including mosques, churches, and shuls, may reopen under strict conditions during lockdown level 3 as of 1 June. These include limiting attendance to 50 people per service, wearing face masks, sanitising and social distancing, as well as routine cleansing of the prayer space.

The announcement came after extensive discussions with religious leaders from across the faith spectrum, said Chief Rabbi Dr Warren Goldstein.

Just as he was faced with the tough decision to close our shuls at the start of the pandemic in South Africa, he is now faced with another tough decision about whether to reopen them.

“Last Wednesday night, there was a Zoom meeting of the president, senior cabinet ministers, and religious leaders from across the country,” the chief rabbi told the *SA Jewish*

Report. “The president explained his philosophy, that the country was moving from the stage of lockdown into finding ways to cope with the disease and prevent its spread. He gave this framework, and asked for comment from religious leaders.”

Leader after leader from across all faiths asked the president to allow reopening places of worship under strict health conditions. The president agreed to take all this input into consideration in subsequent discussions.

“When the president made his Sunday speech and didn’t give details [about places of worship], he was still working out what to do. After that, he had further discussions with various religious bodies during the week and came to this conclusion.”

Goldstein said he was in back-to-back meetings with medical and communicable disease experts, the Beth Din, rabbis, and lay leaders of shuls to work out the community’s response to the president’s allowance.

“All the decisions will be communicated to our community as soon as possible, bearing in mind that the president’s change of legal position is effective only from Monday, 1 June,” he said.

Other medical professionals have backed up the view that it’s inadvisable to rush into

reopening shuls.

“Any gathering of people has inherent risk, with singing and other religious activities potentially increasing this risk and promoting the spread of disease,” said epidemiologist Dr Natacha Berkowitz.

“Right at the beginning of the epidemic, we saw clusters of cases coming from religious gatherings, even when the gatherings were restricted to less than 50 people. In my opinion, while theoretically it could be a low-risk activity, I don’t think it’s a good idea.”

Jeffrey Dorfman, an associate professor of virology at Stellenbosch University, encourages a cautious and flexible approach to reopening, starting outside the Western Cape, and being prepared to pause services if events warrant it.

“Services should meet in very large rooms or even outside in shul courtyards,” he said, “with limits on the number participating in the service – possibly fewer than the currently mooted 50 per event”.

Beyond social distancing and masks, Dorfman said that *siddurim*, *tallitot*, and *chumashim* shouldn’t be shared, and that symptoms, contact history, and temperature screening should occur before entry into shul.

“In the spirit of caution, the *chazzan* and the Torah reader should be far away from anyone else. Even the person having an *aliyah* should step back once having said the *bracha*,” he said.

“There will need to be thought about the rules concerning children who will be unlikely to distance themselves socially when seeing their friends for the first time in months.”

Said Schoub, “Safety measures such as disinfection, hygiene, and sanitation can’t guarantee the prevention of transmission. If they are rigorously carried out and maintained, they could minimise the risk. However, these measures have to be

scrupulously maintained, and that’s not guaranteed.

“I understand that restrictions need to be removed to kickstart the economy,” he said. “People are suffering, and this needs to be weighed against public-health considerations. However, I don’t see how houses of worship come into that equation.”

Dr Leon Fine, professor of biomedical science and medicine, speaking from Los Angeles, told the *SA Jewish Report*, “My advice would be to resist opening for at least another month or maybe two. A shul is an ideal environment to spread the virus. It’s definitely not worth the risk at this stage.”

Dr Alan Rabinowitz, associate clinical professor of cardiology at St Paul’s Hospital in Vancouver, said, “It’s premature [to open shuls] given that cases in South Africa are still on the rise. I would advise shuls to wait at least another month in order to observe the trajectory of the disease.”

“The prescribed measures are likely to reduce the risk, but they aren’t likely to eliminate transmission,” said Professor Gert van Zyl, pathologist and consultant virologist at Stellenbosch University. “It’s difficult to weigh up the possible risk of interaction against its emotional and health benefits.

“What makes COVID-19 so difficult to control is that some people may be very infectious without any recognisable symptoms. There are indications that the SARS-CoV-2 virus spreads not only by large droplets but also by aerosols [small droplet nuclei], which makes it more difficult to control,” he said. “Therefore, many factors are important: the time people spend together; the number of people sharing an enclosed space; how well the rooms or spaces are ventilated; is there natural sunlight; and whether the surfaces are cleaned regularly.”

Because they CAN help



Photo: Ilan Ossendryver

Caron-Leah Resnick hands over a food parcel to a resident of Kliptown. See story on page 8

Reach New Heights

Most advanced trading platform in SA

We offer a premium product, without the premium price!



FSP NO 48325

Powered by

 **InteractiveBrokers**

MEXEM

+27 11 883 0768 | www.mexem.co.za

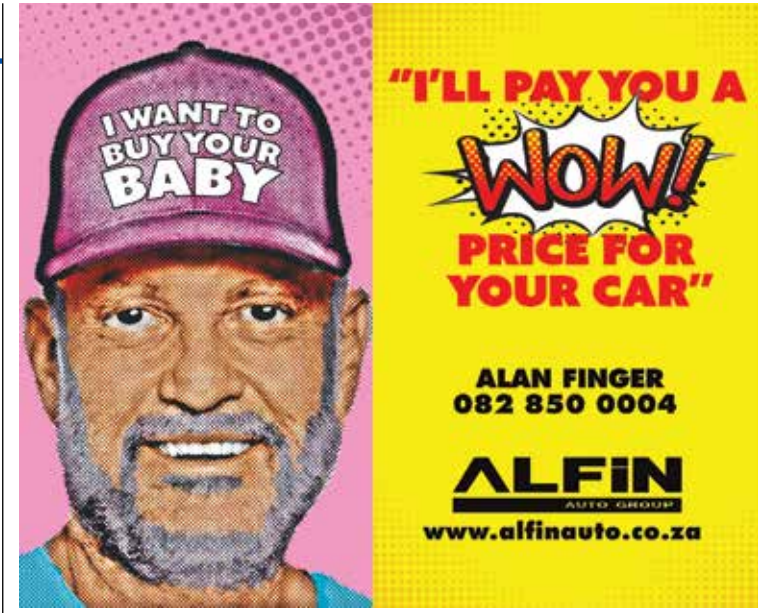
Repatriation flights between Israel and SA finally take off

TALI FEINBERG

For two months, scores of South Africans stuck under lockdown in Israel and Israelis unable to leave South Africa have been waiting to hear when they could go home. It all came together over the last week, with flights arranged in both directions

flight only on the Saturday evening a week before it took off, and had to give their final answer two days later. They then had five days to pack up their lives. “All the airports we travelled through were completely empty. It was pretty weird,” says Lagrisi. Their temperatures were checked at every stop, and they had to fill in a number of forms along the

Relations and Cooperation (DIRCO), the National Joint Operational and Intelligence Structure (NatJoint), Ethiopian Airlines, the South African embassy in Tel Aviv, and the representatives of the group awaiting repatriation,” she says. “We have also assisted individuals within the group with specific issues that arose during the process.” Two people who played an essential role behind the scenes are Kelli Sussman and Ivana Goldfein, both South Africans who got stuck in Israel with their families when the borders closed. They found each other online, and decided to join forces to try organise a flight back. They formed a WhatsApp group for South Africans seeking to return home, and spent 24 hours a day addressing administrative and emotional needs while engaging with stakeholders and managing their own families and commitments. After much red tape, they managed to negotiate a flight on Ethiopian Airlines for considerably less than other quotes. “Within days, the airline had everything ready to submit to the South African embassy, which it then submitted to DIRCO. It had to get a permit for the aeroplane to land, and permits for each individual. The timing is critical, especially with Shavuot. We are sitting on *shpilkes* (anxious), hoping it all works out.” Although she played a key role, Sussman might not be on the flight as one of her daughters and her husband weren’t approved, while her other child was. She might not have a place to stay in Israel after 31 May. “I’m anxious, but I’m glad I was able to help others,” she says. Goldfein has found it meaningful to see how people can work together to achieve something like this. If they both make it onto the flight, it will be the first time they meet in person. “Organising a repatriation flight is very complicated,” says Hila Rose Fridman, consul and designated deputy ambassador of the Israeli embassy. “Repatriation flights have to be arranged directly through an embassy. The rumours that one can register on an airline aren’t true.”



The logistics for the flight from South Arica to Israel began with finding an airline willing to operate. The Israeli embassy then created a list of potential passengers, and checked all potential passengers’ travel documents. Each of these names was sent to DIRCO for approval, which had to be done 72 hours before the flight. The names were sent back to the embassy, and then to the airline. Meanwhile, the embassy had to contact each passenger for payment. The day before the flight, the final list of passengers was sent from the embassy to the airline. The embassy also had to officially approve each passenger. Passengers weren’t allowed to travel to the airport, and had to meet at an assembly point many hours before the flight. In this case, passengers in the Mother City met at the Cape Town Stadium, and in Johannesburg at the American consulate. They were then taken to the airport by designated buses organised by the embassy. An embassy representative had to be present at the assembly point. This was particularly difficult for the Israeli embassy, as it has no personnel in Cape

Town. Eventually, it had to get special approval for a person who works closely with the embassy to be present. “This was difficult, but we didn’t want to give up on



A deserted Cape Town International Airport

“Fifty-one Israeli citizens boarded a repatriation flight on 22 May, 24 from Johannesburg and 27 from Cape Town. This was done in co-ordination with the United States embassy repatriation flight on Ethiopian Airlines,” says Deputy Israeli Ambassador to South Africa, Ayellet Black. “We are grateful for the co-operation with the US embassy, which brought so many Israeli citizens home.” The flight flew from Johannesburg to Cape Town to Addis Ababa, and finally to Israel. Israelis Shira Lagrisi, her husband Roi, and their three young daughters, packed up their lives in Cape Town in five days to take the flight. They did this because they believe it’s now easier to be in Israel than South Africa, with more freedom, schools opening, and the virus under control. “We’ve lived in Cape Town for two years, and we were really starting to miss home. With no certainty about future flights, we decided to take this one. It was very hard to leave Cape Town, but my husband can work remotely,” she says. The Lagrisis were notified of the

way. Everyone they interacted with wore masks, and they and their children wore masks as much as possible. They were given food on the flight, but all the in-flight entertainment systems were turned off. “The flight was quite full, and there was sanitiser everywhere. People kept their distance. Flight attendants wore masks and gloves,” she says. While the flight was long and expensive, it was worth it. She and her family are now on a moshav near Netanya, waiting out their two-week quarantine. They can see that Israel is “back to business”, and look forward to being part of it all. Meanwhile, a repatriation flight will fly from Israel to South Africa on Sunday, 31 May. “There will be about 50 South Africans on board this Ethiopian Airlines cargo flight,” says Wendy Kahn, the national director of the South African Jewish Board of Deputies (SAJBD). “Over the past week, we have worked extensively with relevant staff members from the Department of International



Shira Lagrisi delighted after landing at Ben Gurion Airport

Cape Town,” says Rose Fridman. She says the past month has been a relentless battle, and when the flight finally took off, “I felt so relieved. A lot of people were anxious to go back, especially travellers. We knew the personal story of each passenger. When we saw each other at the assembly point, we would have hugged each other if we could. It was very emotional.” The embassy hopes to arrange more repatriation flights as there are still Israelis in South Africa who need to return.

JAWITZ

PROPERTIES

INVEST IN PROPERTY IN ISRAEL
FROM R5 MILLION
Contact Herschel Jawitz in strict confidence
082 571 1829 | herschel@jawitz.co.za

REAL LIFE

Real Estate.



FOR SALE

FAIRMOUNT | R 1.85 MILLION
If you are looking to place your footprint in the heart of Jewish central this a solid home. Open plan lounge, dining room, separate playroom area. Entertainment areas lead onto patio, garden, pool. Kitchen. 3 bedrooms. 2 bathrooms (MES). 3 carports, lots of off road parking. 2 roomed Cottage or office space with bathroom. Genuine, motivated seller!!
3 2 Web Ref: RL62013
Joel Harris 082 926 0287 National Sales Consultant of the Year
Laureen Shalpid 083 789 0229

FOR SALE

GLENHAZEL | R 1.499 MILLION
Modernized, neat Duplex offers a comfortable space for your family. Modern kitchen, 3 Bedrooms, 2 renovated bathrooms (mes), guest loo. Patio, neat garden, garage, carport, plus extra parking, communal staff accommodation.
3 2 Web Ref: RL62660
Joel Harris 082 926 0287 National Sales Consultant of the Year
Laureen Shalpid 083 789 0229

FOR SALE

MORNINGSIDE | R 4 500 000
Urgent Seller! If you're a bargain hunter, this is the home for you! Offering 5 bedrooms, an office, huge kitchen, a wonderful garden, sparkling pool, great entertainment area, staff suite and 3 garages. This house in a boomed area has so much space for you to never want to leave home – even after lockdown is over.
5 3.5 Web Ref: RL64454
Norma Robinson: 082 554 7260
Romaine Robinson-Buchalter: 082 685 5177

FOR SALE

MORNINGSIDE | R 5 499 000
Once in a lifetime comes an opportunity to live in a home that has it all. Gutted and rebuilt from scratch this modern marvel is in one of the most popular estates in Morningside. Offering everything that is stylish and sophisticated, it has a gorgeous garden and stunning pool framed by glass and Perspex. With 4 bedrooms, a huge pyjama lounge, open-plan everything, staff suite, double garage, walk to Shul or Church, makes this find just too fabulous for words!
4 3.5 Web Ref: RL62610
Norma Robinson: 082 554 7260
Romaine Robinson-Buchalter: 082 685 5177

The challenges facing schools as they reopen

TALI FEINBERG

Jewish schools across the country are dealing with a multitude of practical, ethical, legal, and emotional challenges as they start the process of reopening on Monday, 1 June.

With the risk of staff or pupils contracting COVID-19 after they return to school, the South African Board of Jewish Education (SABJE), with the assistance of its labour consultant, has drafted a declaration of intent or indemnity form for its staff, says Rabbi Craig Kacev, the general director of the SABJE.

“For staff who have pre-existing conditions, we realised that many wanted to return, and as such we needed to clarify the extent of the condition. Using a ‘declaration of intent’, we were able to secure medical letters as to whether staff were, in the view of their medical practitioners, able to return. In many cases we have had to advise staff that they may not return,” Kacev says.

“No staff member’s job is in jeopardy if they choose to stay at home due to a co-morbidity or the school insisting that they not return to the workplace,” he says. “Those who aren’t able to return

will work from home.

“We are well aware that an indemnity cannot cover an employer if there is a known risk or if the employer doesn’t act reasonably. So, if a staff member has a co-morbidity that is confirmed by their medical practitioner, then they certainly need not sign an indemnity and even if they did, we wouldn’t let them work if there was concern about their health.”

The forms are also necessary to understand the number of staff who can return. And they offer information about who will be responsible for online teaching and how duties will be shared between staff.

“For those staff who are healthy, the form clarifies that we as an employer are taking every measure to comply with all reasonable requirements to ensure a safe environment,” Kacev told the *SA Jewish Report*.

Kacev and members of King David staff addressed further issues in a recent webinar. He said that the SABJE had considered a number of models once schools were allowed to reopen, and eventually settled on bringing back pupils for the least amount of time necessary. “There is no need to put anyone at unnecessary risk,” he said. Therefore, King David pupils will have a combination of learning in the classroom and remote learning.

The aim isn’t to bring back pupils en masse, but rather to have a slow process determined as each grade adheres to and understands the

protocols in place. Each school’s capacity and situation is different. At first, only one grade will return per King David site.

Of the more than 1 600 responses to the school’s recent parents’ survey, more than 95% of pupils didn’t have any medical preconditions. Asked if

conducted online.

Andrew Baker, the principal of King David High School Victory Park, echoes these sentiments, saying that both Grade 11s and matrics need face-to-face support to ensure the integrity of their matric year. Those in Grades 8 to 10 have more time to fill in the gaps.



the child lived with someone with a precondition, 19% responded that they did.

“This indicates that 24% of students may well not return to school. In total, 73.2% of parents have indicated that their children will return.” Kacev said there was still time to complete the survey, and asked parents to get in touch with their school to do so.

