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“You will see, you will see, how good it will be next year”

The Chief Rabbi’s Pesach Message, Pesach 5781/2021



Why, at every Seder, do we enthusiastically sing, “*leshana haba’ah biyrushalayim*” – next year in Jerusalem? Although we have made the same declaration every year, it has never come true – at least not in the messianic sense in which it is intended – so why not simply say “In the future, we will be in Jerusalem”?

Any study of Jewish history is a study of hope, often despite apparently impossible odds. It is therefore fitting that the epic story of the inception of the Israelites as a nation, the Exodus from Egypt, stands among the greatest illustrations of optimism and forbearance of all time.

It was a truly extraordinary miracle. The chasm in status between the Egyptian overlords and the Hebrew slaves could hardly have been greater. The most sophisticated and powerful civilisation on the planet controlled and persecuted a tiny nation of slaves, who were denied every basic human dignity and any capacity for resistance.

What hope was there for salvation? On what basis could the people summon the strength to go on despite everything? The answer is that they knew of the promise that Hashem had made to their ancestor, Abraham, that they would be strangers in a land where they would be oppressed and enslaved, but He would ultimately redeem them and they would return home to the Promised Land. Despite everything, they chose hope over despair. They chose to believe that salvation would eventually come.

This places Pesach 5781 into valuable context for us. This time last year, we were coming to terms with

the fact that we could not celebrate Pesach with extended friends and family as we usually do. It was agonising for so many, particularly those who were vulnerable or lonely. We took comfort in our belief that this was a ‘one-off’ and next year would be different. How then should we respond in the face of yet another Pesach when so many are separated from their loved ones, having not yet banished Coronavirus from our midst?

Let us approach this Pesach with the same degree of hope and optimism as ever. Real progress is being made and we are blessed by the extraordinary miracle that is the vaccine. Britain and Israel have led the world in administering its roll out and, Be’ezrat Hashem, we will soon return to a more regular rhythm of life.

I am inspired by the beautiful words of Ehud Manor, the Israeli songwriter, who wrote his famous song ‘*Bashana Haba’a*’, at a time when the State of Israel seemed to be surviving from one war to the next: “*Od tireh, od tireh, kama tov yihye, bashana, bashana haba’a*” – “You will see, you will see, how good it will be next year!”

Valerie and I extend to you all our warmest and best wishes for a healthy, fulfilling and kosher Pesach.

In this issue . . .

- SuburbLink – fighting local food poverty 4
- Pesach Message from Rabbi & Rabbanit Friedman 5
- Our Youth under lockdown 5
- HGSS Online – a round up of virtual events 6
- From the Chair – James Kaufmann’s Pesach message..... 7
- Dr Leora Harverd speaks with Simone Halfin 8
- Filling the Gap – Andrew Freedman interviews David Wolfson on his elevation to the Peerage 10
- Kiddushim for those who care – Debbie Kagan reports .11
- Volunteer Awards – HGSS members recognised..... 12
- Mental Health Awareness by Katherine Isaacs..... 13
- Aliya Lite – David Lew writes from Israel..... 15
- Being Jewish is a problem . . . What problem? Shimon Cohen on his travels in the Gulf States..... 16
- My experience with Project ImpACT by Sophia Lipton .17
- Tzedakah at HGSS – Jewish Child’s Day & Migdal Ohr ...18
- Purim Celebrations20-21

- Keeping the NHS nourished – Fabienne Viner-Luzzato and friends step up to the plate (plus recipes)22
- The Nefesh Network –Samantha Rose reports 24
- The Aleph Centre at Chanukah24
- The New Bar Mitzvah Programme25
- Latest news from Kerem School26
- The Bat Mitzvah Programme under lockdown.....26
- Hans Eysenck, Norrice Lea and the Jewish Question – a fascinating insight by Steve Miller.....27
- Feminism and Religion in the Three Abrahamic Faiths report by Esther Tager29
- Passing on the Torch 2021 by Frances Martin 30
- From where I sit by Backbencher (Stephen Kirsch, 2002).... 31
- Members Remembered 32
- Freedom from lonelines this Pesach (from Jewish Care).34
- SIMCHAS ! – Celebrating New Arrivals, Bar Mitzvah,..35-37**
- Bat Mitzvah, Engagements, Weddings, Anniversaries etc
- Step Up Camps update and Purim Finale.....38

SuburbLink . . . reaching out to the rest of the community to fight local food poverty

For the past three years, the SuburbLink has been volunteering, on a weekly basis, for FEAST, a charity aiming to feed vulnerable residents with nutritious and fresh meals, often using supermarket surplus ingredients. As Sadiq Khan has declared London in a state of emergency, the number of people in need of their food parcels has risen exponentially. Unfortunately, during this lockdown, we have been unable to cook in the kitchen of Conway House where we normally volunteer.

In order to combat food poverty at this time of emergency, we launched 'Cook-In to Help Out for FEAST'. This incredible

initiative involves asking volunteers to contribute about five to ten meals via our sign-up sheet. Every Thursday we deliver about 150 meals to a local charity, the Single Homeless Project, which was approached by FEAST. Their accommodation is used to prevent homelessness and help the vulnerable and socially excluded in London to transform



their lives. This is exceptionally important during the winter months when temperatures have dropped below zero degrees

Our efforts are helping to tackle

London's struggles against poverty by ensuring that everyone is provided with a warm and nutritious meal. We cannot thank everyone in our community enough for their time and dedication, helping this project to be so successful. We are continuing the scheme until the end of March, at which point we will have donated over 1500 meals. During these difficult times, helping others who are in desperate need of support is so rewarding and shows that, by coming together, we can have a wider impact while fulfilling our duties of Tikkun Olam and Tzedaka. Thank you again to everyone who has contributed!



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Is it time to return to Shul? ask Rabbi & Rabbanit Friedman



We've just left Egypt, but the danger is not over yet. Standing on edge of the Red Sea, the Egyptians are fast approaching from the rear. Terrified, we turn to Moshe in despair. Moshe raises his eyes Heavenward and God responds, "Why do you cry out to me? Tell the Children of Israel they should travel forth!"

Moshe conveys the Almighty's message, but it makes no sense. How do we travel? The sea is raging before us. We look to our leader but no guidance is forthcoming. But then, one man, Nachshon ben Aminadav takes a leap of faith. God has instructed them to travel forth. And so travel forth he shall. He walks right into the water, never looking back. The people look on in bewilderment. What is wrong with this man? Any further and he will drown.

The water is getting higher and higher. First it reaches his waist. Then his neck. And then it's up to his nose. And then, all of a sudden, the waters part. And Nachshon has not even a drop of water upon him. The Children of Israel follow their brother and traverse the Red Sea on dry land.

Right now, shul life is so challenging. Many of us find ourselves stuck between a rock and a hard place. Or between a Red Sea and an Egyptian army. If going to shul means wearing a mask, social distancing, no singing or Kiddush, then it's really hard to move forward. It's not

like we're doing nothing. Some of us are really engaged with virtual shul activities. We're zooming this and facebooking that.

But even still, we're in the same place we were a year ago. It's a place of uncertainty and inertia. The problem with our temporary solutions, however, is that, unlike our ancestors, there's little pressure to get us out of our living rooms.

But there comes a time when we must take the Nachshon plunge. The Almighty says, "Travel forth!" How do we know that He is calling us to proceed into the unknown? Because we've already seen the miracle. As unprecedented as the pandemic itself has been, the discovery of a cure has been just as unprecedented. A number of companies have miraculously produced a vaccine faster than any other time in history.

Undoubtedly, the time is not yet ripe for everyone. The Nachshon moment will be very personal and individual. The main thing is that we start thinking about our sea-splitting moment. Will it be one vaccination? Two vaccinations? 29 March? 12 April? Your precise date is your decision. But it's a decision you must consciously make.

May we merit to pray together again very soon!

Chag Pesach kasher v'sameach!

Our Youth under lockdown

Youth Leaders, Gila & Sammy Liebert, review the past months



Firstly, we look forward to our youth getting back to school – they have been amazing and have managed Zoom like champions. Even after spending day after day at school on Zoom, they still join us in the evenings for fun youth events. Sundays have been taken up by **Lighthouse**, our leadership programme. **Project ImpACT**, the incredible volunteering programme, held many fun and creative events such as art classes, supper quizzes and discussions.

We are very excited by what the

spring and summer promise to bring so look out for many more interesting and exciting events.

Here are some of the events which have taken place over the last months:

- **Games Night**
- **Zumba**
- **Drawing class**
- **Tu B'shvat** fruit carving session
- **Supper Quiz**
- **Babka / Challah Bake**
- **Holocaust Memorial Day** - Maralyn Turgel shared with us the inspiring and moving story of her father's

journey through the holocaust – **Moan and Groan**, a weekly, Thursday evening event where anyone who wants can join and play games, discuss their week and have their moans and groans validated

– **Dor v'Dor**, which connects the youth with senior members of our community to learn about and discuss their lives.

- **The Bat/Bar Mitzvah** programme is under way

- **At Purim** there was a fantastic Mocktail making event over Zoom

Lots more to come!

HGSS Online

The programme of online activities continues apace and a visit to the HGSS Facebook page reveals a goldmine of interesting videos. Here are just a few.

Norrice Lea TV

Hosted by Rabbanit Friedman and Rabbi Guttentag and now in its third season, *Norrice Lea TV*, in its regular Monday evening slot, has covered a wide spectrum of subjects. Simone Halfin interviewed Dr Leora Harverd of the Temple Fortune Health Centre (see page 8). She also interviewed Drs Jacqui and Jeremy Marshall who, although on the point of retirement, were hard at work in the vaccination centre at the beautiful Hindu Temple in Kingsbury, a true example of communities coming together.

It continued to feature members of the community in various capacities, as well as meeting simcha families whether it was an engaged couple or Bar/Bat Mitzvahs.

For Purim Ian Fenton and Rabbanit Batya hosted the **Garden Globes Award** as a fun way to remember the past year of virtual events. Ian performed a few of the songs and added some great humour to the evening.

Among Rabbi Friedman's interviewees was Jordan Freud who, as a child, was diagnosed as being on the autistic spectrum. Notwithstanding, he navigated the standard educational system – Brooklands followed by JFS. He owns that in the early years at Shul, he was made to feel an outsider within the community. Due to his lack of social skills (and the community's misunderstanding of him), he would often be sent out of activities. However, he persevered, completed his education and made it to Leeds University, achieving a 2.1. He has since landed his dream job with Raw TV.

His advice to anyone in the community who might be experiencing difficulties – do not be afraid to reach out – to the rabbinic team, to the Nefesh Network – to discuss your issues – do not keep them to yourself. You will find that hearts and minds are always open.

This was an inspiring message from an inspiring young man.

A very important subject was covered when Rabbi Guttentag interviewed Nicole Gordon and Aviva Lewis of Jnetics, the organisation which is running a screening programme for genetic disorders which particularly affect Ashkenazi Jews. The best known of these is, of course, Tay Sachs, but they also screen for Cystic Fibrosis and seven more which are less well known. They aim to expand the range over the coming year to include disorders which affect the

Sephardi community.

Lockdown Literature with Martin Kaye has been a new feature for the third season. Martin suggests a few books from the Wingate short-listed books (*On Division*, *Apeirogon*, *Nobody Will Tell You This But Me* and *When time stopped*) and then hosts an interview with the author, along with a member of HGSS, to discuss it further. Look out for a new feature in Season 4, The Anglo-Jewish Canon – an eclectic line-up of personalities who will recommend their favourite book.

Shabbat

For Shabbat, there is Rabbi Friedman's weekly drosha, the theme a topic in the week's news.

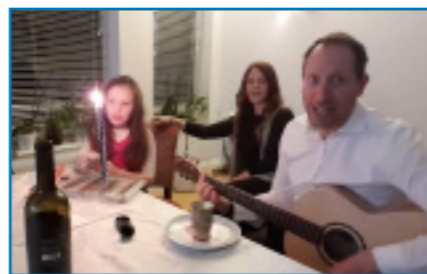
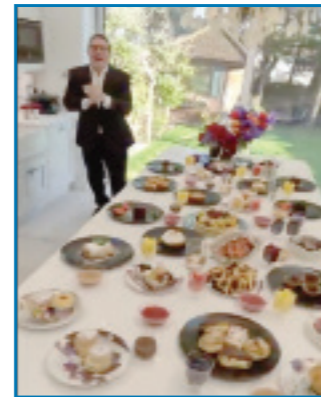
Of course, in the run-up to Purim we were able to join an international audience for **Freilich Fever**, welcoming Shabbat with music and song – Avromi singing, Dovi at the piano,

a thought for the week from Rochelle, to say nothing of the delicious range of Shabbat foods over which we could only drool. This culminated on 26 February with **Avromi in the Rain** featuring songs from the shows and a table full of delicious desserts.

When Shabbat ends, what could be better than joining one of the Rabbinic

Team for a musical Havdallah.

The monthly programmes continued with the Rabbinic Chavrusa with Rabbi Friedman discussing a book by the late Rabbi Lord Sacks ז"ל and the Inspirational Women Series talking about various topics with different women around the world. We marked special days with informative interviews either on NLTV or as a standalone such as Jewish Disability and Inclusion Awareness Month, Mental Health Awareness and International Women's Day. Most of the videos are all available on our Facebook page Hampstead Garden Suburb Synagogue | Facebook or on our You Tube Channel bit.ly/HGSSTube



From the Chair

A message from James Kaufmann

The Maggid section of the Haggadah opens with "*Halachma anya*" where we invite whoever is hungry to come and eat. This invitation seems to be said at the wrong time (we have already started the Seder) and in the wrong place (we say it in the privacy of our homes) to really be an effective and heartfelt call for strangers to join us.

