

# The Norrice Leader



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News & Views from Hampstead Garden Suburb Synagogue  
Rosh Hashanah 5782/2021

## Looking Ahead

with Chair James Kaufmann



Firstly, I want to thank Rabbi and Rabbanit Friedman for their dedication and leadership and to wish them every success when they leave us after the Chagim. Rabbi Friedman's sermons have been powerful and thought provoking – his ability to make Torah topics a lens for current events has shown, repeatedly, just how relevant our Torah is in today's world. Rabbanit Batya's shiurim have been, likewise, inspirational, and Norrice Lea TV, a joint effort throughout lockdown, will be much missed. We shall greatly miss the Rabbi, the Rabbanit and their daughters.

I also want to record thanks and best wishes to Rabbi and Rebbetzen Guttentag and their family, who left us in July to take up their new role in Whitefield. They will be much missed.

Together with Avromi and Rochelle Freilich, the Rabbinic Team have experienced Covid and lockdown – so different from what any of us could have expected, and their experience so different from ours – and they have risen to the challenge. They have been closely involved with 'life events' with many of our members while maintaining a varied online and Covid-compatible programme – a huge challenge. I want to thank them all.

Equally, I want to acknowledge the amazing work of our Office team, the Facilities team and everyone who gives of themselves for our Community. Thank you all. Available space precludes me from saying more but, simply put, we would not be where we are without you.

Looking ahead, during the Kol Nidre service, we sing (and can do so out loud this year) in the piyut "Ki Hinei Kachomer" ("Like clay in the hands of the potter"). The piyut imagines G-d as an artisan and us as His medium. We are clay in the hands of the Potter, or tapestry-work in the hand of the Embroiderer. He fashions us as He wills. We have no say in what He does. We merely emerge "work-hardened". And, whilst we may not be a perfect vessel, we pray that He will not judge our failings harshly. Until recently, I thought the sub-text was that if we have fallen short, we have done



שנה טובה

Rabbi & Rabbanit Friedman

Chazan Avromi & Rochelle Freilich

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and Honorary Officers

wish all members and their families

A HAPPY NEW YEAR

as well as we could in our circumstances.

Over the summer, I was discussing this piyut with my Better Half, Karina. The previous day, we had visited a pottery in St Ives and I was in awe of the skill of the artists. The conversation turned to the idea that sometimes, in order to make something wonderful, the artist reduces an item's perfection to make something more cherished. Ever the scientist, Karina pointed out that, whilst pure elements are building blocks of the universe around us, to be really useful we need to combine them. Elements are rarely of use in their purest state. Yet, when fused together in molecules, alloys and compounds, elements become more than the sum of their parts. This idea elides with the last verse of the piyut: "Like silver in the hand of the refiner if He wills, He adulterates it, if He wills, He keeps it pure; so too are we in Your hand...".

And a different way to read the piyut came to me. Maybe, we aren't calling on G-d to be merciful because of our imperfections. Rather, we are declaring that G-d, in His mercy and wisdom, has fashioned us into complex and capable beings. We are not perfect and pure. We are all different. All with our own strengths and weaknesses. And it is those imperfections which make us who we are. As with us as individuals so too with us a Community. Our Community is a patchwork quilt. But, as we look forward to a New Year and to the challenge of selecting new Rabbis in HGSS, let us do so knowing that our differences and imperfections as individuals make us who we are, enable us to achieve incredible things and that we are stronger together, as a Community. Diverse. Multi-faceted. Vibrant.

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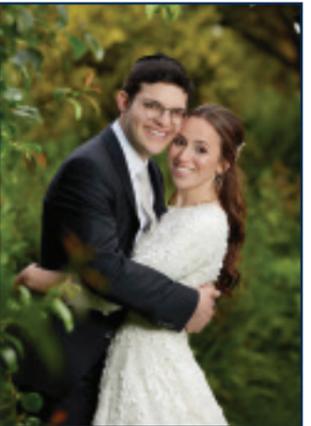
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# Celebrations



It was lovely to be able to celebrate with Avromi, Rochelle and all the Freilich family on the occasion of the marriage of Dovi to Rikki, daughter of Moshe & Judith Stimler.

Every good wish to Dovi and Rikki who, as with all engaged couples, had to wait so long for their special day. May they enjoy very many happy and healthy years together.



