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SAJAC NEWS Pesach • April 2016

The Southern African Jewish Association of Canada (SAJAC) is a volunteer networking organization helping fellow Southern Africans settle in Canada. Phone: (289) 597 8610 Fax: (416) 765 0176 E-mail: sajacnews@sympatico.ca Website: www.sajacnews.com

SAJAC COMMITTEE

PRESIDENT & EMPLOYMENT	Colin Baskind (289) 597 8610	colinbaskind@hotmail.com	
TREASURER	Sol Bresgi (416) 224 2000 x 116		
EDITOR & SECRETARY	Heather Super (905) 764 1934	sajacnews@sympatico.ca	
EDITORIAL TEAM	Edna Lipworth		
LAYOUT & DESIGN	Tracy Seider	tyrustext@gmail.com	
ADVERTISING	Colin Baskind (289) 597 8610		
NAME & ADDRESS DATA BASE	llana Gimpel (905) 508 0437	sajacnews@rogers.com	
SAJAC SOCIAL ACTIVITIES	Thea Abramson (289) 597 2896	theabramson@yahoo.com	



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PRESIDENT'S REPORT

The Joy of Retirement

n 2014, I had been working in an interesting, challenging job and had not even considered retiring for many more years. But that summer, I fell and landed up in a full leg cast. I spent eight weeks recovering and was unable to work. It was during this time that the idea of retiring first began to crystalize.

After establishing that I could financially afford to retire, I began to think about how I would fill my days productively. I did not want to be a couch potato.

The first thing to fall into place, was that I was now available to take my granddaughter to and from school on a daily basis. I'm sure all grandparents can appreciate what a joy this is – something that money can't buy.

The next piece of my retirement picture was to expand my volunteer work. Over the years of working with SAJAC, I have helped people to network and to find work. This is something I always enjoyed and am happy to have more time to pursue this avenue.

I approached a number of organizations to see whether I could volunteer with their clients. I was happy to find that there is a need for the kind of support I can offer.

My schedule is full with meeting interesting, intelli-



gent people who just need a bit of moral support, encouragement and direction.

Many of us are now reaching the age when we might want to think about retiring but we still have a lot to offer. Finding something meaningful to do that gives you pleasure and gives back to the community is very gratifying to the soul.

Thank you to our ongoing advertisers who have been so loyal to SAJAC for many years.

Thank you also to Heather, Tracy and Edna for their ongoing hard work in keeping the SAJAC magazine at the high level it is at.

Chag Sameach to you all for a happy, healthy Pesach.

r den

Colin Baskind President, SAJAC

SAJAC Seniors and Social Group

Chair

Vice-

Treasu

Cater

Socia

SAJAC SENIORS had a highly successful year in 2015 and consequently we were able to donate to various organisations in Israel.

Our plans for 2016 include our ever popular Israel Day.

At time of going to print we were still organizing summer outings.

Please contact me at theabramson@yahoo.com if you are interested in joining us.

We wish everyone a healthy and happy Pesach! Thea Abramson Chairperson (289) 597-2896 Note new phone number

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DO YOU KNOW DR. TEPPERSON WHO PRACTISED IN THE STRAND? Harold Barnett, a Canadian, is looking for information about him. Dr. Tepperson had 3 daughters. One was named Michelle. If you can help please contact Harold at: hbarnett4657@rogers.com



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FROM THE DESK OF THE EDITOR . . .

ostalgia – a word of our generation and those older than us. This magazine holds the keys to many nostalgic moments. A picture taken at camp in 1951 made the trip from London, England to Joburg to Toronto and into the SAJAC NEWS.

There is a wonderful article about Legacy Letters and this was very dear to my heart. Two years ago, when I was packing to move out of the house that we had lived in for 28 years, I came across a note written to me in 1987 by my mom who passed away in 2000. She had the most beautiful handwriting, even when doing the grocery list. The note was to wish me a very happy birthday and to thank me for being such a caring daughter. She also sent an IOU for a birthday gift! That note is in my drawer and every morning when I open the drawer to get dressed, I see the note and smile.

There are Memories of Muizenberg and a Herber House Reunion photo.

But we are also moving into the 21st century. The SAJAC NEWS is being uploaded to a cloud and you will be able to read the SAJAC NEWS anywhere in the world





by accessing the SA Jewish Report website. So tell your family and friends!

Thanks to our advertisers and writers for their support. Thanks to Tracy, Edna, Ilana and Colin for all your help.

I wish you a Kosher Pesach Samach and the best of Matzo Balls to all of you!



Heather Super, Editor





LIFE IS LIKE A JOURNEY ON A TRAIN... WITH ITS STATIONS... WITH CHANGES OF ROUTES... AND WITH ACCIDENTS!

We board this train when we are born and our parents are the ones who get our ticket.

We believe they will always travel on this train with us.

However, at some station our parents will get off the train, leaving us alone on this journey.

As time goes by, other passengers will board the train, many of whom will be significant – our siblings, friends, children, and even the love of our life.

Many will get off during the journey and leave a permanent vacuum in our lives.

Many will go so unnoticed that we won't even know when they vacated their seats and got off the train!

This train ride will be full of joy, sorrow, fantasy,

expectations, hellos, good-byes, and farewells. A good journey is helping, loving, having a good relationship with all co passengers...

and making sure that we give our best to make their journey comfortable.

The mystery of this fabulous journey is:

We do not know at which station we ourselves are going to get off.

So, we must live in the best way – adjust, forget, forgive and offer the best of what we have.

It is important to do this because when the time comes for us to leave our seat... we should leave behind beautiful memories for those who will continue to travel on the train of life.

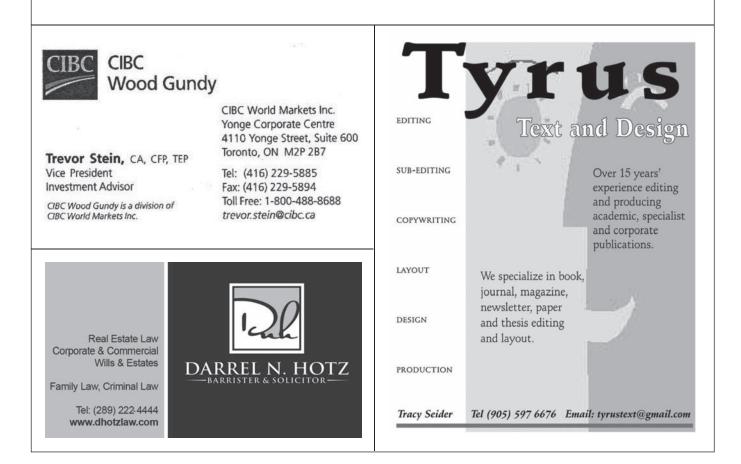
Thank you for being one of the important passengers on my train... don't know when my station will come... don't want to miss saying: "Thank you?

Thanks to an old friend for The Train

Hílton Berger z"

On behalf of the Berger, Berman, Brown, Franklin, Friedman, Jardine and Mandell Families, we would like to thank the entire community for their kindness, love and support on the passing of our son, husband, father, grandfather, brother and uncle, Hilton.

Your kindness in our time of sorrow is deeply appreciated.



SAJAC BURSARIES

THE SAJAC BURSARY FUND

All profits from the advertising revenue of *SAJAC News* go into this fund. Bursaries are awarded to Jewish children of South African origin who need funds to further their university or college education. A full financial declaration is required. Applications close at the end of March and the bursaries are awarded after Pesach. Bursaries are available for consecutive years until course completion.

NATIE AND ESTHER MAISTER BURSARY

The Natie and Esther Maister Bursary was established by Esther z'' and Natie Maister. The bursary is open to students who are born of South African parents and are applying for university or college education in Canada preferably those pursuing a Jewish education. The applicant needs to show that he or she has a history of volunteering and support this with a letter from an organization where he or she has volunteered.

THE PAM AND CHARLES PINCUS BURSARY

The late Charles and Pam Pincus were deeply committed to education, and extraordinarily talented and effective as parents, grandparents and teachers. Charles had a profound impact on the education of countless doctors and other medical professionals, both over the course of his illustrious career as a surgeon in South Africa, and then as an extremely popular teacher at the University of Toronto Medical School. Pam played a passionate and active role in supporting all these activities, and was also much loved as an inspired and creative early childhood teacher. Their unique styles as teachers were marked by warmth, insight, imagination and humour. Their family has established The Pam and Charles Pincus Bursary in their memory to assist a South African Jewish student in pursuing pre-medical, social sciences or teaching at a university in Canada. May their legacy continue to be an inspiration, and their memory a blessing.

For application forms, e-mail your name and address to sajacnews@sympatico.ca.

All applications are held in the strictest confidence. A bursary committee makes the final decision.

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Enough already with the rand

RICHARD STEYN

Important preface: I'm writing this around February 12th in order to meet the SAJAC news deadline. The data I'm using is accurate at that date but may well be very different by the time the magazine is delivered ahead of Pesach which, this year, is near the end of April.

he following are quotes attributed to President Jacob Zuma, I took them from a South African news website but I can't vouch for their authenticity although colleagues in SA tell me they are indeed accurate.

"If I were a journalist, I would write and say, 'The ANC is a wonderful organisation. It produces wonderful leaders. There is no organisation in the country that has produced leaders like the ANC, arguably on this continent'."

"When you vote for the ANC, you are also choosing to go to heaven. When you don't vote for the ANC you should know that you are choosing that man who carries a fork ... who cooks people."

"...As far as I am concerned, I know I have not engaged in any immoral activities and therefore do not see the need to relinquish my responsibilities in the moral regeneration movement."

On a monetary and fiscal review alone, the leadership of the country under President Zuma has been disastrous. The Rand is, and has always been, a reflection of the state of the nation as viewed by the outside world, or certainly, by the major trading nations in Europe, North America and Asia.

I have written ad nauseam in these pages about the Rand since I started writing for SAJAC somewhere in the nineties and I have at least been consistent in my opinion that the Rand has nowhere to go but down. And yet, even in these very troubled times in SA, I am still contacted by expatriates seeking my opinion but who tell me that they are content to leave their assets behind because they are able to earn double figure returns on their investments.

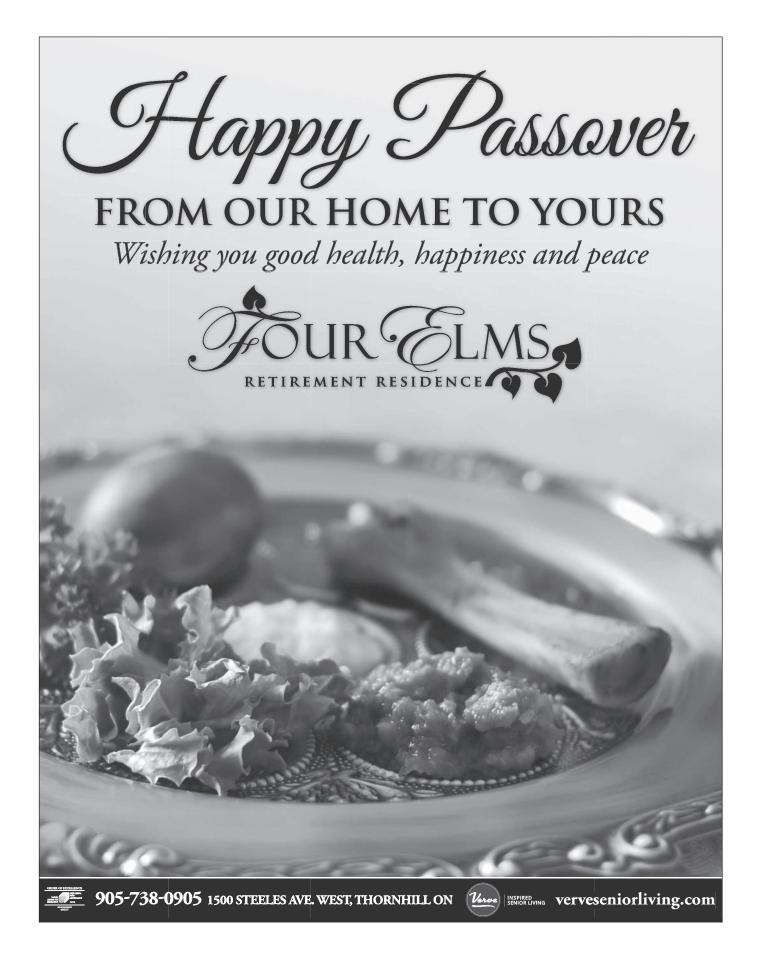
In late December last year, I was invited to my friend

David (not his real name) for drinks and a snack. This happens regularly, we share a love of single malt scotch and always try to outdo each other. As I walked in, he introduced me to his sister and her husband (let's say Marion and Michael) who were visiting from SA; "looking around". With the Balvenie, asiago cheese and olives came the questions about financial outlooks and whether, if they decided to move here, they should move their money or not. I sighed inwardly, I'm going to make my usual speech and they are going to blow me away but with a serious and professional demeanour, I tried to explain why, if they chose to leave SA, they should bring their money with them. Both of them glared at me and then Michael said: "I play the stock market in Johannesburg, people talk and I get the heads up about stuff happening. I can easily make 100% return on a quick in and out." Or words to that effect. Even I, an inveterate cynic, was staggered by this statement, I gulped my scotch and left.

During the apartheid years, many South Africans used whatever means to move as much money as they could out of the country, either complying with exchange control rules or flouting them, to safe havens where they were content to leave their funds in stable currencies even if they earned no or very little interest. All that has changed and at this time, the movement of capital out of SA is fairly unrestricted. Therefore, in principle, if one no longer lives in SA, there is no reason why one should leave their assets in a country with existential problems, a severely damaged economy and a deranged political establishment. Emotional ties aside, there is no logic or rationality if one no longer lives there to remain invested there. Here are a few comparisons which make attempts to equate the SA and Canadian economies absurd:

Prime interest rateSA 10.25%Canada 2.7%Fixed deposit/GICSA 8.09%Canada 2.27%Mortgage Interest (variable)

SA 10.25% Canada 2.15%



To the right is a chart which I took off Oanda's website. It shows the Rand's value against the US and Canadian dollars and the British pound from January 1st, 1990 to February 2th, 2016.

The chart is live on Oanda's website and so I extracted the values of the Rand against the 3 currencies at the earliest and the most recent dates. These are the numbers:

	January 1990	February 2016	Percentage Loss
US\$.3912	.0665	83%
Canadian\$.4584	.0911	80%
British £	.2369	.0443	81%

In approximately 16 years, the Rand has lost around 5% per year.

Irrespective of the interest earned or the gains made in investments in the Rand, the erosion of capital as reflected above translates into very significant losses when the investor decides to move to any of the 3 currencies. With cost push inflation in SA, incomes rise with the cost of living (hopefully). As at today, inflation in SA is 6.2%.

In researching this article, I came across a report on a SA website, businesstech.co.za. A new report shows that wealthy South Africans are leaving the country while they still have the money as the weak Rand has taken a toll on their fortunes. The report states that, at the end of 2015 there were about 38,500 HNWIs (High Net Worth Individual), defined as having a net worth of US\$1 million or more, according to the authors. 2015 was a particularly poor year for HNWIs in SA, declining by 18% in the year. Major reasons – "negative influence of a significant depreciation of the Rand against the US dollar, turmoil in home country, security concerns and optimising education of children." I wonder where Michael & Marion fit into this scenario.

Having been in the financial advice business for more than 2 decades in Canada, I have built up a strong network of investment managers who actually know what they are doing and make decent returns for their investors. Recently, I had a meeting in my office with such a manager, I'm not permitted to disclose his identity, nor that of his firm but I can place on record that he has managed a global dividend fund with great success from March 2008 until the present and has delivered an annualised rate of return of 8.13% to his investors. Picking up on my accent, he focused on SA equities and why he would not invest in them even though there are some very successful dividend payers listed on the JSE you can guess why: the ongoing weakness in the Rand. Later on, I asked him about expatriates living here and



whether they are better off moving their money, he replied in a note: "unless they have a cheap way of hedging their Rand assets, if I am a SA expatriate living in Canada and with Canadian dollar expenses, I would be more inclined to have Canadian dollar assets." A very diplomatic response and very smart.

I have confined this article to the Rand and it's enough. I promised some years ago not to write about it any longer but with the rapidly deteriorating economy, lawlessness, corruption and political ineptitude driving the news, I broke my promise. The lines on the chart show conclusively what has happened through the transition to a supposedly non-racial "rainbow" nation. I take no delight in reporting on the dismal state in which the country finds itself and am left dismayed by the antics of the President across all sectors of his leadership – his remarks quoted above need no further comment. My friends in SA in professions and businesses complain incessantly but are impotent as everyone else seems to be, including and especially the intellectual class in the ANC.

If any readers dislike or disagree with my opinions, please seek out *The Economist*'s December 19th, 2015 edition and the piece titled "The Hollow State". It examines in much greater detail the dictatorial erosion of the supposedly non-racial democracy by President Zuma. Here is one telling quote:

"The distinction between the ruling party and the state has been eroded. The executive arm of government (and its state owned firms) is being corroded into incompetence by corruption and cronyism. Independent bodies meant to safeguard democracy are being subordinated."

And, quoting Justice Malala, a journalist and former ANC activist thus "one day you look around and realise that everything is broken, that your country has been stolen."

I'm done, next time, I'll write about the delights of single malt scotch whisky.

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TTTRE

The OJA collects the stories of South African Jews who made their home here

or over forty years, the Ontario Jewish Archives, Blankenstein Family Heritage Centre (OJA) has been collecting and the preserving the stories of our Jewish community. Last year, they launched the Southern African Legacy Project, an exciting initiative to collect material from South African Jews who immigrated to Ontario.