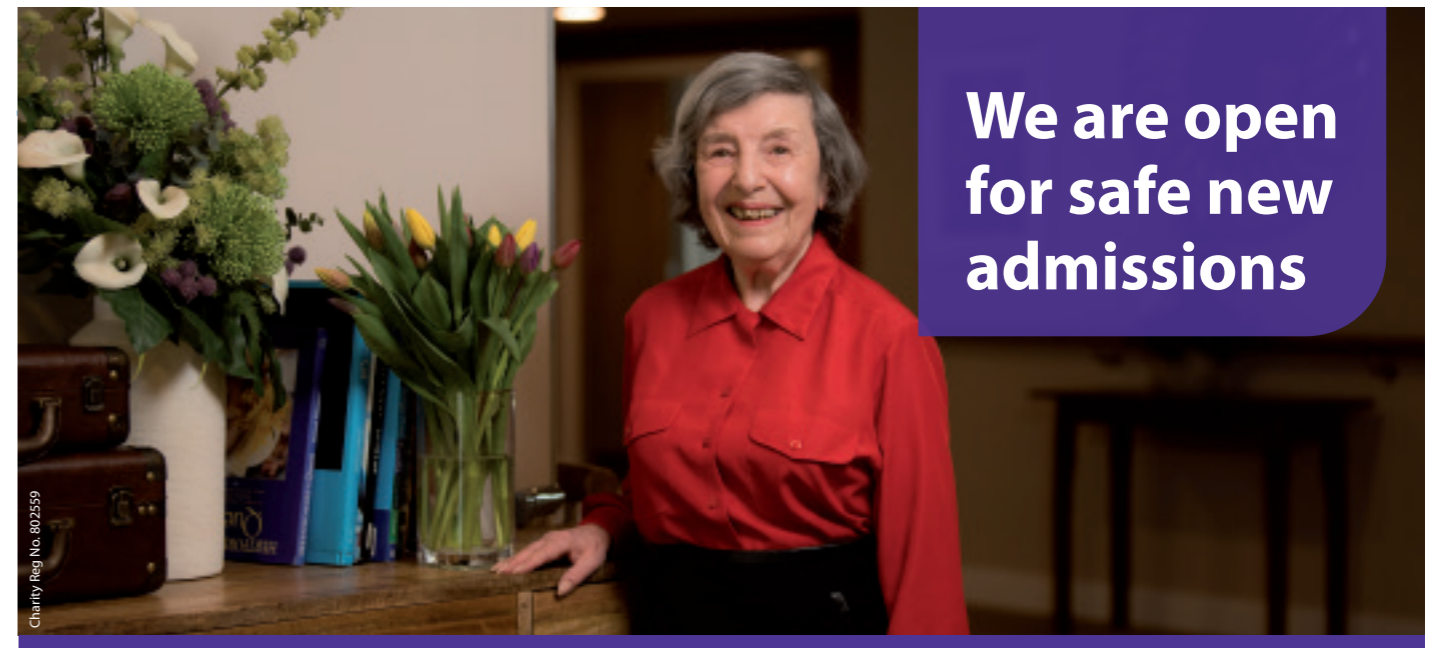
Rav Yochanan Zweig suggests the purpose of the invitation is for the guests already assembled, not for those who are absent. The Talmud (*Bava Batra 98b*) says that guests should not invite other guests to a host's table. But Rav Zweig says that honoured guests can do as they please and invite other guests. Accordingly, the reason for everyone at the seder to make a statement inviting others is to empower any guests present and make them feel that they are guests of honour, enjoying their redemption from slavery as much as the host.

Rav Zweig further explains that the sensitivity required of a host here fits in to the broader demand that when we

tell the story of the Exodus on Seder Night we should put ourselves in someone else's sandals – as if we ourselves are coming out of Egypt.

This year sees us celebrate a second Pesach in lockdown, with no guests at our Sedarim. But hope is on the horizon, the "roadmap" anticipates the rule of six or two households allowed to meet outdoors from second day Yom Tov. But the need for us to act with sensitivity, compassion and empathy is greater than ever. We have all had different Covid and lockdown experiences. Some of us are straining to get back out amongst people. Others are more cautious. Some of us might find mingling in groups challenging. Others want nothing more than to shake hands and hug old friends.

Please, let's proceed on our own and our communal journeys to freedom with the sensitivity, compassion and empathy which the Haggadah asks of us and endeavour to make one another feel as comfortable as possible as we collectively find our way in the coming weeks and months.



Throughout Covid-19, keeping our residents safe has been our highest priority. Every member of our trained and experienced staff, is here to make sure that our homes have the highest level of cleanliness, access to the Covid-19 vaccine, regular testing and ample amounts of PPE all in accordance with health authority guidance. We know how important staying in touch with your loved ones is and our residents enjoy video calls and family visits in a safe space. Activities to stimulate body and mind, the special moments of Shabbat and festivals and delicious Kosher food make our homes a warm family community.

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JEWISH CARE

Dr Leora Harverd

takes a break from keeping the vaccine flowing to speak with Simone Halfin

The Angel of the North' is a well-known sculpture by Anthony Gormley, but we most definitely have an angel of North West in Dr Leora Harverd. A 'Suburb Girl' through and through, she attended Henrietta Barnett School, studied medicine at University College Hospital, married, and lives with her husband and two daughters in the heart of the Suburb.

Leora couldn't keep away from her roots and started work as an embryonic GP at the Temple Fortune Health Centre in 1990, initially working with Dr Buckman who retired and is so missed by many patients – including me. Apparently, he had a loud sneeze and, as his office was next door, Leora used to say *Gezunt* when it happened. There were always two sides – the other side of the practice was known as PHGH after the partners who worked there at the time but, in some instances, they merge and the vaccination programme is a perfect example of both working together.

Leora became a partner of the entire practice in 1998. They now serve over nineteen thousand patients – and probably a few more after people have experienced the efficient vaccination set up! She declared that she would be 'working here until the end'. Together with Dr Karen Grossmark, she now successfully runs everything but, most importantly at this time, the incredibly enviable Vaccination Centre in Temple Fortune, the first centre to go live in Barnet.

When I asked if she was worried about taking all this on board, she said she was an eternal optimist and never worried about taking on huge tasks. When the email about doing the vaccinations arrived, both she and Karen felt it was the best thing to do for their patients. There were tears of joy and relief when people received their first jab, some had not been out of their houses since before the pandemic. Everyone was quite overcome by the emotion.

In an interview exactly a year ago, Leora said that the effect on her Jewish life had been profound and that, compared to the rest of the population, medics were living in a parallel zone. She was concerned about how it would impact on Pesach. It is quite amazing that she is now in an even more difficult position, working so hard running both the vaccination programme and the surgery and still worrying about Pesach, as are we all!

Meeting Leora in February, she was snowed under, having just taken possession of 1200 doses of vaccine for which she had made a 20-mile round trip motzei Shabbat as they had not been delivered. These had to be used the following day. Although exhausted, Leora told me she loved being busy and felt that the learning curve everyone was on



was challenging but rewarding. It was lovely to meet one of her daughters who was taking a turn helping out on the day I was there.

By now, many of our readers will have at least have had their first vaccination, so will be aware of the incredible speed and efficiency from the minute you are told, firmly, to wear your face mask on entering the car park (or makeshift vaccination centre as it is) until you are told, by a reassuring Hatzolah medic, to sit for 15 minutes to ensure that you are not experiencing any bad side effects. Leora beamed at the mention of Hatzolah and was thrilled that they had agreed to offer their support every day to make sure that everyone who had been vaccinated was ok. They have always had a close relationship, and if someone is very unwell and needs an ambulance, given the choice of ambulance, everyone opts for Hatzolah. When the programme started, people were so unwell that Leora used them as a backup to make urgent decisions whether or not they should be sent to hospital. They are even vaccinating at the moment as they feel it gives them purpose in the whole process.

Leora's day, which starts at 7.30 am, does not end when vaccination stops. Leora is back dealing with day-to-day patients, quite a number of whom are suffering mentally from the pandemic. She is then on call and has to deal with triage patients. Her message, especially to teenagers, is please come forward and just talk to someone. There are so many ways in which doctors can help.

With this, I left her to carry on delivering the 'pizza and garlic bread size boxes' of crucial vaccines to eager patients. A lovely description!

Amazingly, Leora has found time to serve on the Norrice Lea Kiddush rota as well as running two marathons – a true Eshet Chayil.

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If you've ever been to Jersey, Guernsey or the Isle of Man (collectively known as the Crown Dependencies) and fancied taking tea with HM's Representative, then you will now be able to do so without leaving the Suburb. Resident and congregant, David Wolfson, is technically Her Majesty's Representative to the Crown Dependencies. Of course, that isn't his main job – but then David's day job isn't quite what it was.

Until fairly recently, David was a leading commercial Silk practising from One Essex Court Chambers (home to a number of HGSS barristers). One Friday afternoon in October he received a voicemail from someone called Nat.

David – a veritable polymath of a communal man (he blew shofar for hundreds over Rosh Hashanah, he leins and davens beautifully and gives spellbinding Divrei Torah) – assumed this Nat might be someone after him for a lecture. However, Nat turned out to be the Leader of the House of Lords. She relayed her predicament: Lord Keen, one of the Government's most senior legal advisers (who shot to fame during the televised Supreme Court Brexit trial) had resigned and the Government needed to replace him. She wondered if David would fancy giving the job a whirl.

The dramatists Aeschylus, Sophocles and Euripides often reached for the ancient equivalent of “and it was all a dream” when trying to resolve a particularly complex dramatic trope.



Filling the Gap

A new role for David Wolfson interviewed here by Andrew Freedman



However, this was no tragedy, nor – yet – a drama, so David gamely stepped up to the plate and agreed to fill the gap as Parliamentary Under-Secretary of State for Justice, plus, of course, a Peerage.

This was not mere happenstance: the current government had known David for some time. Considering himself a traditional Tory, David's first exposure to the Government came when Michael Gove became Secretary of State for Justice and Lord Chancellor, during which time, David began to advise the government on thorny issues of Brexit, jurisdiction and international trade. David's surprise at being invited to join the government was matched by the swiftness with which he had to decide – he had just over 48 hours to make up his mind

whether to remain in practice as a barrister, or to take the plunge and don ermine.

I once did a mini pupillage under David and it was, without doubt, one of the most challenging and rewarding I undertook, simply because he has a contagious energy and bonhomie as well as a palpable passion for law. The Commercial Bar is a notoriously solitary, albeit rarefied, world, but David wore no airs and graces (nor tie) and had a clear hunger for debate. Every counter argument I could think of (alas, there were not many) were deftly but definitively rebutted. Perhaps, I ventured, David got this from the study halls of Yeshiva Ha'Kotel in Yerushalayim? At this, David leaned back and smiled. “Argument is very healthy and it's much better to argue than to fight. I have no problem with argument, or with people who disagree with me politically, but the one thing I would hope is that they regard my position as bona fide – just as I would regard theirs.”

As the fourth Lord Wolfson (no relation to any of the others) to sit on the red benches, since David's introduction to the Upper House in December, he has been dealing with flurries of legislation. As a justice minister, all manner of laws come his way, from the Domestic Abuse Bill to Child Trust Funds and Counter Terrorism Legislation. It is, in his own words, a “radically different proposition from the Bar”.

Like many Jewish peers, David's geographical designation is a nod to his roots: his paternal great grandfather immigrated to Tredegar in Wales – something he mentioned in his maiden speech. By chance, David's speech happened to be on anti-Semitism on university campuses. While joining ranks of Peers who had previously quoted the teachings of the late Lord Sacks z”l, he was probably one of

Continued on next page

Kiddushim for those who care

Debbie Kagan says *thank you*

With the help of Carmelli and the Hendon Bagel Company, special ‘kiddushim’, generously sponsored by HGSS members, are being delivered to The Whittington, Watford General or Chelsea & Westminster Hospitals. Boxes of individually wrapped bagels and cakes, along with a selection of other foods, including granola, yogurt, fresh fruit and salads, are being sent into the hospitals for all the staff to enjoy.

Our thanks to Michelle Yamin-Joseph who has been amazing in helping and organising this initiative on behalf of the HGS Community.

So how did it start? This initiative was set up last June as a way to say “thank you” to the doctors, nurses and hospital staff, who are all working much longer hours and are really in need of our support – it is a way to show them how much we care. At the same time, we are supporting our local shop/bakery who supply everything. For the sponsors, it is a way of acknowledging a simcha or yahrzeit. A card is sent with every delivery bearing the message, “Warmest wishes and thanks from . . . Synagogue”.

During the last lockdown, ‘kiddushim’ were also sent to care homes and hospices, Jewish and non-Jewish, across London – sadly, they have also been so badly affected and in need of our support. HGSS sent weekly to Lady Sarah Cohen House. On occasions, staff would literally cry in

appreciation, realising that they hadn't been forgotten.

Early in January, I received an email from Chelsea & Westminster Hospital which said, “I am sorry to ask for your help once more. I never thought we would be in this position again.....are you able to help donate food to our frontline staff? We are desperate.” Once again, the Synagogues have been amazing and the project re-started.

The response from the HGS Community has been unbelievable – thank you! We were all deeply touched by Zack Kaye, who celebrated his Bar Mitzvah in January and sponsored several ‘kiddushim’ at Watford from his gifts. A consultant from the emergency department collected the

food early in the morning and took it to the hospital with her, to be enjoyed by the night shift who were just finishing and the day team about to start.

They were so happy to receive lovely filled bagels and pastries – see photos! I received the following message: “I have been a consultant for 15 years and we have never experienced times as tough as they are at the moment. Knowing that people care and are thinking about us in the NHS makes a huge difference to the staff, so thank you from all of us.” Michelle Jacobs.

This wouldn't have been possible without all your support and generosity - thank you SO much!



From previous page

the fewer to speak Hebrew, though he assured his noble colleagues that he had not fallen foul of the rule for speeches to be in English by ensuring it was “limited and specific”.

David's predilection for Hebrew came, not just by dint of birth and upbringing, but by choice: he read Oriental Studies (specifically Hebrew, Aramaic and a little Syriac) and Law at Cambridge, and found that many of his non-Jewish dons were great scholars and as fluent in leining as any of Norrice Lea's finest. What, I can

only suppose, is his way of relaxing – David enjoys lecturing on Judaism and halacha, saving his ‘more controversial topics’ on text and theology for Shabbat where, he adds impishly, he “cannot be recorded”.