Lorraine Srage, the principal of King David High School Linksfield, says remote learning can never replace face-to-face teaching. It’s difficult to assess matrics when teachers literally can’t see their faces, with many pupils turning their cameras off when classes are

“Fundamentally, children need to be at school,” said incoming SABJE General Director Rabbi Ricky Seeff. “Being back in the classroom may look different, but it’s essential for their emotional well-being.” Gaps in basic knowledge, especially for younger children, need to be assessed, and Grade 1s in particular need to complete the syllabus of learning to read and write. Pupils may, however, have a shorter and more intense day.

Looking at the emotional side of returning to school, Lynne van Dellen, the head of King David Primary School Sandton, spoke about how wearing

Continued on page 6>>

FRANK SOLOMON HEARING CENTRE

Have a love at first sound experience.

Phonak Audéo™ Marvel

A new all-in-one solution that improves your hearing in everyday life and even in the noisiest environments.

- Experience exceptional sound performance
- Connect seamlessly to Bluetooth® devices
- Rechargeable so you'll always stay connected
- Remote Support for the ultimate in convenience

- Affordable for Pensioners
- 2-Year Warranty
- No Follow-Up Charges
- Latest Technology
- Small and Discreet
- Extensive Wireless Communication Portfolio Available
- Supplements for Tinnitus

Treatment approved by the American ENT Association

We are COVID-19 compliant

PHONAK
life is on

SPECIAL PRICE
FOR PENSIONERS

CONTACT US TODAY:
(011) 849-6256
082 953 4628

Fairmount
6 George Ave,
Sandringham

Additional branches in
Benoni and Germiston

medicare

SAVOY PHARMACY

MONDAY – FRIDAY
8:30am – 7:00pm

SATURDAY
9:00am – 2:00pm

SUNDAY & PUBLIC
HOLIDAYS
9:00am – 1:00pm

(011) 885-1200/1

savoy@medicarehealth.co.za

PERCELIA PHARMACY

MONDAY – THURSDAY
8:30am – 6:00pm

FRIDAY
8:30am – 4:30pm

SATURDAY: CLOSED

SUNDAY
9:00am – 1:00pm

(011) 640-4321/31

percelia@medicarehealth.co.za

VEHICLES WANTED

Any make, any model, any condition
Accident damaged vehicles and non-runners also wanted

Arnold Orkin 082 823 7826
AUTO AFRICA

Appliance Repairs on Site

Fridges, Dishwashers,
Washing Machines, Stoves
Tumble Dryers & more

Call Jason
082 401 8239 / 076 210 6532

FREE QUOTATIONS

| YomTov/ShabbatTimes – 28/29/30 May | | | |
|--|-------|--------|----------------|
| CL | CL | YTE/MS | |
| 17:06 | 18:06 | 17:57 | Johannesburg |
| 17:28 | 17:28 | 18:22 | Cape Town |
| 16:47 | 16:47 | 17:39 | Durban |
| 17:08 | 17:08 | 18:00 | Bloemfontein |
| 16:59 | 16:59 | 17:53 | Port Elizabeth |
| 16:53 | 16:53 | 17:46 | East London |
| CL – Candle-lighting YTE – YomTov ends MS – Motsei Shabbat | | | |

Torah Thought

The ice cream of the crop

I don’t think I’m the only one going into Shavuot with a gulp in my throat, knowing that if, G-d forbid, Moshiach doesn’t come in the next 48 hours, we’ll be spending our first Shavuot at home.

Yes, it’s that endless buffet of the milchik *brocha*, the *chaversheft* of sitting and learning Torah through the night with friends, and the overflow of children parading through the shul, that we’ll all miss.

But there’s no question that what I’m going to miss most is that awesome point in the Torah reading, when the *baal koreh*’s voice rises to a crescendo, as the congregation of every man, woman, child, and even babies, rises in awe to the opening words of the ten commandments: “*Anochi Hashem elokecha!*” “I am the Lord your G-d!”

In that one shiver of a split second, you realise, in some small (or big) way, that the moment when our souls

all stood at Sinai 3 332 years ago receiving the Torah from Hashem is actually happening again.

And now? As we stand alone or with just family around the dining room table, and bellow out those words (yes, you really should do that by the way), will we still be receiving the Torah from Hashem?

Yes, of course we will. But it’s not only that. Because this year, you could receive money from the Torah as well! Real hard cash that shows up in your bank account.

If you or someone you know has fallen on desperate times and needs some help to have that delicious cheesecake and those awesome blintzes, South Africa’s unprecedented www.unitytorah.co.za is providing financial relief through the *maos chittim* (wheat) fund specifically to assist in your *yom tov* celebration.

And conversely, if you haven’t acquired letters yet in the Miracle

Rabbi Asher Deren,
Chabad of the West
Coast, Cape Town

Torah, today is the day for you to do so, so that your family have their letters in the Torah in time for Shavuot.

Go to www.unitytorah.co.za, and dedicate letters in this beautiful Torah being written for the health and protection of the South African community, knowing that whatever sum you choose to contribute will go to help families in need.

No, we can’t get together in shul this year to hear the ten commandments and celebrate with ten flavours of ice cream.

But by dedicating letters in the Torah, we help ensure that across South Africa, every Jewish man, woman, and child is feeling the protection of Hashem as we receive the Torah (and at least a few flavours of ice cream) in our homes this Shavuot.

South African

Jewish Report

The source of quality content, news and insights

ceo@sajewishreport.co.za • Advertising Britt Landsman: 082 292 9520 – britt@sajewishreport.co.za

Design and layout Bryan Maron/Design Bandits – bryan@designbandits.co.za • Distribution Sandy Furman • Subscriptions Avusa Publishing (Pty) Ltd.
Tel: 0860 525 200 • Board of Directors Howard Sackstein (Chairperson), Dina Diamond, Herschel Jawitz, Shaun Matisonn, Benjy Porter.
Advertisements and editorial copy do not necessarily reflect the views of the editor, staff and board of directors. Tel: 011 430 1980.

Editor Peta Krost Maunders – editor@sajewishreport.co.za • Sub-editor Julie Leibowitz
Journalists Nicola Miltz • Tali Feinberg • Jordan Moshe • Editorial co-ordinator Martine Bass
editorial@sajewishreport.co.za • Proofreader Kim Hatchuel CEO Dani Kedar

The SA Jewish Report subscribes to the Code of Ethics and Conduct for South African Print and Online Media that prescribes news that is truthful, accurate, fair and balanced. If we don't live up to the Code, within 20 days of the date of publication of the material, please contact the Public Advocate at 011 484 3612, fax: 011 484 3619. You can also contact our Case Officer on khanyim@ombudsman.org.za or lodge a complaint on their website: www.presscouncil.org.za

Back to school – ‘the right decision’

JULIE LEIBOWITZ

There are no easy answers for parents afraid to send their children back to school in June, a panel of experts told a webinar hosted by Yeshiva College on 20 May, but the implications of remaining in lockdown are worse for their children than getting back to “normal” life.

“We’ve got to get our children back into a routine,” said Dr Anton Myburgh, a specialist physician and pulmonologist at Linksfeld Clinic in Johannesburg. “They are going to start suffering from psychological illnesses, become depressed and withdrawn.”

Myburgh compared our situation to the biblical predicament of Noah, who having led the Jewish people out of the clutches of the Egyptians, faced drowning in the sea.

“As we stand on the edge of our ocean, it might seem attractive to stay where we are, but we need to be honest, standing still isn’t viable. The best we can do is to try and understand the nature of what lies ahead so we can navigate it – how deep, how dangerous, and how to protect ourselves.

“Parents must understand that if they are anxious, it will affect their children. Rather boost their immunity and change their routine, for example, by making sure that they wash and change their clothes at the end of the school day.”

Myburgh and Barry Schoub, professor emeritus of virology at the University of the Witwatersrand and an advisor to Jewish communal institutions, stressed that there is growing evidence in a number of studies across the world that classroom transmission doesn’t play a major role in transmission of the virus.

This is because children appear to be

more mildly infected by COVID-19 or are asymptomatic, and they transmit the virus to a lower extent than adults. Experts aren’t absolutely sure why, but suggest reasons as varied as the level of children’s immune systems to the fact that their receptor sites for COVID-19 infection are more immature than adults.

Studies also show that children are less exposed to COVID-19 in a structured, safe, contact-school day than they are outside of the classroom, said Myburgh and Schoub, when they might be exposed to mingling with people in an unsafe way.

“Lockdown is based on the influenza model in which children were high transmitters of the disease,” Myburgh said, with a greater than 50% rate of infection. “We’re not seeing this with COVID-19,” he said, which is a “brand-new” virus, unlike Spanish flu, which was around long before the pandemic of 1918.

“In the Italian city of Vo, more than 80% of the population was tested, and only 2.8% were found to be positive, with no children under the age of 10 found to be infected. Studies in Spain, Wuhan, and Japan also show a minimal amount of children infected, and studies in Taiwan have shown relatively low transmission. In France, only 70 children out of 1.4 million school-going children were found to be infected.

“Schools are putting in place the right prevention parameters around the world,” Myburgh said, including protective gear, distancing, and sanitation measures. “The problem will be outside the classroom, with parents cohorting. We should worry more about the parents.”

“Children need a social construct for learning,” said Gayle Harris, a specialist in education leadership, early childhood

development, and head of St Stithians Junior Preparatory in Johannesburg. “[The junior phase] is a critical stage for social and emotional development as well as literacy, numeracy, gross and fine motor skills.”

“Studies also show that children are less exposed to COVID-19 in a structured, safe, contact-school day than they are outside of the classroom when they might be exposed to mingling with children and adults in an unsafe way.”

Her views were echoed by Rebbetzin Natalie Altman, kodesh and ethos director at Yeshiva College, who talked about the “scourge of isolation” brought by social media, exacerbated in lockdown conditions. “During lockdown, any child with a smartphone is experiencing life – social, emotional, intellectual – through one space, and it’s 24/7. It’s difficult to untangle. It’s critical to allow for differentiation and rest,” she said.

Harris pointed out that younger children are totally dependent on adults for their care, so school is an essential social service for the economy. Also, their ability to learn online is limited by their concentration span and ethics around screen time.

She mentioned the issue of malnutrition, with many South African children dependent on school feeding schemes, and she pointed out that children with barriers to learning need the help of remedial therapy or psychologists, which might be available only at school.

“Stringent hygiene measures require

detailed planning,” Harris said. “It may mean that at some schools, children have to attend on alternate days, at staggered times, or in different venues. Playgrounds have to be rethought. We need to find creative ways to meet physical needs.

On the subject of early learning centres like nursery schools, Harris said that according to the South African Schools Act, Grade R and below weren’t compulsory education years, and this sector would need “special consideration for school return”.

Panellists also cautioned that it might not be advisable for children in families with co-morbidities or cohabiting elderly parents to go back to school, and Yeshiva College Education Director Rob Long, said it was already investigating individual family circumstances. Harris said that ultimately, many schools may continue to offer a mix of online and onsite learning indefinitely.

“Our representation to the education department is that if independent schools meet all conditions of prevention, they should be allowed to open,” said Lebogang Motjane, the executive director of the Independent Schools Association in Southern Africa. “We are hoping for codification on the preconditions for opening and standard operating procedures.”

“There are serious consequences for the community in continuing the lockdown apart from [the notion of] ‘don’t work, don’t eat’,” said Rabbi Akiva Tatz, the director of the Jerusalem Medical Ethics Forum, saying that the Talmud places a high value on communal welfare.

“We are dealing with tension between a life-saving issue: lockdown, and a different life-saving issue: education and the broader opening up of society,” he said. “The cutting edge is children returning to school.”

COLLECTORS
INVESTMENTS

Dealers in coins, banknotes and medals since 1959.



Suite 15, 1st Floor, Illovo Muse, 198 Oxford Road, Illovo, Johannesburg. PO Box 393, Parklands, Johannesburg, 2121
Email: collectables@telkomsa.net / Telephone - 011 880 9116 / Cell - 076 741 8801 / Fax - 086 248 4281

WE GIVE FREE VALUATIONS.
WE PAY TOP PRICES
FOR ALL COLLECTABLES.

Please be advised on sale of items an Identity Book or Drivers Licence is required.
Banking details are required for an EFT.

WE BUY SOUTH AFRICAN COINS, WORLD COINS, GOLD, SILVER AND COPPER COINS



'Veldpond'
R30 000 and UP



Kruger 5 Shilling
R1000 and UP



One Rand Coin
1966 to 1969
R60



Gold 15 Rupee
R20000 and up



Silver Zwei Rupee
R1500



Gold Full Sovereign
R6300



20 Lire
R450



Russian Rouble
R500

WE BUY OLD WRIST AND POCKET WATCHES, JEWELLERY, GOLD AND SILVER ITEMS



WE BUY MILITARY MEDALS AND MILITARIA



R1000 and UP All three (Trio) R1000, single R100 R1500

WE BUY BANKNOTES





FIVE SHILLING
1947 to 1950 = R120
1951 to 1964 = R70
1959 = R1600



TWO & HALF SHILLING
1923 to 1950 = R60
1951 to 1964 = R35
1931 = R7000 Up to R10 000



TWO SHILLING
1923 to 1950 = R40
1951 to 1964 = R30
1925 = R300 Up to R2 000
1931 = R8000 Up to R10 000



ONE SHILLING
1923 to 1964 = R15
1931 = R500 Up to R3000
1939 = R500 Up to R30 000
1949 = R400 Up to R4000



60
1923 to 1964 = R8
1931 = R500 Up to R3000
1939 = R10 000 Up to R30 000



30
1923 to 1964 = R4
1931 = R10 000 Up to R50 000

Hasty decisions could endanger lives

Fear and anger are holding us hostage. These two emotions are running high in our community and the country at large. They can lead us to take unnecessary chances with our health on the one hand, and hold us back from creating some semblance of normality on the other.

Which one of these is the reality when it comes to President Cyril Ramaphosa’s announcement on Tuesday night that shuls, churches, and other houses of prayer will be allowed to open?

Why did the president make this decision when medical experts around the country clearly say that it isn’t a good idea as it’s too difficult to police, and could be hugely dangerous in spreading the virus? They believe that this is premature and dangerous.

While I totally understand the need to open our shuls for prayer as soon as possible, I don’t believe any of us would choose to do it if it would endanger us or any other people in our close-knit community.

How are our rabbis and shul governing bodies going to decide who goes into shul and who doesn’t over Shabbos? Are they going to turn people away if they are over 60 and healthy? How will they know if their congregants are carrying the coronavirus or not? Are they going to take people’s temperatures when they enter shul? Even that isn’t foolproof, so it might not help in curbing the spread of the virus.

What if the shul is a tiny *shtibel* in a rabbi’s home? Surely, we are putting his family at risk? And what if that rabbi doesn’t feel safe in opening his shul, and chooses not to. His congregants may have to find another shul, so he would be under huge pressure to open whether he wanted to or not.

These are real issues and real questions that need answers before shuls open, no matter what the president has declared. I’m aware that as we put our newspaper to bed, the chief rabbi is in intense consultation to find answers, and I appreciate that there are no clear-cut answers yet. However, I would like to think that all those making decisions around the country – both for us and the broader South African community – are thinking with the wisest and most sensible hats on and aren’t just eager to get back to normality fast.

Yes, we need communal prayer and we need our lives back, but rushing isn’t smart if it isn’t safe.

I have been watching the schools’ approach to reopening, and have been hugely impressed with the way they are dealing with it. They have really thought things through and considered all the eventualities – the safety of their teachers, pupils, and parents. They have tripled their workload as educators but in the interests of their pupils’ well-being. I salute them! (See stories on pages 4 and 5.)

There are still many parents who won’t send their children back to school because they believe it might bring home the coronavirus. For this reason, Dr Daniel Israel’s opinion piece (opposite) is helpful.

There are also many who need to see their doctor, but are avoiding going because they are more afraid of contracting the coronavirus than dealing with a kidney infection or septic wound. The truth is, either could kill you, and only a doctor can help you. We have to be wise in our decision making, basing it on sense rather than fear.

These educational institutions and medical doctors are thinking sensibly. I’m not quite sure that the president’s decision to open houses of prayer around the country was made with the same hat on. I’m not sure what pressure was put on him to make this decision, but I am not sure we will thank him in the long run.