*In the wider community there has been what can only be described as an avalanche of simcha – new babies, bar/bat mitzvahs, engagements and weddings. See pages 38-42.*

At the same time as we were saying goodbye to the **Guttentag family** as they prepared to take up their new posting at Whitefield Synagogue in Manchester, we were able to celebrate with them the Bar Mitzvah of their son, Tzviki. We have many happy memories of their time with us and we wish them only happiness and success in their new undertaking.

## Welcoming our new Youth Leaders

As we approach Rosh Hashanah, we are delighted to welcome our two new Youth Leaders, Netanel and Tzivya as part of our HGSS Team. We look forward to them becoming an integral part of our community, with lots of exciting programmes and activities planned as we return to a greater sense of normality.

Reflecting on the past year, we also wish to thank

Gila and Sami, for their creative and tireless efforts in keeping HGSS Youth vibrant during the lockdown, including activities such as online cooking, canvas painting and midnight BBQs.

Lastly, we wish to thank the Rabbinical team for all their support and wish them well in their future endeavours.

**Tania Phillips**  
Chair, Youth Committee

Hi – I’m Netanel

I grew up in Golders Green, studied at Hasmonean and then headed to yeshiva in Israel whilst studying online for an undergraduate degree in Science.

Throughout the past few years I have been involved with a few amazing charities such as Kisharon, Kef and Camp Simcha.

I am currently working as a project manager for a property developer, studying for a masters degree in real estate and I’ve just started youth directing in the wonderful Norrice Lea community:)

I love meeting new people, being active and travelling.

I can’t wait to get to know the community and youth!  
**Have a wonderful Rosh Hashanah!**



Hey! – I’m Tzivya,

I grew up in Johannesburg, South Africa and have lived in Israel for the past two and a bit years.

Throughout my time in Israel, I worked as the Heritage House co-ordinator and programmes director in the Old City of Jerusalem.

In addition to that, I am a certified personal fitness trainer and I teach Fitness, Zumba and dance.

I love cooking, dancing, planning programs and events....and SUSHI!

It’s been so exciting moving to London and joining the community. I am so looking forward meeting you all at Norrice Lea and for all the fantastic youth programming.

**I hope you all have had an amazing holiday and a huge SHANA TOVA!**

# A message from The Chief Rabbi

## Rosh Hashanah 5782/2021



In 1968, social psychologists Bibb Latané and John Darley conducted a remarkable study, known as the Smoky Room Experiment.

Subjects were placed alone in a room and asked to complete a task. While they were doing so, smoke began to fill the room from a nearby air vent. Unsurprisingly, the vast majority of subjects reported the smoke within a matter of minutes. However, when subjects were placed in the same room in groups, the results were dramatically different. Rather than reporting the smoke, the subjects looked to one another. If the others in the room seemed unmoved by the smoke, it was ignored.

The authors of the study observed that, if people are alone when they notice an emergency, they consider themselves solely responsible for dealing with it. However, when others are also present, they feel less of a responsibility for taking action.

As social beings, we often cannot help but use the actions of others as our frame of reference for the way in which we choose to behave. This poses a profound challenge to our society. Can we lead more environmentally sustainable lives or act cautiously to prevent the spread of Covid when those around us seem disinclined to do the same? Can we lead lives of responsibility and morality when those around us do not?

The Jewish answer to this challenge is our High Holy Days.

The Torah reading for Rosh Hashanah seems a surprising choice. On the anniversary of the creation of the world, we would surely expect to read about the creation from the Book of Genesis. Instead, we read the story of a person who was born into a world of idolatry and sacrilege. Yet, Abraham, the father of our people, repeatedly demonstrated his commitment to Hashem

without hesitation. He became the first parent in our tradition to circumcise their son and was even prepared to countenance sacrificing him.

While not hiding behind the standards and expectations of those around him, Abraham knew what Hashem required of him. No amount of social pressure could dissuade him from his life of truth and sanctity.

On the Yamim Noraim, each one of us stands, accountable for our deeds, before Hashem. As we recite so powerfully in our Musaf prayers: Just as a shepherd appraises his flock; just as he passes every sheep beneath his staff; so too, every one of us is counted and evaluated by Hashem. There is nobody for us to hide behind, nor anyone for us to blame. As such, our High Holy Days are a moment of the purest and most honest dialogue with our Creator. He knows every challenge we face as well as our capacity to rise to them.