Members of Norrice Lea for just over 25 years, David and Louise (also a lawyer and daughter of long-standing members Rina and Jeff Durkin) were married at HGSS with Rabbi Jackson and Chazan Avromi officiating. They have three children, Sam, Zara and Abi, all of whom attended Kerem where their father was, at one time, Chair of Governors.

Towards the end of David's maiden speech, he made reference to Avraham's famous bargain with G-d before the destruction of Sodom and Gomorrah. We learn that the only people whose presence might have saved the cities would have been righteous people living in the city. According to David's father, that means each of us has a part to play in society and the life of the nation. Extrapolating this, David pledged that, as justice minister, he would “seek to play my part to build a society based on justice and the rule of law that is a society to which everyone can contribute.”

Volunteering Awards

Two HGSS members have been recognised at the the Jewish Volunteer Network Celebration of Volunteering Awards 2020. Mazal tov to . . .

David Sagal



Looking for voluntary work, David contacted the Jewish Volunteer Network (JVN) who put him in touch with Goods for Good who collect clothes and hygienic items for

the homeless including refugees of whom there are 400 in Barnet, something which most of us had probably not realised. David paid tribute to our own Nefesh Network and to the HGSS community for their generosity and readiness to volunteer.

Jo Rosenthal



Since leaving practice as an accountant, I had volunteered at Jewish Care and then for 10 years with Norwood organising fundraising events. However, I was looking for a role that would put all my years of financial training and experience to good use in the community and provide me with a fresh challenge. In 2017 I was 'matched' to Jewish Women's Aid through JVN's Trustee Connection Service.

This year has been particularly challenging for JWA. Our experience reflects the national picture, which indicates that 80% of community based domestic abuse services have seen an increase in demand and that 61% of women living with an abusive partner have reported that the abuse has worsened during the pandemic. The frontline team at JWA is supporting around 150 women every month, with all our staff working at capacity and a waiting list for children's therapy.

In terms of my role, the initial impact on Jewish Women's Aid was the cancellation of our main fundraising event which we relied on for a significant percentage of our income. *Continued on page 19*

Mental Health Awareness

Katherine Isaacs explains how the community is taking steps to ensure that there is support on hand for those who need it



For all of us, the last year has been like no other. We have all had to find new ways of coping with the strange new reality which Coronavirus has presented us. For some, this has been more difficult than for others.

Data analysis by a leading UK mental health charity has revealed that more people have experienced a mental health crisis during the pandemic than ever previously recorded.

As such, it quickly became apparent that it was imperative that we at HGSS needed and wanted to support our community so that we can become one which accepts, acknowledges and understands mental illness. We have striven to destigmatise this subject which has been hidden in the shadows for far too long. Our aim is to provide the community with, amongst other things, a small army of dedicated Mental Health First Aiders who will be trained and available to listen and to provide early intervention and then signpost on to third party professional help. This help will be available for anyone, from the youth through to the older members of our community, as mental health issues know no boundaries.

Our first call was to Jami, whom we are proud to be partnering, and who are helping to provide Mental Health First Aider training for just under 50 members of our community. Mental Health First Aider training teaches how to identify, understand and help someone who may be experiencing a mental health issue. The first of these courses is now complete, and I, myself, was proud to participate. It was an incredible eye opener into best practices in the field of listening and signposting for those who may need it. The remaining two courses are due to take place during March and April.

During Mental Health Awareness Weekend, we were proud and incredibly honoured to be able to broadcast a live experience panel – three very brave speakers expertly interviewed by Rochelle Freilich, All of them showed enormous spirit and strength in sharing their personal experience of mental health issues. It provided an extremely powerful and very personal insight into the subject itself.

During the next few months, we will be highlighting other cohorts within the community and creating open conversations on their mental health journeys. The first of these will be providing support for younger children and teenagers, as well as their parents, as they venture back to school as lockdown eases.

Finally, we are privileged to be partnering with

Life's Door, a not-for-profit organisation committed to promoting the awareness about and importance of the relationship between the mental and emotional quality of life and a person's wellbeing. Life's Door will be providing four Hope Workshops for various groups within the community, ranging from families with young children through to medical professionals. They will look into helping people find a way of including hope into their daily lives and routines as we slowly exit from the pandemic.

My hope is that we take lessons, from the very difficult year that we have been through. I hope that we apply newly learned skills, insight and understanding as we move forward and continue to check on our neighbours, make space for and accept mental illness and support one another going into the future.

Struggling to cope is more normal than you think.

Uncertainty and isolation can cause any of us to experience feelings of distress or anxiety. Whatever you are going through, you don't have to face it alone.



If you need support or are supporting someone who needs help, contact Jami.

jamiuk.org/get-support or call 020 8458 2223



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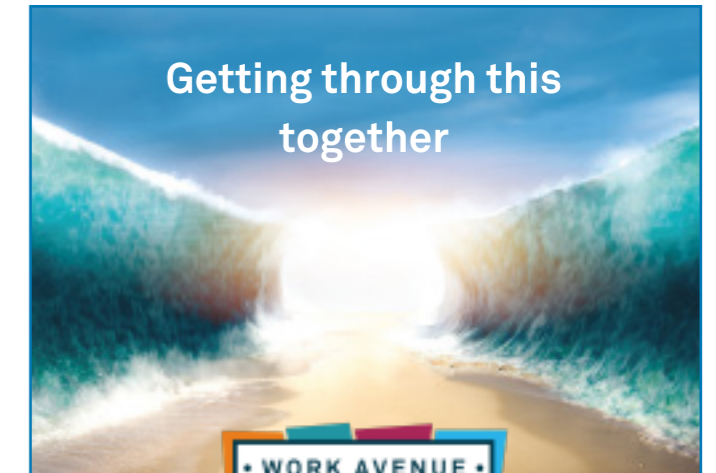
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Aliya Lite

David Lew

We had not wanted our move to Israel in December to be published in the HGSS newssheet. After all, such ventures sometimes end in disaster and ignominy, with would-be chalutzim quietly drifting back to the comfort of familiar surroundings and language with tail firmly between legs. But, so far, so good. Israel is a great country for old Jews. We are blessed: we live next to a nature reserve which during the winter and spring changes its flora, colours and perfumes on an almost daily basis. Queen of the flowers is the purple iris after which the reserve is named. The reserve leads directly onto the beach so during the lockdown we were always able to amble and remain within the mandated 1,000 metres from our home. Without wishing to sound like an estate agent, we have everything from supermarket to doctor's surgery on our doorstep. All I miss are the family, friends and an airing cupboard. In any case, at the time of writing the airport and borders are closed so we are effectively prisoners in Zion.

I imagine that you are all sick of hearing about how absolutely marvellous the Israel health care system is. It seemed to come as a shock to many folk around the world, although quite why, I am not sure. The first health fund was established in 1911 and by 1958, just ten years after the establishment of both the state and the NHS, 90 per cent of the population was covered. According to WHO data, Israel has 46 doctors for every 10,000 people; Britain has 28, which is possibly why my GP in Israel has 20-minute appointments (and is happy to overrun). She has sent me off for all manner of tests, some of which were not available to me on the NHS. I even found myself in the mammography department of the Assuta medical centre in Tel Aviv for a bone-density test.



It has also been helpful to the health funds that, unlike in the UK, for many years there was no effective political interference from the Minister of Health, one Yaakov Litzman, the Gerer rebbe's personal representative in Knesset, whose contributions to the wellbeing of Israel's citizens were limited to campaigning to retain tobacco advertising (I kid you not), ensuring that Ikea stayed open longer than other furniture stores during the lockdowns and allegedly obstructing the extradition of Malka Leifer to Australia where she is accused of child abuse when principal of Adass Israel School in Melbourne. It is no coincidence that the owner of the Israel Ikea franchise and Ms Leifer both have connections with the Gerer community. During the Corona period, even Litzman realised that he was not up to it when Moshiah, who he had prophesied would save us before pesach failed to appear on cue. You may have seen the new health minister, Yuli Edelstein, on Andrew Marr's programme a few weeks ago. An altogether more serious politician, fluent in several languages and orthodox, and unlike us, he was a true prisoner of Zion.

Israel's government after the election in March looks fated to include haredi politicians like Mr Litzman and Aryeh Deri, Home Secretary for much of the period from 1988 to date, with a short break to serve a jail sentence for bribery. My vote will go to any party that promises not to serve in a coalition with the haredi parties.

The arrogance of the fallen politicians in Israel is not restricted to haredim. Ehud Olmert, for some reason best known to the editor of the Jerusalem Post has a weekly half page column in which he frequently castigates Bibi.

You will recall that Olmert too had a spell inside for bribery, although he had the good grace to step down as prime minister when the charges were announced. Pots and kettles come to mind. Where, I ask, is the spirit of John Profumo?

No country is free of corruption and each is corrupt in its own way. But at least, in this country, corrupt politicians and a rapist president go to prison. I leave the final words to Ehud Olmert who said on his resignation, "I can only be proud to be a citizen of a country in which a Prime Minister can be investigated like any other citizen".



Being Jewish is a problem . . . What problem?

Shimon Cohen recounts his travels in the Gulf States

It's February 1996 and one of my clients in the Banking sector has suggested a Team Meeting at their Head Office, in Dubai. That gave me pause for thought. I had only ever been there once before and that was on my way back from a holiday in Thailand, when I stopped to change planes in the UAE – that time in Abu Dhabi. I was keen to go but I had a problem. My passport was full of Israeli stamps and entry to the UAE wasn't possible. I did manage to get a new passport quickly and off I went.



Madinat Jumeirah, Dubai

I remember walking from the hotel to the client's office in the sweltering heat, feeling quite apprehensive. My name, so I thought, was a giveaway and Jews didn't generally travel here. Well, it transpired that my name wasn't such an issue at all. My client wanted me to take over as chairman of his Dubai based advertising agency, stating clearly that being Jewish here wasn't an issue. No one cared. That was indeed true. I looked through the local newspapers. There was about as much coverage of Israel as the UK papers has about Vietnam! Too far away and no interest.

My next visit to the region was a year later when the same client arranged a Team Meeting in Oman. It was June and the temperatures had hit well over 40 degrees Celsius. Arriving at the hotel, the Al Bustan Palace, it was evident that there were no other guests apart from our group. Yet the hotel seemed fully operational – Bell Boys hanging around,



With the Head of the UN's Food Aid Distribution Centre, International Humanitarian City, Dubai

shoe shine boys waiting for a customer, restaurants fully staffed but no guests. I was escorted to my room and with a flourish. I am told that the suite that I was allocated was last used by the Emir of Kuwait, as the hotel was built especially for the meeting of the Gulf Cooperation Council that had been held in Oman just a few months earlier. I remember asking why there were so many staff and no other guests and am told that the hotel must remain fully operational in case the Sultan decides to visit. How often I ask, does the Sultan visit, only to be told that he never has!

Well now, fast forward

to 2014 and, through a series of circumstances, I am retained to provide public relations advice and support to a Royal Family in the region and, for the next six years, I visit Dubai, for a couple of days, at least once a month. I fly out, usually on a Sunday, returning overnight Tuesday, arriving back in London on Wednesday morning. I looked forward to the Emirates A380 airplane with its large bedroom cubicles and the Jumeriah Towers Hotel with its enormous suites.

However, what struck me, and what I have talked about many times, is that being Jewish was never a problem. My client always went out of their way to make sure I could eat and, on more than one occasion, made sure I was flown home for Yom Tov, only to have to fly back as soon as Yom Tov was over. If I ever had to stay over for Shabbos, which happened a few times, I was near the Villa where davening took place and plentiful supplies of hummus were available.

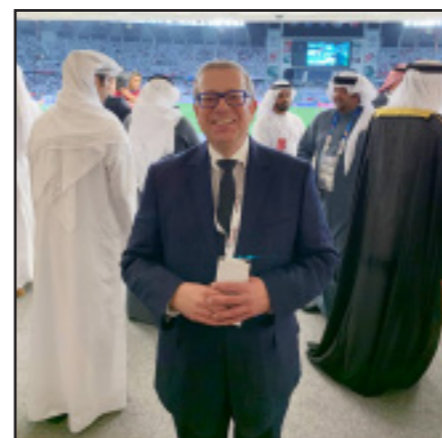
Before Covid 19 struck us, I visited Dubai, Abu Dhabi and Amman frequently. I even visited Al Ein and Sharjah as well. The Emiratis and Jordanians were always more than generous with their welcome and my being Jewish was only ever an interesting dinner discussion subject.

* * * * *

I have so many stories but space doesn't allow me to share more. So, just one. I visited Australia as part of the official delegation of HRH Princess Hay Bint Al Hussein, then the wife of HH Sheikh Mohammed Al Maktoum, ruler of Dubai. I flew on the Royal Flight with my bedroom, yes bedroom, with its large double bed and en-suite shower. One of the engagements we had was to attend a World Cup Qualifier Match between Australia and the UAE. Sitting in the Royal Box was fun and chatting with the



On the campaign trail with HRH Prince Ali bin Al Hussein of Jordan



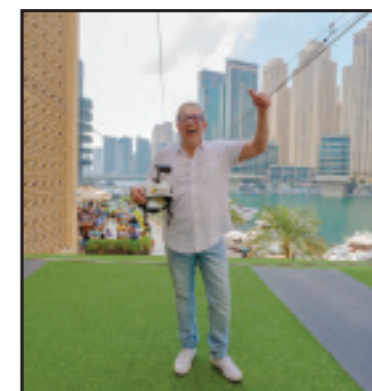
At UAE v Jordan, AFC Asia Cup, Abu Dhabi

Australian Prime Minister at half time was, of course, memorable. But the highlight was the half-time drinks reception.

A tap on the shoulder from HRH's secretary. "HRH, wants you in the stadium", I'm told. I step out to HRH, who says: "Well, this is something that I

opponents. During the 2016 FIFA Presidential election, I headed up the campaign of HRH Prince Ali Bin Al Hussein of Jordan. One night, I get a call from Prince Ali: "Shimon, are you an Israeli?" he asks. "Have you ever played football for Israel?"