I would love to believe that every single house of prayer will take the precautions set out for them, but I don’t. Many of them – and I’m not talking about our beautiful large shuls or even smaller *shtibels* – are in tiny rooms or homes in outlying areas. How will regulations realistically be enforced there?

I know without a shadow of a doubt that the chief rabbi has our best interests at heart, which is why he’s spending so much time consulting with everyone necessary to help him find a way forward. I know that he only wants what’s best for us, and will make the right decision no matter what.

However, the president has put him in a very tough and invidious position. Our community wants to go back to shul, but is it really a wise idea?

I know how hard it was for the chief rabbi to close the shuls. He did it with such sadness, but now he and other religious leaders have to decide about opening services again. I’m sure they will take heed of the medical experts who say this is premature. And if they don’t, I hope they have taken every precaution to prevent any potential disaster.

I know we’re all anxious to start “normal” lives again, but the truth is that there won’t be normality as we know it for a long time to come. We need to accept this, and go with the flow.

We need to find it in ourselves to do our best not to let fear stop us from taking the next legitimate step, but also not to throw caution to the wind and endanger ourselves or our community and fellow South Africans.

Good yomtov and Shabbat shalom!
Peta Krost Maunder
Editor



Are the concerns over heading back to school valid?

OPINION

DR DANIEL ISRAEL



As of 20 May, paediatric cases comprise 2% of the total worldwide corona cases. This number is small, yet still significant. As we grapple with the imminent challenges of children returning to school, the questions remain as to whether they are protected by their intrinsic make-up against COVID-19? If so, if we allow them to contract the virus, do they pose a risk to vulnerable older individuals with whom they may routinely come into contact?

Large studies out of China and the United Kingdom in *The Lancet* and in *MedRxiv*, respectively, have recently demonstrated mortality rates of 0.01% in children compared to roughly 2% in broader age groups. In South Africa, we have, questionably, had one COVID-19 child death out of 524 total deaths to date. I have seen eight international papers that have described COVID-19 as having a “far milder course” – or even an asymptomatic course – in children, compared to adults.

There is evidence that while COVID-19 affects children too, it’s not a severe disease entity in children. COVID-19 can be likened to a common cold or upper respiratory infection in children.

A study undertaken in the city of Vo, Italy, confirmed that children are able to transmit COVID-19. But as this pandemic progresses, far greater data seems to emerge that defines SARS-CoV-2 as a virus that is transmitted between adults, and at most, transmitted to children and not by children. This is in sharp contradiction to the original untested hypotheses that COVID-19 would be spread widely by children, even if they are asymptomatic carriers.

For many a parent, the emergence of this new “safety data” on coronavirus in children is swallowed as a well-earned tranquiliser during this lockdown of corona-parenting responsibility. The nagging question still niggles the logical mind though: why do children not develop COVID-19 similarly to adults? Are we simply adapting evidence to solve the educational crisis that we have created for ourselves?

There are three logical theories as to why children’s immune systems don’t respond with the same systemic inflammatory response as adults’ immune systems when exposed to COVID-19.

The first theory is that babies are born with a complete repertoire of immune cells called T-cells, millions of them. Each T-cell has a unique receptor so that this entire pool of T-cells can

recognise almost any new hypothetical virus. Over time, these T-cells are replaced by “memory T-cells”, which offer immunity only to viruses previously encountered by the specific individual.

Logically then, children will easily mount an immediate effective response to the SARS-CoV-2 (the virus that causes the COVID-19 disease) because of their complete entity of T-cells, versus adults who could only achieve such a response to an infection that they had been exposed to previously.

The second theory is that children are frequently exposed to other older strains of coronavirus. I have encountered this in the respiratory swabs I have performed on the paediatric patients in my own practice prior to 2020. “Coronavirus” was a common pathogen that I would pick up on children’s respiratory swabs. Therefore, because of the structural similarities these viruses have with COVID-19, children already have latent protection inferred upon them.

Lastly, there is a special receptor on the cell wall called an ACE2 receptor. This is the receptor – or gateway – the virus uses to enter the cell. As you get older, the number of ACE receptors in your lungs becomes fewer. One may wonder why a greater number of receptors in children would make them contract the virus less severely? This is largely still unknown. But we do know that more ACE receptors mean less inflammation and less lung scarring, and therefore less severe disease.

We have indeed seen undeniable evidence of COVID-19 leading to Kawasaki disease, COVID toes, and other complications in children. But all of the studies describing these phenomena make clear that these are rare complications, not mainstream pathology.

The take-home message is this: there is evidence that while COVID-19 affects children too, it’s not a severe disease entity in children. COVID-19 can be likened to a common cold or upper respiratory infection in children.

There are several logical pathways to explain this with no suspicion that the facts are being manipulated to suit societal agendas currently. The literature furthermore does indeed show little risk of children being vectors of viral spread between adults.

The evidence changes in this pandemic weekly. Let’s hope that it continues to emerge in this positive light so we may soon send our children back to school with increased confidence.

• Dr Daniel Israel is a family general practitioner in private practice in Johannesburg.

The challenges facing schools as they reopen

>>>Continued from page 4

masks or visors might have a negative impact on the well-being of children who aren’t used to doing so, and how they will have to get used to a teacher wearing a mask. She also emphasises the importance of not discriminating against children who can’t return.

Sheva Messias, the principal of King David Pre-Primary School Linksfeld, says that systems have been put in place – such as engagement with a psychologist – to prepare children for what to expect. “Our main prerogative at this stage is to bring some sense of normality,” she said.

United Herzlia Schools in Cape Town released its “Back to School” plan on 27 May. “We are now entering the stage where online and face-to-face learning are blended. We have decided to amend our published school calendar by shortening the mid-year holiday by one week. The third term will commence on Monday, 6 July,” said the school’s management. It’s unsure if all grades will return on that date as it depends on government announcements.

What will be different is that pupils won’t be expected to wear school uniforms as clothes will need to be washed every day. No money will change hands on campus, and there will be no extra-murals. Upper primary, middle, and high-school parents won’t be allowed on campus.

Each family can choose whether to send their child back to school. “We will support your child irrespective of your decision,” said the schools’ management. If a parent chooses to keep their child home but then changes their mind, they need to give the school two days’ notice.

There will be one teaching programme delivered from the school that can be followed at home. If a pupil or staff member tests positive for COVID-19, the school won’t need to close, but the incident will be dealt with using World Health Organization risk-exposure guidelines.

At the time of going to print, Torah Academy and Yeshiva College weren’t yet able to share their plans for resuming school attendance.

We need ***your*** help to
keep the *SA Jewish*
Report publishing...
DONATE NOW




Pay with credit credit card using the following link:
<https://www.walletedoc.com/pay/SAJR>

EFT Details: SA Jewish Report | Nedbank
Account No: 1984514865 | Branch Code: 198405

Hundred percent care for this ‘four percenter’

OPINION

MELISSA FAGAN



As I knot my favourite leopard-print headwrap behind my neck and check the shape of my pencilled brows in the mirror one last time, I’m steeling myself for what’s to be my final Taxol chemotherapy infusion at Vincent Pallotti Hospital in Cape Town’s southern suburbs. I check the contents of my bag, grab my keys, and head to the car. The sun is just rising as I reverse out the driveway. My family is still sleeping. In a few hours, I’ll be back home to celebrate this milestone in my breast-cancer journey.

It’s Thursday, 23 April. I’ve been having chemotherapy on Thursdays for almost six months, but since my birthday on 15 March, the day the president gifted me a national state of disaster, everything has changed. I now travel to hospital with a permit in case I’m stopped by the police. Once there, I am temperature screened, and I wear a face mask. Strictly no visitors are allowed. Gone are the days when my session was an excuse for a coffee catch-up with a friend as I waited for the chemical cocktail to slosh its way through my veins and flush away the pesky tumour.

The chemo lounge is quieter these days, and there’s a sense of foreboding amongst the other patients. Across the La-Z-Boys, carefully spaced more than a metre apart, we share our experiences from diagnosis to lockdown through an array of colourful cloth masks. But in our solidarity, what was a whisper has become an alarm call – we are among the potential four-percenters*. The vulnerable ones.

distanced photo with my nurses, fighting back the urge to hug each of them. Instead, I say my goodbyes with a pointed elbow. I hope they can see the smile in my eyes.

The following Thursday, my internal alarm goes off at 05:30. I roll over in bed, grateful for the extra sleep, but strangely lamenting the lack of an outing. There’s nothing to dress up for anymore, bar the occasional Zoom webinar. I’m keenly aware that my next trip out the house is in two weeks’ time, and I won’t need to dress up for that.

On some days, I walk loops around the perimeter of our house to get myself moving and fit ahead of surgery. On others, I lie on my bed and zone out in front of the safariLIVE YouTube stream on my laptop, the sounds of the bush

transporting me far away from this virus and the even more viral cacophony of voices, opinions, and fearmongering I’ve found online.

On the morning of my surgery, we pile into the car to drive to

the hospital. My nine- and ten-year-old sons marvel from the backseat at the full moon still visible in the dawn sky. I’ve been joking for weeks that I’m having a drive-through mastectomy – my surgeon wants me out the hospital after 24 hours to minimise the risk of infection. But on arrival, the joke rings hollow. The reality of being in hospital is frightening.

“You’re safer from the virus in the hospital than you are at your local grocery store.” I hang on to my surgeon’s assurances. I’ve had a COVID-19 test in preparation for my stay, as has every other patient in my ward. Clutching my overnight bag and all the faith I can muster, I kiss my husband and boys goodbye.

I’m wheeled into theatre by a nurse I can barely see behind her plastic visor and mask, but I sense kindness as she introduces herself as Happiness. Hearing that puts me at ease.

Seemingly within minutes I’m waking up, and Happiness is phoning my husband with the news that my surgery has gone well. Back in the ward, I spend the day on an adrenaline-fuelled high, toasting the success of my op with cups of hospital tea. I feel so good (read: goofed) that I fully expect to be home by tomorrow.

In the morning, the doctor suggests I stay another night.

“It’s a lovely day outside,” he says, sensing my disappointment.

“How about a nice walk to the parking lot. Your family might just happen to be driving past.” He winks.

Boosted by my family’s drive-by visit and their stolen hugs, I relax into my hospital stay, which ends up extending past Mother’s Day. It’s a blessing in disguise – not needing to feed anyone, force children to clean up after themselves, or do their schoolwork. I get to truly put my feet up. I’m cared for by Sisters Nosipho and Bulelwa, mothers themselves who leave their children at home to travel to the hospital by taxi each day.

Like my chemo nurses, they’re the real heroes on the frontline, risking their own health and those of their families to take care of us, the four-percenters. Watching these women, I’m reminded why it’s so important for us all to #stayhome, not just to keep ourselves safe, but to keep them safe too. Their job is essential. They are ensuring that my fellow four-percenters and I – vulnerable patients who could potentially die from this virus – are getting the treatment we need.

*Assuming a global 4% fatality rate.

• *Melissa Fagan is a freelance writer and copy-editor. She is also the author of four children’s books for NPO Book Dash.*



Melissa Fagan with her husband, Austin, and their sons Rordan and Cillian

As is the custom, I mark my final day of chemotherapy by ringing a brass bell. I don’t hand out home bakes to the other patients as we did in pre-corona times. I pose for a socially

In a world gone mad, it’s fine to be a little crazy

OPINION

TAMAR HEILBRUNN

Philip K Dick, an American science-fiction author, once offered some much needed advice: “Don’t try to solve serious matters in the middle of the night.” For many nights at the beginning of April 2020, I lay awake at 02:00, thinking. I desperately tried to explain to myself why the world had gone crazy. But I just wasn’t making any sense.

I would then usually finish my early morning snack, go to sleep, and hope it might make more sense in the morning. Alas it didn’t. Philip K Dick, however, said something else, and roughly nine weeks after lockdown, I find it reassuring: “It’s sometimes an appropriate response to reality to go insane.” We have all gone insane, no doubt about that.

Three months ago, I was a third-year student hoping to graduate. Now, all I hope to do is “graduate” from my bed in the morning, donning my (fluffy) “graduation” gown. It’s a victory when I finally reach my desk at 11:30. Instead of lectures, I stare at a computer for hours – no pens, books, or peers needed. Just read along the dotted line. Majoring in psychology is enjoyable, but in a COVID-19 environment, it comes with its risks. I used to be able to psychoanalyse my peers at Wits (the University of the Witwatersrand), but now I find myself resorting to asking the sock on my desk how it’s coping. On really bad days, it responds.

Friendships have also had to adjust. Zoom and WhatsApp have allowed me to stay in touch with more people than I usually would have spoken to in a week. My friends and I often have a games night. Before COVID-19, Monopoly would frequently destroy friendships. Now, no one can see the board,

so we are all winners. This tactic is really saving our relationships.

At times like this, I really appreciate my family. They are, in fact, the only non-fuzzy, unmasked faces I see. It’s quite refreshing to talk to someone where the lips are synced with the sound regardless of the stability of the internet connection. I’ll be honest, I’m Zoomed out.

Being stuck at home hasn’t been as bad as I’d originally thought. I’ve managed to read through almost my entire list of English set works. This is a record for someone who usually writes English literature exams without having read most of the literature. I’ve even managed to extend my literary reading to every magazine in our house, the fridge magnets, and some old recipe books. I’m pretty well read by now.

So, yes, I’ve decided that in order to respond to this strange new reality, if I have sock-talking, wall-climbing, Zoom-numbing, recipe-burning, hair-wrenching days, it’s okay. Insanity is, indeed, the only appropriate response to an insane situation.

There is something delightful in not having a hum-drum routine, but a crazy one. There is something rejuvenating about losing old habits (like packing university lunch), and gaining news ones (like needing a meal at 02:00). The world is now, in fact, a Mad Hatters Tea Party. Have you gone mad? You almost certainly have, but fear not, says Lewis Carroll, “We are all mad here.”

• *Tamar Heilbrunn is in her third year Bachelor of Arts degree, majoring in psychology, English, and Zulu at the University of the Witwatersrand.*



Because they CAN help Kliptown residents

JORDAN MOSHE

Hundreds of Kliptown residents are being fed on a regular basis because suburban folk in Waverley and Melrose North have created a feeding plan.

They have called themselves the Waverley 2 Kliptown community active network (CAN), and have been providing the residents with food and sanitary supplies for the past month.

Their group is one of several CAN initiatives set up across the country to link donors directly with communities in need. It was jointly devised by Howard Sackstein, the chairperson of the *SA Jewish Report*, and fellow Melrose North resident Ricci Lyons.

“We came up with this in the middle of a Zoom webinar about CANS,” says Sackstein. “Then and there, we committed to setting one up in our area, and the response has been phenomenal.”

Teaming up with photojournalist and tour guide Ilan Ossendryver, the pair decided to connect their suburb with Kliptown.

Says Sackstein, “It’s a meaningful connection. The Freedom Charter was signed in Kliptown in 1955, and there’s a strong historical Jewish tie as well. Thanks to Ilan, we’ve created a really strong bond with the people of Kliptown.”

The team were able to connect with Melrose North residents through a comprehensive number of pre-existing neighbourhood WhatsApp groups, says Lyons, the administrative mind behind the initiative.

Using the groups, the CAN is able to communicate with residents weekly to arrange the collection of non-perishable donations left outside homes. They also have the option of making a direct monetary contribution to the CAN or they can buy bread rolls for donation through a Norwood bakery, the Baker Brothers.

“Although we live in the same area, I had never met many of these people before,” says Lyons. “But now we

feel closer than ever in spite of not seeing one another. It really feels like proper teamwork, with everyone playing their role.

“People really want to help, and in spite of being stuck at home, they’re determined to contribute in whatever way they can.”

Under Lyons’ administrative eye, Sackstein and Ossendryver carry out collections every Friday, and package the supplies up with fellow resident Caron-Leah Resnick and other local volunteers on Sunday. Resnick and Ossendryver then co-ordinate delivery of the parcels to Kliptown, where they are distributed to those in need based on a list compiled by local leadership.



Howard Sackstein and the Melrose North CAN initiative packing food parcels

“My garage has become the warehouse,” laughs Sackstein. “Twenty to 25 people come on Sundays to help us pack all the supplies, and we distribute through different networks subsequently.” These include nongovernmental organisations Afrika Awake, the Angel Network, and others.