Over the past year, many Jewish Southern Africans have shared their stories and records (photos, letters, memoirs, scrapbooks) with the OJA as part of this special initiative to document their immigration experiences. This is the OJA's first collection development initiative focused on a specific immigrant group, and the OJA plans to use this pilot as a model to work with other groups in the future. The OJA has been working with a committee including Stephen Pincus, Colin Baskind, John Cohen, Lorraine Sandler, Richard Stern and Heather Super.

Although the first large wave of immigrants from Southern Africa started arriving in Canada soon after the Soweto Riots in 1976, other immigrants did begin arriving as early as the 1950s. The earliest immigrant to connect with the OJA is Percy Skuy, a pharmacist who ended up in Toronto by chance in 1957. He had run short on money while travelling through the United States and needed to earn enough for the fare back to Africa. Unable to work in the States, he headed to Toronto to find work, accepting a sales position that came with a car, "I took it really for the car ... and never left. I fell in love with Toronto." On the 2011 National Household Survey, 4,725 Jews from Toronto indicated they were born in South Africa. Although relatively few in number, Project Chair Stephen Pincus explains, "immigrants from Southern Africa have had a significant impact on Canada in a broad range of fields. We hope that the Legacy Project will document many of the fascinating stories comprising this remarkable immigration."

As more individual stories come into the archives, the larger community story is beginning to emerge: why they left South Africa and Zimbabwe, why they chose Canada, initial impressions of Canada, the challenges they faced when integrating into life here, the differences and similarities in Jewish traditions, and the important role they have played in Ontario's Jewish community.

The project involves the collection of family portraits, images of holiday celebrations and other photographs, letters, speeches, family videos, diaries, and cook books. Everything collected is stored in the OJA's state-of-theart storage vault and made accessible to researchers and will also be accessible on the OJA's website. This initiative is an opportunity to ensure that the stories of this unique immigrant experience are preserved for future generations.

■ If you would like to participate, please contact Archivist Melissa Caza at 416-635-5391 x. 5110 or by e-mail at mcaza@ujafed.org



SOUTH AFRICAN LEGACY PROJECT

The Ontario Jewish Archives, Blankenstein Family Heritage Centre (OJA), is preserving and celebrating the rich heritage of Ontario's South African Jewish community.

IF YOU'RE FROM SOUTH AFRICA OR ZIMBABWE, WE WANT TO HEAR YOUR STORY!

Meet with an archivist and share your memories, photographs, letters, videos and other documents showcasing important milestones of your life in Southern Africa and Ontario. Your memories will become part of the OJA collection and will help to preserve your community's vibrant heritage for future generations.

FOR MORE INFORMATION OR TO PARTICIPATE:

www.ontariojewisharchives.org/Southern-African-Project

ojainquiries@ujafed.org | 416-635-5391

SOUTH AFRICAN LEGACY PROJECT COMMITTEE

Chair: Stephen Pincus *Vice-Chairs:* Colin Baskind, John Cohen, Lorraine Sandler, Richard Stern and Heather Super **OUR STORIES** ARE YOUR STORI



John and Vivien Cohen at the "10 Years Out of Africa" party, Temkin's house, Toronto, 1987.



Ronnie and Sandra Roth at a B'nai Brith Yorkdale Lodge dinner in honour of Ronnie, [1986?]



Ontario Jewish Archives Blankenstein Family Heritage Centre

UJA Federation of Greater Toronto

PASSOVER FOOD DRIVE 2016April 3-13, 2016Delivery Day April 17, 20168.30am-11.30am

GLENDA EPHRON COOPER, CHAIR PASSOVER FOOD DRIVE

o you know what the Passover Food Drive is? Have you ever participated in the most amazing event that brings the Jewish Community of Toronto together? Have you ever driven down Bathurst Street, South of Finch, to Council House, 4700 Bathurst Street, about a week before Passover and seen all the cars and crowds of people and wondered what was happening?

In 1982, National Council of Jewish Women of Canada, Toronto packed and delivered 25 food boxes to Jews in Toronto. Today, we expect to pack and deliver over 2600 food boxes to the less fortunate of the Jewish community of Toronto.

It is the Passover Miracle. The community involvement in this project amazes me every time I see it. Children come and pack the boxes, while adults supervise, build and move the boxes; School, Shuls, High School kids, businesses, family gatherings, to name a few, share in this "miracle" of completing the task of packing all the boxes in 10 days! The Passover Food Drive is completely volunteer driven.

Delivery Day is another Miracle - the traffic jam on Bathurst Street (at Council House) -drivers come with their families, moms with their children, dads with their strong arms, and pick up their route and boxes, and off they go and deliver Kosher for Passover Food boxes and Chickens to the recipients. It is a time to reflect and appreciate what we have, it is a time to bond with our



children and to teach them that to give is often more important that to get.

Passover is a special time of the year and is the mostcelebrated Jewish holiday. The traditions are celebrated and the story is passed on from generation to generation. Social agencies in the GTA refer over 10,000 Jewish people to the Passover Food Drive.

Celebrating Passover should not be a privilege! We need your help!

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National Council of Jewish Women of Phone Number:	_
4700 Bathurst Street Email: Toronto, ON M2R 1W8 Phone: 416.633.5100 Fax: 416.633.1956 Phone: 416.633.5100 Fax: 416.633.1956 \$36 \$72 \$108 \$180 \$270 \$360 Other Email: pfd@ncjwctoronto.org VISA/MASTERCARD Number:	
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Our challenge is to meet the needs of the financially disadvantaged in our community. The economic downturn, the cost of Kosher for Passover food and chickens and limited financial resources restrict the number of individuals we can assist.

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Online: www.canadahelps.org/dn/ www.passoverfooddrive.org Call: 416.633.5100 Cheque: Passover Food Drive NCJWC-Toronto, 4700 Bathurst Street, Toronto, M2R 1W8



A Donation Receipt will be issued for every donation over \$10.00

Volunteer: Pack, Supervise, Drivers on Delivery Day - sign up on our website: www.passoverfooddrive.org

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Caring for our community You CAN make a difference.

My Eating Disorder is not....

It's not a diet nor a lifestyle or a senseless teenage phase It's not stupid it's not silly nor the latest weight loss craze

It's not a passion, not a hobby and it is not some twisted game It's fatal, yes it's DEADLY, it's an illness of the brain

It's not fun and it's not funny, not intentional not a choice It kills you slowly everyday and overtakes your voice

It's not my fault it's not intentional, not some spiteful slight of hand It's an anxiety driven fear based disease that too few understand

It's not a joke and it's not selfish, it is the FURTHEST thing from vain It's a drastic telltale of no selfesteem and unparalleled burning shame. It's not malicious nor dismissive, not distinct to middle class white girls It's a disease like any other, ensnaring EVERY age, class, and race 'round the world

It's not uncommon, it's not weird it dates back CENTURIES, nothing new

It's the single most fatal mental illness, which all statistics prove to be true.

Telling an anorexic to "JUST EAT" is like expecting a deaf person to JUST TALK Telling a binge eater to "JUST STOP" Is like demanding a paraplegic to JUST WALK

Telling a bulimic to "just eat normally" is cruel, ignorant and frustrating Telling an exercise addict to "just sit down" is like telling schizophrenics just STOP hallucinating

This illness is biological, and genetic, it's like cancer of mind and thought It doesn't come from nowhere, you are either born susceptible or not.

If you think this is a ridiculous phase or that we'd be fine if we "just tried" Then explain to me the shocking

rate of sufferers committing suicide

If E.D.'s were just a stupid choice or you think that we're just lying Then why are millions desperate for help while millions more are dying?

© Amy Preskow, 2015

NIED-National Initiative for Eating Disorders, 416 859 7571 www.nied.ca



LEGACY LETTERS: The gift that keeps on giving

ADELE GOULD

magine how you would feel if you had in your possession a letter written to you by your deceased parent or loved one, expressing what it is he loves and admires about you, describing what is special about your relationship, and highlighting some of the happy moments you spent together.

What a gift it would be to have something like that! Sadly I do not. Very few of us do, but that is changing. I for one have travelled a road that has led me to do it differently – and to encourage others to do the same.

My journey began over eight years ago, when our family faced a devastating loss: my beloved granddaughter passed away at the age of four after a heartbreaking battle with brain cancer. As a way of coping I kept an almost-daily journal which proved to be a worthwhile endeavor: I had not only written about the painful times – I had also recorded ways in which my granddaughter was particularly adorable, funny or cute, and was later able create a list of those memorable moments, giving us cause to smile – even now.

Shortly thereafter a close friend was facing the immanent death of her husband after his battle with cancer, and she too kept a journal to help her cope. She also helped her husband to write Legacy Letters to leave for their children and grandchildren. Without her help – he wrote a letter to her – a gift that to this day brings solace and comfort.

Having both kept journals she and I were reminded of the potential power of the written word. It occurred to us that while many of us tell our loved ones that we love them, we don't usually elaborate. How special it would be if we were tell them what it is that we love and appreciate about them, or how they might have impacted and enriched our lives. Knowing how unpredictable life can be we decided to write Legacy Letters to some of our loved ones and to share these with the recipients. Although the word 'legacy' conjures up images of death and dying we believe Legacy Letters can be shared at any time. Why wait to share positive thoughts and feelings? We did not anticipate the strong impact the letters would have on the recipients, and their reactions left us wanting to encourage others to write. Together we explored ways in which we could help people who might be interested, and offered to meet with them to provide guidance and support.

What exactly is a Legacy Letter?

A Legacy letter is a cherished gift that we can create for our loved ones in the form of a letter (or audio or video) focusing on the positive attributes of the recipient – what we love, appreciate and admire about the person. It could highlight special times and beautiful memories shared and it could include the writer's significant life experiences.

The writing of Legacy letters is beneficial to both writer and recipient. The writer has the opportunity to express positive feelings, highlight significant life experiences and revitalize happy events. The recipient has a tangible record of valued aspects of the relationship, reminders of special times and a gift that will bring comfort at a difficult time – and beyond.

Helping others

A year after the death of my granddaughter I applied to become a hospice volunteer, visiting people in the community who are struggling with life threatening illnesses. As we spent time together and developed a trusting relationship, the notion of writing legacy letters could emerge.

For the most part, the individuals who expressed interest in writing were intimidated by what felt like a daunting task at a time when energy was in short supply. While they were strongly drawn to the idea of writing Legacy Letters they had no idea how to go about it or where to begin. Some felt that they were not 'good' at writing. Many didn't have the energy to put pen to paper. I often made an audio recording of our discussions and transcribed it for them.

For simplification of expression I use 'he' instead of 'he/she'.

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Although this was a heartbreaking endeavour it was also heartwarming. At a time when a person is so dependent on others, it is an opportunity to give, which does wonders for self-esteem in such circumstances.

My Own Legacy

I am fortunate in that writing comes easily to me, and has helped me to survive the difficult times in my life. I write from the heart, and am unafraid to share my inner feelings, struggles and thoughts. I believe that authenticity opens the door to greater intimacy in relationships, which in turn enables us to truly be seen and heard. In my Legacy Letters I describe not just my feelings and thoughts about the recipient; I share some of the important lessons I have learned over the course of my life.

I am now almost 70 year old. It is the stage of life when issues about illness and mortality enter our consciousness. I am no exception - I'm glad I didn't wait to write my Legacy Letters. We all want to be remembered, And Legacy Letters have no expiry date.

I will gladly volunteer to help anyone interested in creating a Legacy Letter. I can be reached at adelegould@mac.com. Or, if you would prefer, there are many books available on the internet.

Herber House remembered, 50 years on

by STUART BUXBAUM | Jun 24, 2015 - SA Jewish Report

A HERBERT HOUSE reunion breakfast was held in a Johannesburg restaurant on Tuesday, June 16, 2015 where some of the previous boarders and their spouses and partners, who were once resident at Herber House Hostel, came together to reminisce. Herbert House was closed more than 50 years ago.

This hostel was the first boarding facility of the SA Jewish Board of Education and was named after Harry Herber, founder of Greatermans Stores and one time president of the Board of Education.

The main building of the hostel, an imposing castlelike structure in South Street, Yeoville, was located just off the old Harrow Road (now Joe Slovo), and across the



BACK ROW STANDING: Brian Perelman, Stuart Buxbaum, Paul Solomon, Jeff Dermick, Michael Katz, and Leon Klugman. MIDDLE ROW STANDING: Joel Levin, Sidney Mograbi, Maurice Buisansky, Harold Mograbi, and Irwin Bartkunsky. SITTING: Charlotte Brinkman, David Alperin, Allan Cohen, Laura Alperin, and Philip Bartkunsky. NOT IN PICTURE: Barry Fisman and Max Miller.

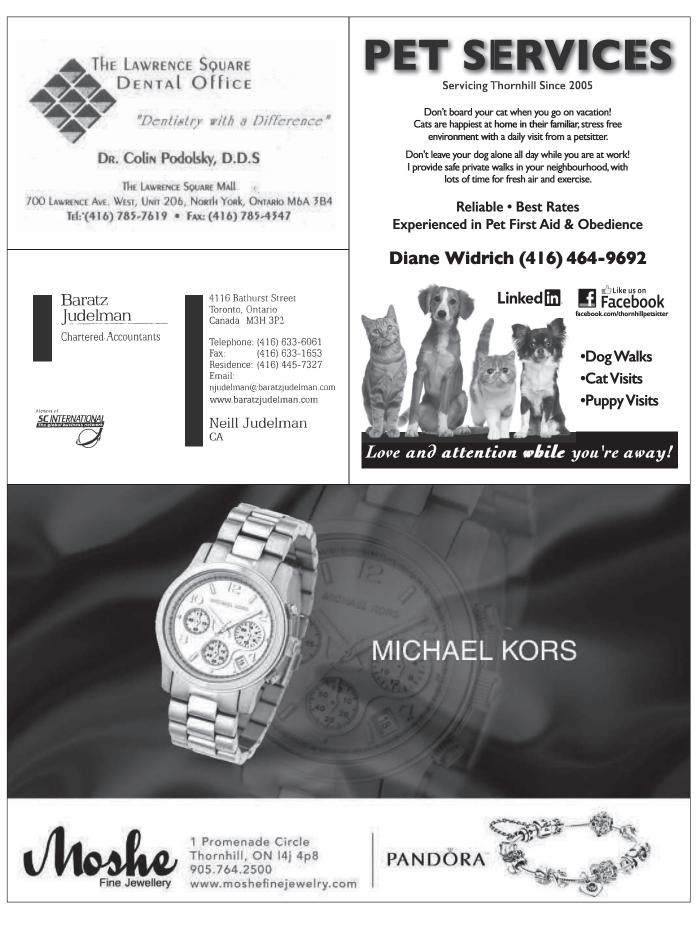
way of that now iconic Johannesburg landmark, the Ponte building.

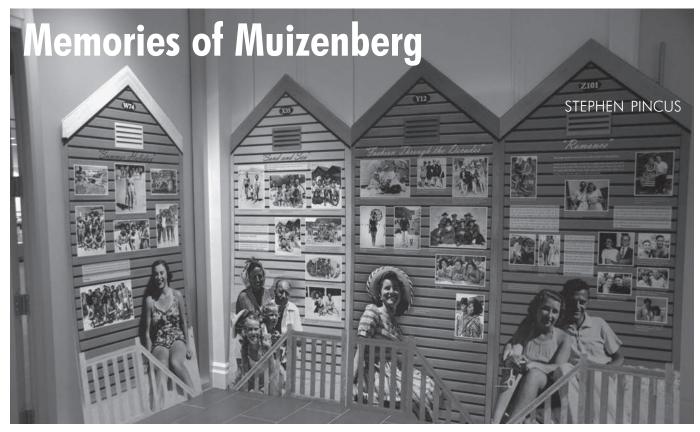
The hostel provided boarding for Jewish learners from the country districts of South Africa and indeed from beyond its borders, in the 1940s, '50s and '60s.

Towards the mid-sixties, the number of boarders declined and the hostel became unsustainable. It closed its doors at the end of 1964. A hostel on the grounds of King David High School, Linksfield, Sachs House – also long since closed as a hostel – opened its doors in 1966.

Today, the previous boarders of Herber House are spread across the globe, but a sizable number are still resident in Johannesburg.

To mark the occasion, a donation of R1,600 was made by those attending the breakfast, to Hatzolah.





Bronzed teenaged bodies jostling for space – and attention – in the snake pit

Buxom Jewish matrons ambling along the Promenade to take in the "Luft" and fortify themselves for the coming year on the Highveld

Fathers and sons – and mothers and daughters – body surfing together in the turquoise waves - and then racing across the soft white sand

Children cranking the handles of the "penny machines" at the grand Pavilion, then eating ice lollies as they compare their "blue bottle" scars

fter half a century, why are these images still so powerful for anyone who experienced a Muizenberg holiday?

And what deep emotional forces catalyzed this wonderful exhibition and propelled it across the world – from South Africa to Israel to England to Australia and now to Canada and the United States?

Joy Kropman, the curator of the exhibition observed that in true "Litvak" tradition, such an exhibition would not be complete without a "*faribal*". She related the following story: an old black-and-white photo of a tall pretty girl in a one-piece bathing suit nearly led to the Second Battle of Muizenberg – you may recall that the first was in 1795. At the opening of the exhibition in Cape Town, a jealous 80-year-old lady noticed that this photo was selected rather than the photo of herself in a more sexy two-piece. "Who is that?" She ranted. "*I* was a lot prettier than *her*."

In London, the *Memories of Muizenberg* exhibition was opened by Sir Jeremy Isaacs, the famous British TV producer of the World at War, who married a Muizenberg girl. He commented that it "offers a portrait of a thriving community – working hard, playing hard, happy with themselves, happy in their skins…" But he goes on to say that he has "never met a group of exiles who hammer on so relentlessly about their past and their nostalgia as the former inhabitants of Muizenberg – the mountain, the beach, the luft, the people – human and friendly, weird and eccentric – in their minds they remain in the centre of the universe."