I answer that I am Welsh, born and bred and, no, I have never played football for Israel,

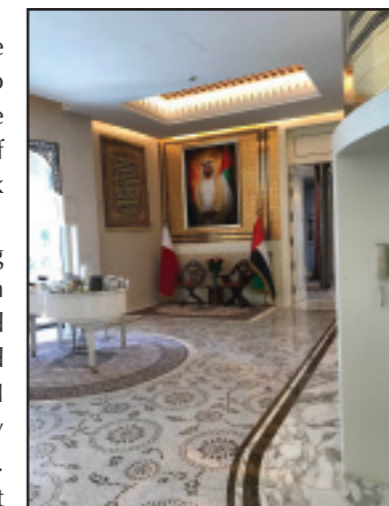


I had just completed the Zip Wire at the Dubai Marina

never thought I'd get to do, but Shimon, please meet the Rabbi", as HRH introduces me to the local Chabad Rabbi who is attending the game as the guest of the Jewish President of the Australian Football Association, Frank (now Sir Frank) Lowy.

So, apart from a travelogue of interesting stories, what does all this mean? I have been very privileged to have travelled widely, and have worked for clients at Government and corporate level throughout the Arab world. I have never once, on any occasion, seen my Jewishness or indeed my name as a barrier. In truth, I don't think it's ever been relevant either to me or my clients.

It has, however, been an issue for my



Inside the Zabeel Royal Palace, Dubai

or Wales for that matter. It transpires that our opponent in the election had tried to discredit Prince Ali by tweeting a picture of Shimon Cohen, a former Israeli footballer, together with the exhortation to Arab countries not to vote for Prince Ali as the head of his campaign is an Israeli footballer.

The notion backfired spectacularly, as the racist intent was duly exposed. What annoyed me most of all though was being confused with a retired 76-year-old!

Anyway, now that Normalisation has been approved and Jews and Israelis are flocking there in their droves, I just hope that the quiet, serenity of Dubai's legendary hotel lounges will be preserved!

My experience with Project ImpACT

by Sophia Lipton

My name is Sophia Lipton, I am 15 years old and in Year 10 and have been volunteering for Project Impact for the last two years. I have been fortunate enough to have had lots of volunteering experiences both pre-lockdown and now virtually due to COVID19. Pre-lockdown, I was involved in different activities and events such as learning sign language to raise awareness for deaf people, helping at a Purim fair at JW3, and even wrapping presents on Chanukah for children who might not usually receive anything. Since lockdown,

I have been doing a cooking course every other weekend, on Sunday evenings. After cooking the baked goods, I drop them off on the following day to an allocated drop off point. The food goes to different people such as the homeless and ambulance drivers who don't usually have a chance to eat due to their very busy schedule. It is crucial that in these challenging times we are all giving back to those nurses and doctors who put their lives at risk in order to save others.

While volunteering really helps others, it brings a real joy to my life and is extremely rewarding. It has made me appreciate how fortunate my life is and constantly reminds me to not take this for granted.

While participating in Project Impact, I have realised how important volunteering is to me. It

provides me with a great understanding of different people's lives and also has enabled me to gain many charitable qualities that I will definitely use in the future. I believe it is really important for teenagers to experience volunteering and give something back to the community.



Tzedakah at HGSS

Every two years, the Shul's Tzedakah Committee chooses two charities, selected from a list of nominations received from members, with whom to establish a special, close-working relationship. One of these is based in the UK, the other in Israel. At present our two chosen charities are Jewish Child's Day in the UK and Migdal Ohr in Israel. So what, exactly, do these charities do?

One of our long-standing members, Charles Spungin, Chairman of Jewish Child's

Jewish Child's Day

Day provides a glimpse of the charity so close to his heart.

I have been actively involved with JCD since 2008 and honoured to be chairman since 2017. However, like many others, my involvement with JCD dates back to growing up in Nottingham. Once I had my own children, I knew how lucky we were as a family and wanted to find a way to help other children in our community.

Who are we?

Jewish Child's Day aims to provide a better and brighter future for Jewish children in need in the UK, Israel and worldwide. Our mission is to support organisations ensuring that no Jewish child should live in hardship, need, pain or suffering. What started as an annual appeal to help children of the Kindertransport has evolved into a leading grant giving and educational organisation, supporting children in need across the community and educating children about the impact and benefits of Tzedakah.

What do we do?

Today, the charity supports over 130 projects, assisting over 19,000 children annually, saving them from deprivation, disadvantage, abuse or neglect; we are giving them a better future.

The breadth and variety of the projects we support is unlimited and many of these organisations would struggle to deliver their service without our help.

Children who are challenged by physical, learning or emotional difficulties, children who suffer abuse, neglect, deprivation or poverty, children who simply don't have a safe and secure family or home and children who are battling against severe and life-threatening illness – all benefit from Jewish Child's Day's support.

We also spend a lot of time working with children in schools and chedarim, teaching them about Tzedakah. At such an early age it is important that we show the next

generation how they can help the less fortunate across the community.

How has the present situation affected the charity?

Unfortunately, over the last 12 months we have seen a 50% increase in the applications for support. For almost 20% of these applications, it was the first time they had approached us. This is an indicator of the stark reality of a crisis facing charities everywhere: due to the pandemic, fundraising opportunities have dropped, whilst the need has increased enormously.

We are grateful to work with some incredible organisations in the community who provide children with shelter, safety, nourishment and healthcare, improving psychological, emotional, educational and physical well-being.

What can the HGSS Community do to help?

Community involvement has always been at the heart of Jewish Child's Day, which is why we were delighted to have been a chosen charity partner with HGSS.

This past year has been challenging for all charities to be able to continue to operate in the same way, but we do hope

to be able to get back to normal, visiting the projects and finding new and innovative ways to raise as much money as possible to help the youngest in the community.

In 2022 we will be celebrating our 75th year and will be planning a number of events as well as awarding Diamond Grants to organisations where we can make a long-lasting impact to children for many years to come. We hope the community will help us both to raise the funds, and find these deserving projects.

Should you be interested in learning more about Jewish Child's Day, please go to www.jcd.uk.com or contact Anthea Jackson, Executive Director, on 020 8446 8804.



Migdal Ohr

Migdal Ohr is Israel's largest welfare, non-profit education network that has been providing an enlightening framework of critical services and life-changing essential programmes to nearly 12,000 disadvantaged and orphaned Jewish children across Israel since 1972.

The Israeli Government selected Migdal Ohr to operate a national relief effort and, to this end, we partnered with the Israeli Defence Force to help people in need. As Passover approaches, and in light of the current crisis, it is crucial that we also manage to run our food distribution campaign, Chag Saveah for Children, and help over 40,000 disadvantaged families to celebrate Passover in joy and dignity.

Why the special need now?

There are thousands of families in Israel who will not be able to eat this holiday. We are running an urgent appeal for YOUR help. Please open your heart and help us make sure that they will have food on their table this Passover. With your support, we are working with our IDF partners to get deliveries of food and essentials to 40,000 needy families, children, and seniors affected by the pandemic, including:

- Food (e.g. rice, pasta, oil, tuna, flour, milk, meat, produce)



- Essentials (e.g. toiletries, cleaning supplies, masks)

The Covid-19 Relief Effort entails:

- **Procuring Food, Hygiene and Household Products** – Reaching out to companies to collect food and essentials.
- **Staffing an Emergency Call Centre** – Operating a COVID-19 relief call centre with government welfare agencies to receive inquiries from distressed citizens and aid organisations across Israel.
- **Storing and Packaging Emergency Kits** – Establishing and operating a logistics centre for receiving products and groceries and packing boxes for distribution.
- **Managing a Distribution Network** – Working closely with the IDF, local municipalities, and welfare agencies to create a distribution network that deploys deliveries across Israel.

With your support, we can reach everyone who needs help and make a world of difference to Israel's most vulnerable citizens. Please make a donation to the Migdal Ohr COVID -19 Passover Relief. Your generous gift has a double impact as it empowers underprivileged youth and provides for families in need. Here is how:

- Donate at www.migdalohr.org.uk/donate
- Make a BACS transfer to British Friends of Migdal Ohr (s/c 40-52-78 a/c 70389030)
- Send your cheque or charity voucher (payable to British Friends of Migdal Ohr) to Migdal Ohr UK, 11 Squirrels Close, London N12 8AY.

Volunteering award for Jo Rosenthal, continued from page 12

In addition, like all charities, we needed to plan for the inevitable financial impact as the economy was hit by the pandemic. I worked with our CEO, Naomi Dickson and our Fundraiser, Julia Kay to secure our funding for the coming year. As well as grant applications, we established our own welfare grants for the first time, as a response to the destitution reported to us by our clients.

We have now distributed around

£30,000 to women, since the crisis began, including for basics such as food, bedding and subsistence due to benefits delays. We also provided children with tablets to enable them to be schooled from home and so they can access therapy with our trained therapists.

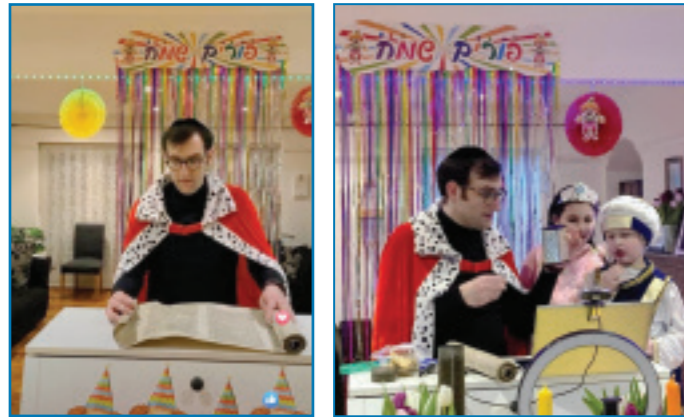
Everyone at JWA has stepped up and worked so hard to overcome the challenges of the past year and it's been a privilege to be part of it.

The next edition of *The Norrice Leader* will be at Rosh Hashanah

Please send news and photo-graphs of your special projects, simchas, anniversaries etc to Hilary Halter

**hilaryhalter34@gmail.com
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It's Purim!



On Purim night, Rabbi Guttentag led a Kosher Megillah reading via

Facebook Live for the benefit of those who were unable to make it to Shul. There was also a fancy dress competition for the children. Alyssa & Leo Shine gave an animated version of the Purim story while Jacob, Daisy & Ethan Rosen led a Kahoots quiz. All the kids wore fancy dress and received a prize. Rabbi Guttentag read parts of the Megillah and the noise made for Haman was deafening!

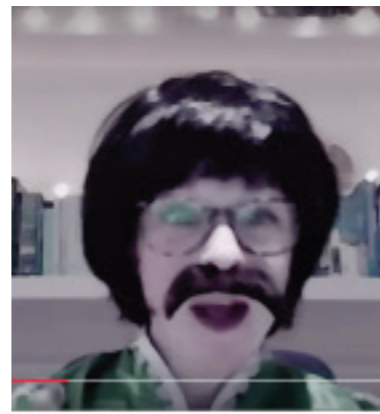
He also held a class for Kerem School (left).



The Aleph Centre joined forces with HGSS for a Pre-Purim event where the children made graggers and baked hamantaschen with Fabienne Viner-Luzzato



Rabbi Friedman and Rabbanit Batya take up the Beatles theme



Claire Rosen, the narrator who turns into Queen Esther



Haman, alias Jonny Shine

Hey Jews
Don't be afraid
We will daven
And make things better

Remember
To fast for 3 long days
A-break from our eating
Will make things better

Hey Jews
It'll be OK
We've got Esther
And Mordy too-oo-oo-oo

The minute
That Esther became the Queen
Hashem show'd he'd save us
From destruction

And anytime you feel oy vey
Hey Jews don't shvitz
As Haman becomes a littlebolder
For well you know that it's a fool who fails to see
That Esther is our very own soldier

Hey Jews, It will be fine
King Achashverosh is in love with her
Is in-love with her
Remember with Hashem on our side
We will prevail and make things better

And anytime you feel oy vey
Hey Jews don't shvitz
As Haman becomes a little bolder
For well you know that it's a fool who fails to see
That Esther is our very own soldier

Hey Jews
Don't be afraid
We will daven
And make things better

Remember
To fast for 3 long days
A-break from our eating
Will make things better better better
better better
Na na na nananana, nananana,
hey Jews



Naomi & Andrew Newman, winners of the fancy dress competition, with their prize

By women For women



A viva Kaufmann took part in the United Synagogue In-Person Megillah Reading at the United Synagogue. She writes:

There were two separate women's megilla readings that evening:
– The in-person reading which took place at 6.15 pm on the evening of Purim in the HGSS tent. Approximately 30 women were present. In addition to myself, leiners were: Judith Prais, Shosh Greenwood, Sara Franks, Nirit Schemtob, Lior Schemtob, Rosie Kaufmann and Esther Livingstone.
– Separately, there was the United Synagogue joint reading, officially hosted by HGSS, but everyone leined from their homes, there were women from ten United Synagogue shuls leining, including two girls who were just Bat Mitzvah. It's hard to tell the numbers, but we think we had upwards of 200 participants. It was on Zoom and the United Synagogue Facebook. I couldn't have done it without the practical help and encouragement of Jo Grose of the United Synagogue. It was a whirlwind of an evening for me but very beautiful.

On both occasions, the atmosphere was magical. Everyone was so pleased to be part of these two special events. Purim is a time where we commemorate overcoming adversity and we had all overcome so much. It was very poignant. I hadn't been sure whether it would happen, especially the in-person one. We were really careful to make sure that all precautions were taken with regards to Covid safety. People sat distanced from one another and, at Rebbetzen Mandy Laurence's suggestion, the Megilla was rolled out, completely open, so that nobody had to touch the actual scroll whilst reading.

I am also grateful to Andy who helped me overcome so many of my doubts. And to Rabbanit Batya and all the honorary officers who all played a part in ensuring that it actually did happen.



Bags at the ready – over 150 bags of Mishloach Manot were delivered for Purim this year. We were fortunate to have been gifted a pretty boxes of chocolate petit fours from Tish. The bags were supplied by Chabad.

Keeping the NHS nourished

HGSS members step up to the plate

It goes without saying that, for those involved in catering, work came to an end with lockdown.