The last eighteen months have been a period of extraordinary adversity which has imposed challenges upon us all in ways that we may only be beginning to understand. As we enter 5782, the High Holydays provide a precious opportunity for each one of us to look deep within ourselves and reframe our attitude and our behaviour. Let us be guided by our eternal Torah values rather than the transient whims of others. In doing so, may we all be blessed with a future of spiritual fulfilment, joy and success.

Shana Tovah,

Chief Rabbi Ephraim Mirvis

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# Time to say Farewell

## say Rabbi & Rabbanit Friedman



Shalom Norrice Lea family. Sadly, the time has come to pen our farewell words to the community. The last three years have been an exhilarating period of our lives. It has been a privilege to serve the Hampstead Garden Suburb Kehillah and we feel truly blessed by our experience with the community.

We know that HGSS has a long and distinguished history and if we have made even a small contribution to the shul’s long-term viability and success, we are gratified. We have learned so much from all of you and we hope that each and every member feels enriched by what we have brought to the community – from Torah to chesed to pastoral care to lifecycle events.

HGSS is a large and diverse community. Our number one priority has always been to be there for every member, irrespective of background or religious observance. Our greatest nachas has been hearing appreciation expressed by members who received a Shabbos invitation for the very first time, or from members pleased that we cared for them despite their infrequent shul attendance. If you have ever felt that we were not there for you, we offer our sincerest apologies.

Given the diversity, every step of the way we have striven to find middle ground and maintain the centrality of the shul to a wide range of religious views. We have sought meaningful ways to expand Bat Mitzvah offerings. And we have offered a vast array of Torah opportunities, including the epic community-wide Shavuot all-nighter, the Beit Midrash, Ladies’ weekly and monthly education, 929 Tanach Yomi, Mishna Berura Yomi, Transformative Daf, 2-Minute Latte, 7-Minute Mishnah, weekly sermons that were relevant, thoughtful and compelling, as well as numerous articles in the Jewish News, JC, Times of Israel, and beyond.

Over the last three years, we tried a number of new programmes. Some were successful, others less so. But we are proud of all our efforts. It is only when one tries different approaches that success occurs. We are particularly grateful for the responses we received to some of our Covid initiatives, such as Norrice Lea TV,

Havdallah Live, the multiple daily Zoom meetings to stay in touch with members, Shabbos flowers to those needing their day brightened up and, of course, the determined decision to keep the daily minyan alive virtually. In addition, we have reached out to other shuls with the learning in memory of Rabbi Lord Sacks zt”l.

One of our key areas of engagement in which we would have liked to achieve more is children’s programming. We were in the process of streamlining our kids’ offerings and hiring a children’s director. We believe that children are the key constituency in the shul, and we look forward to hearing good news in that area in the years ahead.

The last year and a half have been devastating for all. Once again, we offer our condolences to those who have lost loved ones. And while it is not the same, we also extend our sympathies to those whose lives have been disrupted psychologically, financially and academically. But one thing we will never forget is the amazing spirit and dedication shown by the HGSS volunteers during this dark period. Till today, there are people going about quietly shopping and running errands for shutins. And, of course, that comes off the back of the constant support provided by Nefesh volunteers, a department of the shul that is unparalleled.

Thank you to all our colleagues from the clergy, to the office, to the site staff, to Head Office. Thank you to the HOs and council. And thank you to every one of you. We owe a huge debt of gratitude to all those who have shown support to us in so many different ways. You are too many – and it would probably not be right – to mention by name, but you know who you are. It sounds a little cliché, but it’s the truth. We have made friendships that will last a lifetime.

What’s our parting message? We pray that this community will thrive over its next phase. But that will take effort on the part of every individual. Love one another. Respect one another. Tolerate one another. And above all, stay positive.

May we only share simchas!

## Our Chatanim

### Chatan Torah – Joost Cohen



**J**oost Cohen, a Tuesday, Wednesday and Friday-morning minyan man since 1979, joined our shul seven years ago.

His father, a Dutch maritime radio officer sent to Westerbork transit camp in 1943, never continued to Auschwitz, probably because he was deemed useful for his skills. His mother and grandmother, hidden in an atelier behind thick shrubbery in the grounds of their home, couldn't have safely concealed an infant. Helped by the resistance, one year before liberation, in Nazi-occupied Holland, tiny Joost was born in hospital under a false identity as the child of a non-Jewish aunt. His true identity had to be re-established after the war.