Sackstein says that the response has been astonishing. Beyond sanitary and protective gear, donations have ranged from maize meal and rice to more eclectic items including cans of olives and even French chocolate truffles.

Thanks to the CAN, more than 386 families in Kliptown have been provided with food parcels to date, accounting for about 30 000 meals. Additionally, the initiative has helped a nursery school in the area provide lunch for 150 children daily.

“The system has worked brilliantly,” says Sackstein. “We’ve been able to bypass unscrupulous councillors and the bureaucratic red tape to ensure the food goes directly to the people.

“People give with absolute love,” Ossendryver says. “The residents who receive know that these items come from a Jewish community that cares for them, and not from the government.

“We’ve uplifted the Kliptown community in a meaningful way.”

Renowned filmmaker cut down by COVID-19

TALI FEINBERG

When anti-apartheid documentary filmmaker Laurence Dworkin passed away from COVID-19 in Cape Town on 17 May, he was on the brink of sharing his knowledge with the next generation. A man with a fascinating past and an important role to play in this country’s future, the virus ruthlessly cut his life short at the age of 64.

“It was out of the blue. He was healthy and fit, and walked his dogs every single day,” says his niece, Angie Segal. “We think that he got it at a local pharmacy that was later closed due to staff testing positive for COVID-19. He went in to get supplies and wore his mask, but none of the staff were wearing them. He never went anywhere else. Soon after, he got a persistent cough.

“He did a COVID-19 test, and it was negative. For a couple of days, he stayed home with a fever and breathing issues,” she says. “His family eventually took him to hospital where the doctors admitted him, put him on oxygen, and re-tested, which came back positive. He was in hospital for a week. They put him on a ventilator after four days, and he died on the Sunday evening.”

Dworkin was best known for his work as a ground-breaking documentary filmmaker in South Africa, especially at the height of apartheid. “He would smuggle documentaries out of the country so that the world could see what was happening,” says Segal. “His films made the world stand up and take note. He was jailed and put in solitary confinement for months, and eventually went into exile in London.”

On his return to South Africa, Dworkin would go on to co-direct *Steps for the Future*, a non-profit organisation that uses the power of documentary films and film screenings to give vulnerable people a voice.

Segal says her uncle would never speak of his time in jail. “Anytime someone asked, he would just change the subject. He just said he was in isolation, with a light on 24 hours a day so he didn’t know if it was day or night. He said his only worry in jail was that his parents and siblings were okay.”

Although Segal was a newborn when Dworkin was jailed, she said his life path had a profound impact on her. “I can’t describe the pride I have always had in him. Whenever apartheid, injustice, or conservation came up in conversation, I would always talk about the personal sacrifices he made. I remember speaking of him like this already when I was in primary school.”



The late Laurence Dworkin mentoring youngsters about documentary filmmaking through his CareTakers project

“Laurence was a role model and true mensch, making a difference where he could in his own quiet way and with a big heart,” says his nephew, Ricky Hesselberg. “He was passionate about the Cape and its plant and animal life. My wife Chantal and I have fond memories of joining Laurence and his wife Louise on trips around the Western Cape. We got to see hidden places that not many people would ordinarily come across.”

An extremely humble man, “Laurence never told people what he was doing,” says Segal. “He didn’t speak, he just did. He would never tell people about the struggles he endured or the work he was busy with. This quote epitomised him and his work: ‘It’s not about who you impress, it is about who you impact.’”

Indeed, Dworkin was still making a major impact. “He was mentoring students from underprivileged backgrounds on film production,” says his niece. It was part of a project titled CareTakers, which aimed to “use documentary film to communicate the importance of nature to all people”, as Dworkin described it on the project’s website.

“The people that CareTakers most wants to reach are the youth of South Africa. We have a vision of all young people being inspired by nature to take care of their own lives, guided by a strong cadre of leaders dedicated to

building an environmentally sustainable society,” he wrote.

“To this end, we engage directly with youth through

partner organisations working with them. Projects include story development workshops leading to participatory film productions guided by professional mentors. Once a film is completed, larger numbers of youth are trained as facilitators to conduct community-based facilitated screenings. This participatory methodology is based on an action-learning cycle approach to inspire and mobilise people to effect meaningful change in their communities.”

Dworkin also set an example for how South Africa’s resources could be shared. “When his work with apartheid was done, he loved to spend time on his beautiful rooibos farm,” says Segal. “He signed over his precious, valuable, enormous, and bountiful farm to a trust for his farm workers to own and live on it freely with their families and generations to come.”

Her uncle’s Judaism played an important role in the choices he made. “His Jewish identity made him aware of oppression,” says his sister Ashne Hesselberg. His nephew recalls the last Pesach seder they had together. “Laurence paid tribute to our ancestors and our past, remembering what our people went through.

I realised just how proud he was of his heritage. Like me, Laurence wasn’t an observant Jew, but was certainly a proud Jew, and he showed it in subtle ways.”

The seder ended on a humorous note, as “Louise went to the kitchen to fetch the lovely dish that she had prepared for us only to find that their dog had managed to eat a full serving of food for four people! Even though it was the most casual Pesach seder, it felt really meaningful for us. This is one example of how Laurence put such effort into things that he held close to his heart. His passing is a great loss for many, and we will miss him deeply.”

Dworkin was one of five siblings. His brother, Errol, passed away suddenly from a heart attack 30 years ago. He is survived by his wife, clinical psychologist Louise Rabe, and sisters Ashne Hesselberg, Vivienne Sacks, and Denise Fanaroff. “He and Louise had been together for 25 years, and she had two children and three grandchildren that he loved,” says Segal. “Together, they changed the world.”

Advertorial

Mexem Africa makes offshore investing easy and affordable

Fortunes change rapidly. It was less than five months ago that the rand was hovering at R14 to the US dollar. Today, the rand is breaching R19 to the dollar, with all of us in South Africa feeling the pain of being a quarter less wealthy in global terms in the space of a few months.

In this ever-changing and increasingly complex world, it’s more important than ever for investors to diversify their portfolio and position themselves to take advantage of global opportunities. Investors require access to global financial markets and the ability to invest outside of the South African market, which is but a drop in the ocean compared to what’s available globally. To date, however, investing offshore has been a cumbersome and expensive process for South Africans.

This is where Mexem Africa (Mexem) is changing the game. Mexem offers investors access to an exhaustive list of offshore markets at extremely competitive fees compared to what’s available to South African investors.

By way of an agreement with United States-based Interactive Brokers, Mexem enables South Africans to access 135 financial markets across 31 countries, and the ability to trade in 23 currencies. The array of options is hard to compete with. Furthermore, Mexem’s partner, Interactive Brokers, is a trusted name, being ranked #1 for international traders, active traders, and the best low-cost broker in the latest study conducted by Barrons in 2020.

One of the main pain points of South African investors is the fees charged by brokers and banks for investing offshore. Many providers charge management fees regardless of whether you trade, as well as minimum fees per trade as high as \$20. This high fee structure has an exclusionary effect on emerging market participants wanting to obtain offshore exposure.

Mexem has turned this fee structure on its head. With Mexem, there are no monthly or yearly management fees, no inactivity fees, and no hidden fees. Investors pay only when they trade. This is a game-changer for long-term investors who seldom trade.

Mexem’s fee structure is also attractive for more active investors. A replica of Interactive Broker’s fee structure, its fees are among the cheapest in the world. To provide context, while many brokers charge a minimum fee as high as \$20, Mexem charges a minimum of only \$1 per trade. For trades in US markets, most brokers charge between US2c to 6c a share in commission, subject to the minimum. With Mexem, the commission is merely US0.5c a share. Globally, the trend is for commission-free investing, and Mexem is hard at work to make this a reality for South African investors in the near future.

Lack of accessible customer service is another barrier to entry for South Africans investing offshore. Customer service is often provided by call centres in different time zones, making it hard to get help when you need it. Mexem offers local customer service, meaning that a dedicated team of professionals situated in offices in Johannesburg is available to service your needs. There’s no need to call overseas or concern yourself with different time zones.

Mexem caters to all types of investors, from professional traders to beginners, and institutions to retail customers. Mexem is proud to boast hundreds of clients across various geographies, including South Africa, Mauritius, Kenya, Nigeria, Thailand, Singapore, New Zealand, Israel, and the United Kingdom. With a fully customisable, easy to use platform containing a host of technical features and analytical tools, the platform is truly geared towards the entire spectrum of traders.

Strong, strategic partnerships can enhance success and improve a company’s offering. At Mexem, numerous exciting partnerships are being formed with well-known companies. Mexem works with RIMAR Capital, an algorithmic hedge fund making waves in the market. Furthermore, Mexem has partnered with Investec to assist South Africans in depositing their hard-earned rands into the Mexem/Interactive Brokers platform. Most recently, Mexem joined forces with Bloomberg to offer Mexem clients the ability to access Bloomberg’s highly sought-after portfolio-analysis technology.

Mexem is constantly working to offer additional investment-related and value-added products to clients ensuring that investors have the flexibility and choice necessary to make informed investment decisions.

If you invest offshore, or plan to diversify your investment portfolio, we strongly encourage you to compare Mexem’s offering to other local providers. For more information, or to open an account visit: www.mexem.co.za.

MEXEM

Paranoia about doctors’ rooms not good for our health

JORDAN MOSHE

Doctors’ rooms in Johannesburg are eerily quiet, and while this would be a good thing in normal circumstances, it’s making practitioners anxious. Patients with chronic conditions aren’t keeping their routine appointments, potentially risking their health in the long run.

“Our rooms are down 50%-60% in terms of patients,” says general practitioner Dr Daniel Israel who, together with Dr Vikki Davidoff, operates from Blubird Medical Suites in Melrose. “It’s not possible that everyone is suddenly better.

“There may be a degree of improved health because people are going out less, but the chance that they’re ignoring certain medical needs is worryingly high.”

Israel told the *SA Jewish Report* that though many patients seem to have accepted the reality of COVID-19, a stigma has been attached to doctors’ rooms, leaving patients anxious about visiting their family doctor for fear of infection.

This means that patients in need of routine care for conditions such as diabetes, hypertension, and other chronic conditions are potentially risking their health and could end up in hospital at a later stage.

“I see patients by appointment only, screen them over the phone in advance, and even examine some of them on a chair in my driveway to reduce risks and make them comfortable.”

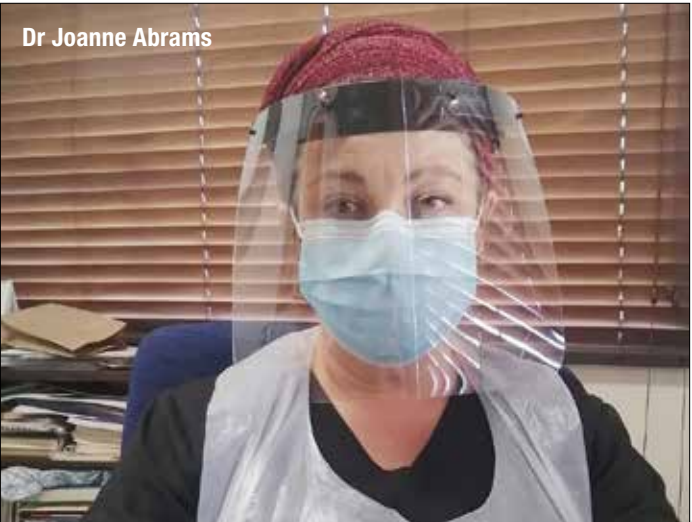
“People who are presenting at hospitals and casualty wards are being admitted at more severe stages of their condition,” Israel says. “They’re not weighing up the risks properly when they choose to avoid going to the doctor altogether.”

Israel is part of a WhatsApp group of more than 120 GPs, many of whom are reporting the same phenomenon. Dr Tracy Paiken, based at the Linksfeld Wellness Centre, is one of them.

“The beginning of winter tends to be very busy, but doctors across the board are seeing a dramatic decline in patients,” she says. “I’m

worried that when they do choose to come in, they’ll be in a very bad state, and it’ll be more difficult to help them. It’s cause for concern.”

Paiken and Israel agree that many people have



rearranged their priorities illogically, putting their health on the backburner to their own detriment.

“People won’t go to their doctor for fear of infection, but will gladly queue at Pick n Pay and come into close contact with dozens of strangers,” says Israel. “They can’t go a week without visiting the shops, but have decided that their doctor is a non-essential. They’re ignoring the things they usually take so seriously.

“Patients are typically comfortable to come in for almost any ailment,” agrees Dr Joanne Abrams, a Glenhazel-based GP. “Now, they’re second guessing themselves and choosing not to go. If they do decide to go, they’re usually extremely anxious.”

Patients who do muster up the courage to visit their GP aren’t typically presenting with colds or flu, both usually standard at this time of year. Rather, they’re seeking help for anxiety, insomnia, and other similar conditions caused by the many stresses of our new reality.

Says Paiken, “For the most part, the initial anxiety about the virus itself seems to have subsided. Instead, the stress caused by home schooling, financial limitations, and lockdown is affecting people quite badly, often resulting in lethargy, mental-health issues, and anxiety.

“Social distancing means we’re seeing far less upper respiratory illness. People aren’t going out as much, so the numbers are definitely lower. However, I’m worried about people who get more

than just a cold but are too scared to go anywhere to have it seen to.”

Doctors have implemented various measures to help allay the concerns of patients, including

the use of remote and virtual consultations, and increased hygienic practices at their premises.

“The whole way we work has changed,” says Abrams. “We’re focusing on doing whatever we can to make patients feel secure and comfortable when they consult.

“I usually operate from home with a receptionist, but now it’s just me. I see patients by appointment only, screen them over the phone in advance, and even examine some of them on a chair in my driveway to reduce

risks and make them comfortable.”

Other measures include the elimination of waiting times, a two-metre distance between waiting room chairs, and the continuous sterilisation of the consultation space. Remote consultations, WhatsApp requests, video-call consultations, even photos of injuries have become the new normal. If the case is serious, however, the doctors urge their patients to see them in person.

“Remote consults help keep people calm and ensure they can continue engaging with their doctor in spite of being at home,” says Israel. “It works extremely well, and my practice has even managed nine cases of the virus virtually, all of which recovered without seeing a doctor face to face.

“There are still things you can’t put off indefinitely. There are conditions that need those regular appointments to address complications or the side-effects of medication.

We’ve found that once a patient has broken that initial barrier and come in, they’re happy to come again.”

Doctors are custodians of preventative medication as well as curative, says Israel, and he urges people to stay on top of their basic health by working closely with their GP.

“We need to keep up with routine screenings and basic care,” he says. “For the sake of their well-being, people need to see a doctor in person when the need arises, calling in advance to ascertain what’s needed.”

People are learning to live within the new normal, says Abrams, all of us adapting to a reality that’s not going away anytime soon. Within this environment, she agrees that it’s vital that people prioritise their basic health.

“We’ve all learned to take new



Dr Daniel Israel and Dr Vikki Davidoff at their rooms in Melrose North

things on so as to function under the circumstances,” Abrams says. “It’s a long-term process. People know more now than they did at the outset. As doctors, we need to moderate this knowledge and step in where necessary to avoid self-management of critical conditions and keep in touch with our patients.”

Hope goes viral on teenager’s platform

JULIE LEIBOWITZ

Teagan Noach, a Grade 11 pupil at Redhill School, believes that people are desperate for hope and has taken it upon herself to provide messages to uplift people. If you can’t give to charity during the lockdown, you can still send positive messages, she says.

Noach, the daughter of two essential workers, has created a platform called Unite Against Covid (unite.againstcovid) on Instagram and Facebook, which broadcasts messages about the importance of staying home, safe, and positive.

“I created the platform after hearing about fundraising on social media,” she says. “It was my way of assisting.”

Noach runs the platform on her own, and posts at least one video a day. “I would rather spend my time helping people through their day than just pass the time on social media,” she says. She is no stranger to philanthropy, having visited orphanages with her parents in the past, and being involved in community services in her previous school.