Fabienne Viner-Luzzato asked a friend, a paediatrician at the Royal Free Hospital, if she would like a chocolate brownie to take into work (I understand that there is something very special about a chocolate brownie à la Fabienne). Then she saw a post on Facebook by London Ambulance Service asking for meals for a Jewish boy in South London. Then there was a post on Facebook with doctors at the Royal Free asking for 50 meals a week. Fabienne responded and she soon found people asking if they could donate towards the cost. Within a short space of time, she found herself making and delivering 60 meals a week, sometimes twice that, and so it continued through the first lockdown.

Then came the second lockdown and she was contacted by the Royal Free doctors who said, "We cannot cope. We are working longer shifts. We do not have time to visit the canteen. We are very stressed, please can you help?" They were asking for 70 meals twice a week.

Realising that she would not be able to cope with 140



meals a week singlehanded, she enlisted the help of Julie Mimouni, also an HGSS member, then other chefs offered their help. In due course Victoria Prever, Food Editor of *The Jewish Chronicle*, offered to put her in contact with the charity *You Donate We Deliver*, which had been very involved in helping the NHS during the first lockdown. They would take over the coordination of the fund raising, assessing the needs of different hospitals and paramedics centres each week, as well as the collection and delivery of the meals. YDWD also gathered, in total, 10 chefs, all volunteers, including Fabienne and Julie, who are now cooking over a thousand meals a week for the NHS – a real team effort.

Fabienne reflects that the atmosphere in the second lockdown became much more stressful than in the first. People have been more downbeat, more depressed, more pessimistic. Fabienne admits to breaking down in tears in the car, but she and Julie vow that they will carry on as long as they have the strength. Please G-d, with the efficacy of the vaccination programme and the coming of summer, this will not be long delayed.

Opposite are two Pesach recipes by Fabienne for you to enjoy



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Wishing you a happy & HEALTHY פסח!

Cauliflower rice tahdig

- 750g small potatoes
- 500g cauliflower florets
- 3 tbsp olive oil
- 1 tsp + 1 tsp turmeric
- Salt and pepper
- 500g minced beef
- 1 onion, grated
- 20g flat-leaf parsley, chopped
- 1 tsp each of paprika, ground coriander, cumin
- 3 + 1 tbsp sunflower oil
- 1 large egg, beaten



Method

- Preheat your oven to 180°C and line a large baking sheet or oven shelf with baking parchment.
- Wash the potatoes and boil them with 1 tbsp salt for 25 minutes; cool down.
- Wash the cauliflower florets and pulse them in a food processor until a rice-like consistency. Do not process for too long.
- Put the cauliflower in a frying pan, with the olive oil, 1 tsp of turmeric and a tsp of salt and ½ tsp of pepper. Fry for 3 minutes at medium heat. Set aside.
- Mix the grated onion, minced meat, chopped parsley, salt, pepper; the remaining spices and 3 tbsp sunflower oil in a large pan and cook for approximately 5-7 minutes at a high temperature, stirring at all time. Separate meat with a fork to avoid large clumps.
- Cut the potatoes into ½ cm thick slices and lay them on the lined oven tray/shelf.
- Coat the potatoes with a tablespoon of sunflower oil and roast for 20 minutes until golden but not too crisp. Leave to cool.
- Place the cauliflower rice in a bowl, add the beaten egg and mix well.
- Use the potatoes to line the base of a medium size (20cm) non-stick cooking pot.
- Spoon the meat mixture over the potatoes, pressing hard with a large spoon to compress it.
- Spoon the cauliflower rice on top and also use a spoon to help push everything down and stick together.
- Return the pot to the hob and cook over medium heat until all the ingredients adhere together (8 mins approx).
- When ready to serve, you'll need a large, round plate 2cm diameter larger than the pot.
- Place the plate over the pot and, holding them firmly together, invert them so the tahdig is potato-side up on the plate. Serve hot or warm.

Photographs by Inbal Bar-Oz Batito

Flourless brownie cheesecake

- For the brownie:
 - 175g butter
 - 100g milk chocolate
 - 100g dark chocolate (plus 100g for decoration)
 - 300g caster sugar
 - 3 eggs
 - 100g cocoa powder
- For the cheesecake:
 - 600g full fat cream cheese, softened (full fat holds better when cooked)
 - 65g caster sugar
 - 3 large eggs
 - 1 vanilla pod



Method

- Heat your oven to 180°C (160°C fan) and line a 22-23cm square tin.
- Melt the chocolates with the butter in a microwave (do it in short bursts at a medium heat to avoid overheating the chocolate or it will seize) or in a bain-marie (in a bowl set above a saucepan of gently simmering hot water).
- Add the sugar, the eggs, the cocoa powder.
- Bake for 20 minutes. Cool down and refrigerate for 15 - 20 minutes.
- To make the cheesecake, first place the vanilla pod in warm water for a few moments to soften it and then split it on a board and scrape out the seeds.
- Beat the cheese and sugar in a bowl with an electric mixer until smooth. Add the eggs, one at a time, beating well after each addition, then beat in the vanilla seeds.
- Pour the cheesecake filling on top of the brownie and cook for an additional 20 - 30 minutes until just set. Leave to cool.
- To decorate: melt the remaining chocolate and drizzle over the cake.

Sephardi charoset energy balls

- 150g grams pitted dates
- Half an apple peeled and cut in pieces
- 1 teaspoon packed finely grated fresh orange zest
- 10 millilitres fresh orange juice
- 10ml of red wine of your choice (preferably not sweet)
- 1/2 teaspoon cinnamon
- At least 200g or a bit more of mixed ground walnuts and ground almonds
- 5 almonds roughly chopped; 5 walnuts roughly chopped to decorate

Method

- In a food processor, blend together all filling ingredients except the roughly chopped almonds and walnuts until you get an almost smooth consistency.
- You can also leave a bit of texture and blend less.
- If date mixture is very dry, blend in water, 1 teaspoon at a time.

The Nefesh Network

What makes us tick?

asks Samantha Rose

Whilst writing this, it may be snowing outside, but we are in the month of Adar. For us at Nefesh Network this means that, along with shul, we are in the throes of planning some Purim cheer for all members.

Shar, Naomi and Geoffrey who run Nefesh Network never cease to be amazed at our devoted volunteers who so generously give their time each and every week chatting with Nefesh members, delivering gifts, doing the Friday Challah run, collecting a prescription or two and even making the odd supermarket sweep! Covid rules permitting, our volunteers will also accompany clients to hospital, the doctor or other appointments if required. All this carried is out with great enthusiasm.

Volunteering has been shown to improve a volunteer's own wellbeing – it is human nature to feel good after reaching out to someone else. We thought it would be interesting to ask our volunteers what prompts them to offer their services in such a generous way. This is what some of them said:

"I nearly fell in a dark hole when, after 40 years in the industry, my work dwindled almost to zero last March. However, realising I had spare time on my hands, volunteering for Nefesh Network and Norrice Lea has allowed me to use my communication skills in a new way. Thanks to you, Shar, and your wonderful group – this has opened up a new dimension in my life which has, hopefully, been equally enjoyed by those to whom I am reaching out."

"Being there to listen and support a person whom I don't know, a complete stranger to me, gives me a greater understanding of human kindness, making a connection and building trust and a real relationship that often grows over a period of time."

"Volunteering to make calls on a regular basis has given me a sense of purpose and satisfaction far greater than achieved from a day's work and I enjoy my work! Knowing that the people with whom I speak enjoy the contact with me during this difficult time makes a huge difference to me."

"I honestly enjoying chatting to people and finding out about their lives – how they met their spouses, their wedding day, wedding outfit, what they remember about a typical day when they were younger, etc. Also, and maybe mostly, I'm so proud when I hear about everything that our shul does for its community, and I want to be a part of that."

It is never too late to call the Nefesh Network team. We are always happy to hear a new voice on the end of the phone. Whether you need support or just want to talk to someone about how you are feeling, either because of the current situation or for any other reason, please call us on 0208 455 0040. All our calls are dealt with in the strictest confidence. We may not answer the phone, as we're still not currently working from our office, but we will always call you back.

Nefesh Network

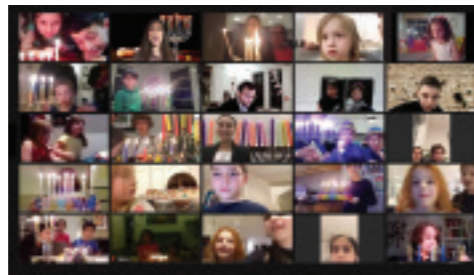
- Here for you
- Here for the Community

020 8455 0040



The Aleph Centre at Chanukah

The Aleph Centre rounded off a successful term of cheder classes with a virtual family Chanukah lighting, featuring award-winning magician Stephen Simmons who impressed the children with mind reading and illusions. The children enjoyed a Chanukah game show and shared their own presentations in the form of Maccabee diary entries and news reports



Rabbi Guttentag led the candle lighting and Chayli Fehler, Director of Education, announced the winners of the Create-Your-Own Chanukiah competition.

Chayli says, "We were delighted to see so many Aleph Centre families coming together to celebrate Chanukah and enjoy the festivities with their friends and teachers".

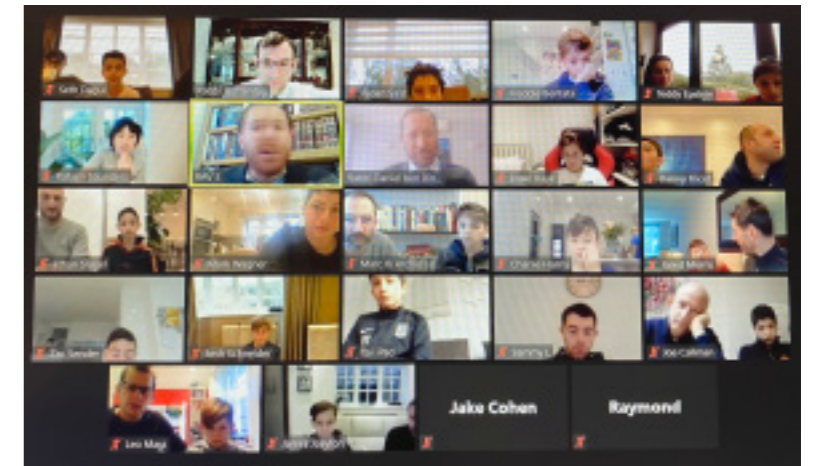
The Brady Clubs an online archive

The Brady Clubs, established in 1896, famously served East End Jewish youth until the mid-1970s.

Thanks to the discovery of a collection of Brady related photographs in 2016, and two subsequent exhibitions, a website (<http://www.bradyarchive.co.uk/>) has been created to make this archive of photographs and memorabilia available to the Brady diaspora around the world.

Any Brady alumni or their families who may be interested can visit the website or email bradpacom@gmail.com to join the mailing list and be kept up-to-date.

The new Bar Mitzvah Programme



In January, there was a wonderful start to this year's Bar Mitzvah programme. Participants were given a breakfast pack with a hand-written note, delivered by Rabbi Guttentag. All enjoyed a fun and inspirational Zoom session with our Rabbinic team who are joined by Youth Leader Sammy.

The interactive sessions continue monthly, studying Torah, Chesed, Prayer and the Chagim. fathers learn with their sons in preparation for the session and there are prizes to be won!

We go to Chai for the big C*

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Kerem keeps up the pace

Like the rest of the nation, and particularly everyone in HGSS, Kerem has been operating, in the main, on a virtual basis. Most of our pupils and teachers have been teaching and learning through remote means and we are very proud of how well they have done. We have had a small group of children attending school at the Early Years Unit, predominantly the children of frontline key workers, and our nursery children have been enjoying life at school as if the global pandemic was not happening. However, even with a relocation to kitchens, lounges and bedrooms, Kerem School has continued in earnest!

We have managed to replicate the full school timetable in a virtual



Creating bird feeders at Forest School

capacity to great effect. In addition to the teaching of all subjects there have been breakout rooms where teachers have supported small groups and individuals. Of course, our Judaism has been central to all that we have done with daily tefillah, a weekly Kabbalat Shabbat and celebrations of Tu B'Shvat and Purim. We are delighted that, this year, we will be able to prepare for Pesach in school.

Despite the winter conditions and the very welcome arrival of some snow, we have been busy outside making bird feeders and lanterns in Forest School and there was even a virtual visit to ancient Egypt. As part of their work on the Victorians, Year 5 held a virtual bake off. Each entry looked delicious, even the brown bread ice-cream! As part of mental health awareness week, the whole school had the opportunity to take part in a marathon, completing their own 26 miles over a few weeks and raising money for Jami. Book Week was celebrated in style, with digital movies trailers and a virtual poetry recital. In addition to this, there were some fabulous entries to the Royal Academy of Arts Young Artists' Summer Show.

All in all, despite missing each other desperately, life at Kerem has barely slowed down! Wishing the HGSS community Chag Sameach –

לשנה הבאה בירושלים

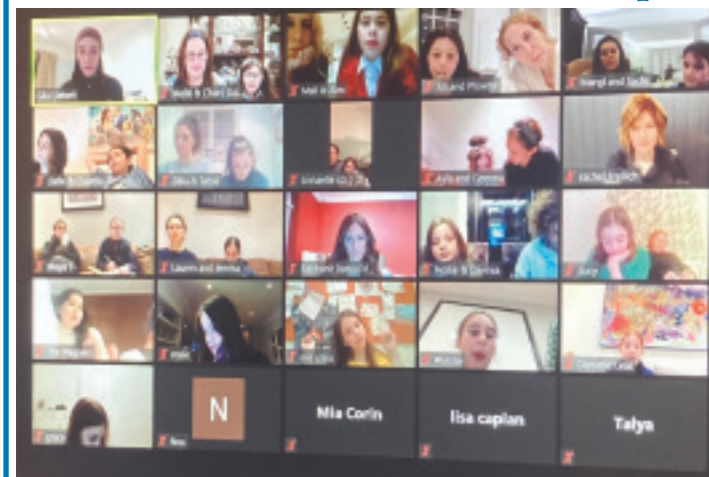


Year 4 visited ancient Egypt in a virtual art lesson



Making lanterns at Forest School

Bat Mitzvah - the programme under lockdown



The HGSS Bat Mitzvah Programme continues to run, via Zoom, through lockdown. We had a Challah Bake, a special Chanukah class with unique gifts from Kisharon and doughnut decorating, as well as planting our very own tomatoes for Tu B'Shvat while learning about the importance of finding your potential.