Joost's maternal family, prominent Sephardim, left Portugal for Amsterdam in Inquisition times. A bridge and monument in Amsterdam were named after his great-uncle, Moses Salomon Vaz Dias, Parnas of the Esnoga, who saved many from Nazi extinction by producing genealogies "proving" they were descended from Christian converts or intermarried Jews, so not Jewish.

Experience of Nazism made Joost's parents averse to religion. Barely aware he was Jewish, he once attended a Seder in Bussum and occasionally ate matzo. He attended Montessori school, then secondary school in Hilversum. Introduced to Habonim by Jewish schoolmates, he went to Kibbutz Beit HaEmek aged 17 and Ulpan in Ramat Yochanan. Returning to study electrical engineering at the Technical University Eindhoven, someone said – "If your name is Cohen, you must be Jewish. What does that mean to you?" Exploration of Judaism and a decision to continue engineering studies at the Technion followed.

He met Madeline at the home of mutual friends and they soon married. Following the Technion B.Sc., they returned to Eindhoven for his M.Sc. Involvement with the Reform movement led to studies at Leo Baeck College. He switched to Jews' College until the Principal, Rabbi Nachum Rabinovitch, made aliyah. Rabbi Lord Jonathan Sacks ז"ל was one of his teachers.

In 1979, Madeline founded Textpertise Secretarial Services which became a partnership when Joost joined. Serving its clients, including quite a few members of Norrice Lea, mainly in medical, legal, dental and other specialties, Textpertise has also been privileged to help many at crucial turning points in their lives. Textpertise Translations, a separate partnership, does Dutch to English translations.

Their children are: professional makeup artist Sara, musician Motti (best known for directing the AhMen male a cappella group), aeronautical engineer Av, day-care provider Judith, and exhibitions curator Aryeh. They have ten grandchildren.

### Chatan Bereishit – Sassie Rajwan

**S**assie, Chatan Bereishit, was born and grew up in Israel. His parents, Shlomo and Adela ז"ל, who came from Iraq and Syria emigrated to Israel in 1935.



Having completed his military service, Sassie came to study in this country, and he stayed. However, truth to tell, he never intended to stay and he maintained his Israeli passport thinking, every year, that he would be going back. However, forty-two years on, he got fed up with queueing at passport control every time he entered the country and, finally, he applied for British citizenship. He is married to Lior and they have two sons, two daughters and four granddaughters.

Eleven years ago, he and Lior came to live in the Suburb and joined HGSS. They felt very welcomed by the community, fell in love with the shul and very soon afterwards decided to settle down in the Suburb.

He is part of the Sephardi Minyan but also enjoys services in the main shul, especially Kabbalat Shabbat. He did not have much say in the matter when, eight or nine years ago, David Yamin-Joseph 'appointed' him to take over running the Sephardi Minyan. He loves serving the community and being part of an extended family where everyone is happy to contribute, to help and assist in every possible way.

He was completely overcome at being asked if he would accept the honour of serving as Chatan Bereishit. He says that, many years ago, he was asked to fulfil the role at Maida Vale Synagogue but, at that time, he did not fully appreciate the importance of the honour. This time he was driving when he got the phone call and was so overcome that he had to pull over, stop, and wait for the news to sink in.

## The Bat Mitzvah Programme

**T**he HGSS Bat Mitzvah Programme continued through the pandemic. Since the virus was still very active we ran most of the sessions over zoom where the mums and daughters were able to connect and learn about the importance of being a Jewish woman. As the restrictions began to lift we managed to hold our final two sessions in person outdoors. The girls and mothers were able to finally meet each other in person and were all too happy to do so, especially the girls since they were able to finally interact with each other. The programme ended with a grand finale tea in the shul marquee, where we were blessed with great weather and enjoyed individually packed treats and were presented with their certificates and gifts.

### Olivia Leich writes:

Taking part in the batmitzvah programme was a breath of fresh air especially during these extremely hard times.



From the beginning we knew we were in good hands with our tribe of phenomenal teachers and leaders.

Each month, the batmitzvah content brought us all together as a community, celebrating our daughters, marking the start of their bat mitzvah journey.

The highlight for me was the motivational speaker sharing his wisdom with the young girls and seeing Roxy receive her beautiful certificate.

Thank you for knitting us all together on your amazing programme. Please G-d we can partake in the mother and daughter journey to Israel soon.