“My parents are at risk in their professions [her mother, Dr Jody Pearl, is a neurologist at Sunninghill Hospital in Sandton, and her father, Dr Ryan Noach, is chief executive of Discovery Health]. This is a factor. Also, lots of



people are living alone. I wanted to help people access videos of hope.”

With the catchy tag line: “Compassion is far more contagious than COVID-19”, the platform contains videos from all sorts, including South African golfing pro Oliver Bekker, who shows himself obsessively cleaning his clubs, saying that he can’t wait to get back on tour, to former rugby player Jean de Villiers, who talks about the importance of acting like a team and sticking to the plan, whether you agree with it or not. Former Miss South Africa and Miss Universe Kerishnie Naicker talks

about the importance of being kind, compassionate, and mindful at this time, and connecting with loved ones.

There are also posts from sports teams including the 2019 Under-15A and Under-17A Gauteng touch rugby teams, nurses, and even the matric students at Pretoria Boys High School. They all say it’s important to keep fit, stay emotionally (but not COVID-19) positive, and follow the rules for sanitising and social distancing.

Noach is aware that there’s a lot of debate about the benefits of continuing the lockdown, but says she is creating

These are some of the people Teagan got to give messages



Former Springbok captain John Smit



Former Miss South Africa Basetsana Kumalo



Springbok rugby player Elton Jantjies

a platform for positivity, even if it’s humorous. She doesn’t censor opinions, but tries to discourage controversy or satire.

The most interesting messages so far, she says, are from a doctor in Houston, who talks about the inflammation symptoms of COVID-19, and Bekker’s post about sanitising his golf clubs. The most inspiring are from young people who have taken the time to spread messages of hope.

Though it has been up for only three weeks, the platform has already attracted almost 350 followers on Instagram, and reached more than 2 000 people on Facebook.

“Even though it’s difficult now, everything will pass,” Noach tells other youngsters struggling with the status quo. “All over the world, we are in this together. For the first time, teenagers in South Africa are experiencing the same thing as those in the United States. This is powerful.”

Sydney Jewry galvanised by pandemic

OPINION

VIC ALHADEFF



The Sydney Jewish community has re-imagined and re-invented itself. One of the centres of Australian Jewry, it has responded to government-imposed restrictions in the context of the pandemic by re-designing itself. This has resulted in thousands more members of the community being reached and engaging with matters Jewish than ordinarily the case. Arguably, more than ever before.

The starting point was the firm guidelines laid down by the government early in the pandemic, its quick and clear action resulting in a relatively limited number of Australians contracting the virus.

Those parameters obviously applied to the Jewish community too. It put in place a decision-makers group comprising leaders who had their fingers on the pulse of critical areas of communal need such as health, mental health, meals, finances, and communications.

The core community pillars – schools and synagogues – closed their physical doors, switching smoothly and effectively to online teaching and services. This year’s Yom Hashoah commemoration comprised a moving 36-minute video put together by the New South Wales (NSW) Jewish Board of Deputies, and was watched by an estimated 10 000 people, as opposed to the 1 800 who usually turn out.

And as is the case the world over, Zoom became the community’s new best friend. Using this facility as its medium of choice, the NSW Board has quickly taken its political networking to a new level, holding multiple virtual meetings with members of parliament every week.

The Board has also used the medium to connect with Jewish leaders around the world – South African Jewish Board of Deputies National Director Wendy Kahn being the first in an impressive line-up, followed by colleagues in London, New York, Berlin, and even in the Israel Defense Forces.



We are a re-invented community, a re-imagined community, with thousands more involved and engaged than before.

Many other initiatives have sprung up. Led by the tireless Brian Fine, an energetic group of retired ex-South Africans who call themselves Alte Zagen have responded to the situation by raising funds for the Union of Jewish Women in South Africa, the proceeds intended for the needy.

Other former South Africans, Sue and Alan Lipman and Sean Katz, were among those behind the online Sydney South African Film Festival, with Di Singer and Claire Jankelson the festival directors. The funds raised went to Education Without Borders, which operates in disadvantaged South African communities.


Everywhere one looks, there are now opportunities on Zoom, from Jewish cooking demonstrations to a lecture on Holocaust author Primo Levi, to Israeli dancing, to briefings on the mooted annexation (of the Jordan Valley). There is also a new online portal, Dunera – named for the overcrowded ship which transported about 2 000 German Jewish refugees from England to Australia in 1940 as suspected enemy aliens – that was launched just days ago, making a further tapestry of lectures, classes, and activities available at the stroke of a computer key.


As we go to press, our Jewish schools have reopened, the synagogues are doing so cautiously and incrementally, and the Jewish Community Appeal – the community’s financial lifeblood – is anxiously hoping that members will do the right thing, in spite of the absence of motivational fundraising events.

We are a re-invented community, a re-imagined community, with thousands more involved and engaged than before, and many asking what it will all look like tomorrow.

• Vic Alhadeff is chief executive of the NSW Jewish Board of Deputies in Sydney, Australia.







SHAVUOT

A TIME TO REAP, A TIME TO GIVE

Shavuot is a profound event in Jewish life.

It celebrates the receiving of the Torah, symbolising the spiritual emancipation of the Jewish people.

It also celebrates the first harvest of the wheat and the picking of the first fruits ... a symbol of abundance.


At this time in South Africa, with more than 18 million people going to bed hungry every night, SA Harvest, South Africa's fastest growing food rescue non-profit, invites you to reach out to our less fortunate South African brothers and sisters.

By sharing just a little of what you have will enable us to provide them bread, fruit and other foods to help alleviate their hunger.

S.A. Harvest can deliver a meal for R5.00, so every cent counts.

PLEASE USE ONE OF THESE OPTIONS TO HELP US FEED THE HUNGRY. USE SHAVUOT AS REFERENCE.

1 SNAPSCAN



Snap here to donate

2 EFT

S.A. Harvest
FNB
Account Number
62693490478
Branch Number
250655

S.A. Harvest (NPC)
71 Edward Avenue Sandringham, JHB
Company Registration 2016/326676/08
NPO Number 175-399
PBO Reference Number 930067670
WWW.SAHARVEST.ORG
Chairman Gidon Novick CEO Alan Browde

Pivoting businesses to stay afloat

JORDAN MOSHE

Chief executive and founder of the Capital Hotel Group, Marc Wachsberger, came up with the concept of sanitised sanctuaries in his hotels to keep operating under lockdown. When the country went into confinement, many industries couldn’t operate. Some entrepreneurial innovators pivoted their businesses into totally different models to stay viable. Wachsberger was one of them, turning his hotel apartments into a safe space where touchpoints were routinely sanitised. He later launched isolation hotels for returning travellers to see out their isolation period. A panel of such entrepreneurs shared their experiences on a *SA Jewish Report* lockdown online

webinar last week hosted by *SA Jewish Report* chairperson Howard Sackstein and entrepreneurial mavericks Elian Wiener, the founder of Wealthwoke, and Richard Rayne, the chief executive of e-learning platform, iLearn. They unpacked the concept of business pivoting, a popular term in the start-up world which means entrepreneurs finding a way to change their business fundamentally to meet the needs of the market. Advertising agencies, restaurants, hotel chains, distributors, and entertainment service providers were among those who shared their experiences. “The hotel industry has been decimated,” said Wachsberger. “We were actually having a record period, and February was a record month with more than 80% occupancy.”

Jerusalem, the ancient city that breaches walls

JORDAN MOSHE

Jerusalem is much more than the spiritual capital of the Jewish people, it’s a city that unites opposites. Secular and religious, Arab and Israeli, Jew and Muslim are drawn together by the power of this ancient city. So said Rabbi Binyamin Lau, community leader, author and resident of Jerusalem this past Sunday. Lau addressed a South African audience via Zoom while in his car en-route to Jerusalem from Tel Aviv. He pulled over at a petrol station to chat to South Africans at the behest of the Israel Centre. “There are two roads which connect Jerusalem and Tel Aviv,” said Lau in commemorating Yom Yerushalayim, which took place last week. “You can take either Road 1 or Road 443. Whichever you take, it feels like you’re travelling from one state to another, so different are the two cities.” He said it’s no secret that Jerusalem and Tel Aviv are worlds apart in spite of the relatively short distance between them. “They feel like two different countries,” said Lau. “Tel Aviv is liberal, secular, and pluralistic. On the other side, Jerusalem is steeped in tradition and religion. “Jerusalem is about the past. Set amongst ancient stones, it speaks for the old days and is steeped in memory. Tel Aviv, however, captures the present, and doesn’t look back. It faces the ocean, faces new opportunities.” In spite of these polarities, Lau believes the cities complement one another in a unique way. He learned this first-hand two years ago, when he officiated at the funeral of Chaim Guri, a renowned Israeli poet who had grown up in Jaffa, Tel Aviv, and was buried in Jerusalem. “His funeral consisted of two parts,” said Lau. “The first was held in the yard of the Jerusalem theatre, attended by hundreds who spoke of the great cultural and liberal figure Guri had been.” The second part was more private, held on Har Hamenuhot where Guri was laid to rest in accordance with Jewish rites, including kaddish. “It was here that I noticed two old men with a bag of sand between them,” said Lau. “It turned out they were friends of Guri from the Palmach days in 1948. They explained to me that they had brought sand from a Tel Aviv beach to place in the grave at Guri’s request. He wanted to be buried with both Tel Aviv and Jerusalem. “Guri wanted to mix the two essences. He knew how important is to have them both together.” Subsequently, Lau officiated at the funeral of Amos Oz, another respected Israeli author who was born in Jerusalem and laid to rest at Kibbutz Hulda, located between Tel Aviv and Jerusalem. “He had spent the last years of his life in Tel Aviv, the opposite of Guri,” said Lau. “After the experience at Guri’s funeral, I decided to take sand from Jerusalem to place in Oz’s grave. I said to Amos, ‘Here, I brought Jerusalem to Tel Aviv for you.’ He, too, was buried with both cities.” This blending of the two cities represents the story of

the Jewish people, Lau said, and is one we should keep in mind. “We look at Israel today, and find ourselves in a situation which feels like we’ve been cut into two nations, one secular and one religious,” he said. “Some feel we aren’t one nation at all. The fact is that we are one, and these are two sides of that one united people. We just need to find the bridge between them. “There is one Jewish state, and one Jewish people. Yom Yerushalayim celebrates the city of unity, and teaches us the importance of being united. It’s for this reason that



Jerusalem is known as a city which knits its inhabitants together.” This duality is a reality in Jerusalem itself, a fact illustrated to him when he participated in the Jerusalem Marathon a few years ago. “When I ran the marathon, the route took me from the entrance of the city to the Old City and back,” said Lau. “I went past the shuk, past bustling crowds all the way to Jaffa Gate in the older part of Jerusalem. I saw secular and religious, new and old. It’s all in one space.” It’s not only Tel Aviv and Jerusalem which are so different, different parts of Jerusalem also offer a contrast. It’s no regular city, said Lau, but one which echoes the rich, religious past of our people and simultaneously rings with the sounds of the present. “That’s the conflict of Jerusalem: it contains both,” said Lau. “We walk the line between secular and religious every day. It’s difficult, but it’s so important.” This duality is true also of the bond between Jews and Arabs in the city, he said. “Jerusalem doesn’t just connect Jews with Jews, but with others as well,” he said. “The Jews of Western Jerusalem are joined with the Arabs of the Eastern side, and the city itself unites them. “It’s a huge challenge. While we believe that it’s a Jewish state and city, that Jewish part lives alongside something else. Israel is a democracy, and as Jews, we need to care about all of G-d’s creation.” Yom Yerushalayim celebrates Jerusalem in its entirety, Lau stressed, including all of its people. “This includes the Arabs and Muslims on the east side of the city,” he said. “Recognising them is part of my responsibility as a Jew, a rabbi, and a citizen of this incredible city. “Bridging opposites in Jerusalem on a daily basis is far from easy, but the city itself joins them. Jerusalem binds heaven and earth, holy and secular, Jews and those around us. We need to make that bridge a reality.”

This all changed with President Cyril Ramaphosa’s first COVID-19 address. “We dropped to 10% occupancy in one fell swoop,” said Wachsberger. “We realised that going forward, it would be less about comfort and more about safety. We pivoted in 48 hours.” The hotel adopted the “sanitised sanctuaries” concept, creating a safe hotel space in which all touchpoints were routinely sanitised. Things got worse when the country went into lockdown, however, and it had to innovate again. “We started renting out our apartment spaces in long-term arrangements, and launched hotels in which returning travellers could isolate for 14 days,” Wachsberger said. “This enabled us to continue operating during lockdown.” The company subsequently added the Get Well Hotel to its offering, creating a space in which patients who test positive for the virus could recover away from home. “The industry hasn’t adapted, and has left space for us to change things up,” said Wachsberger. “It’s important to keep the wheels turning while stopping the spread of the virus.” Entertainment industry mogul Deelan Moodaley has also felt the pinch, forcing him to devise new ways to run Joburg Life, an events-management company he founded in 2000. “We last traded on 14 March,” said Moodaley. “Our whole operation came to halt the next day when the president spoke, and it was time to reinvent the business.” Over the past few weeks, he and his team have devised Helivation, an upcoming live music event featuring more than 30 DJs and broadcast from a helipad in Sandton without a live audience. “Everyone has watched entertainment live in their homes recently,” said Moodaley. “We want to put on a festival with no one present except for the artists and production team.” The event will take place over two days in June, and will cater for all tastes in popular music, costing only R50 per ticket, and open to view online from anywhere in the world. Said Moodaley, “I employ on average 15-20 DJs a weekend. They haven’t worked since 15 March. If I don’t try this, I’ve gained nothing. If we don’t change now, what do I do? Sit at home for three months? I don’t know when I’ll host another event or when I’ll open the doors of a club.” Moodaley said that “business as usual” had changed completely for him, and he’s hoping that the pilot of this unique event will enable him to assist other figures in the entertainment space. For restaurateurs Larry and Annie Hodes, lockdown brought their Birdhaven dining spaces, Voodoo Lily and Arbour Café, to a grinding halt. This in addition to the earlier shut down of Calexico,

a beer yard they operated at the iconic 44 Stanley. “We had to close just before lockdown because it’s a live music bar venue with a lot of people,” said Larry. “We experienced a decrease of about 90% two weeks before the president’s speech.” Ten days before lockdown, the couple launched Dark Kitchen, a delivery model restaurant. Unfortunately, they could begin operating only at level-four lockdown but in anticipation of that, they devised a unique service. “Just before Mother’s Day, we had an idea to create a grocer,” they said.

“I employ on average 15-20 DJs a weekend. They haven’t worked since 15 March. If I don’t try this, I’ve gained nothing. If we don’t change now, what do I do?”

“We put out a message asking our suppliers if they had premium products they would like to showcase that would work in a gourmet restaurant, something unique and artisanal. Literally 24 hours later, we had a retail store, and collaborated with a lot of small suppliers who have previously mainly supplied restaurants and had no avenue to sell their products.” Doubleshot coffee, Ooh La La Confectionery, and health conscious offerings from Superfoods were soon being stocked and flying off the shelf within record time. The Voodoo Lily restaurant space which previously held tables was transformed into a store with shelves and fridges, all stocked with items ready for purchase and delivery. Numerous parties are supported by the model. “Every time someone purchases something, not only are they supporting us but the little supplier as well as the staff members we’re continuing to add,” the couple said. “It’s gaining momentum, and we’re growing as we go.” They encourage other entrepreneurs and small-business owners to look to the innovations around them for inspiration. “Go and see what everyone is doing,” said Larry. “Within each industry, there is something special someone has done. Some of the best ideas that have come about have been created in desperate times, and this is one of them.” Many business owners are putting themselves second and placing their staff and business above their own needs, Rayne said. “People who have the luxury of making a purchase decision need to think carefully about how their purchase is the equivalent of a donation.” “They’re basically feeding families, paying staff, and keeping people going.”

Grade 9s share their thoughts on being under lockdown

Yeshiva College English teacher Sue Chalom asked Grade 9 students to write short stories about their experience under lockdown. She was so overwhelmed by their honesty and the standard of their writing, she contacted the SA Jewish Report. Our reaction was to share a few of them.