We prepared for Purim by learning about Esther and how to appreciate true beauty. We learnt about the faith and hope of Miriam who was an essential character to the Pesach story. While the Zoom sessions are well received, we look forward to, hopefully, meeting in person very soon!

Hans Eysenck, Norrice Lea and the Jewish question

by Steve Miller

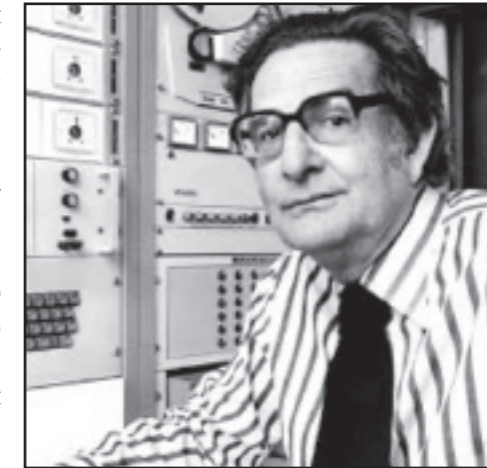
If Hans Eysenck, the eminent Professor of Psychology, were alive today, he would probably have been 'cancelled'. Not for his views on feminism or trans rights, but for plain, old-fashioned racism – more precisely, for his work on race and intelligence.

To understand the issue, we need to go back a bit. Eysenck was brought up in Berlin, raised as a Lutheran, attended High School in the early 30s, and left Germany in 1934, driven by his hatred of the Nazi regime. He continued his studies in England and went on to become a hugely influential scientist, making fundamental contributions to the study of personality, intelligence, and Behaviour Therapy. His NY Times obituary (1997) described him as "one of the most distinguished, prolific and maddeningly perverse psychologists of his generation".

I worked briefly with Eysenck in the early 80s and took the opportunity to invite him to speak about his research at Norrice Lea. His lecture was superb, but for me the most important message was delivered in the break, when he spoke about his school days in Germany. He was exasperated, he said, by the many anti-Jewish allegations that were circulating without any credible evidence to support them. For example, when his teacher spoke about the disloyalty and cowardice of the Jews – and this is what stuck in my mind – he didn't object to the allegation *per se*; indeed, he told me that he thought it was a 'legitimate but unproven hypothesis'. What disgusted him was not the claim, but the fact that it was made without evidence.

The young Eysenck's response was to go to the records of Jewish military service in the First World War. He discovered that Jews were significantly *over-represented* both in the numbers earning Iron Crosses and the numbers dying for the Fatherland – and he duly reported his findings to his classmates the next day. Naively, he expected to be congratulated for setting the record straight, but instead he was insulted and accused of being a closet Jew.

What's impressive about this is not so much Eysenck's discoveries, but his tenacity in seeking out the evidence in the face of prevailing prejudice and personal risk. His philosophy, even as a young man, was to accept that ethnic groups may indeed differ in their characteristics, but that it is a matter for science, not politics or public opinion, to determine whether they do. That clinical approach, and blindness to political correctness, explains why he



was perfectly comfortable telling a Jewish academic, in the midst of a Jewish gathering, that he accepted the theoretical possibility of Jewish cowardice.

It was this principle that underpinned Eysenck's work on race and intelligence. His most controversial book presented evidence that Black Americans had an average IQ some 15 points below that of American whites, and it went on to argue that these differences were probably genetic in origin. He also presented

data on IQ differences between other groups. As a reviewer put it, "there is something in this book to insult almost everyone except WASPs and Jews". For us, the IQ advantage is around 10 to 15 points.

This is not the place to discuss the validity of Eysenck's analysis; suffice to say that his factual claim of group differences in IQ is generally accepted, but his emphasis on genetic rather than environmental causes is hotly contested. What is also contested, and this is perhaps more intriguing, is whether his views were motivated by racism?

I do not believe that they were. In the first place, Eysenck set out his liberal views many times. He spoke of his "hatred for those who suppress any sector of the community on grounds of race (or sex, or religion)" and he linked this to his experience of Nazism which "led to the death of several million Jews whose only crime was that they belonged to an imaginary 'race'."

Second, as the 'Iron Cross' incident demonstrates, he was utterly committed to evidence rather than ideology – even if that brought him into conflict with the racism of his peers.

True, the choice of race and intelligence as a research topic sounds a bit suspicious. But that can be explained by Eysenck's attraction to any issue that could satisfy his passion



Eysenck with his second wife, Sybil (nee Rostal)

Continued overleaf



The Stolperstein for Eysenck's grandmother (Helene Werner, nee Caro)

Continued from previous page for fierce debate. Andrew Colman, one of Eysenck's scientific opponents put it like this: "I am quite certain, having known Eysenck for many years, that.....[he] was neither a racist nor a fascist..... But there was nothing he enjoyed more than acrimonious and heated debate....he came from a theatrical background..... and his grandmother who brought him up was an opera singer."

All this goes some way to explaining why a liberal-minded egalitarian like Eysenck would choose to champion the cause of racial differences in intelligence. But it doesn't explain a much bigger enigma: It turns out that the beloved grandmother who raised him was halachically Jewish, married to a Jew, and murdered in Theresienstadt in 1944. Eysenck says that he wasn't aware of his Jewish origins until the end of the war, but even if true, that doesn't explain why he explicitly denied them for a further forty years. He

said, for example, after being called a German Jew by Cyril Burt in around 1950: 'Burt knew perfectly well, of course, that I wasn't Jewish'. And there are many similar examples, including the fact that he kept his first wife in the dark until he finally revealed his Jewish roots in his 1990 autobiography.

Why should Eysenck have denied his own origins? It's particularly puzzling given what he thought of Jews: "Certainly at school and later on in life most of my friends were Jewish, as is my second wife. So were many of my colleagues.....it is obvious that the Jews have an attractive quality for me" (his autobiography). Such sentiments, together with his championing of Jewish intelligence, make it inconceivable that anti-Semitism was a factor.

The psychological literature is replete with speculation. We will probably never know precisely why a passionate and outspoken advocate of empirical truth should disavow his Jewishness for most of his life. But, whatever the reason, the Jewish community of the 50s to 80s was denied the opportunity to bask in the reflected glory of Eysenck the Jew. Or perhaps it would not have wanted to. He was, after all, something of a human Rorschach ink blot; you could see him as an undisguised racist, or an impartial purveyor of scientific truth. I doubt that the Community would have known which way to jump.

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References available

Bar Ilan Conference Feminism and Religion in the Three Abrahamic Faiths Esther Tager reports



Esther and Romie Tager have a long standing association with Bar Ilan University and its Law Faculty. Romie has been actively engaged in their research in Jewish law in the context of the developments of Israeli law. Romie is the Vice Chairman of the University's trustees, and Chairman of the British Friends. Esther and Romie recently sponsored an international academic conference on "Feminism in the Abrahamic Religions: Dilemmas of Gender and Law from a Multicultural Perspective". The ground-breaking conference was accompanied by an online art exhibition, "Body Texts, Feminist Art in Diverse Religio-Cultural Spheres in Israel". It showcases work by Jewish, Christian, Druze and Muslim women, including a former Suburb resident, Ruth Schreiber, a very close friend of Esther and Romie.

The conference was organised by the Rackman Centre at Bar Ilan, established 20 years ago by the University's law faculty to promote the status of women in matters of family law through legal and social change.

The issues addressed by the conference included the theological challenges posed by feminism to the three Abrahamic faiths, multiculturalism, law and the legal dilemmas that relate to religion and minorities. Leading scholars from around the world, including Muslim countries, participated in the conference. For Esther, the conference was the culmination of a personal journey. Esther's M. Phil thesis focused on Jewish divorce, specifically on the agunah and the scope for solutions within halacha and through state intervention in various jurisdictions. She was a member of the "Women in the Community" review, set up by the late Lord Sacks זצ"ל, and worked as a family mediator, handling difficult Jewish divorce cases.

The keynote speech was given by Lady Hale, the former

President of the Supreme Court. She discussed a number of well-known cases, including the Shabina Begum case, that involved a 14-year-old pupil who wanted to wear full Islamic dress, and the JFS case, where the school's policy restricting entry to those who were halachically Jewish was successfully challenged. She also explored the legal issues relating to a husband's refusal to grant a Get. When introducing her, the University's President announced that it would be awarding her an honorary doctorate later this year. Three leading feminist scholars delivered lectures on the developments of religious feminist philosophy. Ironically, the only note of dissension arose in relation to a light-hearted comment by a religious, scarf-wearing Jewish professor regarding her Muslim professor colleague's head covering which was not appreciated.

The liveliest session focused on multiculturalism, religion, gender and law. A professor from Brandeis University examined the impact of secular and religious law in a well-known case involving the New York charedi community, where the mother had left the community which supported the father in this custody battle.

The final day featured the challenges faced by all three religions, in the context of the clashes between state and religious law. It included a session which examined these issues with particular reference to Israeli society.

The accompanying online art exhibition will be a permanent feature on the Rackman Centre's website. The works are challenging and critical of the traditions and cultures in which the artists live. Ruth Schreiber, an Orthodox feminist, now living in Jerusalem, created an image, "The Female Side of God", which is a manipulation of the Sistine Chapel's God creating Adam, in which she

replaced the bearded, male, God with a female God, with long flowing hair and feminine curves.

The overwhelming feeling at the end of the conference was that the three religions have more that unites them, than divides them. There is a great sense of shared values, goals and hopes that such a conference will be repeated at a time when the participants could meet in person.



The opening session

Passing on the

Torch 2021 by Frances Martin

The 27th of January was International Holocaust Memorial Day. In a normal year JRoots would have been leading a large group of Holocaust survivors with family, educators and, most importantly, many young people to the gates of Auschwitz-Birkenau to learn, pray and light candles in memory of the six million Jews lost in the Shoah. But this year was a very different year.....

JRoots was founded 15 years ago by noted educator Tzvi Sperber together with Rabbi Naftali Schiff. They decided that this year they would hold a Global virtual Commemoration, **Passing on the Torch**. One hundred and fifty Survivors, together with 1000 of their descendants, were joined by 20,000 people from all over the world. They wanted to unite Survivors and their descendants with those devoted to the legacy of the Shoah and thereby engage tens of thousands of people in learning its lessons.

In his introduction, Rabbi Schiff said he had heard not one word of complaint from Survivors during the Pandemic, but only frustration that they could not connect personally with the young people they teach. As he spoke, one could sense his love and respect for each one of them. He said that last year, at the 75th Anniversary of the Liberation of Auschwitz, when they were physically there, he had made a pledge to them as they stood and lit their candles that he would continue to hold their Torch aloft and pass it on to ensure that they and their lost families would not be forgotten.

We heard from distinguished guests, Professors Deborah Lipstadt and Sir Simon Schama. Both spoke of their fears at the resurgence of anti-Semitism and referenced the invasion of the Capitol in Washington. She said she remained an optimist because Jews had clung to their Judaism both in good times and bad. He spoke of his fear that memory, which is the mother of history, was being traduced by false narratives on social media and how this highlighted the vital importance of witness embedded in the persons of our survivors.

late Lord Sacks z"l in a recording made shortly before his death, said movingly that in his own darkest hours the faith and resilience of survivors was a guiding light to him. He said how important it was that they shared their stories especially with young people and that 'we must not forget where evil leads'.

We heard from impressive Survivors. They remembered the parents from whom they were cruelly separated and what they had taught them, they spoke about their terrible experiences in the camps and of how they had been able to survive and of how after Liberation they had managed to move forward and build new lives.

Mr Manfred Goldberg spoke of his teacher Mr Bach

who organised his Bar Mitzvah in the camp and how the kindness of a teacher was a treasured memory and emphasised how carefully one must speak to children and the virtue of sometimes staying silent.

Rena (Fradel) Quint spoke of having survived through the care of six different mothers whom she had to learn to love and trust, and how one had to be tolerant and look for the good in everyone. She emphasised how one must always support the State of Israel which was the place of refuge for all the Jewish people. Ninety-two-year-old David Marks, one of twelve siblings, who lost 35 members of his family, said that the most important things we need in life are food and freedom – we must realise how endangered freedom is and that we must help others and remain optimistic. His message was "be honest, keep busy, never give up and look to the future".

David Leitner, known as Dugo, whose book records how he was given another name in the Camp – the numbers which were tattooed on his arm, B 14671 – spoke of coming to Israel, orphaned, alone and traumatised, and deciding not to stay sad but to use the humour that had helped him survive in the Camps to help build a new life. He served in the IDF, fell in love, married and founded a family. He called on young people to show they can listen and learn and that they should understand that they must always fight the Holocaust deniers. Dugo declared "Am Yisrael Chai" and then recited a most moving *El Male Rechamim* in memory of the lost families of our Survivors and of all who were cruelly murdered in the Shoah.

Jews love to hear and make music and so we learnt about the Violins of Hope, rescued after the War, and heard a beautiful piece of music, played on a violin made in Warsaw and found in Tashkent, while a single lonely representative of all of us lit our Memorial Candle at Auschwitz to remember all those precious souls that we have lost.

Many young people said that engaging with survivors on their journey to Auschwitz-Birkenau was a life changing experience and spoke of how much they had learned from them – faith, resilience, tolerance, belief in justice and how they would carry on telling their stories and fighting Holocaust deniers. They would first carry and then pass on the Torch to future generations.

The Ceremony ended with Richard Dimpleby's moving broadcast of survivors at Bergen Belsen defiantly singing *The HaTikvah*, a song of hope which embodied their bravery and determination to build a new and better future.



Since the trend for dumbing down is still on the up and up and the flood of media trivia continues to flow unabated, it's always a *mechaye* when large brown envelopes arrive from the shul office containing, inter alia, lots of brightly coloured flyers with details of forthcoming educational social and cultural activities. But as, *kain ayin hora*, the age profile of our community grows even younger, there isn't much of interest to those who, like me, are demographically disadvantaged.