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The Sterns

One family at the centre of Muizenberg life was the Sterns. Richard's parents Tillie and Bertie Stern were known as Arkela and Sandpiper. Their legacy to Muizenberg still stands – the Masque Theatre of which Richard is a trustee.

Bertie was the iconic "Sandpiper Stern" who ran the Habonim Camp with a firm hand in the 1940s and 1950s. When we were planning Habonim's Golden Jubilee Dinner in 1980, I visited the Stern's beautiful old home in Muizenberg, right opposite the beachfront, to invite Sandpiper as the surprise guest. Although he had no contact with Habonim for decades, he agreed to attend the dinner, and when 1000 people had taken their seats in the ballroom, we switched off the lights.

When we turned the lights back on, in marched Sandpiper Stern. By then he was an elderly man – but he still had a ramrod back and was dressed in full Habonim uniform – complete with khaki shorts, scarf and woggle, and wooden truncheon – blowing his police whistle. The room broke out into pandemonium.

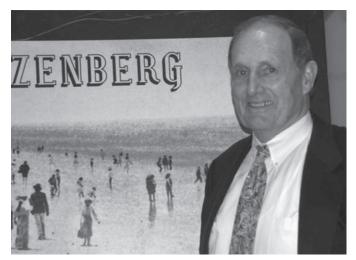
In a very real sense, tonight's event – and the very presence of this exhibition in Toronto, is testimony to the values of the Stern family, shaped – no doubt – by their Muizenberg environment: generosity, commitment to community, respect for tradition, and fastidious organizational discipline. Richard Stern exemplifies these values. He is not only responsible for bringing the exhibition to Toronto, but for ensuring that every detail has been planned and executed to perfection.

Habonim Camp and Muizenberg

Habonim Camp and Muizenberg were two of the great formative holiday experiences of a South African Jewish upbringing. The well-known Canadian broadcaster, Isme Bennie, compared these holiday experiences. She wrote:

"...I walked for miles along the beach looking for a snake park. I did not realize that it was the name for a crowded triangle of beach, edged by a row of bathing huts on one side and the concrete wall of a promenade on another, where all the young people hung out. The air in Muizenberg was invigorating, full of saline, and the sea had breakers to jump into or surf upon. One could stay in for hours. But the Snake Park had the attraction that it brought girls and guys with hopes for a date, or at least a few weeks' vacation relationship, into close quarters...

Then I went to Habonim camp one summer. If the



Richard Stern

Muizenberg experience was inadequate for my mother, so was camp for me. There were six of us to a tent we had to put up ourselves. We slept on bedrolls. If it rained, we got soaked. We had to help with food prep at the large communal kitchen. Showers and toilets were a long walk away. Even accessing the beach for a daily swim was preceded by a trek through brush. ..I came home very grubby and with a strep throat." [You can find more of that in Bennie's story *George or Holidays by the Sea*]

This past summer, I was involved with a short pilot program in Israel for ex-Southern Africans with some Habonim connection. For many participants, the program – called "Dreamers" – was quite transformative, seeking to re-create that special experience of feeling young again; and certainly there was a healthy amount of nostalgia involved, as there is in the Muizenberg exhibition.

Nostalgia was once thought of as a disease, but psychological studies have shown that – to quote one – "it bolsters social bonds, increases self-regard, and generates positive affect." One expert comments: "Nostalgia serves a crucial existential function, bringing to mind cherished experiences that assure us we are valued people who have meaningful lives."

In the words of Simon and Garfunkel, as you might have heard them on the Muizenberg promenade in the late 1960s or 70s coming from an eight track tape recorder on a breezy moonlit night: "A time it was, and what a time it was, it was – A time of innocence – A time of confidences."

In short, for many of us this exhibition recaptures a very powerful sense of being young, and of going back



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home. Perhaps more than home - because Muizenberg was a home away from home - a place of romance, of rest and restoration.

And, like the Dreamers program, perhaps *Memories of Muizenberg* has the potential to take us beyond our nos-talgic longing for our lost youth.

After all, those formative summer experiences long ago at the tip of Africa nurtured the personalities, the values, and the confidences, that have enabled us to create – on these colder, quite different shores – families, careers, communities and legacies that are strong, rich in their diversity, and enduring.

As for the Muizenberg of today, it is of course a quite different place, in a very different South Africa. Certainly we can be thankful the trappings of apartheid that make us cringe have disappeared.

So as we look at the Muizenberg of then, we can embrace what we once experienced there – and what it has become – with a sense of satisfaction rather than of loss. *Pincus, Stephen <spincus@goodmans.ca>*

A few words on the Brent Sloman I knew

LIONEL STEIN — FROM THE SHABBAT NEWSLETTER OF THE YESHIVA COLLEGE HEBREW CONGREGATION (GLENHAZEL SHUL), FEBRUARY 6, 2016

Having learnt earlier this week of the passing of my dear friend Brent as saddened as I was, I realised that Hashem had taken home a pure and honest soul, a rarity in this world. Having known Brent for about four decades I can certainly say that he played a major role in my life and I certainly learnt a lot from him.

Unfortunately due to cost restraints Brent was hardly able to come to Shul over the last few years, yet the impact he made on Shul goers throughout Johannesburg certainly left a lasting impression on them.

Brent was an institution at the Yeshiva College, Glenhazel Shul. Even after his first stroke he continued to move around the Shul in his wheel chair and was able to mix with the congregants without any problems.

Throughout the years Brent was the honorary Head Boy of the Yeshiva College, Principals, year after year, would present him with his Head Boy Badge, something that he wore with great pride.

When it came to Shul there was nothing better that Brent enjoyed than making the Brocha on wine after Havdalah every Saturday night.

On Shabbat morning Brent loved singing Anim Zmerot from the Amud, something which he did word perfect even though he couldn't read a word of Hebrew. On one occasion at a Shabbaton in Victory Park, the second time we were there while the world renowned Ari Klein was the Chazen there, Ari came up to Brent before Musaf and said that when he sings Anim Zmerot he mustn't shout, and then quietly under his breath he said to himself "who am I to tell him not to shout."

The late Chief Rabbi Cyril Harris noted that Brent sang with more Shul choirs than anyone else because whichever Shul he went to that had a choir, and that was many, Brent would join the choir for the Shabbat morning.

The first time we visited Chief Rabbi Harris in Parktown some 26 years ago, I walked with Brent both ways, 8 km each way, and what was amazing walking through Orange Grove how many people stopped their cars to say hello to him. Such was his personality. Equally amazing that day was that Brent who even battled with walking all those years ago was able to walk all of 16 km in one day, including walking up death bend in Louis Botha Avenue.

On our first visit to Rabbi Goldfein in the early 1990s Brent astounded everyone after Havdalah with his musical talents and how he was able to play the musical keyboard and adapt to any tune and/or song. A natural ability.

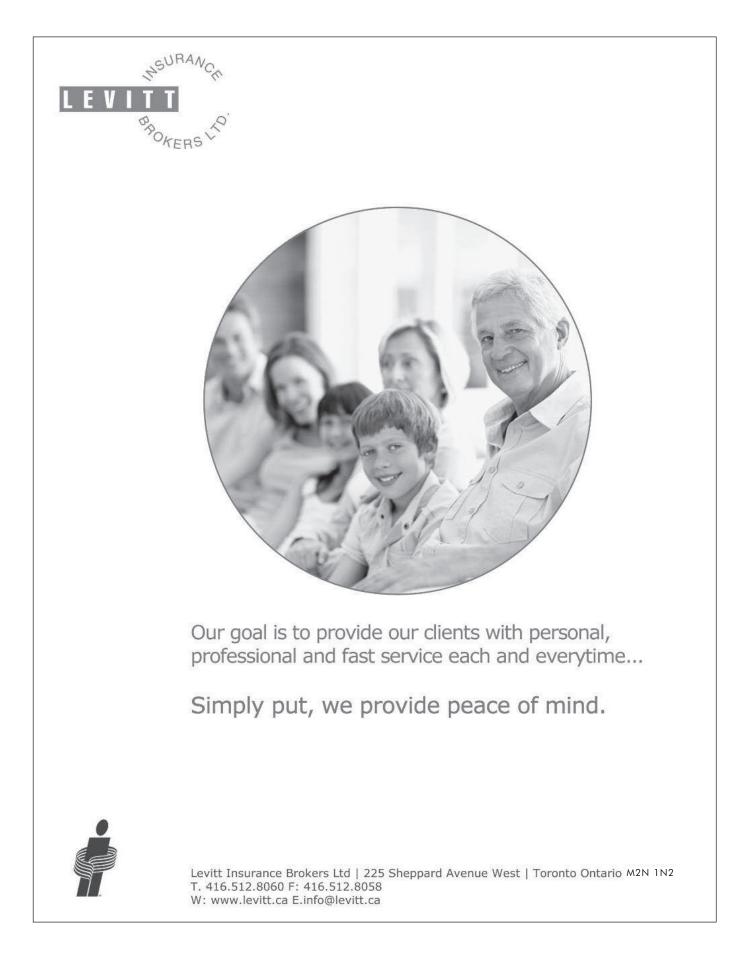
Brent's favourite song was Boy, Boy, Crazy Boy from West Side Story and he was as he ended off the song "Just play it cool boy, real cool." That was Brent, real cool.

To conclude, Brent had a fetish about saying Kaddish, which he called "talmidayhon." He was blessed to say Kaddish for his parents, which he did with kavonah. May their souls, together with your dear soul Brent be granted an Aliya.

Brent, as you said, talmidayhon, well, all I can say is that I learnt a lot from you and I certainly considered myself as a talmid of yours.

Blessed are the righteous.

May his family be comforted amongst the other mourners for Zion and Yerushalayim and may they be comforted in the knowledge that Brent led a full whole-some life where he left his imprint on society.



WHY DO WE DO WHAT WE DO... ... A message from DANI

KATHY LASZLO

...over 20 years ago I was diagnosed having depression, anxiety and OCD and a few years ago I also got the diagnosis of Borderline Personality Disorder. Even tougher, I have a B.Ed. and my ECE equivalent! Finding a job and most importantly maintaining employment was difficult for me due to my mental health illness. I reached out to many organizations, both Jewish and professional, but they said they couldn't help me. I felt ashamed and rejected. I felt worthless. But then things changed when I found DANI! At first I felt afraid that if my symptoms were shown, they too would reject me. But I was wrong. I had nothing to fear. DANI is the only place of employment that I truly can call home. I can be myself without the stigma of mental health illness. I can be Me, and I am accepted for just being Me. I have never felt so proud of myself and my accomplishments before, no matter how big or small...

ANI was created in 2006 by parents of children, who have special needs. It started as an action group and became an incorporated, non-for-profit organization.

DANI's mission is to create employment, training and educational opportunities for adults who have cognitive, emotional and/or physical challenges. The program is designed so that these individuals may be financially empowered and given the self-confidence to participate fully as members of the community, enjoying a dignified independent life.

DANI is an inclusive program; currently servicing over 100 families with diverse backgrounds in the GTA. DANI provides a Day Program, Vocational Training Program, Job Training and Placement and afternoon/ Sunday Social and Recreational Programs.

The DANI Social Enterprise is located in the 8200 sq ft DANI Center in Thornhill. It serves a dual purpose; vocational training opportunities for the participants and revenue generator. The net proceed from the Social Enterprise is turned back into the organizational budget and supports educational and recreational programs.

We exist so we can give a chance to people, like the young woman who wrote the above letter. But we cannot do it without you; we need you to come and have lunch in our Café, order food from our Catering, stop by our Kiosk, buy our hand-made baby gifts and cookie tray presentations and utilize our Event Centre for your Simchas.

We need to feel included for the right reasons, we need to feel valued.

"Just opening your door is not a mitzvah; it's a start. What happens after the welcome is what really matters. It's the critical difference between being tolerated and being valued – that difference is everything."

Comedian and inclusion advocate Pamela Schuller

Kathy Laszlo, Executive Director DANI, www.danitoronto.com

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My Prostate story continued...

DARRYL LEVENBERG

Since my last update in September 2015, we had our annual Movember campaign where we raised an incredible \$17,000 for Prostate cancer research and men's mental health. These funds will be used to advance the research into finding a cure for these critical illnesses. I am sure that many people asked about your moustaches and that spreading the awareness to more men was achieved.

When we started to raise awareness for Prostate cancer and men's mental health 4 years ago, I never thought that this journey would achieve so much both fundraising and personally. I'm proud to let everyone know that we have raised over \$75,000 over the past 4 years! I THANK you all for both your generosity and that of your donors (please send them the emails so they know how much we appreciate their support). Across the world millions of dollars have been raised, with Canada leading the way.

The shave off party at BATL was a huge success, thanks to the BATL team for their generous hospitality and donations – everyone who attended had a great night and tons of fun. If you missed it this year, hopefully we can have it there again next year.

Thanks to Leon our professional barber for his time and making us look respectable once again, to both Bagel World and What a Bagel for their generous donations of the food, and all those that baked the delicious treats.

On a personal note I had a follow up bone scan and MRI at the end of November and unfortunately the results showed that the spread had moved to the bones in my ribs and pelvis. The positive side of these results is that my vital organs did not show any metastatic spread. In all of these results it is vital to find the positive as that is what keeps the belief that as long as you keep fighting there are thousands of researchers working to find a cure. It also reminds us all why going for annual checkups are so important since early detection gives everyone a huge advantage in fighting these diseases. My oncologist let me know that my only option at this time was to start with chemo, which I prefer to refer to as "Tequilo" much easier to accept it this way! I knew that as the journey continues these are the phases that will present themselves and that you just have to accept that this is the path that this illness takes overtime, since once there is a spread it will move through the blood stream and attack the various bones and organs. There is no cure at this point, so the treatments work to try and slow down the spread.

So now being the middle of February I have completed my 3rd of 6 "Tequilo" shots which takes 1.5 hours to administer every three weeks. The treatment is extremely powerful which puts me out for a good week with very little energy. One of the side effects is a limited immune system since the "Tequilo" has no regard for good cells or infected cells, it just kills them all. With that said I have now got a new look of baldness and again this comes with some positives, I can be ready 10 min earlier, no drying, styling, hair in the sink, and no cost for haircuts.

I am optimistic that as I will be completed by mid-April. I am hopeful that I will gain enough strength to begin training for my 3rd Enbridge ride to conquer cancer (a 2 day ride from Toronto to Niagara 219 km on June 11th & 12th), if anyone would like to consider this amazing event please go to the Enbridge conquer cancer website and join the team of Steve's Cycle Path, which is the largest group that has raised over \$4 million with \$1 million raised last year alone.

I once again THANK all those that have supported me in the various fundraisers and hope that you will continue to show your support. This is a critical illness, and I hope that with both money and time we will one day soon find cures. I know there are members in our community that are fighting various cancers and we wish them strength and all the positivity to continue the heroic fight from us all.

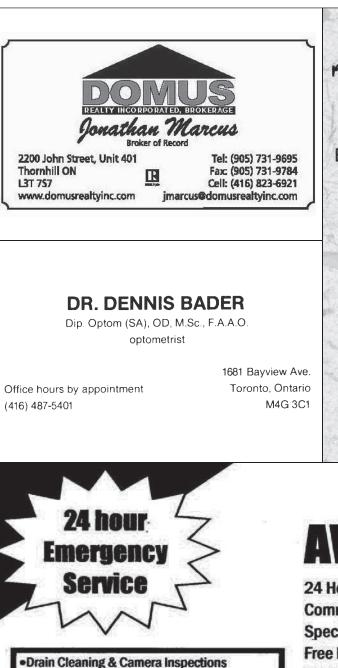
To my family and friends, I want to THANK YOU for all your love, caring and support.

I would like to wish everyone a Happy Pesach, and a year of health, happiness and sweetness.

"It is not the years in your life but the life in your years"

With Love, Darryl

■ To be added to my email list for updates on future events, please email darryllevenberg@gmail.com



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Early detection is key in the fight against colorectal cancer

olorectal cancer is the third leading cancer in women in Canada. Further, Ashkenazi Jews, both men and women, also appear to be at higher risk. To help raise awareness of this potentially deadly disease, L'Chaim Cancer Support Group for Jewish Women, a project of National Council of Jewish Women of Canada, recently held an important awareness evening.

Colon cancer has hit home for both of the evening's speakers. The first speaker, Frank Pitman, lost a sister to colorectal cancer and went on to develop the disease himself. These experiences spurred him on to join The Colorectal Cancer Association of Canada, where he now works as Patient Support Coordinator.

Per Pitman, risk factors include being over age 50, having inflammatory bowel disease or a history of polyps. Genetic factors

can increase risk as well, so it is vitally important to find out if one has a family history of colorectal cancer. In particular, there appears to be a higher risk among Ashkenazi Jews. Certain lifestyle factors can also increase risk, such as being sedentary or obese and consuming large amounts of processed meats, red meat and meat charred from barbequing.

Symptoms

Symptoms include bloody stool, abdominal cramps, bloating, constipation and unexplained weight loss. Although not necessarily indicative of cancer, these symptoms should be brought to the attention of one's doctor. However, colorectal cancer can be present with no symptoms, so it is important to be routinely checked. Early detection tools for those at average risk include the Fecal Occult Blood Test, or FOBT. A newer test, the Fecal Immunochemical Test, or FIT, should be available soon, and has been shown to detect significantly more cancers.

"The gold standard, though, is the colonoscopy, which can detect pre-cancerous polyps," said Pitman. "Once



Susan Austin of the L'Chaim Cancer Support Group for Jewish Women and Frank Pitman, Patient Support Coordinator for the Colorectal Cancer Association of Canada.

these polyps are detected and completely removed, you have prevented getting colorectal cancer".