Home sweet humans

AYELET MILSTEIN

Five weeks ago, I noticed a sudden change in the atmosphere. The members of my family were acting differently. I sensed anxiety, uneasiness, and frantic behaviour, but I couldn't ask anyone what was happening. Piles of toilet paper and groceries were appearing faster than I could bury a large bone. Mornings were generally quiet at home after my human parents and siblings went to work and school. They would wake up early and get dressed while I was still exhausted. I can't tell the time, but it seems as if the mornings are starting a little later. I looked forward to them coming home at different times of the day, now they don't leave the house.



Ayelet Milstein

decided to take matters into my own paws. I spent two whole days devising a plan to find out what she was staring at. I'm going to jump up on a chair next to her. Maybe while I'm there, I'll take a nap, just so that she doesn't become suspicious of my agenda. Then, when she least expects it, I'll jump on her lap and see what she's doing. Today's the day I put my plan into action. She has been on her laptop the whole morning, and I'm about to see the truth. I can't believe my eyes! Did I wake up from my nap? Am I still dreaming? Familiar faces are smiling at me, and I hear my name being called. People are laughing and saying how cute I am. These are Ayelet's friends! I haven't seen them at my house for ages. Where have they been?

Now that I think of it, no one has been coming to our house. It feels as if the world has come to a halt. Everything has just stopped. Where is everyone? On Ayelet's birthday, no family or friends came to our house to celebrate. Instead of the massive cake that's usually served to hundreds of people, the cake was tiny, and eaten only by those at home. They were huddled around the laptop, and I heard "Happy Birthday" being sung. This is all too much for my brain to process. I've decided not to use too much energy to work out what's going on. I enjoy having my family around, and I'm grateful for each day that they spend at home with me.

Invisible danger

MEIRA CROUSE

Schools have closed, shops are letting in only 10 people at a time, the roads look as though the Dead Sea has overcome them. Our whole world has shut down! At first, there's a feeling of excitement. No more school! No more tests! No more work! But then there's boredom. An endless list of things we could or would probably be doing if we weren't locked in our house all day and night hiding from a threat that can't be seen, an invisible danger we don't see coming or going. I'm going mad! I honestly don't know what to do with myself at times. I find myself wondering in Wizards' castles or on adventures with hobbits, dwarves, and elves more than I'd like to admit. It's easier to escape reality than to face it, but it's hard to escape when reality is all around us. TikTok is everyone's new addition, Netflix is a great way to pass the time, and meme making seems to be the solution to quarantine. Everyone is occupying themselves with something exciting, and I want to do the same. I just can't think of anything I could do to bring excitement to quarantine. I've



Meira Crouse

tried TikTok and my post didn't go viral, I've watched everything on Netflix, and I just don't seem to be talented with memes. With nothing else to do, I call my friends to find out how they are holding up, only to find that they are all busy. Yoga was next on the list, and then I could learn to play the piano. After two hours of trying to turn the thing on, I notice the big button on the side that clearly says "on/off" and by then, I don't even try anymore. I think I've lost it – if I've ever had it before. I'm not quite sure what "it" is either. I'm waiting for the day we can go back to school, when the world wakes up, and we can leave our warm comfortable houses to go hiking in the hot sun and ice skating in the cold rink. But until that day, I guess I'm going to be so bored, I will have no choice but to do my homework. Of course, that's what I was going to do until I decided to leave my room and converse with my siblings. It's true what they say, siblings are annoying, but they aren't too bad. I think I'll stick around a little longer. After all, my homework is only due tomorrow.

The school's English department has sent voice notes of pupils reading their lockdown stories to **Read for Hope**, which will be distributed to senior primary school students who may not be able to access online learning.

From prison to pandemic

JAYDA SACK

In 1945, I regained my freedom, only to be stripped of it again 75 years later. When I exited the gates of Auschwitz, I left behind the feeling of being trapped, the uncertainty of whether I would live to see another day, and most importantly, I departed a world of fear. As President Cyril Ramaphosa announced the nationwide lockdown due to coronavirus, I couldn't help but panic. But the panic I was feeling was different to that felt by my children and grandchildren. I wasn't worried about the fact that I couldn't go to school or how I would entertain myself during the lockdown. I was scared that history would repeat itself. What if they blamed it on Jews? What if they sent us away again? As these thoughts whirled through my mind, I felt myself transported back to a place I never wanted to see again. Sitting in a cattle cart surrounded by far too many people, the stench of human waste and decaying bodies potent in the air, I can feel the immense hunger and thirst taking over, and suddenly everything goes black. I wake to the sounds of strong German accents and barking dogs. We are yelled at to get out of the cart, but my legs are too weak. I feel myself being hoisted up by stronger passengers, and I'm tossed into the outside snow and sent to the shower. The scary man in the white coat, aptly nicknamed the "angel of death", says it's to get rid of our Jewish "diseases". Shaking, I return to reality. I quickly phone my son and tell him to buy as much food as he can afford. He tells me that I'm being paranoid, but he has never felt the gnawing hunger I felt in Auschwitz. I made a promise to myself as

Jayda Sack



I was exiting the gates of hell never to experience such severe hunger again, and I plan to stick to my word. Suddenly, my ears fill with the all-too-familiar sound of anti-Semitic slurs shouted at us as my mother and I walk down the streets of Warsaw trying to collect the meagre rations that us "vermin" are permitted. We return empty handed. My son arrives an hour later laden with groceries. I feel a bit more at ease, but there is still much to do. I need to check that my passports are in order in case I need to make a sudden escape, and I plan to visit the bank to extract enough funds to survive should there be an emergency. My son hugs me tightly, and wipes away a stray tear from my cheek. "Don't worry lma, you're safe here." Waving at his disappearing car, I subconsciously touch the tattooed numbers on my arm, 329832, the testament of my survival. As I'm walking inside, I glance at the smoke rising into the air from my next door neighbour's braai. My breath catches in my throat at the all-too-familiar sight. As I walk through in my front door, I glance at the pictures of my family plastered across the wall and it hits me once again that I'm a survivor. Maybe it's the similarity to the circumstances of 1939 that revives the trauma, but just as I survived the Nazis, I plan to survive COVID-19. It will be tough, but I'm determined to take this relapse of history in my stride. I'm a survivor.

ARE YOU LOOKING TO
STUDY ABROAD?

As the Coronavirus continues to evolve globally, we would like to reach out and let you know that Universities abroad are still accepting students for their
SEPTEMBER 2020 INTAKES.

"It's business as per usual at Global Education!"

Although our offices are closed and cannot have face to face consultations, we are just an internet connection away, ready and able to assist you to apply to the university of your dreams!

www.globaleducation.co.za

Your gateway to international academic studies!

011 268 6545

Connect with us at:
panos@global-education.co.za

GLOBAL
Education

Why did G-d give us the Torah?

OPINION

RABBI PINI PINK



After the festival of our liberation, Pesach, comes Shavuot, the festival of the receiving of our Torah. The days of Sefirah (the counting of the Omer), beginning on the second night of Pesach and ending on the eve of Shavuot, connect these two great festivals.

Many significant lessons can be learned from this. Our sages tell us that when Moshe was about to lead the children of Israel out of Egypt, he told them of G-d’s promise to give the Torah to His beloved people following their liberation from bondage. They asked when that happy day would be, and Moshe replied it would be 50 days later.

So, the children of Israel counted every day. One day is gone, two days, three, and so on as they eagerly looked forward to the fiftieth day. The children of Israel understood that there could be no real freedom from fear of oppression by others, nor freedom from their own evil inclinations except through laws of justice and righteousness. These could be made only by the creator of all mankind , because He knew best what was good for them and what was good for us. It’s not surprising, therefore, that they were so eager to receive the divine Torah containing wonderful laws to guide them and all the world.

Like our ancestors at Mount Sinai, we must also proclaim, “*Naaseh vnishmah* (we will do and learn). Only then will we have lasting freedom. Indeed, it was their determination, while still in Egypt, to accept the Torah that merited them their liberation from enslavement.

We can relate this to our current situation. This year, Shavuot isn’t going to be the same as usual. Unfortunately, we can’t go to shul and hear the ten commandments, and we can’t partake in delicious dairy *brochos*. We can’t enjoy the yom tov meals with friends. However, it doesn’t mean we can’t celebrate Shavuot.

The Jewish people had faith back in the desert 3 332 years ago. They counted towards this great day, so we to need to keep our faith strong, looking forward to the day when the world returns to normal and becomes a better place.

If we think where the Torah was given, it seems odd. Surely it would have made more sense for the Torah to have been given when the Jewish people arrived in the land of Israel.

But G-d chose to give the Torah at Sinai, in a desert, a place of desolation and emptiness. G-d wanted us to focus on the why not the how. Why He gave us the Torah, not how. If we focus only on the location and its beauty, we can lose sight of what’s important.

So this year, while we remain in our homes, let’s focus on the why. Why did G-d give us the Torah? What’s our mission in this world? Yes it will be strange not going to shul and watching children bring their bikkurim basket. However, we can and we must take the beauty of the festival and celebrate it in our homes. Set aside some fruit, and give it to someone who is in need. Read the ten commandments as a family, learn about them, and understand their relevance in our lives today. Keep our spirits high, and believe that very soon, we will be able to celebrate in our shuls. This way, those who have children at home can truly celebrate Shavuot in spite of our situation.

• Rabbi Pini Pink is the Youth director at Chabad House and rabbi at Chabad Greenstone.

Why do we eat cheesecake on Shavuot?

OPINION

RABBI SHMULI KAGAN



Who makes your favourite cheesecake? This question reminds us of baking competitions and communal Shavuot dinner desserts. It’s popular custom to partake of dairy products and honey during this wonderful festival, when we celebrate Hashem giving us His Torah and the harvest season in the land of Israel.

This marvellous *minhag* (custom) goes back 600 years to Germany and France, and fortunately spread to other communities in spite of not being practiced universally.

Many reasons are suggested for this. Some are reminiscent of halachic or legal conditions, while others more symbolic, reminding us of historical events or alluding to the nature of Torah. Let’s look at a few while focusing on one particularly meaningful idea I came across this year.

The Mishna Berura, the comprehensive commentary written by the Chafetz Chaim (Rabbi Yisrael Meir HaKohein Kagan) explains that since the Jews received the Torah on a Shabbat, practicing their newly learned laws of preparing kosher meat would be impossible. Eating a milchik meal was the only option.

Nevertheless, one should still partake of meat to add *simcha* to the day. One therefore needs two separate loaves to be eaten at the separate meals, commemorating the Shavuot offering brought to the Beit Hamikdash called the *shteihalechem*, which was made up of two leavened loaves of bread. Such exactness in separating milk and meat demonstrates the love we have for Torah law.

Gematria refers to the numerical value Hebrew letters possess, and is a tool used to extract deeper meanings and connotations for a word. *Chalav* (milk) has the gematria of 40, which is how many days our teacher Moshe spent on Mount Sinai writing down the Torah. Forty is also the amount of generations after Moshe that the written Torah was compiled, to Rav Ash and Ravina, who codified the Talmud which is the prime example of the oral Torah. Talmud begins and ends with the letter *mem*, which has the numerical value of 40.

The Torah is compared to milk, as the verse says, “Like honey and milk [the Torah] lies under your tongue.” (Song of Songs 4:11) Just as milk sustains us, Torah nourishes the



soul. Just as honey adds sweetness and can heal, Torah provides meaning and guidance.

Rav Avraham Yitzchak Hakohein Kook, the first Ashkenazi chief rabbi of what was then Palestine, suggests another similarity between Torah and milk and honey. According to our sages, nursing involves the transformation of blood into milk (Bechorot 6b). The embryo is fed by blood, while the baby is sustained by milk. Milk strangely comes from an animal, which is also the source of meat. Honey, too, is produced by an animal which isn’t kosher. These are foods which are examples of transformation. Such foods are appropriate to be eaten on a festival where we celebrate the gift Hashem endowed us to transform the world.

We can purify the impure; we can sanctify the mundane; we can perfect the imperfect.

The Gemara (Shabbat 88b) describes how Moshe argued with the angels who didn’t want the holy Torah to be handed to lowly people. Moshe defended Hashem’s choice, explaining that the Torah could be used by humanity specifically because we live in a world that needs transformation. Humans are dynamic and creative; angels are perfect and static.

The COVID-19 virus has forced us to think differently. For example, we have had to utilise technology to educate as never before. From Zoom concerts and shiurim with virtual break-out rooms for *chavruta* (partner) learning, to hummus making demonstrations and online bingo evenings. Being the Rav of Bnei Akiva, I see first-hand the passionate desire and imaginative minds of our *madrichim* in their quest to transform the lives of our *channichim*, utilising a secular medium to enlighten and educate. They embody our role “to transform the world with the kingship of Hashem [the Aleinu prayer].”

This year, may we enjoy the soft and crispy contrast of our favourite cheesecake, contemplating the different layers of taste and meaning within it, and may it nourish our desire to make this world that much more delicious.

Chag Sameach!

• Rabbi Shmuli Kagan is the rabbi of Bnei Akiva South Africa, the mashgiach rugani (spiritual guidance counsellor) of the Mizrahi University Kollel, and teaches kodesh at Yeshiva College High School.

Freedom hopelessly inadequate without rules

JORDAN MOSHE

As limiting as laws and rules may seem, they are integral to liberty. Although the Torah establishes a system of rules which govern our lives, its guidelines actually give us a framework for navigating our freedom.

As South Africa moves through the COVID-19 pandemic, rules and laws have become increasingly important but equally frustrating. Our freedom to move, interact, shop, and exercise has been severely limited, the days of being able to do almost anything and go almost anywhere a happy memory.

The shift from boundless to boundaries seemingly parallels the progression from Pesach to Shavuot, from emancipation from Egypt to receiving a Torah full of restrictions. Similar though the two appear, however, the Torah given on Shavuot actually secures our freedom and helps us to understand the positive role of limitation.

“Torah, like its author, is eternal and is always informing contemporary life,” says Rabbi Yossy Goldman of Sydenham Shul in Johannesburg. “Our current situation is no different.

“From Pesach we move to Shavuot. Pesach represents our physical and political freedom. Shavuot represents our spiritual freedom, when we received the Torah, the mandate and mission of our Jewish way of life, from G-d.”

Goldman says that the Torah has lots of laws, many do’s and don’ts. However, the rubric of this pathway provides an infrastructure that gives us vision, perspective, and a moral code to guide us through the minefields of life.

Says Goldman, “Pesach and its political freedom without Shavuot and its moral, spiritual freedom would be hopelessly

inadequate. The Jewish people would have been emancipated from Egyptian bondage, but they’d have been all dressed up with nowhere to go.

“Would we wander in the wilderness and flounder aimlessly with no end goal in sight? We might be physically and political free, but what would we do with our freedom?”

We need only look at our own country, he says. “Since the democratic dawn in 1994, we are all free, but the majority of the majority still don’t have access to employment, electricity, water, health, education, and remain disadvantaged, not previously disadvantaged.

“We need vision, purpose, a way of life, an intelligent infrastructure, and the wherewithal to be able to take advantage of our newfound freedom.”

Like the Torah’s rules and regulations, Goldman says that clear and cohesive guidelines are necessary, whether to give us direction in life, or to stop a virus pandemic in its tracks.

Rabbi Gabi Bookatz of Waverley Shul says there’s a critical distinction between liberty and freedom.

“Liberty is legal,” he says. “You’re at liberty to travel, and you have your rights. Freedom is an internal mindset, a spiritual space you’re in. Not everyone at liberty has freedom, and not everyone who is free has liberty.”

Bookatz says that during the years of Soviet Russia, the refuseniks (Jews in the Soviet Union who were refused permission to emigrate to Israel, and who protested the limitations of restrictive Soviet law) would say that they were the freest people in Russia.

“Though they had no liberty and were locked up in gulags, they were certainly free to think,

free to be themselves and live up to their values without the imposing restriction of the communist regime.”

Conversely, it’s prevalent in the Western world today that people with the greatest liberty are the least free.

“People in America, for example, enjoy liberties like movement and religious affiliation,” says Bookatz. “These were unheard of in earlier times, and are things their ancestors could only dream of. Yet they are far from free.

“Rates of depression and anxiety are higher, people are lost, confused, and limited by societal pressures, politics, and their own desires. They



have great liberty, but are certainly not free.”

We need to gain freedom before we gain our liberty, says Bookatz.