That's why when, on receiving the Pesach envelope with its formidable shul bill, soothing Annual Report and yellow, pink and scarlet leaflets, I was delighted to find the cheerful orange one announcing a new series of 'Food for Thought' support debates. At last, here was something for everybody, young or old, rich or poor, dentist or patient, to get their teeth into.

I've always liked debates and all of the three topics looked interesting. But the one that really caught my eye was the one with the motion that read: "This house believes that the United Synagogue should release its women from the ladies' gallery and all other places of oppression". I found the wording intriguing. Were the women to be released, and the ladies whose gallery it was, one and the same category or separate, such as the distinction, formerly made in cricket, between Players and Gentlemen? And why would the US want to release women from the gallery when, ever since I can remember, they've been fighting tooth and nail to get a seat up there whenever one falls vacant? Were the US to try it here, our women, well at least those with seats in the first three rows, would have to be dragged out kicking and screaming. Apart from which, should it ever come to it, any rescue attempt will need to be perfectly timed.

Before 10.30am there are very few women there to be saved. It gets a bit better round about 11 o'clock but by then a lot are in the children's services. And a surprising number don't arrive until 12 o'clock and head straight for the kiddush. I suppose that 11.30 is probably the best time but, by then, the foyers are too crowded for anyone to get through. Abseiling is not really a feasible option. And take the reference to "other places of oppression". The United

From where I sit

by Backbencher

Food for thought

This article by Stephen Kirsch ז"ר (see p32) first appeared in Hagan Rosh Hashanah 2002

Synagogue may disagree with or even dislike certain people now and then, but they do not oppress anyone: a) they haven't got the funds, b) they haven't got the will, and c) they haven't got the *koiach*. Most importantly of all, those of us who know the president know that, as well as being a man of great ability and charm, he is also a scrupulously honest and fair-minded person and would not allow it even for a moment.

Finally, if such a thing were done behind his back, where would they keep all those women? When the US was still at Woburn House with its labyrinthine corridors, warren of back stairs coming from and leading to nowhere, creaking lifts, tiny airless offices and gloomy gothic basement lavatories, it might have been possible for some 'Phantom of the Opera' type weirdo to secrete one or two unfortunate women in a forgotten storeroom somewhere in the cavernous bowels of the building feeding them stale beignets and unclaimed Hermolis lunches. And whilst perhaps it could have been yet another of the unsolved mysteries for which the place has become famous, it was never the official policy. It certainly couldn't happen today in North Finchley! Aw c'mon - get a life!

On the evening of the debate, curious to discover how these ambiguities would be resolved I made sure to get to the shul on time. Because of a previous commitment, the Max Weinbaum Hall was not available and we were ushered to the Landy Gallery instead. In keeping with HGS minhag, hardly anyone was there yet. As it began to fill up, I noticed that many of the men seemed unusually subdued and looked decidedly *nochsapperish*. In contrast, the women were in high spirits and party mood.

It was obvious that metaphorically all and literally quite a few of them were determined to show who was wearing the trousers. Clusters of visitors who appeared to know each other well, joined up and stood chatting animatedly in a large group.

We were now behind schedule but out of courtesy to the very late latecomers we waited another twenty minutes before starting. Then, at last, a widely known and popular Rabbi with a considerable reputation amongst the more enlightened, rose to propose the motion. Pulling no punches, he dwelt on the problems of *agunot*, which could have been settled ages ago and within the *halacha*, had it not been for "Them". How settled, and who "They" were wasn't explained, but there was prolonged applause, led by the visitors. His seconder, a younger and gentler rabbi, told us that, in his community, the women were allowed to dance on Simchat Torah. This also went down well. The Rebbetzen, an experienced educational psychologist, in opposing the motion, defined the different roles of men and women in Judaism and asked for greater respect for the latter's commitment to homemaking and child-raising. Her seconder, displaying courage in adversity, explained that women's spiritual orientation, and hence needs, were not the same as men's.

In both cases the applause was polite but scattered. The visitors, visibly unimpressed, sat on their hands. Although nobody had yet addressed the motion as it stood, a gap between ladies and women was beginning to open up and I expected that, after the coffee interval, we would get to the real debate.

It never happened. At first there were some thoughtful contributions from the floor. And then the activists took over. The final rousing speech, with its unsurpassed display of verbal frummy-bashing, had them cheering in the aisles. It was no longer necessary to think. All you needed to do was feel deeply. And so, nothing resembling the motion was carried overwhelmingly.

As I was leaving, disappointed and somewhat disillusioned, one of the enlightened, her eyes shining with happiness, said excitedly: "Have you had a good time?" For a moment I didn't know what to say, then, remembering Groucho Marx, I replied: "I have, but this was not it".

Members Remembered

*Sadly, we have lost several much-loved members recently.
Here, we remember just a few of them*

Stephen Kirsch ז"ל

Stephen holds such a very special place in our hearts. He is remembered by many as the first person to welcome them on their first visit to HGSS. Seated strategically near the door, he made it his business to welcome anyone entering for their first Shabbat or Yom Tov experience with us.

He was born in Chemnitz, a small town in Germany where his father was Managing Director of a glove and hosiery business. With the growth of Nazism, his father wanted to emigrate.

When his contract ran out in 1936, his employer offered him the opportunity to manage a glove factory in Hitchin, Hertfordshire, which he had recently purchased. The family were therefore fortunate to be able to come to England and settled in nearby Letchworth Garden City. Initially they were the only Jewish family but with the advent of war, a Jewish community of evacuees and immigrants came to live there. Subsequently Stephen's father bought the factory. When he died in 1952, Stephen and his brother took over and ran the business until they retired in 2001.

Stephen and Janet married in 1953 and set up home in Letchworth, where they and their children were deeply influenced by the close-knit Jewish community with whose members they maintained a lifelong friendship. In 1971, as the community dwindled, they moved to The Suburb with their children, Judy, Ruth, Danny and Jonny and lost no time in immersing themselves in communal activities. Stephen served on the Board of Management



and as Financial Representative in 1979 and 1980.

Stephen and Janet are particularly remembered for their part in a series of highly entertaining shows, including *Hubbub in the Suburb*, *Hello Solly* and *The Jubilee Line* which formed a major part of the Shul's 60th anniversary celebrations and raised large sums of money for Kerem and several charities. Stephen was also a regular contributor to the Shul magazine, *Hagan*, writing under the pseudonym 'Backbencher'.

In 1985, Stephen was elected Master of The Worshipful Company of Glovers of London, a Guild which was founded in 1349 and received their Charter as a Livery Company from Charles 1 in 1638. The installation took place at a specially composed service at Bevis Marks Synagogue – the first time in the company's 636-year history, and believed to be first for any craft guild, that the installation of a master has been held in a synagogue.

Stephen and Janet will be remembered for their derech eretz, for their warmth and their hospitality – to be at their Shabbat table was a joy.

Our heartfelt condolences to their family – to Judy, Ruth, Danny and Jonny – as well as to their many grandchildren and great grandchildren. They were so precious to the community and are sorely missed.

The family want to express their deep appreciation for the wonderful support and friendship which so many members of the community gave to Stephen and Janet especially during their sunset years!

Hilary Halter

Dr Vivienne Cohen ז"ל

Dr Vivienne Cohen, (Auntie Viv to me, my late mother's elder sister), moved to the Suburb with her late husband Sam, (died 2004), in late 1961 joining Norrice Lea on their arrival. Although they moved to Jerusalem in 1996 to be near their children, Michael and Elisheva, and grandchildren, the Suburb was where Vivienne felt most at home. She could enjoy the open spaces of the Heath extension and all the culture that London had to offer... she loved opera, ballet, classical music, theatre. She was an avid traveller too, visiting China on her 80th birthday,

Ecuador and the Galapagos on her 85th.

Above all, she will be remembered as a trailblazer. She stood up to the might of many men and their prejudice against women in the 40s, not least of all her own father, my grandfather, and she won her battle to study, practise and ultimately excel in Medicine.

She studied paediatrics but it was to be in mental health that she found her true vocation. She fought hard to help found the new field of "Group Analysis" together with her colleague Michael Foulkes and then spent many years training students and new practitioners.

In addition to her medical work, she gave much to charity, both her time and financially, especially to what is now The Jewish Marriage Council, and also to education, through her long association with the Kerem Schools.

A formidable and generous lady, a much loved mother, grandmother, great-grandmother and aunt, she will be sorely missed. **Jonathan Laufer**



Helen Taylor ז"ל

More than forty years ago, Helen, we believe into her tenth month of pregnancy, struggled up the two flights of stairs to our top floor flat in Monarch Court. The exercise did the trick as Sonia was born shortly thereafter. Sonia was the youngest participant at our son Jake's brit mila a few months later. Susan's friendship with Helen and Julian has been almost lifelong. Helen and Susan met at Study Groups in their early teens and she and Julian were friends from a similar time. Julian and David met at Kibbutz Ammiad in 1973.

Helen Redstone was born in Birmingham in 1953, the third daughter of Eva and Arnold Redstone and lived close to the Edgbaston cricket ground where, in the absence of sons, she dutifully accompanied her father during the summers. Helen left Birmingham in her late teens to come to London. She and Julian met at a party, a day which Helen called the best of her life. They married in 1976 and after

a few years in Muswell Hill, moved to HGS in 1981, eventually settling in their home in Norrice Lea. Sonia was followed by Adam and Nadia and it was a source of great happiness to Helen that they all remained in the Suburb with their own families.

Helen qualified as a teacher and spent almost all her working life at Kerem. She was a truly accomplished teacher, spending the later years teaching smaller groups of gifted children. She told us that she struggled with maths at school and so knew exactly how to explain problems and concepts to the children. Whilst carrying on her own career and raising a family, Helen provided the support that Julian needed to achieve success in both his commercial and communal activities.

During her long illness, Helen was always optimistic about the future. We never heard a word of complaint. She was determined to see as much of the world as time would permit and to enjoy her growing family and friends. We were unable to see Helen during her final months, but spoke

on the phone. She remained cheerful and in one of her last messages she told us, 'I have had a good life'. Helen was the definition of a person who was happy with her lot.

Helen was so thrilled to be well enough to participate in her eldest granddaughter, Eva's Bat Mitzvah, in September 2020 and saw as much as she could of her grandchildren, who were all the light of her life. She had great fun baking birthday cakes for them, mostly very complicated ones, because that is what a grandchild had asked for.

Julian, Sonia and Marc, Adam and Daliah and Nadia and Adam, together with Helen's sisters, Celia and Kay, and all her many friends are bereft, but have wonderful memories of a fine wife, mother and grandmother.

Susan & David Lew



David Parlons ז"ל



It is hard to believe that at Chanukah we were congratulating David on being awarded the British Empire Medal and yet, here we are, just three months later, bidding him farewell.

In the wider Jewish community, he will be best remembered for setting up the Mincha service for City workers at Sandys Row Synagogue in Spitalfields which had been on the point of closure. As a result, this historic, 165-year-old synagogue, was revived. The main reason for establishing the service was to ensure that tourists and those working in the City were able to recite Kaddish. He instigated the Mincha service to which, after a few years,

Shiurim were introduced, followed by the great feature of the Synagogue, the now world-renowned Tehillim – these were so very important to David. He would receive emails from all over the world with the names of sick people.

A passionate advocate for education and learning, David was, for 12 years, Chairman of Finchley United Synagogue cheder, where he was responsible for pupil numbers growing from 35 to 200. He also formerly initiated the first Bat Chayil programme and ceremony for girls at Finchley United Synagogue.

At Norrice Lea, he will be remembered for his warm personality and for his friendly smile as he greeted fellow congregants in Shul.

Our sympathies go to Elizabeth, sons Jeremy and Richard, daughters Alison Goolnik and Louise Bentata, and sister Jackie Sharman.

Hilary Halter

Martin Jaskel ז"ל

I remember with great fondness my long friendship with Martin which dates from over 55 years ago when we were both undergraduates at Manchester University in 1965. Actually, links with the Jaskel family predated our Manchester days: Martin's mother did all the bookkeeping for my mother's menswear retail business



which, I am pleased to say, never impacted on our friendship other than some jokes at my expense!

Martin studied economics and my subject was civil engineering. We both frequented social events, particular-

ly at Hillel House where I was a resident in my first year. I recall Martin being a regular attender at weekday lunches laid on for Jewish students and for Friday night dinners.

Martin was always a lively companion at these meals. You could rely on him giving us his views on the newsworthy political and economic issues of the time coupled with amusing

Continued overleaf

Continued from previous page

anecdotes and jokes. He was an extremely popular member of the Jewish student community.

Toni and Martin married in 1976. At that time Vicki and I lived in Widcombe Way and not long after Toni and Martin moved to 69 Brim Hill, just near the top of our road. Our friendship then rekindled, no doubt aided by our shared love of opera and gardens and our then stockbroking careers in the City.

Martin's career was hugely impressive. There is no doubt that in the 1970's/1980's prior to the "Big Bang" it was extremely difficult for someone openly Jewish to attain a senior position in the City. Martin began in the UK government bond market as a broker with leading firms, latterly as a Partner in W. Greenwell & Co. In January 1990 he was appointed Director of Global Sales at National Westminster Bank Treasury. In March 1994, he was promoted to Managing Director of Global Trade and Banking Services and was responsible for restructuring and rebuilding the firm's previously neglected global trade finance franchise, which distributed treasury and capital markets products. In April 1997 he left National Westminster Bank and founded a successful financial services consultancy.

Aside from his family to whom he was devoted, one of Martin's great joys in his life was cricket. A member of the MCC, he had recently won a bench that had been 'retired'

from Lords in a lottery, and was planning on having it painted in the MCC tie colours of egg and tomato.

Martin was always ready to help friends and members of our community wanting to enter or develop their career in the world of finance. He provided sound advice and assisted with introductions. I know that many have benefited from his unstinting help. He also served as one of the HGSS representatives on the Board of Deputies. There he drew on his extensive financial knowledge to advise on how the Board's investments should best be managed. He was also active for Bikur Cholim, as well as on the finance side for WIZO.