The next speaker was Susan Austin. She spoke movingly about her cancer journey; from the shock of her initial diagnosis of Stage III colorectal cancer to being rediagnosed at Stage IV when the cancer had spread. Through it all, she faced her cancer with great determination, advocating for herself to get the best care possible. Today her cancer is in remission and she "pays it forward" by serving as a L'Chaim peer support buddy to newly diagnosed women. "I find great satisfaction in providing support to women in treatment. I've been there myself and know it's not something you want to go through alone."

The CCAC provides an array of services for patients with colorectal cancer, helping them to access important resources. For further info, go to www.colorectal-cancer.ca L'Chaim provides confidential peer support to Jewish women with any type of cancer.

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2016 Toronto Real Estate outlook

DANIEL BLOCH

ast year (2015) was another record breaking year on the Toronto Real Estate Board, with the highest number of units sold in a fiscal period to date. Not surprisingly, the average price for a detached home in Toronto has now surpassed the million dollar mark. As real estate has been on an upswing for many years in our city, we are often asked: is the bubble going to burst? Are prices ever going to come down?

We continue to see a significant number of buyers entering the market stimulated by record low mortgage rates. Growth in many business sectors as well as an increasing Toronto population further demonstrate that there is high demand for all housing types inside the city core and suburban areas. Simply take a look at Toronto's skyline which is dotted with construction cranes in nearly every direction – an indication of future development trends. As demand for product increases, we find ourselves once again in a Seller's market where bidding wars are commonplace, driving up selling prices.

Some analysts are expecting that the Bank of Canada may further cut interest rates as a result of weakening crude oil prices. Meanwhile, skeptics predict that the rates may actually rise slightly in 2016, about a half a point. But for most people, this would not be significant enough to have any major effect on a decision to purchase, or re-finance a property loan.

The minister of finance recently announced changes to

the rules for government-backed mortgage insurance to minimize risks in the housing marking, reduce taxpayer exposure and support long-term stability. Effective February 15, 2016, the minimum down payment for new insured mortgages will increase from 5 per cent to 10 per cent for the portion of the house price above \$500,000. Once the new rules are implemented, someone looking to buy a \$750,000 home would need to have a minimum down payment of \$50,000. Homes priced at more than \$1M by law require a minimum down payment of 20 per cent.

We welcome many new South Africans into our community each year. We often begin our process with new clients before they've made the move, while they are preparing for immigration into Canada. We have a number of resources to help ensure that their transition is a smooth one. Once here, most families will rent a home for the first year in their new country. This allows them to get a good understanding of the various school districts, commute to the office and nearby amenities. We provide ongoing assistance during the process of integration to a new life in Toronto, and beyond onto downsizing and real estate investing.

Daniel Bloch, Harvey Kalles Real Estate Ltd., Brokerage Daniel@TeamBloch.com

Prayer

Max Skuy

Oh Lord, we thank thee for all thy goodness.

We thank thee for our health, physically and mentally, which thou hast graciously granted us.

We thank thee for the lessons that improve us and for the knowledge that we can gain from day to day.

Steer us in that direction so that we can improve in our ways. Thou shall purify our hearts and our brains so that we can think and speak no evil.

Let us be a beacon of light to all mankind.

May we have peace in this world.

May we live in peace and harmony and may death be only from old age.

maxskuy@sympatico.ca



Is your child a "pushover"?

SARA DIMERMAN

More recently shared her concern with me about her child being a "pushover". She said that even though she was just seven years old, that she was already seeing her daughter as more of a follower than a leader and looking towards the future, worried that her daughter might be willing to bend over backwards to please a peer or may even do something against her will just to make someone else happy. She wanted reassurance that this was not fixed for life and asked me for advice on how to turn things around.

We talked about some of her specific concerns such as her daughter giving special items away to peers and she asked if I thought that this may be her daughter's way of winning them over or buying their attention. She expressed confusion as to why this may be since she and her husband doted on their child and gave her lots of their time and attention. I suggested a reframe: Perhaps, I said, it was because her child was so used to getting their attention and unconditional love that she couldn't understand why she might not be getting the same from her peers. I recommended, of course, that they not withdraw their attention or love, but that this, combined with a child's desire to belong and feel included in her peer group, along with her generous nature, may be propelling her to behave as she was.

As most parents do, this mom also expressed concern about what might happen when her child grew older – even into teenage hood – and continued to be a "pushover". What, she asked, might happen when her child was introduced to drugs or alcohol? What might happen if she followed the cool kids who weren't the best influence? I reassured the mom that she had at least the next five or six years to monitor the situation and continue to guide her child towards making wise decisions and choices. I recommended that she read children's books that complemented the message she was working to deliver – those that allowed her child to project herself onto the pages that offered stories about one child following another down the wrong path and the consequences of doing so. In doing my own research, I found it difficult to find a specific title for a seven year old but did come across a book titled *Peer Pressure: Deal with it without losing your cool* (Slavens, Shannon) which I thought would be a good book for the mom to review and parts of which to share with her child.

I also suggested that rather than lecturing or admonishing her daughter for behaviour that triggered this mom's worst fear of her being taken advantage of by others, that she encourage more of the behaviours she hoped to see by making comments such as "I love how you stood up for what you believed in".

Finally, I asked the mom about her parenting style and expectations. I shared that despite her best intentions that her parenting style may actually be contrary to what she was trying to instil in her child. What I mean by this is: if you want your child to become a leader and think for him or herself, don't fret that she has "a mind of her own" or that he doesn't like to be told what to do. Of course, there need to be parental limits and boundaries set, but as much as possible, encouraging independent thought, asking questions that allow your child to learn from his experience and the behaviour of others may be some ways in which to encourage a child to feel capable of making good decisions and not following others blindly or becoming a pushover.

If you, like most parents, worry about your child's future or are concerned about remaining the most powerful influence for as long as possible, you may be interested in reading my latest book, How to Influence Your Kids for Good (Harper Collins Canada) on shelves and online.

Sara Dimerman is a Psychologist, Author and mom to two daughters. For more advice, connect at www.helpmesara.com or on Twitter @helpmesara.

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Intuitive medicine – A leap of faith?

JONATHAN MAISTER

ne of the luxuries medical doctors do not have is the opportunity to experiment with treatment strategies. With absolute wisdom behind this rationale, no patient would want a surgeon to replace his or her hip with a method the surgeon had just thought of on the fly.

However, without doing an injustice to the word "experiment" and suggesting that other health care professionals are less than diligent, this concept is worthy of further discussion.

Instinct takes over

All professions from plumbers to proctologists (mmm, do I sense a pattern here?) will note an intuition that comes with experience. There's an intangible that develops whereby the professional's instinct takes over in assessing a situation.

In my work as an Athletic Therapist, Massage Therapist and Sport Massage Therapist this phenomenon has become more evident. I have garnered some 20 years of experience treating a host of conditions. Many patients with standard textbook conditions have walked through my door; others have complaints that simply defy explanation. While referring to a more suitable colleague is always a consideration, often I see people that colleagues have simply referred to me for that very reason!

I have the luxury of being able to make connections between the mystery complaints of some patients, to something more typical which I have treated before. Having then decided with the information at hand on a trial treatment, I am able to implement something which results in a successful outcome. The patient's complaint may have no given name. Academia has not yet labeled it. The treatments themselves may be adaptations of existing manual techniques or re-purposed versions of recognized techniques that were used in other instances. The patient has relief and I have rediscovered, nay, invented a new way of treating a condition. compassion, knowledge, experience, the humility to concede that success is not guaranteed, but the willingness to take that Leap of Faith with a trial approach. This maxim applies to all professions. Same old same old is exactly that! Sometimes the situation demands innovation, something new!

The challenge is transforming this success to recognized academic literature. In some circles a "Case Study" is acceptable. In others, efforts are stonewalled by the "lack of data and evidence based medicine".

As mentioned earlier, "data and evidence based practice" does serve a purpose but cannot be the only determinant of treatment efficacy. This is so for a number of reasons. Firstly, treatment methods obviously begin with someone considering trying something new or different. This is the seed which grows into exhaustive academic study. Secondly, some conclusions simply cannot be derived with double blind studies, control groups etc. If this was the only way of testing something new, parachutes would never have been invented!

Having taught courses at various professional conferences often incorporating my intuitive experience and treatment successes, clearly this has some traction.

Do not be afraid to experiment

On reflection, my message is this. To all of you out there, whatever your calling, (surgeons excepted) do not be afraid to experiment. Allow your intuition to guide you to discovering something new. One's calling takes on a new meaning when that quantum leap is made.

To quote Albert Einstein: "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."

Jonathan Maister is a Canadian trained Athletic Therapist, Massage Therapist & Sport Massage Therapist. He is in private practice in Markham. He can be reached at (905) 477 8900 jmtherapy@JonathanMaister.com www.JonathanMaister.com

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Are you using too many antibiotics?

DR THALIA CHARNEY

There has been lots of publicity about antibiotic resistance lately. I once heard an MD say that if you need antibiotics you should be sick enough to check into a hospital. This MD was the exception but I happen to agree with him.

All doctors have their own comfort level for holding off from prescribing. The tendency to overprescribe is often about protecting themselves. No doctor will get into trouble for overprescribing antibiotics even if it is harmful to your body and to our health system. Another reason for overprescribing is that antibiotics are essentially the only treatment used by MDs to treat bacterial related infections. Naturopathic doctors, on the other hand, have a wide range of treatments they can and do use: herbal medicine, homeopathy, homotoxicology and hydrotherapy to name a few.

I have patients who tell me they don't take antibiotics too often but then tell me just once a year. Once in a lifetime is enough in my opinion. We unfortunately lack the confidence in our bodies to fight disease and we don't know how to address infections properly outside of antibiotics.

If you tend to take antibiotics here are some tips.

Having low levels of vitamin D (blood test needed) will make you prone to getting infections. Many people who take 1,000 iu of vitamin D are still low. Don't guess... get a blood test and then have your doctor adjust your dose accordingly until you reach normal levels.

- Being on medications like ACID BLOCKERS and/or immunosuppressive medications will make you more prone to getting infections. Acid Blockers are overprescribed and can often be eliminated if you work with a Naturopath to change your diet and/or heal your stomach lining.
- There are many great ways to naturally treat a cold or flu but you need to get proper guidance if you are not used to doing so. Two key things are timing and dose. Most people start too late and take too little. When you buy remedies at the health food store the doses are often very conservative and quality can be an issue. For example, I recently used a remedy for bronchitis that I developed while traveling. The doses I used were about 10 times the recommended dose on a bottle in the store.
- Once you have received the proper guidance from a naturopath or someone else who knows how to treat colds and flus, make sure you keep remedies AT HOME so when you get sick you can start treating your symptoms right away. This is key!

Be well!

Dr. Thalia Charney, speaker and author of The Confident Food Shopper and the blog www.theclassroomdoc.com/ blog. For more information: email dr.charney@naturopathicmilestones.com or call 416-642-0727.

MY PALETTE	by Bertha Kronenberg
If I had all the colors of this world I could paint events that occurred The year you ask Now that is a task I would take my brush and hope for a peaceful hush of stillness and calm	
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Dr. Wainberg qualified at the University of Witwatersrand Johannesburg, South Africa. He did 2 years of post graduate training in England and in the United States. Dr. Wainberg returned to his Alma Mater where he lectured for some time while commencing his private practice. Since 1971 he has dedicated himself to family practice. Including crowns, bridges, veneers and prosthetic implants. As well as aesthetic dentistry. Dr. Wainberg has a deep passion for caring for his patients wellbeing. He is an active member of the Toronto Academy of Cosmetic Dentistry, and other professional post graduate dental study groups. He feels extremely privileged to resume his life long love for Dentistry together with Dr. Alvin Sher who shares his pursuit of excellence



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A cautionary tale (a true story)

BY A LONG-TIME FRIEND OF THE EDITOR

uesday morning. 7.30. The phone rings. The caller tells me that my Visa card has been compromised. He says that he is calling from CIBC. My heart sinks.

The man says that he needs me to confirm my identity. He asks me for my name and Visa number, which I obediently supply, and he "confirms" that that is correct. He asks me to go on-line and he will show me what he is talking about. I comply. He shows me a statement of my CIBC chequeing account. He explains to me that somebody has charged an amount of \$300.00 to e-Bay, using my Visa card. I say, "That was not me". He says that there is no difficulty reimbursing that amount.

However.....He tells me that somebody made a purchase of \$1,100.00 at Western Union, to be sent to China. I confirm that that was not me. He says, "Yes, that was what made the bank suspicious". He explains that it is more difficult to reimburse an amount of over \$1,000.00. Therefore he proposes that Western Union will reimburse me \$2,100.00 and please will I approve an amount of \$1,000.00 to be returned to the bank. He shows me, on the computer screen, a cheque from Western Union, made out to me. And he shows me my chequing account statement with \$2,100.00 deposited into my account, with the balance showing that that amount has been deposited.

Of course, by now, I am suspicious. I print out the statement which is on my screen. He is agitated. He says, aggressively, "Why are you printing that out?" (he can see, since our screens are joined, what I am doing). I

reply, "I need to check this out at the bank". He says, "Oh, don't do that. We suspect that some employees at the bank are complicit in this fraud". Oy!!

At this point, I have had enough. I put down the phone and call Visa immediately and cancel my credit card.

At 10.00 am, I am at the bank, bringing with me the document I had printed out. The bank manager takes me into his office and listens carefully. He looks at my account on his computer. There was \$2,100.00 deposited into my account – transferred from my line of credit!!

I wanted to share my lesson with your readers. Firstly, the bank manager tells me that the bank would never call at 7.30 am. The fraudsters call then, knowing that the bank is closed at that time. Secondly, the bank manager says, one should never give one's credit card number if one is called. One only gives the number if one has initiated the call oneself.

I call the police. They ask me whether I lost any money. I say (proudly), "No". In that case, no crime has been committed and they inform me that I cannot register a complaint. However, they recommend that I call the anti-fraud department and give me the fraudsters' phone number. I call the anti-fraud department and tell them my sad tale. They tell me that they have had several similar reports. These attempts are usually made with elderly women. (I hate to see that I have graduated into that category.)

I thought that sharing my experience might be helpful to someone.

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Toronto teen jumps through hoops for Bat Yam youngsters

TEEN PHILANTHROPIST OPENS A TZEDAKAH FUND TO SUPPORT A CAUSE HE FEELS PASSIONATE ABOUT

EMILY HAZAN

t's not often a 13-year-old boy can Google his name and scroll through heaps of content praising his good will. Mitchell Rodney, is clearly an exception to the rule.

It started when his older sister, Hallie, established Hoops Kids in 2011 as part of her bat mitzvah project. The fundraiser was a youth-oriented alternative to Hoops 4 Israel, a three-on-three basketball tournament for older teens and adults to help fund programs that assist underprivileged Jewish youths and communities.

A short four years later and just in time for his bar mitzvah, Mitchell took over as the new leader of the Hoops Kids program, continuing this wonderful family tradition.

"I am carrying on the tradition for my bar mitzvah project as I believe everyone should be given opportunities to have better life experiences," said Mitchell.

To better track and target his support of the program Mitchell opened a tzedakah fund through the Jewish Foundation's B'nai Tzedek Teen Philanthropy program.

As an avid sports enthusiast, Mitchell decided that the

proceeds from the tournament would support the Bat Yam Community Centre Association, home to a basketball program that provides at-risk children the opportunity to play sports.

Extra-curricular programs such as this enable Bat Yam's youngsters to develop their talents on the court as well as their social skills off it, while being part of a wellrounded education. Basketball furnishes a spectrum of social situations that demand and develop cooperation, teamwork, emotional support, perseverance and other personal and social skills. Yet, few parents in Bat Yam can afford to provide their children with this vital extracurricular experience.

Thanks to Mitchell who raised more than \$3,600, 15 Bat Yam children now have the invaluable opportunity to play basketball for two hours a week for an entire year, an opportunity that, without Mitchell, simply would not exist.

During his trip to Israel this past summer, the Jewish Foundation organized a visit for Mitchell and his family to meet the players of Maccabi Bat Yam's youth basketball team. Several players on the team were Ethiopian immigrants who live below the poverty line. As a token

> ברוכים הבאים Bat Yam Welcomes UJA Federation of Greater Toronto



Left: Mitchell with dad, Jordan and mom, Julie. *Right:* Mitchell Rodney, front row, third from left, and sisters Hallie and Layla, front row centre, with the Maccabi Bat Yam basketball team.



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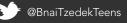
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of their appreciation, Mitchell was gifted with a basketball adorned with personal wishes from the team. *B'nai Tzedek teens are supporting community causes and programs that speak to their passions in Toronto,*

"I wanted to know where the funds were going and I wanted to see, first-hand, the people and how [the money] has impacted their lives," Mitchell said.

Yasher Koach to Mitchell, his family and everyone else who contributed to Mitchell's Tzedakah Fund. Together we are making a difference. B'nai Tzedek teens are supporting community causes and programs that speak to their passions in Toronto, Israel and around the world. For more information, please contact Angela D'Aversa at 416.631.5833 or visit us online at www.bnaitzedek.ca. Together we are making a world of difference!

Do you recognise those in the photograph?