“Here we are, constrained in our homes and hoping to get back to normal life. The one thing we always have is the freedom of our minds to gain control, and such freedom we can find only in the Torah which gives us moral and ethical

freedom, a clarity of direction.

“Freedom doesn’t mean anarchy,” he stresses. “Even freedom needs to be governed by certain guidelines, and these are the rules of the Torah.

“Rabbi Hirsch explains that the rules of the Torah facilitate moral freedom. When you commit to the highest moral codes, you’re no longer limited by your own ego and personal constraints. Such freedom is therefore only possible because of rules.”

Consequently, real talent is found when people learn to maximise their boundaries not remove them completely.

“If you operate within the framework of rules, that’s where genius and talent show themselves,” says Bookatz. “Sport shows this. It doesn’t take a genius to kick a ball, but it takes talent to do so within certain limitations.

“The same is true of art, music, and poetry. Strict guidelines need to be followed, and talent shows itself when you work within the system and display your abilities within a framework.

“It seems counterintuitive: we moved from the slavery of Egypt to being dominated by the rules of the Torah. However, Egypt made us an object directed only by someone else’s whims. The Torah enables us to be a subject, and this is freedom.

“It takes wisdom, maturity, and humility to see the freedom the Torah grants us, but such freedom ultimately helps us to be free of social pressures, politics, and our own desires.”

CNAAN LIPSHIZ – JTA

MEDICAL • HOME • EDUCATION • SIMCHA • CAR

Taking Shavuot milchik dishes to another level

Lauren Boolkin is a maestro at making delectable food. She has made a real effort to bring us something special for this Shavuot under lockdown. Get to the shops, get ingredients, and get busy fast.

SPINACH AND RICOTTA CANNELLONI

This is a really simple dish which looks professional. The disposable piping bags from Woolies work beautifully, or you can use a Ziploc with the tip cut off.

I make a basic Neapolitan sauce, but if you're pushed for time, buy a ready one that you like. If you do make it, double the quantity and freeze half. You will thank me!

For the Neapolitan sauce

- 1 onion
- 1 clove garlic
- ¼ cup olive oil
- 3 tins diced chopped tomatoes
- 1 tsp salt
- Freshly ground black pepper
- ¼ cup chopped basil

For the cannelloni

- 2 boxes cannelloni shells
- 3 tubs of ricotta cheese
- 5 packets spinach
- Salt
- Pepper
- Grated nutmeg

Method

- Chop the onion and garlic finely and cook it in the olive oil on a low heat until translucent. I like to do this slowly rather than browning the onions.
- Add the tomatoes, and cook for 20 minutes. Add the chopped basil, and cook for another 10 minutes. Process until smooth. Season with salt and pepper.
- Blanch the washed spinach until it wilts. I don't add water to the pot as the water from rinsing the spinach is sufficient. Keep stirring

- though, so that the bottom doesn't burn. You may need to do this in two or three batches. Squeeze the water out of the spinach in a strainer by pushing down on it with a wooden spoon, and chop finely in a food processor. Add the ricotta cheese a tub at a time until you have a good white to green ratio. It's normally three tubs. Season to taste.
- Ladle a scoop of the Neapolitan into a casserole dish so that the bottom of the dish is lightly coated with sauce. Cut the tip off your piping bag, and fill it with the spinach mix. Holding a shell in your left hand squirt the mixture into the shell. I do one end and then the other. Keep going until your dish has a single complete layer. Top with Neapolitan sauce, and some grated cheese.
 - It can be frozen or baked covered at 160 degrees centigrade for 30 minutes, and then uncovered at 170 degrees centigrade for another 15 minutes.



RICOTTA CHEESECAKE WITH DRIED FRUIT COMPOTE

For the crust

- 1 cup roughly crushed walnuts
- ¼ cup flour
- 3 tbsps sugar
- Pinch of kosher salt
- 1 large egg yolk
- 2 tbsps unsalted butter, melted and cooled
- ½ tsp vanilla essence

For the filling

- 560g cream cheese, at room temperature (sorry about the 60 – but you need it)
- ¾ cup sugar
- ¼ tsp kosher salt
- 2 punnets of Woolworths ricotta (about 4 cups)
- 3 large eggs
- 1 tsp vanilla essence
- 1 tbsp Amaretto (or Cointreau, I guess)
- 1 tbsp Maizena
- 2 tsps orange zest

For the topping

- 500g dried pears, apples, and peaches
- Zest of 1 orange peeled in 1 long snake if you can
- Juice of 3 oranges
- 2 cups water
- 1 cinnamon stick
- 2 cloves
- 1 star anise
- ¼ cup honey

Method

- Preheat the oven to 160 degrees centigrade, and set an oven rack in the middle position. Spray a 23cm springform pan with non-stick cooking spray, dust it evenly with flour, and tap out any excess.
- To make the crust: place the walnuts, flour, sugar, and salt in the bowl of a food processor fitted with the blade attachment. Process until the nuts are finely chopped

- and the mixture looks sandy. In a small bowl, whisk together the egg yolk, cooled melted butter, and vanilla. Add the liquid mixture to the nut mixture, and pulse several times until the ingredients are well combined, moistened, and crumbly. Place the mixture into the prepared pan and, using your fingers, press into an even layer. Place the pan in the freezer for 10 minutes (or the fridge for 15-20 minutes) to chill; then bake for 10-15 minutes, until the crust is lightly golden.
- Meanwhile, make the filling: combine the cream cheese, sugar, and salt in the bowl of a food processor fitted with the blade attachment. Process until soft and creamy, about one minute. Add the ricotta, and process until the mixture is smooth and light, another two minutes. Add the eggs, one at a time, processing for 5-10 seconds between each addition. Add the vanilla, Amaretto, Maizena, and orange zest, and process until the mixture is just combined (don't overmix).
 - Pour the filling into the crust, smoothing the top with a spatula. Bake the cheesecake for about 50 minutes, until the top is lightly golden and the edges are set. Don't worry if the centre seems soft, it will set. Carefully remove the cheesecake from the oven, and allow it to cool completely before loosening the edges with a knife. This stops the cake from cracking. Place in the fridge overnight or for at least eight hours.



- For the topping: after the cake has chilled, using a fine sieve, dust the top of the cake with icing sugar. Cover and refrigerate until ready to serve.
- For serving: remove the sides of the springform pan. Serve the cheesecake right from the base of the pan, or transfer it to a serving platter, run a long, thin spatula between the crust and the pan bottom, and then use two large spatulas to transfer the cheesecake carefully to a serving dish. Slice with a sharp knife, wiping the knife clean between slices. The cake keeps well for several days.
- The cheesecake may also be frozen without the topping for up to three months. To freeze: place the cake in the freezer briefly, unwrapped, to firm it up. Then double wrap it tightly with foil.
- Make the compote by soaking the fruit for an hour in some cold water. After soaking, drain the fruit and boil all the ingredients in a saucepan for 40 minutes or until the fruit is soft but not mushy. Cool, and then use the fruit to garnish your cake.

Flatten – don't fatten – the curve

We have been successful in laying down the tracks to steer our country away from COVID-19 ruin. This has been an extremely challenging time, but in all spheres of life, we remain positive.

Healthy eating, boosting a healthy gut, a strong immune system, and the activation of our anti-inflammatory and antioxidant pathways, has never been more important.

Vitamin D

Vitamin D does more than promote healthy bones, it can optimise health in the face of COVID-19. Studies carried out on 11 000 participants published in the British Medical Journal showed that vitamin D offers strong protection against acute respiratory tract infections. Although they involved large daily supplemental doses (which I don't recommend unless you have spoken to a health professional) you can easily increase vitamin D intake by eating oily fish (salmon, pilchards, sardines, with the bones included), egg yolks, and mushrooms that have been exposed to ultraviolet rays.

Getting cabin fever from staying indoors? The best, easiest, and free source of vitamin D is sunlight. Spend at least 15 minutes a day in the sun. It will also help to calm your mind.

Vitamin D is important when it comes to mood, immune response, and gut health.

Immune health

It's evident that supporting our immune system and good hygiene practices are extremely important – and will be for a while.

While a variety of factors can support our

immune system including the breathing and meditation methods of extreme athlete Wim Hof, the food we put into our bodies can either weaken or enhance immune health by working deeply on a cellular level.

Gut health is one of the most important components of immune health, and supporting a healthy gut barrier can help prevent the penetrance of bacteria as well as inflammation that stems from the gut.

Eating foods that contain natural probiotics, such as yoghurt with live cultures and



fermented products like sauerkraut, kombucha, kefir (in small amounts), helps to plant healthy bacteria in your gut. Prebiotics, the fibres that feed the healthy gut bacteria, are found in asparagus, artichokes, onion, leeks, shallots, garlic, bananas, and whole-grain products.

On the other hand, more time at home often brings about the desire to snack on more convenient food. Unfortunately, these are often processed and refined carbohydrates, food that

is high in sugar and trans-fatty acids, and can increase inflammation and worsen gut health.

Research shows that a particularly high intake of colourful fruit and vegetables during this time is important in limiting collateral damage when it comes to our immune response. Some even suggest as much as seven to eight portions of vegetables a day in which one portion is equivalent to one cup of raw vegetables or half a cup of cooked vegetables.

Anti-inflammatory and antioxidant boosts

Food that positively alters cellular metabolism works strongly on our anti-inflammatory and antioxidant pathways.

Brassica vegetables (cabbage, broccoli, cauliflower, and brussels sprouts) as well as dark green leafy vegetables (kale, watercress, bok choy, rocket, and baby spinach) contain compounds which switch on our master antioxidant conductors, making them important for immune support.

Variety is key when it comes to choosing your fruit and vegetables. The greater the variety of fruit and vegetables eaten, the more variant the polyphenols, vitamin, and mineral profiles will be. This even applies to choosing a different type of fruit within the same fruit family – for example, choosing Granny Smith apples instead of Golden Delicious. This is a wonderful tip, especially when you may have limited access to

ON NOURISHING NOSH

Hilit Milner



your usual variety of fruit and vegetables.

Please, please, don't forget herbs and spices on your shopping list. Not only can we spice up our lives and add the flavour that is so greatly needed during these times, but herbs and spices contain the most concentrated forms of important nutrients as well as antioxidant and anti-inflammatory agents.

There are other good food sources that help to put out inflammatory fires in the body. These include omega-3 fatty acids, the most powerful forms of which are found in oily fish: salmon, trout, pilchards, sardines, herring, tuna, and mackerel; while vegetarian sources can be found in chia seeds, flax seeds, walnuts, and seaweed. Also included are turmeric, containing the compound curcumin, and olive oil, one of my favourite liquid golds.

The food we eat is one area we should put effort into controlling during these “uncontrollable” times. Nourishing our body and emphasising the phrase “food is medicine” has never been more important!

• Hilit Milner is a registered clinical dietitian who runs a private practice, works in a top private hospital, and has founded a wellness blog called 'Sunrise by HM'. She views health holistically, starting from a cellular level and working her way out.

UNLIMITED
KILOMETRE

5 YEAR
WARRANTY

www.kia.co.za



25654 OLD FRIENDS YOUNG TALENT

HAVE THE KIND OF HOLIDAY WE ALL NEED RIGHT NOW WITH A 6-MONTH PAYMENT HOLIDAY.



**WITH KIA's 6-MONTH PAYMENT HOLIDAY OFFER,
IT IS POSSIBLE TO UPGRADE YOUR CAR AND KEEP YOUR LIFESTYLE.**

Whether you choose the spacious KIA Grand Sedona, the eye-catching KIA Sportage, or the award-winning KIA Sorento, you can still afford good surprises during these trying times. And with KIA's industry-leading Unlimited Kilometre, 5-year Warranty, you can rest assured that there are still many happy miles ahead.

Visit kia.co.za for more info.



The Power to Surprise

How the world has changed

OPINION

HARRY JOFFE



While the fog caused by COVID-19 is still far too deep to unravel, and no one can possibly know when or how the virus will eventually end, it’s possible to identify certain areas of radical change in the post-virus era.

Take the world of work. Everyone lucky enough still to be working will have noticed how meetings have all become virtual on either Microsoft Teams or Zoom. But they still happen, and in many cases, they work just as well. The fact that you can’t see who is actually listening to you as you speak (if video is turned off) is compensated for by the great saving in time and costs, with nobody having to travel across cities/ countries and stay overnight. Meetings are all starting and ending on time. Most companies have now asked a large majority of their employees to work from home and continue to do so even with lockdown relaxing further to level 3.

As a recent edition of the *Economist* puts it, “as well as highlighting how bloated some travel budgets are, virus contingency plans may reveal how inefficiently office space is used”. The magazine states that big companies in the United States and United Kingdom pay on average \$5 000 (R88 037) per employee in annual rental costs. In addition, just 40% to 50% of desks are actually used during working hours. It concludes that if managers find that productivity doesn’t dip from staff self-isolating at home, the case for teleworking “may look irresistible”.

What will happen to supply chains? The *Economist* notes that in the 1970s, Toyota pioneered lean manufacturing and just-in-time delivery of components, which made production much more efficient, but more vulnerable to disruption. These days, most companies stockpile fewer and fewer necessary materials. The average firm in the S&P 500 carries only 66 days of inventory, with a company like Apple having just nine days.

With COVID-19 affecting all firms’ potential and actual subcontractors simultaneously, it’s clear that in future, it will be necessary for companies to carry bigger inventories, but more importantly, to keep suppliers much closer to home.

In addition, with everyone suddenly now realising that China manufactures a large percentage of the world’s antibiotics and medical equipment, expect this also to change as countries attempt to become less reliant on China.

Will the US still be the supreme world power? In a recent article in *Business Day*, Gideon Rachman points out that most would agree that the US economic, political, and social systems are under severe strain, and – love him or hate him – it can’t be denied that President Donald Trump hasn’t displayed the leadership qualities needed for a crisis of this magnitude. But, does it mean that the US is in terminal decline?

“While US military dominance is increasingly contested, the dollar’s global role as a safe haven and the leading currency for trade is unchallenged,” Rachman says. “This translates into huge political power. No other country has a currency that commands the same respect.”

But he points out that the US’s huge \$2 trillion stimulus package has led to a surge in the US national debt and a corresponding risk that the US currency will eventually lose the world’s confidence. The continued pre-eminence of the US and the dollar will be the key geopolitical issue to watch out for. The US has been counted out many times in the past. Expect them to reinvent themselves and eventually to carry on growing after the crisis subsides.

Though the EU has survived numerous crises, this one could be the most serious yet. A core principle of the EU is the free movement of goods and people, but countries were quick to close their borders when the crisis broke out.

Though this is understandable, it will be much harder to justify the fact that France and Germany refused to assist Italy with face masks during the peak of its crisis. Germany, in fact, explicitly banned their export, while France requisitioned its stock.

Citizens increasingly will ask what use the EU is when at a time of national emergency, each country reverted selfishly to protecting its own and did little to help its neighbours. One has to wonder how long Italy will remain in the EU, and whether the EU will survive in its current form.

What will happen in Iran? There is little argument that the Iranian leadership has botched its handling of the epidemic, and even though the official figures are widely disbelieved, they are, in themselves, brutal enough (about 7 500 deaths).

What is also interesting is how the country’s leaders have been affected. The *Economist* notes that two vice-presidents, some ministers, and

24 members of parliament have contracted the virus. The government has made numerous errors. These include taking too long to stop flights from China, allowing an election to take place on 21 February when the virus was already known to be spreading, and being accused by the US government of misusing vital medical supplies. Adding this to the previous disaster of mistakenly shooting down a passenger plane with 176 people onboard in January, one has to wonder how much more the Iranian people will take.

Before the virus, Iran’s economy was

already isolated thanks to US sanctions. Now, it’s even more cut off. Its main trading partners, including Iraq, are restricting the passage of people and goods. Religious, medical, and leisure tourism, worth almost \$12 billion last year, has dried up. With the oil price collapsing, market watchers expect another run on the Rial, and the *Economist* quotes experts who think the economy could shrink by 25% to 30% as a result of the virus. This will, no doubt, be a testing time for the leadership.

Whatever happens in Iran, expect other governments in the Middle East to come under increasing pressure after the crisis ends either for the way they mishandled the response, or from a desperate people who will be demanding a more equitable share of the vast oil revenues most of these states possess. Expect much instability. This won’t be restricted to the Middle East.