Vicki and I were delighted when Martin and Toni decided to return to HGS after a few years living closer into Central London. Together with Toni, Martin was a generous and attentive dinner host; and a stimulating and welcome guest in our home, being a lively conversationalist on a huge range of topics.

Martin and I sat in the same row in Shul; and it will be hard for me to return there in his absence when things normalise after the pandemic. I could always rely on Martin to remind me where we were in the service and what to do on the infrequent occasions when I was given an aliyah! He will be sorely missed by Vicki and me and our children as well as by the whole community. **Alex Harris**

Freedom from loneliness this Pesach

The Covid-19 pandemic has unfortunately forced many people to isolate over the last year, exacerbating loneliness and increasing the need for communities to come together and support those who are vulnerable. Jewish Care's Social Work and Community Support Team and Helpline have been there to help thousands of people in need during the pandemic and will continue to be there as the country starts to prepare its way out of this challenging period.

As well as providing highly trained, professional support, warmth, compassion, advice and guidance, these vital services help to keep a Jewish connection alive for many older people in our community. For some people, this will be through receiving a hot, kosher meal from the organisation's Meals on Wheels service. Others will have been referred to Jewish Care's Digital Engagement Lead, supporting them to go online to connect with others in the community through virtual events.

The charity has supported many older people to make the transition from their own home or a hospital-stay, into a Jewish Care home where they are expertly cared for and can share in celebrating festivals and Shabbat with a close community.

Susan cared for her husband, George, on her own for many years. As his mobility declined, getting out of their

first floor flat without a lift became impossible. When Susan could no longer cope alone, she contacted Jewish Care and was put in touch with Tracey from the Family Carers Team and senior social worker, Yvonne.

Together, they guided her through moving George to Jewish Care's Otto Schiff care home. Susan says, "Through the pandemic, the staff made sure we stay in touch through phone calls, video calls and now visiting in a booth, keeping George, myself and all the staff safe. After 53 years of marriage, it means so much to me to be able to see him." Jewish Care's Chief Executive, Daniel Carmel-Brown, says, "Jewish Care's Social Work and Community Support Team and Helpline is there to support lonely and isolated members of the community and those in need, but this service comes at a cost. It receives no Government funding and is completely reliant on the generosity of our community. Jewish Care needs to raise over £150,000 every single month to keep the Social Work and Community Support Service going.

"Jewish festivals can be the loneliest time of year for many people living alone, so please make a donation to help us continue to free our clients from loneliness this Pesach and beyond."

To donate to Jewish Care's Pesach Appeal, please visit jewishcare.org/donate or call 020 8922 2600.

Simchas

Jamie-Anna's Bat Mitzvah

On Shabbat Chanukah, we celebrated with the Friedman family on the occasion of Jamie-Anna's Bat Mitzvah.

It all began on Thursday evening when Rabbi and Rabbanit Friedman and family partied with family and close friends all over the world. There were two sessions where Jamie-Anna led the lighting of the Chanukah candles (8th night) and there was a truly international rendering of Moaz Tzur. Jamie-Anna followed this up by giving a drasha in Shul on Friday evening which was also posted on Facebook Live.



To mark the occasion, members received a celebratory Chanukah-themed gift box containing 'Fireball' whiskey, 'olive oil' lotion, a dreidl, a packet of 'latkes' and a box of candles along with a snood (mask) with the Kotel imprinted on it. Also included were special matches bearing the blessing, "May you always 'strike' gold throughout your life and

may Hashem's blessings 'match' all your desires".

The Friedmans thank the congregation for their warmth, love and generosity. They feel blessed to have been able to celebrate their simcha with the community and look forward to sharing more simchas together in the future.

We extend our very best wishes to Jamie-Anna who marked the occasion by donating her hair to Zikron Menachem, thus ensuring that a sick child should have head covering while receiving treatment for cancer.

May you enjoy only health and happiness in the future.



Celebrating against all the odds

Livia Sugarman writes:

It all began some four years ago when Rabbi Kaplan, Avromi and Julian Lewis (representing the wardens) hosted a meeting for parents of the barmitzvah boys of Autumn/Winter 2020. The purpose was to "gently" drop the bombshell that we were to have the 'privilege' of sharing our son's Bar Mitzvah Shabbat with not one but, possibly, two others.

The panel posed the question to the families "How does a shul accommodate an excess number of Bar Mitzvah celebrations into an infinite number of Shabbatot with the added complications of yomim tovim falling on the weekends and a strict shul policy of allowing no more than three consecutive weeks of barmitzvahs?"

With the prospect of Bar Mitzvah parties long gone, and the uncertainty of lockdown looming, none of us knew whether shul would be open and how many friends and family might be allowed to attend. News was shifting daily during the weeks leading up to the smachot. How could any of us make plans? It was a particularly stressful time, not to mention upsetting for the boys with more than a year's worth of Bar Mitzvah learning under Zac's and his barmi buddies' belts, many of them feared they would not be able to lein at all.

With thanks to Hashem and with the the help of the

incredible wardens, Avromi, the Rabbinic team and the Caretakers, it was truly amazing.

The Sugarmans really lucked out our week fell on Shabbat Chanukah, just before lockdown, and we had a wonderful late morning Shabbat service in shul on the date we'd planned, kicking off with Avromi singing Hallel. Many had a bespoke weekday service. Each and every one had their moment on the bimah. The boys and their families were all rooting for each other, many of them were given aliyot at one another's services and Avromi made them all feel unique and special. Without question, the families bonded in a way that they would not otherwise have done. There was a real sense of celebrating the moment for each other, with each other.

What our kehillah achieved was exceptional....

None of us could have imagined we'd experience this heightened level of unity and joy during such an intense period of separation and darkness. **Yasher koach HGSS!**



Mazal tov to Zac Sugarman, seen here with his parents, Livia & Lawrence

Simchas

Just arrived

Mazal tov to



Sybil Benn on the birth of twin great-grandsons in London

Mazal tov to



Chazan Avromi & Rochelle Freilich on the birth of a granddaughter, a daughter, Rina, for Yaeli & Sami Birnbaum

Joanne Cantor and Michael Fishman on the birth of a grandson and great-grandson

Emily and Richard Green on the birth of a daughter, Matilda

Fiona & Daniel Kaufman on the birth of a son

Joan Lipkin-Edwards on the birth of a great-granddaughter, a daughter for Eitan & Shir



Amy & Edward Malnick on the birth of a daughter, Jemima Faye



Jolanda & Jack Malnick on the birth of a son, William John

And to Lesley (and the late John) Malnick on the birth of a granddaughter and a grandson



Lauren Davidson & Bob Vickers on the birth of baby girl Roxy Ava (Nechama Rosa), as well as to grandparents Alexandra & Jeffrey Davidson and Kathie & Roger Vickers and great-grandparents Evi & Freddy Fishburn

Bar Mitzvah

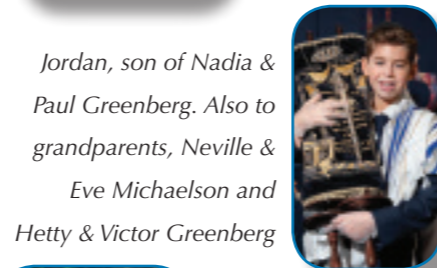
Mazal tov to

Samira & Latif Blass on the Bar Mitzvah of their grandson

Toby, son of Vikki & Nick Davis, grandson of Beryl & Neil Davis and Sandra & Harvey Rose, brother of Max and Jacob..



Noah, son of Gaby & Dan Graham, grandson of Marie-Louise and Nathan Apfel



Jordan, son of Nadia & Paul Greenberg. Also to grandparents, Neville & Eve Michaelson and Hetty & Victor Greenberg



Jacob, son of Leanne & Harley Kagan. Harley writes: As Jacob's Bar Mitzvah was during lockdown, we were very appreciative that the shul allowed us to have a very special last-minute service. Thanks to the kindness and huge efforts of Chazan Avromi, Jacob had a wonderful celebration. It was a warm and fun evening and Jacob came away with that very special Bar Mitzvah feeling. He made us all very proud, and we are grateful that we were able to share this special moment with our family and friends across the globe who could not be there with us.

A Double Celebration

Mazal tov to Louise & Garry Crystal and family who have celebrated the Bar Mitzvah of Harry and the Bat Mitzvah of Chloe.

This page has been kindly sponsored by an anonymous donor. If you would like to sponsor a page in a future edition of *The Norrice Leader*, perhaps including a message to mark a special occasion, please contact Edward Howard – edward@hgss.org.uk

Simchas

Bat Mitzvah

Mazal tov to



Aurora, daughter of Karina & HGSS Chair James Kaufman. Also to grandparents, Vicki & Alex Harris and Flo & Aubrey Kaufmann

Bar Mitzvah

Mazal tov to

Zack, son of Francine & Barry Kaye, grandson of Melinda & Brian Davies and Carole & Norman Kaye, brother of Blake



Rachel & Jeffrey Levy on the Bar Mitzvah of their grandson, Joey Firestone, son of Gabrielle & Michael Firestone

Jacob, son of Katherine & David Mass Martin Slater on the Bar Mitzvah of his grandson

Raph, son of Ali & Elliott Stern and brother of Phoebe



Special Birthdays

Birthday greetings to Walter Felman on your 90th birthday John Martin on your 80th birthday

Engagements

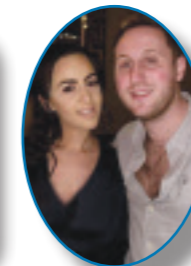
Mazal tov to



Nicola & Warren Jacobs on Charlotte's engagement to Gabriel, son of Martin ל"ר & Andrea Adler



Deborah & Philippe Katz on the engagement of Rachel to Aryeh Klien



Suzanne Lauder on the engagement of Charlotte to Joel, son of Jeremy Haft



Lindy & Sean Melnick and Alex & David Lederman on the engagement of Taryn to Louis



Fay & Nigel Miller on the engagement of Evie to Eli, son of Rochelle & Philip Baigel of Edgware

Philip and Gillian Reichman on the engagement of Jeremy to Liat, daughter of Jeki & Mali Israel

Yasmin & Stuart Saunders on the engagement of Olivia to Nir, son of Ronnie & Shoshana Darwish (of Israel)



Weddings

Mazal tov to



Evelyn and Tony Wollenberg on the marriage of Olivia and Jamie, son of Laurie and Antony Spencer

Wedding Anniversaries



Stephanie & Robert Hurst have celebrated their Sapphire (45th) Wedding Anniversary. They were married at at St John's Wood Synagogue on 28 December 1975. Here are photos of us on the day and of our family 44 years later.



Hadassa & Clive Freedman have celebrated their Ruby (40th) Wedding Anniversary. They were married on 16 December 1980 at Hampstead Synagogue, Dennington Park Road,

moved to the Suburb from Manchester over 30 years ago and joined HGSS. Their children Harriet, Michael, Fleur and Rebecca were all brought up in this community. Harriet and Fleur now live in Israel with their own families. Michael, with Liora, and Rebecca are Remainers!



News of the Step Up Camps Chayli Fehler reports

Due to the pandemic, we weren't able to run our usual educational Step Up Camps for children and youth in refugee camps in East Africa. Although our programme was on hold, I thought about the refugee children who have had their education on hold for so long, with their limited schooling closed and no internet or zoom options.

In a place where education is so vital, and there is a risk of setting back decades of educational progress, we had to do something. Liaising with our partners in the refugee camps, we created bespoke Step Up activity books for South Sudanese children, on topics such as wellbeing,

positive values, English and maths.

Thanks to donations from friends and supporters, we raised enough funds to distribute thousands of books across refugee camps in the Gambella region together with partners LWF, Plan International Ethiopia and UNHCR.



And finally – sing along to this last look at this year's Purim celebrations

Words by Adam Bass and Simon Maurice

Where can we turn, now the future looks black
And the whole Jewish outlook is poor
Let's put on clothes that are made out of sack
And let's diet for a day or more

Yes we will cry for a little help from Hashem
Pray to the sky for a little help from Hashem
Stop eating pie for a little help from Hashem

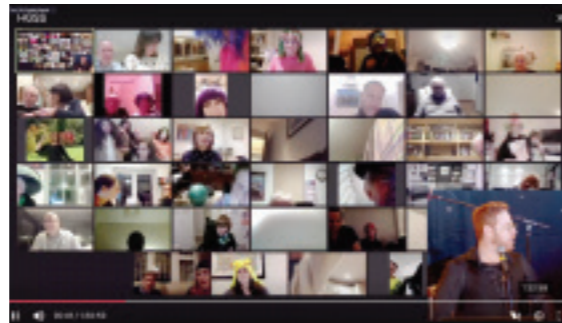
Would you bow down to an idol of tin?
Cause I'm certain that it happens all the time
Be just like Mordechai, do not give in
Cause our Torah says that's a bad crime

Ooh we'll get by with a little help from Hashem
Evil will die with a little help from Hashem,
Danger pass by with a little help from Hashem,

Could it be anybody? (No!...)
...We have just one God above
Heavenly - and not too shoddy!
Who guides us all with his love

Who do we turn to when we go astray?
Who will listen if we truly atone
Davening regular, three times a day
Who is with us so we're not alone?

Treif we won't fry with a little help from Hashem,
And we won't lie with a little help from Hashem,
Talmud we'll try with a little help from Hashem,



Could it be anybody? (No!...)
...We have just one God above
Heavenly - and not too shoddy!
Who guides us all with his love

Ooh we'll get by with a little help from Hashem
Beat the bad guy with a little help from Hashem
Hang Haman high, with a little help from Hashem
Drink the room dry with a little help from Hashem
.....with a little help from Hashe eh eh eh emmmm

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HGSS

VENUE HIRE



We are delighted to announce that we are now taking bookings for small celebrations and events. In line with current (Covid secure) guidelines we have put in place extra measures to ensure the safety of you and your guests.

Hire costs include the use of our purpose built professional catering kitchens which have a 5 star Level hygiene rating, security, caretaking, banqueting tables and chairs.

If you would like further details of our new safety measures, discuss your plans and get a quote or wish to arrange a visit please contact Sharon – 020 8457 7041 or email sharon@hgss.org.uk.