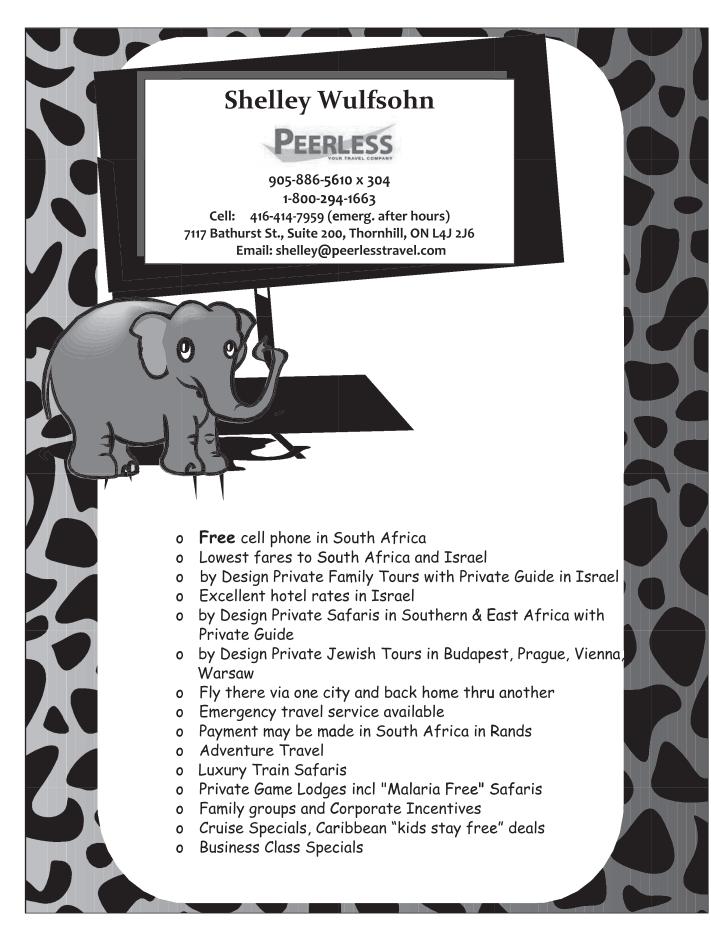
HASHOMER HADATI MACHANEH 1951



The photograph of the Hashomer Hadati machaneh was taken in December 1951 in East London. Charles Loeb (now living in London) submitted the photograph to the SA Jewish Report and would like to know where those in the photograph are today. If you recognise anyone in the photo please e-mail him at charlesandrina@yahoo.co.uk with contact details or comments. Rod Waner from Johannesburg followed up with the following names:

Front row (sitting): 2nd from the right – Richie Becker; 3rd from the left – Tony Factor Second row (kneeling): 3rd from the right – Ronnie Marcus – Boston Third row (standing): 2nd from the right – Robbie Osher – Toronto; 3rd from the right – Maish Shalit; 6th from the left – Solly Bresgi – Toronto Back row: 2nd from the right – Charles Loeb – London; 3rd from the right – a guy called Wolf (I think); 6th from the right – Rod Waner – Joburg

Note: The three madrichim (2 guys and a girl – the Rosh Machaneh I think is wearing glasses) who are standing in the middle between the Third row and the Back row have created a little line of their own, and have been ignored in the placings.



Economic immigration in Canada: An evolving system

HOWARD GREENBERG AND MELISSA M BABEL

The Canadian immigration system has experienced a period of rapid change over the last two years. These changes include the introduction of the Express Entry Process, modifications to the Temporary Foreign Worker Program, amendments to the compliance regime around the employment of foreign nationals in Canada, the introduction of the 'Electronic Travel Authorization' (eTA) and the title change from Citizenship and Immigration Canada (CIC) to Immigration Refugees and Citizenship Canada (IRCC). Most recently, the Canadian government also affirmed its commitment to resettle many thousands of refugees from the Syrian conflict by prioritizing these applications.

It would appear that the period of change is not yet over. The Minister of Immigration Refugees and Citizenship Canada, the Honourable Minister McCallum, has indicated that there will be 'radical changes' to the Citizenship Act in Canada. These changes will be announced in the upcoming weeks, and can potentially include changes to the current language testing requirements.

What do these changes mean for people interested in becoming permanent residents of Canada?

For potential economic immigrants to Canada, Express Entry is becoming the principal gateway to Permanent Resident status.

Express Entry is a three-step online application process. In the first step, an applicant creates an online profile to be submitted into the Express Entry pool of candidates. The profile includes information such as his or her education level, language proficiency, work experience and marital status. These factors are assessed in order to provide an applicant with a total number of points under the Comprehensive Ranking System (CRS).

In the second step, IRCC issues Invitations to Apply (ITA) to all the top-ranking applicants who are in the Express Entry pool. Those applicants then complete step three, which requires them to submit a complete Electronic Application for Permanent Residence (eAPR). This application is generally processed within six months.

Express Entry has changed the way economic immi-

gration is done in Canada. It has introduced a 'best-first' approach, instead of a 'first-come, first-serve' approach to permanent residence. This approach is meant to allow immigrants who are most likely to become economically established in Canada to apply first. The selection and invitation system is also intended to prevent the creation of backlogs in processing queues and keep processing times under six months.

The introduction of Express Entry has significantly changed economic immigration in Canada. Applicants with Labour Market Impact Assessment based work permits (LMIA), or enhanced Provincial Nomination Program (PNP) certificates are provided with a significant bonus of CRS points; virtually guaranteeing them an ITA should they meet the eligibility requirements of the program. Express Entry has also made it more difficult for some applications to apply for permanent residence, as it is no longer enough to simply qualify for permanent residence, you must be among the best candidates in the Express Entry pool in order to be invited to apply for permanent residence.

Highlights of the Express Entry System

Approximately 30,000 Invitations to Apply (ITA) were issued in 2015; a significant portion of these went to applicants with Comprehensive Ranking System (CRS) Points that were lower than 600. Simply put – you can apply for permanent residence without a LMIA-based work permit.

- Express Entry draws at the end of 2015 trended upwards as the various Provincial Nominee Programs became more active issuing nomination certificates. These Express Entry-specific certificates give an applicant a bonus of 600 points, which increases their CRS Points in order to receive an Invitation to Apply.
- Successful applications have been submitted for applicants in a variety of occupations and a wide range of experience levels.
- Applicants on Post-Graduate Work Permits (PGWP) can also be competitive under Express Entry. Applicants with Canadian post-secondary degrees and at least one year of Canadian work experience are well suited for Express Entry.



Family Class Applications

IRCC reported receiving more than 14,000 new applications in 2015 under the Parent and Grandparent Sponsorship Class. This class opened on January 4, 2016, and had reached its maximum intake of 5,000 applications in just a few days. The program is now closed for the year, the first 5,000 complete applications received will be placed in the inventory queue. The Government of Canada has stated that it is seeking to increase the intake of parent and grandparent sponsorship applications from 5,000 to 10,000 per year. In the spirit of this commitment, IRCC has indicated that it will retain the first 10,000 complete applications received in 2016 for processing in 2017. Further information on this increase of application intake is expected to be released by IRCC in the near future, and it will include information on when it will be returning applications not added to the current inventory.

The Quebec Skilled Worker Program "went online" in January 2016

As of January 5, 2016, the application process for the Quebec Skilled Worker Program is now online. The current intake period for new applications will be closing on March 31, 2016.

Canada's entry requirements are changing

Temporary workers in Canada are reminded that starting on March 15, 2016, Canadian Permanent Residents must carry and present their valid permanent residence (PR) card or Permanent Resident Travel Document (PRTD) as well as a valid passport – when entering Canada by a commercial carrier. Not carrying a valid PR card or PRTD may result in not being able to board their flight, train, bus or boat to Canada. Processing times are currently in excess of five months for PR card renewals. Applicants may need to consider applying for a PRTD to facilitate travel. Electronic Travel Authorization (eTA) will be required for all visa-exempt non-US nationals entering Canada as foreign nationals for work or business purposes. Applicants who have been approved for Permanent Residence, but have not vet activated their Confirmation of Permanent Residence, must obtain an eTA to allow entry after March 15, 2016 by commercial carriers.

Howard Greenberg, Partner, National Practice Leader T: 416 943 0288 x224 E: hgreenberg@kpmglaw.ca

Melissa M. Babel, Senior Associate/Senior Manager Canadian Immigration T: 416 943 0288 x469 E: mbabel@kpmglaw.ca

News from back home, weekly - or even daily

THE SA JEWISH REPORT launched a new website two-and-a-half years ago – together with a new weekly newsletter service to anyone, anywhere in the world. The weekly newsletter is published 52 weeks a year,

even on the weeks that the paper doesn't, and the website is updated 24/6 (based on SA time). With the emailed newsletter comes access to download that week's newspaper, if there was one, as well as links to their latest news and information.

The website, which offers users the opportunity to become a free subscriber on the right hand side of every page, has a very easy address to remember: **www.sajr.co.za** and has, to date, published over 15,000 content items.



It is generally extremely popular with expats and 35% of their readership emanates from outside of South Africa. Canadians are sixth on their most-frequent user list – with 10,345 unique users having visited the website, many of them several times a week. Of course, that number pales into insignificance when compared to the total number of users – by the end of their third year they will have had over one million hits!

So, why not log on to www.sajr.co.za and click to subscribe. They have a very tight privacy policy on their database and if you don't enjoy receiving their weekly newsletter, e-Paper and information, there is always a weekly opt-out. We're guessing, however, that you are more likely to do quite the opposite, by sending their details to your own friends, family and expat SA groups to encourage them to also subscribe.

And, for the benefit of SA and world Jewry that have family and friends in Canada, www.sajr.co.za will also be publishing this and all future editions of SAJAC NEWS too, so others in the world can download and read it too!



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MY "PASTORAL MISSION" TO THE JEWS OF JOHANNESBURG: **Re-Visiting South Africa and speaking at the King David Schools**

RABBI IZAK RUDOMIN

Background: This past Summer 2015 I was privileged to spend an entire month in Johannesburg, South Africa as the guest of some philanthropic alumni in the USA and leaders in South Africa of the King David Schools Foundation for the volunteer work I have done for them over the past 25 years. One of the main highlights of my trip was when I spoke at assemblies at both King David High Schools in Linksfield and Victory Park. I was allotted not more than 10-15 minutes and had to choose topics that would explain my "mission" and connect with the students, and inspire them.

It was one of the greatest thrills of my life to be able to speak to the Jewish children of Johannesburg at the same school that I attended for ten years! The talks were very well-received and I they clapped for me at both schools during those talks. In Victory Park they clapped loudly when I was asked a question: How important do I think the King David Schools are in Johannesburg? I said it was a no-brainer that the King David Schools are the "backbone" of the community, the "spine" around and from which everything else grows! They loved that line and clapped loudly! Then at Linksfield they clapped for me when I stopped in mid-speech and took of my black rabbi's hat and donned a baseball cap from one of the past reunions with the King David Schools logo on it that was made especially for attendees of one of the reunions in the 1990s. The kids loved that gesture and clapped loudly in approval!

What follows is the full version of what I planned to say and, many parts of which I said verbatim and others I had to summarize, but before I arrived I was asked for a draft version of what I would like to talk about and the speech below is the "approved" version and what I submitted beforehand to the leaders of the King David Schools Foundation that they liked and approved and which I gave over mustering all my oratorical and lecturing skills, enjoy reading it as much as I enjoyed writing and delivering (most) of it:

"No, I am not a 100 years old even though my hair is



Izak and Zhava Rudomin KD Dinner August 2015 Linksfield JHB – Pic by Ilan Ossendryver SA.

white, I am only 62 years young! And even though people tell me I have an "American" accent, I really did grow up in South Africa, and I spent the happiest days of my younger years at the King David Schools from 1962 to 1971.

Really, this may surprise you, but I come to thank YOU!

How so you may ask? Well, besides actually being a proud graduate of the King David Schools, I chose to go into teaching when I was at King David inspired mainly by two teachers in particular, the legendary Mrs. June Barclay and her great father the late Mr. Bob. Morrison who were both Maths teachers but they "adopted me" and took a special interest in me and cultivated me, and in the case of Mr. Morrison he would come to my parents' house in Cyrildene on Sundays and tutor me in Maths and REFUSED to take ANY payment! Who does that?

Who teaches for "free"?

The only people I found out later in life who did that





Izak Rudomin (at back row center) 1967 Form I KDHS Linksfield Johannesburg class picture.

were some rabbis, who teach Torah for "free" because God taught the Torah to the Jewish People for "free" He did not "charge" them ANYTHING! Like providing air, it's FREE.

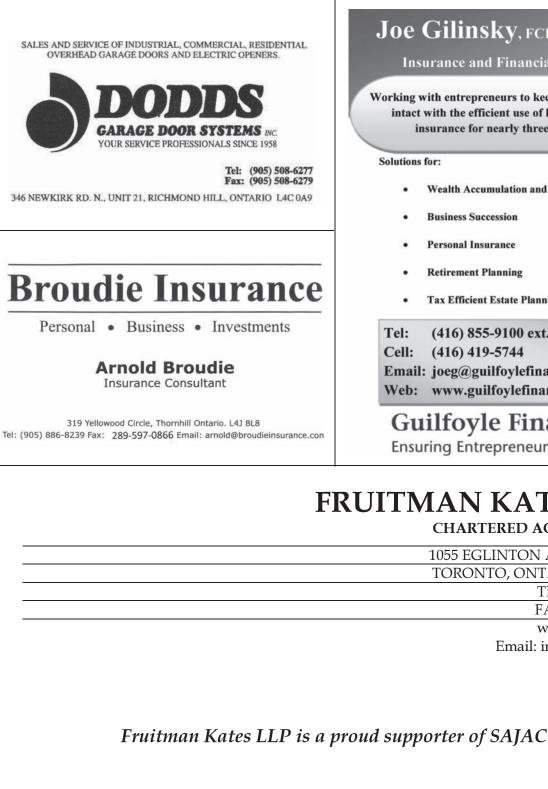
Bob Morrison and June Barclay (who today lives in New Zealand with her two married daughters and grandchildren) weren't even Jewish but their amazing devotion and perfection and happiness with being UNSELFISH and SELFLESS teachers inspired me to become a lifelong teacher. It's a long and fascinating story.

Anyhow, as I said I come to thank you and this wonderful school and I encourage you to appreciate every second you are here for many reasons.

I thank you because 40 years ago I started my teaching career right here in King David High School Victory Park in January 1975!! For Linksfield: In 1975 I started my teaching career in 1975, and in 1976 I taught all the Form Fours Jewish Studies one time a week and there were eight classes, and as you can imagine by the time I gave the class to the 8th class I knew all the best points and jokes to make...practice makes perfect. In those days Jewish Studies was first being introduced as a new subject, even before it was a Matric subject, and now recently I believe it is no longer an official Matric subject, but that should not stop anyone from being inspired to continue with Jewish Studies because you will need that for the rest of your life as a Jewish person no matter where you will be.

I would like to mention to you the reason for my visit to you today, even though I have waited 40 years to say thank you to King David School! And that is, that while I have been living in America, I have not forgotten the King David Schools either. About 25 years ago, before you were born, a few people at the SABJE and myself decided to set up an "alumni organization" for King David Alumni of North America (we used to call them "Old Davidians" but in the USA there was a cult that got into serious trouble with the US government called "Branch Davidians" in Texas and we did not want the FBI coming after us thinking we had anything to do with them!)

So the call went out and a few King David graduates living in the USA and Canada got together and we eventually planned and held three major North American King David Reunions, two in California USA and one in Toronto Canada. They were held in 1995, 1997, 1999, and we even brought out past and active at that time



Geoffrey Becker, CPA, CA geoffb@fruitman.ca

Philip Becker, CPA, CA philipb@fruitman.ca

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1055 EGLINTON AVENUE WEST TORONTO, ONTARIO M6C 2C9 TEL: 416.920.3434 FAX: 416.920.7799 www.fruitman.ca Email: info@fruitman.ca Headmasters, Mr. Elliot Wolf and Mr. Jeffrey Wolf from South Africa and Mr. Norman Sandler from Australia for most of them. Probably in total over a thousand KD alumni attended those events and they were truly amazing and glorious events. Everyone was so excited and inspired it was something to see and experience. Maybe some of your parents may have heard of those events and maybe a few were even there at that time and are now back in South Africa.

In addition to that I had set up and I still run a tiny organization in America called AFSAJE: American Friends of South African Jewish Education that is needed in America for people to get what is known as "tax deductions" for their donations recognized by the US government. We set up AFSAJE to coincide with first North America Reunion in 1995, that's exactly 20 years ago! In the beginning it was not easy, the first ten years were difficult. But in recent times it took off with the help of Raelene Tradonsky and Elliot Wolf who now head and run the amazing King David Schools Foundation right here in Johannesburg in order to find funds, that means MONEY, to help the entire King David Schools network and their mission of educating every Jewish child that comes to them on the highest standards that is connected with the South African Board of Jewish Education.

We discovered something very fascinating.

That after the first 20 years after leaving King David you will be very busy with getting a good university education, which is a MUST in today's modern world, then building your career and profession getting GOOD jobs or starting a business which is not easy in today's world either, and as usually happens getting married, having children and building a home in places you may not even know where yet!

That will keep you busy for about 20 years after you Matriculate from King David.

But then, when you finally succeed and you become successful please God, and virtually all King David graduates becoming hugely successful and it's all a result of the great education you receive here, and all the efforts you parents and grandparents and their parents and grandparents put into raising you and our families, that a very unusual thing will happen to you.

You will start to look back at the past and you will think about where you spent your best years and who did the most to help you get along in life, not just with a good secular education, but with nice Jewish friends, a good Jewish and Zionist education, with love of Israel, love of the Jewish people, love of Judaism, a sense of special Jewish belonging to the special warm South African Jewish community (and not all places are like South Africa, TRUST ME, I know) and much, much more, and GUARANTEED you will get VERY sentimental and emotional and you will feel a longing and a desire to reconnect with your past.

I know this sounds too futuristic for you and it is hard to think even 6 months or one year ahead with so much to do in your lives and so much to get done, but the time will come when YOU will be the adults and leaders and then you will want to give something back as well to help the next generation and generations that come after you, the next *DOR* and *DOROT*.

In fact that is the motto of the King David Schools Foundation that you should know about, "*LeDor VaDor*" from generation to generation.