Finally, no one can possibly predict with any certainty how the world will change, but change it certainly will. The last great upheaval occurred around World War II, which brought about huge and unimaginable change. Expect nothing less this time around.

• *Harry Joffe is a tax and trust attorney.*



Meetings have now become virtual

The fine line between tone deafness and moving forward

DAN BROTMAN

During the five-week lockdown, many of us became reticent to criticise or complain, fearing that it could come across as insensitive or tone deaf at a time when so many are living with heightened levels of anxiety or desperation.

However as it begins to sink in that this pandemic is likely to remain with us for several years, some argue that we need to start re-engaging on all sorts of uncomfortable topics, including those not directly related to COVID-19.

Jessica White, a former public relations and communications specialist at Investec, believes that businesses need to be especially careful about not speaking from a brand-centric perspective. “Any brand that is taking this opportunity to push itself, and not with the betterment of humanity underpinning what they are doing, is going to be very quickly ignored.”

She says mixing a message of integrity with a sales message can come across as tone deaf. She gives the example of a recent advert that began with, “We are all in this together”, and then immediately transitioned to a hard sales pitch. While big business tends to be less trusted during times of crisis, “there is a massive void of large companies providing inspiring thought leadership”.

White imagines that such thought leadership would provoke optimism and inspiration about what the economy and life could look like when the pandemic is eventually over, beyond clichéd messages of hope. She surmises that many business leaders are reluctant to position themselves as thought leaders at this time because they are afraid of making promises for which they will eventually be held accountable.

She sees small, medium, and micro-enterprises (SMMEs), not big business, as the real heroes of this crisis. “SMMEs are keeping people optimistic by showcasing how they are keeping their businesses alive and doing good, and being vocal about it. Big business needs to look to SMMEs for bravery.”

Somewhat controversial thought leadership is being provided by the likes of futurist John Sanei, who recently co-authored the e-book *The COVID Reset: Reimagining Our Collective Future*. “We need a new conversation”, says Sanei, who critiques our current economic system rather than targeting individual business leaders who are disproportionately benefitting from it. “Big business knows it’s behaving badly. However it can’t get off the ‘train’ of the economic situation we are in, as that’s just the way in which the system was designed.”

Sanei advocates moving away from measuring success based on the acquisition of material possessions and towards building a more mature and conscious capitalism. He takes issue with misplaced anger towards the government for changing its mind on certain lockdown-related restrictions, as he believes that adaptability is key to management, just



as individuals frequently adapt their personal and professional decisions as the crisis unfolds.

Media entrepreneur and unapologetic provocateur Gareth Cliff doesn’t believe the pandemic should serve as an excuse to refrain from criticising the government’s actions. His open letter to President Cyril Ramaphosa has received widespread coverage in the media. In it, he compares the lockdown to “being treated like naughty children and yourselves being our self-appointed parents”.

Cliff boldly asserts that, “If you resign yourself to letting the government do whatever it wants, and abandon your freedoms, liberties, and rights, then you deserve to be a slave.” He believes that citizens who refrain from speaking out against government decisions with which they disagree are weak as “politicians in this country treat people with disdain and disrespect”.

Cliff predicts that as the true economic costs of the ongoing lockdown come to light, we will see more resistance, hatred, anger, and civil unrest break out. He doesn’t think the media’s role is to make its readers feel better, rather to provide information and a variety of opinions from experts.

SA Jewish Report editor Peta Krost Maunder is faced with these difficult editorial decisions on a weekly basis. “I’m aware that people are extremely vulnerable. They are looking for good content that fits where they are at. Stories I may have commissioned a while back about activities or events that aren’t relevant now would be wrong [to publish].”

She gives the example of a hypothetical article on going on a date, which wouldn’t be possible at the moment. A more relatable story, she suggests, would be the joys of online dating over this period.

Marketing expert and *SA Jewish Report* board member Dina Diamond advocates a healthy dose of escapism. “If there are stories that are outside of COVID-19 that are interesting or informative and can distract us from the ongoing onslaught of negative news, then there is no reason why they shouldn’t be covered.”

At a time when communal organisations are united in providing relief for the Jewish and wider community, is it appropriate to criticise communal leadership, engage in potentially fractious debates, or to interrogate the sombre data recently released on the state of South African Jewry?

Former Cape South African Jewish Board of Deputies Executive Director David Jacobson believes that the answer is yes, but it needs to be done sensitively. “During this pandemic, there has been a silent agreement that communal issues that were once important have taken a backseat,” he says. “However, there has to be life after COVID-19. All communities are beginning to think beyond the immediate crisis, and this means that people also want to get intellectual stimulation on issues other than COVID-19.” He believes that slowly and inevitably, Jewish culture needs to continue to thrive, including music, social justice, and academia.

“These issues haven’t gone away. This is an incredible opportunity to enter into these conversations with more empathy and an open ear.”

Don't be selfish – wear a darn mask!

I have never been a natural athlete. To be fair, I'm not even an unnatural one. Because I'm no athlete at all. I exercise because I know in theory that it's good for me not because I love it. Admittedly, I do feel good afterwards, but for me it has always been more about the social aspect than pushing myself to the physical limits.

This makes the requirement to wear a mask potentially something that would tip the scales towards not getting out onto the road. Add the fact that I wear glasses, which fog up the minute I exhale, and the fact that I like to listen to music, so I constantly selecting songs whilst keeping my ear phones secured.

I also don't look good in caps, but wear one



anyway for religious reasons. The result is that there is so much going around my head and face, it's a wonder I ever walk out the front door.

The prevalent medical view is that we need to wear masks to protect those around us. It's now well documented that we are able to spread the virus well before we are aware that we are positive. Masks, we are told, protect those around us more than they do us. Which means, to put it as mildly and as sensitively as I'm able, it's pretty darn selfish to not wear one.

This past Sunday, I walked past runners without masks. I walked past walkers without their faces protected, and I wondered what type of person is comfortable with flaunting

INNER VOICE

Howard Feldman



their disregard for others?

Is it perhaps arrogance and disrespect that reduces a person to the point of being able to disassociate from the knowledge that they might be infecting those around them. I wondered if the non-mask wearers were really able to justify their choice with the conspiracy theory that governments are using masks to control us and that, well, this is just one big hoax.

I would love to be that confident, with the medical knowledge to be able to choose with such clarity. Especially when the experts are constantly gathering and assessing information. Information which indicates that the wearing of the masks is vital for the protection of others.

The irrationality of the government's behaviour around the lockdown and the damage inflicted on the economy undoubtedly has contributed to

the tendency to defy any recommendation that it might have made in this regard. But this isn't about it. It's not about the African National Congress or the Democratic Alliance or Cyril Ramaphosa or Nkosazana Dlamini-Zuma. It's about respecting others.

To throw the proverbial baby out with the bathwater in disregarding all recommendations is either foolish or self-serving.

I'm the last person to accept anything without questioning. And I have no doubt as to the response I will receive for having written this. But where the information is clear, it seems pretty darn selfish to ignore the advice. Especially when the impact is on others.

Wear a mask. Dammit!

Eleven-year-old's charity drive in full throttle

STAFF REPORTER

A few weeks into the nationwide lockdown, 11-year-old Jamie Kodesh told his parents he wanted to do something to help those worst affected by the coronavirus.

He asked if he could start a charity drive to raise money for causes that he felt strongly about.



So began "Jamie's Charity Drive", which to date has raised more than R35 000.

On a home-made video sent out to family and friends, the King David Primary School Sandton pupil asked people for donations.

In it, he said, "Hi guys, please support my

charity drive. It's for a very special cause. I'm going to kick it off with R500. Let's do this together."

He believes, "A little bit from a few goes a long way."

So far, the money he has collected has been donated to four worthy charities chosen by him. They include Yad Aharon & Michael, the Banakekeleni Orphanage in Marlboro, Magical Moments, and a number of children he met while playing cricket.

The orphanage received much-needed winter clothes, blankets, and non-perishable foodstuffs. Money also went to repairing a water leak on the premises.

Kodesh helped to distribute money and food to Magical Moments, a non-profit organisation assisting underprivileged and vulnerable children in Johannesburg.

Helped by his mom, Ricci, he purchased Pick n Pay vouchers for several families of the children he has played cricket with over the years.

According to his mom, he didn't expect to raise so much money, and is grateful to his family and friends for their support.

A column of the SA Jewish Board of Deputies

Rescuing the stranded – a mission of mercy

Among those particularly harshly impacted by the lockdown are the South Africans who found themselves suddenly stranded in foreign countries without either legal or practical means of returning home.

Over the past several weeks, the South African Jewish Board of Deputies (SAJBD) has been active on behalf of Jewish community members who have been stuck in Israel for the past two months. In view of the innumerable difficulties that these unprecedented circumstances continually throw up, it has undoubtedly been one of the most complicated issues that we have had to deal with, as well as one of the most stressful.

It has involved continually liaising with, among others, the respective South African and Israeli embassies, the Department of International Relations and Cooperation, the National Joint Operational and Intelligence Structure, various international airlines, and, of course, the relevant individuals and families themselves. Eventually, all of this work bore fruit, so that last Saturday night, we were pleased to be able to announce that the repatriation of South African citizens in Israel had been approved, and they will return to our shores in the near future.

During this time, the Board has also been doing everything possible to assist a local couple who urgently need to travel to Israel to be with their seriously ill daughter. This, if anything, has been even more complicated and emotionally stressful. Since South Africans aren't allowed to leave the country at the moment, permission had to be obtained to do so on humanitarian grounds. Permission from Israel was also needed, and then there was a

This column is paid for by the SA Jewish Board of Deputies

ABOVE BOARD

Shaun Zagnoev



drawn-out, soul-destroying process of finding a carrier willing and able to transport the couple, something greatly complicated by foreign visa requirements and the unavailability of places on the few permitted flights available.

Even travelling inside the country to get to OR Tambo International Airport required obtaining police permission. At the time of writing, this very sensitive and complex matter is close to being resolved, and I hope to be able to report next week that the parents concerned are finally at their daughter's side in this time of great need.

The SAJBD exists precisely for reasons like these, and our national director, Wendy Kahn – as ever leading from the front – can't be praised enough for bringing it all about. In spite of the many other demands constantly made on her, Wendy has taken full responsibility for managing every stage of the process. Indeed, it has demonstrated yet again how she will unfailingly devote as much time and energy as required to resolve a particular situation regardless of whether it concerns the needs of Jewish community as a whole or those of just one or two individuals.

We thank her along with all members of our dedicated professional staff who are providing our community with as much support as they can during these testing times.

• Listen to Charisse Zeifert on Jewish Board Talk, 101.9 ChaiFM, every Friday from 12:00 to 13:00.

AUDIT • ADVISORY • TAX



CLARITY. ORDER. DIRECTION.

Our team of over 1 400 professionals, operating from 7 offices in South Africa, offers a unique combination of local market knowledge coupled with an international network, personal service and a professional approach. We shine a unique lens on clients' businesses to see the people beyond the numbers and establish where they are going.

www.bdo.co.za



© 2019 BDO South Africa Services (Pty) Ltd.

T168042

Crawford’s top student chooses Stanford

Crawford College Sandton is exceptionally proud of former student Joshua Jankelow, class of 2019, who has been accepted to the following prestigious American colleges for further studies: Yale, Columbia, the Wharton School of the University of Pennsylvania, and Stanford University, as well as the University of Sydney, and University of St Andrews.

Jankelow had an extremely tough decision to make, but after many hours of looking at these tempting offers, he decided to study at Stanford, where he aims to major in economics and minor in politics, while still exploring some drama and writing classes.

Jankelow was Crawford College’s top student of 2019. He achieved 10 distinctions in his final Independent Examinations Board exams, as well as representing South Africa in two debating championships.

Jankelow’s next chapter of study is due to commence in September, although it may be deferred to January or he will begin his college journey online.

“I couldn’t have achieved anything were it not for the love, graciousness, and benevolence of the eternal G-d as well as my wonderful parents,” he said.



Joshua Jankelow

UJW honours women on the frontline

The Union of Jewish Women (UJW) has launched a Women of Action campaign to thank its members and volunteers, as well as the care-workers, medical personnel, retail assistants, and all those on the frontline of the pandemic helping others during the lockdown and beyond.

Myra Goldenbaum, the national president of the UJW, also mentioned the generosity of the organisation’s donors and patrons.

“We are particularly appreciative of the support we have received from ex-pat South Africans in Australia, the United Kingdom, the United States, and Canada. They acknowledged our need, and responded immediately.

“COVID-19 has tested the capacity of communities and nongovernmental organisations across the world,” said Goldenbaum, “perhaps nowhere more than in South Africa, home to millions of destitute and starving citizens. UJW branches throughout the country have risen to this challenge.”

Since the start of the pandemic, the organisation has been inundated with calls for support nationwide, and thousands of people in urban and rural areas have received food parcels to help stave off hunger.

“The list of beneficiaries”, Goldenbaum said, “stretches from Gauteng to Cape Town, Durban, Port Elizabeth, and East London.”

Food parcels have been delivered to orphanages, aftercare and feeding schemes, crèches, community organisations, soup kitchens, foundations for the blind and partially sighted, homes for the aged, and refugee shelters. In addition, indigent new moms with babies, physically and intellectually challenged children, places of safety for women and children suffering domestic abuse, informal settlements housing both white and black families, individuals unable to qualify for official support, and members of our own Jewish community, have all benefitted.

In addition, the organisation has donated food vouchers, baby clothes, diapers and baby formula, sanitary items for new mums, children’s clothes, blankets for children, educational material on COVID-19 for many

who are unaware of the magnitude of the problem, toys and educational packs (to keep children occupied during the lockdown), and lucky packet hampers.

Food has been delivered to universities for those students who were unable to return

to their homes before lockdown; and thousands of nutritious e’Pap packets have been handed out in both urban and some of the country’s most impoverished rural areas.

Kosher Mobile Meals (the flagship project of UJW Johannesburg) has had an increase in requests for meals and other assistance, and all recipients have received extra booster packs of non-perishable food items, treats, toiletries, and kitchen cleaning materials to see them through the lockdown. To help deal with the isolation of the elderly, every recipient is phoned on a regular basis.

UJW was also a proud beneficiary of superb food parcels from the HCI Foundation and eMedia’s COVID-19 Relief Fund, and featured on national television in this regard.



Children receiving pap in rural areas

KosherWorld



TRULY KOSHER

Wishing you a happy

SHAVUOT

חג שבועות שמח

MANY MORE SPECIALS IN-STORE



3349 ALMOND MILK UNSWEETEND 1L



5099 GENUINE FOODS FETA 400G



3449 BOKOMO OTEES RICE POPS 400G



8299 250g Chopped Herring & Kichel

SHAVUOT SPECIALS

Thurs Milk Dinner R395 serves 4

Shabbos Meat Dinner R395 serves 4

VIEW MENU ON www.feigels.com

To order: 0118825305 / www.feigels.com



2649 NUTELLA CHOC SPREAD 180G



2499 WEDGEWOOD ANGELS BISCUIT CHOC & GINGER 150G EACH



4999 HEAVEN & EARTH RICED CAULIFLOWER & BUTTERNUT 397G



7899 KEDEM CONCORD GRAPE JUICE 946ML



3149 RUMMO BIO INTEGRALE WHOLE WHEAT 500G



1949 DOUGLASDALE FRESH CREAM 250ML



3399 MCCAIN OVEN CHIPS SEA SALT & PEPPER 750G



8299 I&J DEEP WATER HAKE PRIME STEAKS 500G



5999 TENDERCHICK VALUE PACK P/KG



3799 MONTAGU FRUIT SALAD 250G



3899 GEFEN TEA-LIGHT CANDLES 50'S



2199 PLEDGE MULTI SURF ASSORTED FRAG 300ML EACH

KOSHER AT EVERYDAY PRICES



Actual offers may differ from visuals shown. We reserve the right to limit quantities. While stocks last. E&OE

Offers valid till 3 JUNE 2020 or while stocks last

1 Long Avenue, Glenhazel | 011 440 9517 | info@kosherworld.co.za | www.kosherworld.co.za

ONLINE CONCIERGE SERVICE:
orders@kosherworld.co.za