And when that day comes, wherever you are and no matter what you are doing you will also become a supporter of your school and the wonderful and special Jewish Community of South Africa that is now in South Africa and also spread out all over the world and still feels its connections and has a great desire to give something back in return to the King David Schools and South African Jewry with its great accomplishments and long heritage going back to Europe and Lithuania and Israel and to wherever else your own amazing families come from.

I wish you all great success with your life at the King David Schools. Enjoy every minute of being at this special school. Study hard, enjoy all the extra-curricular activities of sports and whatever the schools offer you. May you all go from strength to strength in good health for many, many more long, happy and great years to come!

SHALOM and LEHITRAOT !!"

Rabbi Izak Rudomin matriculated from the King David School (Linksfield) in 1971. He obtained his B.A. and H. Dip. Ed, from UNISA and was the first graduate of JSUP in Johannesburg. From 1976-1986 he studied at the Yeshiva Rabbi Chaim Berlin in Brooklyn, NY, and also obtained an MA in Education from Teachers College - Columbia University. In 1976 he taught Jewish Studies at the King David School, and then again teaching Jewish Studies at JSUP in Johannesburg in 1987. His MA thesis can be seen at www.jpi.org/holocaust/ . He is involved in Jewish Outreach and Education and heads JPI in New York City, www.jpi.org and founded and runs the King David Alumni of North America and AFSAJE: American Friends of South African Jewish Education www.jpi.org/kingdavid/. Izak is married to Zhava, a gualified Social Worker. They have five married children and a growing number of grandchildren.



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JOHANNESBURG HOLOCAUST AND GENOCIDE CENTRE A long-awaited dream has come true

BY MARGOT COHEN SA JEWISH NEWS - SEPT 8, 2015

The dedication of the Johannesburg Holocaust and Genocide Centre on Tuesday could not have come at a more appropriate time in South Africa's history, said Prof Jonathan Jansen, vice-chancellor and rector of the University of the Free State. "Our moral arteries have become hardened by underlying racism of some of our citizens. The awareness and understanding of the Holocaust and Rwandan genocide will bring to attention the abiding dangers of supremacist thinking."

At a moving ceremony held at the newly-built centre, Jansen made an impassioned plea for all schoolchildren and university students to visit the centre. "All South Africans need this experience," he said. Jansen is a patron of the SA Holocaust and Genocide Foundation.

The world-class centre of learning is situated on a prime site on Jan Smuts Avenue in Forest Town. It will be the first museum to open in Johannesburg in many years and will broaden the array of cultural experiences now available in the city. It will be open to the public in early 2016.

Director of the JHGC, Tali Nates, said the project started as a dream in 2008. Its founders wanted a resource centre, library, outreach centre for schools and a memory space. They turned to survivors to help find tools of association and translate these into materials which would recall symbols of suffering.

Johannesburg-based architect and project manager for the centre, Lewis Levin, explained the architectural approach. "We spoke to survivors of both Holocaust and Rwandan genocide to assist us. The centre has railwaylines embedded in the walls which recall trees which stood witness to the murders.

"Survivors were haunted by forests and landscapes of death. Rwandan genocide took place amidst lush green vegetation and hills. Tools of association were translated into materials which would recall symbols of suffering.

"Using rows of bricks commonly used in industrial buildings (which often hid atrocities) is a reminder of painful associations. The courtyard stones are made from gravestone off-cuts, recalling pavements of European cities and unmarked graves.

"However, the building is also meant to teach tolerance and compassion and thus includes the art of the brave children of Terezin concentration camp near Prague. The drawings and poems represent their bleak surrounds but rich colours were used and they are full of optimism. The message to South African children is that art can find meaning in suffering and is a call to action."

The centre will house a memorial to children and a courtyard which promises hope and recovery.

Nates explains that the centre has established itself as a major role-player in the educational field. In the past seven years more than 5000 learners and hundreds of educators have attended programmes in Gauteng alone.

The national curriculum for grades 9 and 11 which includes Nazi Germany and Holocaust and suggested links to genocide in Rwanda, made the creation of the centre a must.

The centre is committed to assisting the education department, schools and educators, with the implementation of its human rights curriculum. By examining their own environments, schools, home and society – learners are given the opportunity to speak out and not be bystanders in the face of injustice.

The centre will house a permanent exhibition. There will be venues for workshops and public events, a memorial garden and resource centre, a coffee shop and a bookshop. Together with its sister centres in Cape Town and Durban, the JHGC form the SA Holocaust and Genocide Foundation.

Says Nates: "We will show you history; the rest is up to you."

Raising awareness of the evils of genocide with particular focus on the Holocaust and the 1994 genocide in Rwanda, it serves as s memorial to the six million Jews who were killed in the Holocaust and more than 80 000 Tutsis and politically moderate Hutus who perished in the 1994 Rwanda genocide.

Pinchas Gutter, a survivor of the Warsaw Ghetto, who takes student groups to Germany and started the Testimony Hologram programme project, Emmanuel Mwezi from Rwanda and Veronica Phillips, a Holocaust survivor, spoke of their experiences and lessons leant.

Another Rwandan survivor, Bonaventure Kageruka, said the building represented a wake-up call. The symbols of a key and rosary belonged to his friend Xavier. Both items were found in the hand of Xavier's mother, murdered during the genocide.



Over 4,000 Jews fought – and died – on D-Day

ANT KATZ - JUN 02, 2015 - SA JEWISH REPORT

he anniversary of the D-Day landings falls on June 6. World Jewry tends to think of D-Day as the beginning of the campaign that would liberate the camps, which is understandable given the massive part the Shoah plays on the psyche of every Jew.

We tend to forget, however, that over 4,000 of the soldiers who landed on the four Normandy beaches on D-Day were Jewish. They made up 4.2% of the Americans; 1% of the British; and 1.5% of the Canadian forces.

We also forget the large numbers among those 4,000 who perished and lie among the graves in Normand, which is evidenced by the three types of Jewish headstones used by the US, Canadian and British forces.

In total, about one-and-a-half million Jewish soldiers fought in Allied forces, including: The Soviet Union, US, Poland, Great Britain (including the Jewish Brigade), Australia, New-Zealand, Canada, France, Belgium, the Netherlands, South Africa, Czechoslovakia, Greece and Yugoslavia.

40,000 Jews also fought as partisans or in the underground (not including ghetto uprisings) in various theatres of war. All-in-all about 250,000 Jewish soldiers died in battle and around 200,000 were taken as POWs by the Germans (over 100,000 from the Red Army alone). Almost none remained alive by war's end.

Another 40,000 Jews from Eretz Yisrael were drafted into the British Army. 5 000 of them went into the Jewish Brigade, of whom 668 died during the war.

The 21,400 Canadian troops who landed on Juno beach were primarily co-ordinated by a British Jew, David Teacher, who was born in Hastings and brought up both in England and Mandate Palestine. Teacher joined the RAF based in Scotland. In 1943 he obtained a special "unofficial" weekend pass to marry his childhood sweetheart at Prestwich's Holy Law Synagogue.

From June to August 1944, Teacher helped direct Canadian assault troops. "We slept in the sand and for the first two or three weeks we were under constant fire from German guns," Teacher later recalled.

Jewish soldiers were told of the dangers of being captured, as they faced being put on cattle trucks to the concentration camps in Poland. But it did not deter them from front-line service.



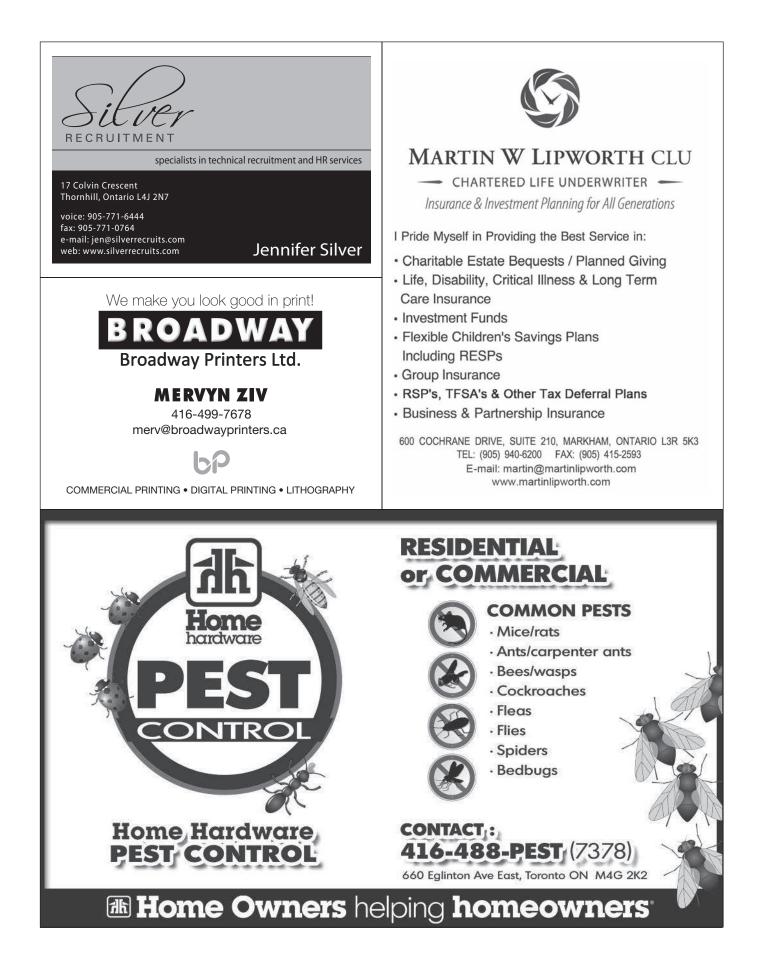
Hard information has been difficult to come by, but Jewish Report has done research into the efforts and sacrifices of Jews in the Second World War after being tipped off by Cape Town reader Percy Tucker last month.

Approximately 92 British Jewish men died on D-Day and in the Normandy landings, but not every serviceman identified himself as Jewish, often because of fears of being captured and sent to a concentration camp, according to the (British) Association of Jewish Ex-Servicemen and Women (Ajex).

Many Jewish servicemen removed or "lost" their identifying dog-tags for this reason. One young British Jew who died was Private Norman Vine of the 6th Airborne Division, shot down parachuting into France on D-Day aged 20. Another, Captain Lionel Lee – who was awarded the Military Cross after serving with the Royal Armoured Corp – died aged 27.

Jewish Report's series of articles cataloguing the Jews of the Second World War, will forever remain on the Internet and they hope they will be read for years to come.

Their website, www.sajr.co.za, will be running a series of eight articles over the next few weeks – packed with information and pictures of interest (including several taken by Percy Tucker, who inspired this investigative series, and Gail Leibman.



THE END OF JEW-HANNESBURG? Two downtown synagogues stubbornly resist white flight

RYAN LENORA BROWN, PUBLISHED DECEMBER 6, 2014, THE JEWISH DAILY FORWARD



First Shul Standing: Built in 1905, the Doornfontein Synagogue is the oldest synagogue building in Johannesburg. It is informally known as Lions Shul for the statues at its entrance. The big cats are here obscured by the blue fence.

n a sunny November afternoon in downtown Johannesburg, Samuel Radebe, a pastor and self-proclaimed prophet, sat on a chair draped in a leopard skin and exorcised demons.

One man, rail thin in a tattered yellow shirt, writhed violently in front of Radebe on the floor as his wife shakily explained into a microphone that he had been possessed by a snake. A few minutes later, assistants carried forward a convulsing woman, eyes rolled back and head lolling as she began to yell in a raspy bass voice.

"They say that Jesus performed miracles in the Bible, so why can't we perform miracles here and now?" Radebe boomed as he walked through the crowd of thousands that packed the building and spilled into the surrounding courtyards and streets. As Radebe lay his hands on the sick and led the congregation in spirited hymns, there were few signs that the church was once Johannesburg's largest and most powerful synagogue: Yet there is a Star of David atop the building's rusted dome, and the house across the street, which is filled with fast food restaurants and cell phone repair shops, still has "Hebrew High School" etched into the stone of its entranceway.

Indeed, for eight decades, from 1914 to 1994, the Great Park Synagogue was the crown jewel of Orthodox Judaism in South Africa, and its physical witness to Johannesburg's breathless evolution across the course of the 20th century.

The synagogue – and others scattered across the inner city – were founded in the early 20th century just as





Johannesburg was morphing from a scrappy gold mining boomtown on the fringes of the British empire to what is today Africa's richest city.

"Johannesburg is quite unique from other major world cities in that Jews were here from the beginning," says David Sacks, the associate director of the South African Jewish Board of Deputies, an advocacy organization that promotes the social and political interests of the Jewish community. "Most other places they were newcomers, but here we were co-pioneers."

The synagogues built by those early pioneers stood witness to the rise – and then to the slow and violent unraveling – of South Africa's infamous system of segregation, apartheid. And in the first two decades of democracy, these buildings have watched the neighborhoods around them shift once again. Throughout the apartheid era, which began in 1948, the inner city, which encompasses the central business district and its surrounds, was legally segregated and mostly white. The advent of democracy in 1994 transformed it into a bustling meeting point for newly arrived black migrants from across the country and the continent.

Johannesburg's Jews, meanwhile, have mostly moved on – to new neighborhoods, new congregations and, for many, since the end of apartheid, new countries. Great Park, for instance, has moved to a synagogue four miles north of its original location. And for most of the 50,000 Jews who remain in Johannesburg (after a steady decline since the 1970s, which was stabilized in the early 2000s), the working class inner city is today a no-go zone, a world away from the gated northern suburbs they now call home. In this sprawling city of seven million, segregation has reassembled itself along class lines, and they are rarely crossed.

But the inner city synagogue buildings that once defined the prominent Jewish community here have found a variety of ways to survive. Some, like Great Park, are now churches. Others are storefronts or bars. But at least two – Temple Israel in the Hillbrow area, just north of the city center, and the Lions Shul, in Doornfontein, east of downtown – still open every Friday and Saturday to Jewish worshippers, calling a dwindling band of the faithful back to the places that once defined them.

On an icily blue Rosh Hashanah morning, yellow police tape is strung along the sidewalk in front of Temple Israel, its perimeter patrolled by a couple of bored looking cops with folded arms. But this isn't a crime scene.

"We've brought police here today so our congregants feel safe coming to worship," says Reeva Forman, a businesswoman who has been the synagogue's chairperson for the past two decades.

While levels of violent crime are high across Johannesburg, however, the police patrol is largely symbolic, meant to offset how conspicuous the synagogue appears here, as though cut and pasted from some distant suburb.

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HISTORICAL PERFORMANCE FROM INCEPTION (JANUARY 18, 2006)*

RETURNS AT DECEMBER 31, 2015			
	Foremost	S&P/TSX	Bonds
1 Year	6.6%	-10.4%	3.5%
3 Years	7.2%	3.8%	3.6%
5 Years	7.4%	1.8%	4.8%
Annual Since Inception	7.1%	3.6%	5.1%
Total Since Inception	97.1%	41.4%	

Nu, when are you going to call to find out more?

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*IMPORTANT NOTES: The Trust's historical returns are net of management fees of 0.75% from January 2006 to June 2013 and 1% p.a. from July 1. 2013 onward. Historical returns are provided for illustrative purposes only. Returns are not guaranteed and may change frequently. Note that the S&P TSX Composite Index and the DEX Universe Bond Index (Bonds) are shown here for illustrative purposes only. Loan To Value ("LTV") on construction deals is calculated using the formula [LTV = total outstanding loan / (appraised value at completion - estimated HST on sale - estimated cost to complete)]. The appraised value at completion is based on professional appraisals received from qualified appraisers. These appraisals are highly subjective and have a margin of error that may be material. The Trust is only available to Accredited Investors, as the term is defined by Canadian securities laws. This Investment Summary does not constitute an offer to sell, or a solicitation of an offer to buy units of the Trust. The Trust's Offering Memorandum and Subscription Agreement contain important information about investing in the Trust. Investment losses may occur and investors could lose some or all of their investment. PAST PERFORMANCE HAS NO PREDICTIVE VALUE, AND IS NO INDICATOR OF FUTURE PERFORMANCE.

All around the building, vendors chat loudly in Zulu while selling socks and bags of neon orange cheese puffs to passersby. House music pumps from muffled speakers in the apartment blocks above.

On the side of the synagogue, someone has plastered a row of identical fliers advertising the services of one Prophet Sithole. "Bring back lost lover," it blares in bright red lettering. "See your enemy on mirror. Remove bad luck & etc, FREE FREE FREE." Two taxi drivers are rinsing suds from their cars and listening to a soccer game on the radio.

These weren't always the textures of the neighborhood around South Africa's first Reform synagogue. When the temple opened its doors in 1936, it was huddled in what was then the northern corner of Johannesburg, where many of the better-off Jewish immigrants to the city had recently begun to settle in leafy hillside suburbs. The area, Hillbrow, became the inner city in the 1960s and '70s as the city sprawled northward. A building boom crowded the streets around the temple with concrete high-rise apartment buildings. Drawn by cheap rents and proximity to the city center, Hillbrow turned into a transit point for white urban newcomers – young families, university students, and European immigrants.

Last men standing

None of the congregants, here at a Wednesday evening service at the Lions Shul in Doornfontein, live in the neighborhood.

The neighborhood quickly became a thorn in the side of the segregationist government, a bohemian enclave known for its late night cafes, European bakeries and alternative bookstores. And many of those who rented its apartments and frequented its bars and record shops were Jewish.

"When I moved here, restaurants stayed open until 1 a.m. and we would walk about all night long," said Bill Hoffman, a shoe cobbler who has lived in the neighborhood for 35 years, and has been a congregant at Temple Israel since the 1950s, during which "you had to battle to get a seat," he said.

But at some point, he says, the ground beneath him began to shift.

Fed up with the conditions in the overcrowded black neighborhoods on Johannesburg's fringes, small numbers of Africans, Indians and mixed race South Africans began illegally settling in flats near Hoffman's, which were zoned for white occupation only, in the 1980s.

Many landlords proved all too willing to turn a blind

eye to the breaking segregation of laws, which confined black South Africans to townships miles from the city center, provided tenants didn't complain about issues like rent gouging or poor maintenance. The result was a slow decay of building conditions, followed by a white exodus. By the time segregation



Rabbi Ilan Herman of Doornfontein Synagogue.

was formally lifted in the early 1990s, the neighborhood around Temple Israel was mostly black.

"We thought when blacks moved in it was going to be uplifted, but instead they've brought it down to their level," Hoffman said, referring to the area's decaying infrastructure.

The wave of white emigration in the 1980s and '90s took with it most of the inner city's Jews, and forced many of the area's synagogues – like Great Park – to shut their doors. In the early '90s, Temple Israel nearly met the same fate, until Forman stepped in to block the sale of the building.

"As long as there are Jews who come to us, we need to stay open," she says. "That's the true purpose of Judaism – to live out our values by reaching out to those in need."

But the going is difficult. The synagogue can't afford to hire a full-time rabbi, for instance, and its location makes the temple a hard sell for Jews in the suburbs.

The 40 congregants gathered for this Rosh Hashanah hold a mirror to the inner city's changing demographics. Aging white inhabitants of the neighborhood, like Hoffman, stand shoulder-to-shoulder with suburban Jews with family or community ties to the synagogue, and a spattering of black African Jews. One is Uwem Ekpo, a Nigerian immigrant who came to Temple Israel after being turned away from an Orthodox synagogue elsewhere in the city.

"They said I was not properly Jewish, that I couldn't worship there," he said, adjusting his yarmulke. But Temple Israel welcomed him, he explained.

On a typical Saturday, the temple has less than half the number of worshippers that come for High Holiday cel-

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ebrations. And Friday night prayers routinely draw just one or two people, Forman said.

Meanwhile, two miles away in the gritty industrial neighborhood of Doornfontein, the energetic young Rabbi Ilan Herman has developed his own simple pitch for luring worshippers to his aging synagogue.

"Our services are very early in the morning, and some people prefer that, it's better for their schedule," he said with a shrug. Known informally as Lions Shul for the two feline busts flanking its entrance, Herman's synagogue is the oldest in Johannesburg, completed in 1905.

Walking along the cracked sidewalks near Herman's shul, past sour-smelling taverns and men turning over chicken feet on tiny grills, it is difficult to imagine that until the 1950s this neighborhood was packed with kosher butcheries and Yiddish cultural societies.

The march of prosperity took Jews from Doornfontein northward even faster than those in Hillbrow, and over the years, the Rabbi says, the synagogue has repeatedly been elbowed to close its doors or move its congregation north.

"But there's something about being here, where it started, that you just can't replicate," Herman said. "It wouldn't be Lions Shul anymore."

Today not a single one of his congregants – or the rabbi himself – lives in the neighborhood around the synagogue, where services are held on Wednesday evening and Saturday morning. On Shabbat he sleeps in a tiny room tucked above the worship space, and his congregants, though Orthodox, drive in from the suburbs.

There is little sentimentality to the architecture in Johannesburg. A young and wealthy city that seems to be in a process of perpetual reinvention, its buildings go up, come down, and change purpose with brusque pragmatism. Today even the loudest advocates of the inner city's synagogues, like Rabbi Ilan Herman, admit the buildings are unlikely to stay open indefinitely.

But in many ways, the changes over the past century are only surface deep. The basic character of the inner city and its buildings remains largely unchanged.

At Radebe's church in the old Great Park Synagogue, most of the congregation members have come to Johannesburg from far-flung corners of the country and the continent harboring a dream to build a better life for themselves and their families. Working as shopkeepers and clerks, domestic workers and taxi drivers, they live modest lives. Their demons are those of South Africa's young democracy writ large: unemployment, xenophobia and poor social services.

A century ago, many of those facing the same struggles were immigrants from Western Europe, Lithuania and other parts of Tsarist Russia. The synagogues the Jews who came to Johannesburg built were their paperweights, holding steady the pieces of their new lives at the tip of the African continent.

Ryan Lenora Brown is a freelance reporter living in Johannesburg. Follow her on Twitter @ryanlenorabrown Ryan Brown <ryan.brown@fulbrightmail.org>



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Contario

DAYEINU "Itemizing" our way to true happiness

RABBI DOVID ZAUDERER

ne of the all-time greatest Passover hits that will be sung at the Seder table this Pesach by Jews all across the globe is the Dayeinu song:

Illu, illu hotzi-anu, hotzi-anu mi-mitzrayim, v'lo asah bahem shefatim dayeinu!

But if you think about what the words mean, the song doesn't seem to make any sense at all!

"If G-d had just saved us from slavery, but not punished the wicked Egyptians *dayeinu*, it would have been enough. And had He just killed their firstborn, but not given us their wealth *dayeinu*, it would have been enough."

Dayeinu? Enough? Is that what we Jews say to G-d after He does all these amazing favors for our people? It's like "Yeah, G-d, thanks for splitting that sea over there and saving our lives, but, come to think of it, it would really have been enough if you had just taken us out of Egypt!"

Imagine if your CEO had just promoted you to a top corporate position in the company and you told him, "Gee, thanks for that \$1,000,000 bonus, Mr. Gates, but, frankly speaking, it would have been enough for me just to get the corner office and the new Ferrari." That's no way to treat a benefactor, and especially when it's G-d whom we're talking to!

The truth is that the word *Dayeinu* doesn't mean "enough" in the sense of "thanks, but I would have been just as fine without it". G-d forbid, a Jew doesn't talk like that. We thank G-d and express gratitude for everything we get. What *Dayeinu* really means – and what makes it such an important song not just for the Passover Seder but for all year round – is that with even one favor and kindness that G-d does for us it's already enough for us to feel blessed and grateful and happy about our lives.

You see, human nature is to take all the really good things that we have in life for granted – even such amazing blessings as our families, our good health, our spouses, our careers, our children etc. And how about all the

"little things" that we get to enjoy each day but often don't stop to think about and appreciate – like the beautiful sky we get to see each morning when we get out of bed (blind people don't have that pleasure) or the smell of fresh-baked bread coming out of the oven – or the *gazillion* other pleasures that we enjoy each day without even realizing it. And even when we do take the time to think about all the wonderful things that G-d has given us, we generally tend to lump them all together as one – we don't *itemize* (except when it comes to tax deductions) – so that the ability of all those individual blessings to make us feel happy about our lives is greatly diminished.

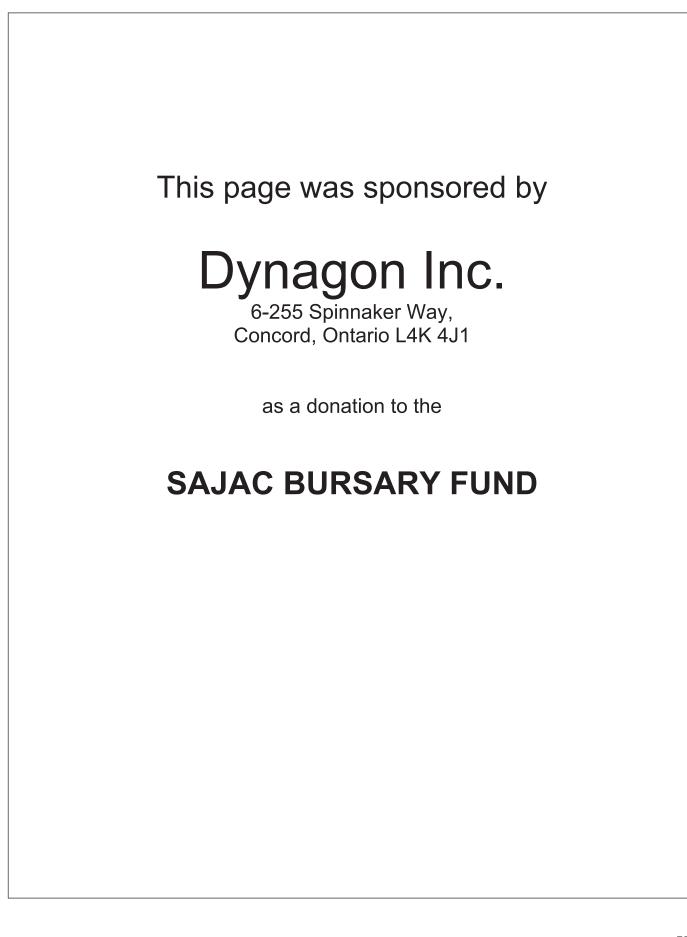
To make things even worse, it is also part of human nature for us to "harp" on the bad things that are going on in our lives, but almost never on the good things. If we scratch out the lottery ticket and win \$5000, we feel good about it for a day or two and then we kind of forget about it. But if we hit someone's fancy car and have to pay \$5000 oy do we kvetch about it for days and days, telling everybody we see about our great misfortune!

It's like the old joke:

An old Jewish lady runs up to the policeman, screaming, "I was mugged, I was mugged!" "When did this happen?", asks the officer. "Oh, about thirty years ago", replied the old lady, "but I like to talk about it every now and then!"

This seemingly Jewish practice of "harping" on the bad things that happen to us for a long time, while neatly forgetting about the good stuff pretty soon after it occurs, is a lot older than we think. The Talmud in Yevamos 62b states:

In Israel, when a man would get married, his friends would ask him, "Matza or Motzei?". By Matza they meant: Does the verse "He who has found [matza] a wife has found goodness" apply to you? By Motzei they meant: Or does the verse, "I find [motzei] the woman more bitter than death" apply to you? [In other words, does your wife have a



good or bad character? Are you happy or are you miserable?]

Rabbi Elijah of Vilna points out that in reference to a happy marriage, the Talmud uses the past tense – matza, he "found" a good wife, because after a while, the good that we find is taken for granted and forgotten. When the marriage is not going so well, however, the present tense is used – motzei, I "find" this woman more bitter than death. Each day is another day of misery and unhappiness.

And it seems like human nature hasn't changed much over the past 2000 years. Today, as well, when something good happens to us, then at the time we "found" it, we feel great, but after that we sort of let it slide. Only when it comes to the bad things in life do we constantly "find" ourselves rehashing them over and over, just feeling miserable about them. No one is sitting at the bar, nursing a martini, crying to the bartender tears of joy about how wonderful his marriage or job is if you know what I mean!

It's no wonder, then, why so many of us, who are really blessed with so much, can still feel unhappy and depressed at times – especially when things are not going so well for us and we're struggling with difficult challenges. After all, if we focus on the bad stuff, constantly rehashing each problem over and over in our minds, while all the blessings and beautiful pleasures that we have going for us we just lump together into one huge blur of "yeah, I guess I have some things to be happy about", or worse, we take them for granted or forget about them entirely, then of course, we will get depressed and down.

This is where the *Dayeinu* song that we sing at the Passover Seder comes in. *Dayeinu* is the song in which we, the Jewish people – who have gone through plenty of tough times and could easily wallow in self-pity and depression – look back at all the good that G-d has done for us from the moment we were born as a new nation in

Egypt, and we "itemize" each and every miracle and favor and kindness.

And we sing: "If G-d had just freed us from bondage in Egypt and hadn't punished the Egyptians who had enslaved us, *dayeinu*, it would have been enough of a reason for us to feel blessed and fortunate and happy. But G-d didn't stop there. He even punished the cruel Egyptians, and gave us their wealth, and took care of us in the desert for 40 years, and gave us the Land of Israel, etc. etc. and for each and every one of these favors that we received from G-d, we feel truly blessed and are eternally grateful".

And if we want to know the secret of true happiness in life it's as simple as singing our own little Dayeinu song to ourselves each morning when we wake up:

"If G-d had just given me the ability to get up this morning and see the beautiful sunrise, but not made my drive to work traffic-free *dayeinu*, it would have been enough. And Had He just given me the chance to catch a quick glimpse of my twoyear-old girl sleeping peacefully in her bed, but not stopped my boss from annoying me at work *dayeinu*, it would have been enough."

Imagine how our days (and lives) would change, and how incredibly happy we would be – even with all the bad stuff that invariably happens – if we would only sing "*dayeinus*" like that!

All it takes is for us to sit down and do "the *Dayeinu* thing" – we need to "itemize" each and every blessing and goodness that we have in life – and we will soon realize that even just one of those blessings is so amazingly wonderful and is already enough of a reason for us to feel so happy and blessed and eternally grateful to G-d.

Have a happy, healthy and meaningful Passover!

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Births



IT'S A BOY! MAZAL TOV TO:

- Larry and Carolyn Davidson on the birth of their son. Mazal tov also to grandparents, Arnold and Naomi Davidson and Marilyn and Tommy Bacher and great-grandmother, Betty Rubin.
- Meagan and Ben Wachtel on the birth of a baby boy. Mazal tov also to grandparents, Phillip and Glenda Solomon and George and Liz Wachtel, and to great grandparents, Aron Solomon and Kathleen Kertesz
- Jaclyn and Daniel Israelsohn on the birth of a baby boy. Mazal tov also to grandparents, Heidi and Howard Israelsohn and Susan and Eddie Glick, and to great-grandparents, Minnie and John Shiell and Hazel and Len Israelsohn.
- David and Lauren Becker on the birth of a son. Mazal tov also to grandparents, Dovi and Diane Becker and Jerry and Ellen Babbin and to great-grandparents, Hymie and Bea Becker (Johannesburg) and Ernie and Sharon Lustig and Rose Babbin.
- Alan and Sandy Dennil on the birth of a grandson in Israel. Mazel tov to parents, Fruma and Yisroel Rosengarten
- Dale and Susan Podolsky on the birth of Ryan. Mazal tov also to grandparents, Jeanette and Colin Podolsky and Marcia and Howard Feldman and to great-grandmother, Jeannette Poldolsky.
- Lauren and Martin Stoneman on the birth of Zachary Warren. Mazal tov also to grandparents, Sharon and Johnny Abel, sister Alyssa and brother Ethan.
- Gershon and Heather Hurwen on the birth of Jake Alexander. Mazal tov also to grandparents Aubrey and Jennifer Hurwitz and Gale and David Socken.
- Saidy and Steven Maurer on the birth of Aaron Ilan, brother to Benjamin. Mazal tov also to grandparents, Rina and Hans Maurer.
- Jolene and Jason Knopman on the birth of Evan Liam. Mazal tov also to grandparents, Stan and Marilyn Abel and Irving and Sharon Knopman.

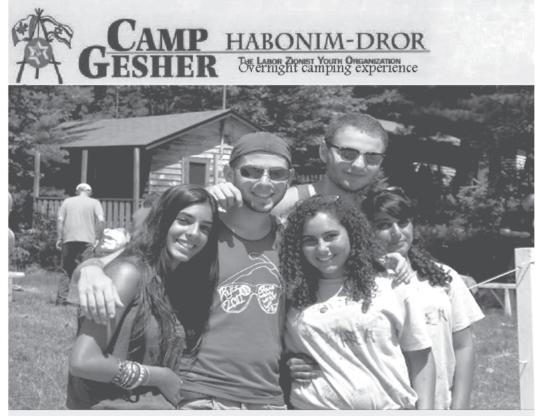
IT'S A GIRL! MAZAL TOV TO:

Gary and Hayley Diamond on the birth of Serri Mia. Mazal tov to grandparents,

Mark and Linda Abramsohn and Saul Diamond and to great-grandparents, Abe and Selma Abramsohn, Cecily Kaplan and Sylivia Walt.

- Ariel and Sarah Newfield on the birth of a baby girl. Mazal tov also to grandparents, Warren and Tali Newfield and Yaakov and Gittel Wincelberg, great-grandparents Errol and Sandra Newfield, Aaron and Naomi Koral, Rabbi Yochanan and Rivka Zweig, Anita Wincelberg and great-great-grandmother, Leah Levy.
- Martin and Talia Levy on the birth of a daughter. Mazal tov also to grandparents, Teddy and Sandra Levy and Laurence and Robyn Segal.
- Craig and Toni Podolsky on the birth of Molly Jo. Mazal tov also grandparents, Jeanette and Colin Podolsky and Lynda and Tony Canton and to great-grandmother, Jeannette Podolsky.
- Steve and Kerry Dveris on the birth of Liv Bobbi. Mazal tov also to grandparents, Dovi and Diane Becker,

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SAJAC NEWS • PESACH • APRIL 2016

COMMUNITY ANNOUNCEMENTS

Births continued

Mike and Tanya Dveris and great-grandparents, Hymie and Bea Becker in South Africa and Semion and Clara Krinberg.

Jonathan and Wendy Joffe on the birth of a daughter. Mazal tov also to grandparents, Issy and Madeleine Joffe.

- Tanya and Shlomi Bohbot on the birth of Esther Chana. Mazal tov also to grandparents, Irwin and Sandra Durbach.
- Shoshana (Susie) and Rabbi Shimon Kay on the birth of Sara. Mazal tov also to grandparents, Irwin and Sandra Durbach.
- Grandparents Ilana and Gavin Opert and great grandmother Sylvia Kelvin are thrilled to announce the birth of Sullivan Janet born to Adam and Alana.
- Justin and Keely Opert on the birth of Sadie Maya. Mazal tov also to grandparents, Bernard and Carole Weinstein and Gavin and Ilana Opert and to great-grandmothers, Thelma Weinstein, Ros Rewald and Sylvia Kelvin.
- David and Becca Rakusin on the birth of a daughter. Mazal tov also to grandfather, Michael Rakusin, grandmother, Maya Agiviev and great-grandfather Bernard Goffenberg.

IT'S TWINS! MAZAL TOV TO:

Tammy and Shane Giddens on the birth of Jake Lewis and Max

Eddie. Mazal tov also to grandparents, Mervyn and Terry Kaplan and David and Elaine Giddens, and to Evie Ross of Hamilton.

Bar Mitzvah

MAZAL TOV TO:

- Marc and Corby Neumann on Brody's Bar Mitzvah. Mazal tov to grandparents, Ronnie and Lorraine Neumann and Harvey and Pat Wolfsohn.
- Laz and Lois Klein on Ilan's Bar Mitzvah. Mazal tov also to grandparents, Chips and Paul Klein, Linda and Neil Judelman and to great-grandmother, Thea Abramsohn.
- Richard and Allison Solomon on Joshua's Bar Mitzvah. Mazal tov also to grandparents, Robert and Joan Goldin, Berry and Felicia Solomon, and to great-grandmothers, Zena Levitt and Anne Solomon.
- Marc and Monique Hirshberg on Joshua's Bar Mitzvah. Mazal tov also to grandparents, Jules and Sylvia Hirshberg and Arnold and Joy Swiel.
- Gary and Lisa Kaplan on the Benjamin's Bar Mitzvah. Mazal Tov also to grandparents Selwyn and Barbara Cohen, Tikvah Abro and Mervyn and Terry Kaplan, and to great-grandmother Gloria Klineberg.

Alan and Carin Roth on Adam's Bar Mitzvah

Lynn and Mike Knowles on Adam's Bar Mitzvah.







COMMUNITY ANNOUNCEMENTS

Bat Mitzvah



MAZAL TOV TO:

Anton and Ilana Rabie on Carly's Bat Mitzvah. Mazal tov also to grandparents, Allan and Hilary Rabie. Lawrence and Debbie Rabie on Tyler's Bat Mitzvah grandparents, Allan and Hilary Rabie.

Jeremy and Joanne Cole on Sara's Bat Mitzvah. Mazal tov also to grandparents, Norman and Beryl Mosselson and Bruce and Shayla Cole.

Engagements

MAZAL TOV TO:

Phillip and Maxine Becker on the engagement of their daughter Sheri to Phil Scher, son of Betty and Bernie Scher.

- Peter and Sandi Chait on the engagement of Samantha to Aaron Libfeld, son of Francine and Shelley Libfeld. Mazal tov also to grandmothers, Marie, Lorraine and Barbara.
- Brian and Sue Behrman on Richard's engagement to Ashley, daughter of Nancy Copper and the late Jeffrey Burke. Mazal tov also to grandparents, Abe and Anne Burke.

Leslie and Ilana Radus on Renette's engagement to Jason, son of Linda and Avery Wislesky.

Eric and Gilda Schraibman, Wayne and Bernine Ross on the engagement of Kelly to Mitchell, son of Howard and Leah Goldford (Edmonton).

Lynette and Eric Inspektor on the engagement of Lisa to Eric, son of Lorel and Victor Satov.

Janice and Ian Abromowitz on the engagement of Kim to Daniel, son of Rick and Julie Libman. Mazal tov also to grandmothers, Renee Schamroth and Rae Abramowitz.

Wedding Anniversary

MAZAL TOV TO:

Lynn and Mike Knowles on their twenty-fifth wedding anniversary.



Marriages

MAZAL TOV TO:

Mandy-Ann and Hilton Plet on Farryn's marriage to Shaun, son of Heather and Jon Cohn. Mazal tov also to grandmother, Ada Plet from Brakpan. Late grandparents are Sydney and Sylvia Aizicowitz from Johannesburg and Sidney Plet from Brakpan.

- Philip and Glenda Solomon Adam's marriage to Yona, daughter of Louis and Risa Vandersluis. Mazal tov also to grandparents, Aaron Solomon, Helen Parker, Esther and Ed Vandersluis.
- Cyril and Vanessa Gerson on the marriage of Leigh to Richard, son of Renee and the late Martin Olwyn. Mazal tov also to grandmothers, Doreen and Saye Dobrin Gerson.



From right to left, Anton Rabie, Ben Varadi & Ronnen Harary

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COMMUNITY ANNOUNCEMENTS

Janice and Ian Abramowitz on Daniella's marriage to Gabriel, son of Cindy and the late Morris Hackman. Mazal tov also to grandparents, Renee Schamroth, Rae Abramowitz and Bubbie Sally.

Arnold and Gail Broudie on the marriage of David to Marly, daughter of Syd and Sharon Stern.

Philip and Maxine Becker on the marriage of Sheri to Phil, son of Bernie and Betty Scher.

Alan and Stephanie Myers on Talia's marriage to Brian, son of Abraham and Freda Hefter.

Melanie and Hilton Stein on the marriage of Candice to Josh McIntyre. Mazal tov also to grandmother, Marlene Chatzkelowitz, of Johannesburg.

Terence and Melanie Bloch on Adam's marriage to Brittney, daughter of Edna Mendelssohn and Jimmy Hopper in L.A. Mazal tov also to grandparents, Billie Sack (South Africa) and Juliet and Yakov Haliva.

Condolences



TO:

Linda, Lisa, Teri and Martin Fix on the loss of their Husband and father, Lester Fix.

Jonathan and Beverley Fleischer and family on the passing of their son Michael.

Ilona Kibel and family on the passing of her mother, Sybil Alexander.

Thelma Gelb on the loss of her husband, Julian.

Wayne and Melanie Gelb on the loss of Wayne's father, Julian Gelb.

Melanie Sandler and Family on the loss of her father, Julian Gelb.

Jeffrey Sandler and family on the loss of his mother, Sylvia Sandler, in South Africa.

Skok family on the recent passing of Ellen Skok

Lara Krawitz and Shareen Schumacher and family on the loss of their father in South Africa

Syril Karp on the passing of his sister, Lola, in South Africa.

Bev and Ramon Chait on the loss of Bev's father, Ivan Gruzd, in South Africa.

Craig Gruzd on the loss of his father, Ivan Gruzd, in South Africa.

Jeanette Berger and daughters Ashleigh and Natasha on the loss of their husband and father Hilton Berger.

Helene Berger loss of her son Hilton Berger.

Tammy Berger and Jardine family on loss of their father and grandfather Hilton Berger.

Marissa Mandell and the Mandell family on loss of their father and grandfather Hilton Berger.

Cheryl and Jack Friedman and family on loss of their brother and uncle Hilton Berger.

Louise and Alan Berman and family on loss of their brother and uncle Hilton Berger.

Lorraine and Mark Franklin and family on loss of their brother and uncle Hilton Berger.

Beverley and Ron Schneider on the loss of Beverley's father, Sam Jaffe, in South Africa.

Hazel Goodman and Family on the loss of her mother in Florida

Libby and Solly Joffe on the loss of Libby's sister, Razel (Rose) Goldberg in Israel.

It is brought to our attention from time to time that some announcements in this column have been inaccurate or omitted. We obviously regret any errors and/or omissions. In order to avoid this, we strongly recommend that announcements be sent to the SAJAC editorial team via fax at (905) 764-8405 or e-mail at sajacnews@sympatico.ca. We are fortunate to serve a growing Jewish Southern African community and we rely on you to keep our community announcements up-to-date.





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Rabbi Joe Kanofsky, Ph.D

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JEWISH FREE LOAN TORONTO

WHO WE ARE

Jewish Free Loan Toronto was founded in 1924 with a single, simple aim: to help people help themselves.

Jewish Free Loan Toronto is a pioneer of the microfinance movement, empowering individuals to remain self-sufficient while preserving their dignity.

Our leading programs reflect the traditional values of Gmilut Chasadim (Acts of Loving Kindness) and Tikun Olam (Repairing the World) by granting loans based on character, not collateral.

Our loans demonstrate our community's confidence that, with the assistance of an interest-free loan, our clients can successfully navigate trying times.

ZERO % INTEREST LOANS **OUR ONLY INTEREST IS IN YOU**

HOW WE CAN HELP YOU

We offer the following categories of interest-free loans:



up to \$7,500 to help with expenses including bills, rent arrears, medical and dental emergencies, bar/bat mitzvahs, weddings, burials and lewish camp costs.



SMALL PERSONAL LOANS

up to \$1,000 to help out with small debts and emergency situations. No guarantors are required. Limited Availability.

I-SAP STUDENT LOANS

up to \$10,000 to assist with tuition, books, rent, research and other educational costs. GTA students can use I-SAP (lewish Student Aid Plan) loans to study anywhere in the world.

FERTILITY & ADOPTION LOANS up to \$7,500 to help with the high costs associated with fertility treatments and/or adopting a child.



BUSINESS LOANS

up to \$10,000 to support the start-up costs of a new business.

Jewish residents of the Greater Toronto Area who are citizens or permanent residents of Canada are eligible to apply. Guarantors are required for each of the above loans except for the Small Personal Loans.

HOW TO APPLY FOR A LOAN

Go to www.jewishfreeloan.ca, fill in the appropriate form and send to: Jewish Free Loan Toronto Sherman Campus, Lipa Green Centre 4600 Bathurst Street, Suite 340, Toronto, Ontario M2R 3V3

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BECKER, Geoff Fruitman Kates LLP geoffb@fruitman.ca	(416) 920-3434 (416) 920-7799 Fax
BECKER, Philip Fruitman Kates LLP philipb@fruitman.ca	(416) 920-3434 (416) 920-7799 Fax
BRESGI, Sol TCH Partners LLP Personal & Corporate Tax, Accounting, Finance etc. sbresgi@idirect.com	(416) 904-6772 Cell
GINZBURG, Ralph Schwartz Levitsky Feldman LLP ralph.ginzburg@slf.ca	(416) 785 5353 (416) 785 5663 Fax
GOLDBERG, Gerry Schwartz Levitsky Feldman LLP gerry.goldberg@slf.ca	(416) 785 5353 (416) 785 5663 Fax
ISAACS, Bernard Chartered Professional Accountant isaacsca@rogers.com	(647) 232-8734
JUDELMAN, Neill Baratz Judelman njudelman@baratzjudelman.com	(416) 633-6061 (416) 633-1653 Fax
KAPLAN, Michael Kaplan Talkins LLP mkaplan@kapfin.com	(905) 513-6303 (905) 513-6306 Fax

ACCOUNTANTS

LANGE, Gavin HDP Professional Corporation ggl@hdpprofc.ca

MOZESSOHN, Brian Schwartz Levitsky Feldman LLP brian.mozessohn@slf.ca

PRICE, Hilton HDP Professional Corporation hdp@hdpprofc.ca

RAISIN, Elliott Weinstein Raisin Chartered Accountants elliott@wrcafirm.ca

ROSENBERG, Larry Fruitman Kates LLP larryr@fruitman.ca

SANDLER, Alan Fruitman Kates LLP alans@fruitman.ca

TALKINS, Sheila Kaplan Talkins LLP stalkins@rogers.com

WEINSTEIN, Malcolm Weinstein Raisin Chartered Accountants malcolm@wrcafirm.ca

ARBITRATOR & MEDIATOR

ALBERTYN, Christopher Albertyn Arbitration Inc. chrisalbertyn@albertyn.ca www.albertyn.ca

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LIPWORTH, Martin CLU Financial Advisor – Life, Critical Illness, Disability, Health RSP's, RESP's and Tax Sheltered Investment Programs martin@martinlipworth.com www.martinlipworth.com	(905) 940-6200 (905) 415-2593 Fax

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HUMMEL, Adam Wagner Sidlofsky LLP – Estates and Commercial Litigation ahummel@wagnersidlofsky.com www.wagnersidlofsky.com	(416) 366-6743 (416) 364-6579 Fax
KITAY, Marc Kitay Law – Civil and Commercial Litigation marc@kitaylaw.ca www.kitaylaw.ca	(416) 642-5619 (416) 642-5618 Fax

LAWYERS

PEIRES, Gary Peires Law LLP – Family and Estates 372 Bay St., Suite 303 gary@peireslaw.com www.peireslaw.com	(416) 535-4242 (416) 535-4774 Fax
PEIRES, Kevin Peires Law LLP – Family and Estates 372 Bay St., Suite 303 kevin@peireslaw.com www.peireslaw.com	(416) 535-4242 (416) 535-4774 Fax
LAWYERS – IMMIGRATION	
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ALBERTYN, Christopher Albertyn Arbitration Inc. chrisalbertyn@albertyn.ca www.albertyn.ca	(647) 223-6202 (416) 789-5021 Fax

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BERGER, Edna North York CruiseShipCenters ednaberger@sympatico.ca	(416) 492-2789 (416) 492-4080 Fax
KATZEFF, Diane Lakewood Travel Ltd. diane@lakewoodtravel.com	(905) 881-3928 (905) 881-3502 (905) 881-9055 Fax
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FARBER, Alan A. Farber & Partners Inc. afarber@afarber.com	(416) 496-1200 (416) 496-9651 Fax

SPEECH & LANGUAGE PATHOLOGIST

TRUSTEE IN BANKRUPTCY

SKLAR, David Estate Administrator dsklar@DavidSklar.com www.davidSklar.com	(416) 498-9200 (416) 621-2359 Fax
TUTORING	
MAURER, Rina Experienced Remedial Specialist, grades 4–9 Remediation in Language Arts, Math and Study Skills rinamaurer@gmail.com	(905) 764-5347
PACKARD, Alan Oxford Learning Reading, writing, math, French, study skills "Little Readers Program" for 3–6 year olds rhillsouth@oxfordlearning.com www.oxfordlearning.com	(905) 709-4545
WINDOW COVERINGS	
SILBERMAN, Selwyn DCS Draperies (Canada) Ltd Drapery workroom and accessories 75 Dolomite Drive, Toronto M3J 2N1 manselart.ss@gmail.com	(416) 720-6999

Please notify us of any errors and they will be corrected in the next issue. e-mail: sajacnews@sympatico.ca www.sajacnews.com Website maintenance by Jared Rakoff – jared.rakoff@gmail.com

We thank -- Ian Rosmarin of Prime Quadrant® LP | Your Financial Navigator™ for his sponsorship of the website

Please support our advertisers. All proceeds from the adverts go to the SAJAC Bursary Fund providing post-secondary education to needy Jewish ex-South African students.

Mailing List

Please supply the following information (via e-mail, fax or letter) if you would like to be included, or know of someone who would like to be included, on the mailing list.

Last name	
First name (of both spouses/ partners, if applicable) Address	
-	
City	
Post code	
Phone (home)	
Phone (business)	
Fax	
E-mail	

The above information will be held in strictest confidence and will not be used for any other purpose.

Mailing address	SAJAC P.O. Box 87510 300 John Street Thornhill ON, L3T 7R3
Phone	(416) 733 8610
Fax	(416) 765 0176
Name and address data base	(905) 508 0437 or sajacnews@rogers.com
E-mail address	sajacnews@sympatico.ca
Website	www.sajacnews.com

ADVERTISING

All profits from SAJAC News advertising revenue go into the SAJAC Bursary Fund.

Thanks to all those who placed advertisements in this issue. This magazine is an excellent vehicle for making your business known.

Please note new rates:

Business Card (2.5" h x 4" w)	\$70
Quarter Page (5" h x 4" w)	\$125
Half Page (5" h x 8" w)	\$215
Full Page (8.5" x 11")	\$330
Inside Covers	\$395
Outside Back Cover	\$450

A permanent "**yellow pages**" directory of South African businesses, professionals and services is published in every issue of *SAJAC News*. This is made up of two lines under alphabetical professional headings. **The rates per issue are:**

Directory only \$25 Directory with placed advert \$20

> For bookings, please contact **Colin Baskind** (289) 597 8610 or **Heather Super** (905) 764 1934 Fax: (416) 765 0176 or E-mail: sajacnews@sympatico.ca

All print-ready advertisements for the next issue (Rosh Hashanah, October 2, 2016) should be e-mailed to <u>sajacnews@sympatico.ca</u> by

June 15, 2016

PLEASE NOTE

- □ All payments must accompany adverts.
- □ We do not accept credit cards.
- □ All adverts MUST be digital and e-mailed.
- **D** We cannot make any changes for advertisers.

While every effort is made to ensure the accuracy of all material, SAJAC cannot be held responsible for any errors or omissions.

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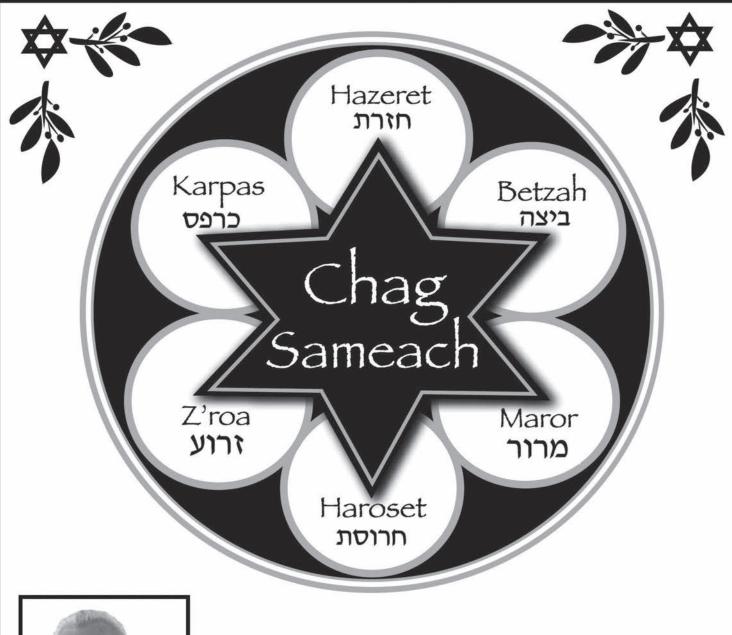
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Stan Krawitz, Executive Vice President, Founder & Head of Canada skrawitz@savills-studley.com | 416-480-0745

Best wishes for a Happy Passover





Peter Kunz

Real Estate Broker

W: 416.229.4454 C: 416.315.8225 E: peterkunz@royallepage.ca



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