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# Friday Night with SuburbLink



After a year of lockdowns, zoom calls and socially distanced meetings, the 9th of July marked the first in person social for the SuburbLink!

The occasion was marked by a BBQ for 30 at the Summerfields complete with appearances from Rav E and his sons and Rabbi Guttentag.

Sadly, the wonderful Rabbi Guttentag (Gutto) will now be leaving our community. We will miss him so much but wish him the best of luck in the future and hope he will come back to visit us.

We are planning for many more services, socials and volunteering opportunities; if you are between the ages of 18-30 and interested in getting involved please message **Jo** on **07785 902 746**.



## East End Tour

Fifteen Shul members went on a Tour of the Jewish East End – from Spitalfields to Whitechapel – Wentworth Street and Brick Lane, passing by Sandys Row Synagogue (see above) and a plaque commemorating the site of Fieldgate Street Synagogue, now next door to the East London Mosque, Whitechapel. The tour was led by Blue Badge Guide, Rachel Kolsky of Go London Tours.

## Grew up in the Suburb? this might interest you

**Michelle Huberman** has set up a new Facebook group.  
The link: **I Grew up in HGS in the 50's, 60's & 70's** will take you there and you will find some great old photos which are bound to interest you.



## How does Chai care?

"Pomegranates are known for their goodness and energy giving properties.

Even though we have not been able to meet together physically, through each virtual art workshop, we always feel a boost of energy, wellbeing and camaraderie.

These sessions recharge us all with the nutrients of mutual support and understanding, which carry us through the week ahead."

The Chai Art Workshop Group  
(Artist Carmella Ovadia)

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# The Aleph Centre – What Millie thinks . . .

We asked **Millie Dimson** (aged 11) what she gets out of attending The Aleph Centre Cheder. Here is what she had to say

**What do you enjoy about the Aleph Centre?**

It's a friendly place, with lots of learning. Teachers make the lessons interesting and fun. It is also very welcoming, especially if you don't join right at the beginning. I have made lots of friends and it has been a great experience.

**What have been your highlights?**

I liked the kosher farm trip, as it increased my understanding of what kosher meant and led me to ask more questions. I also enjoyed the breakfast clubs when parents came in and did Hebrew reading with us. My parents could see how I was progressing and it helped me improve.

**How do you find the lessons?**

Each year we learn in a different way. I used to do quizzes and games and activities and now, in Year 6, we learn more about debating and group discussions with powerpoints. We also think about things more and what they mean to us.

**Why do you think Cheder education is important?**

It is important to understand how special it is to be Jewish and what the Torah is. It's also important to be fully educated about Jewish life and traditions, to know the past history and also gain knowledge for the future. Jewish education is important as it helps me see the world from a Jewish point of view.

**What are you looking forward to at Year 7 Zone?**

I am looking forward to a new programme. I have heard great things about it. I'm happy it will be social and I will be able to make new Jewish friends, learn together and go on trips.



# Bar Mitzvah Programme

This session of the Bar Mitzvah Programme was held in the marquee at Shul. Led by Rabbi Guttentag and Rabbi Yossi Simon of Chabad Golders Green, participants were shown how Tefillin, Mezuzot and Sifrei Torah are made from beginning to end. The boys then got to write their names in Hebrew in the ancient way, with a quill and on parchment. Finally, they were shown how to wear Tefillin and what to look out for when purchasing their new pair.



**. . . . and finally**

The Bar Mitzvah Programme finale took place in two separate groups with a grand BBQ at the garden of 8 Raeburn Close. Following the event each boy was presented with his own personalised tie rack, a reminder to maintain their 'ties' with the Shul...



*An event was at 8 Raeburn Close held for the Youth to say goodbye to departing Youth Leaders, Gila & Sami Liebert and family Guttentag*

**Annual New Members BBQ**

It was wonderful to be able, at last, to welcome new members to our community at the Annual New Members' Barbeque. Not only did we welcome those that have joined us this year, but also those who had joined at the beginning of lockdown.

The Rabbinic team and all of our Synagogue Council members were out in force to introduce themselves and ensure that all those invited were made to feel welcome. Jonathan Robinson and his excellent catering team were on hand, providing the most delicious and generous socially distanced barbeque.

It was particularly interesting to hear where our new members have relocated from, some from overseas – all had a fascinating story to tell. We look forward to welcoming our new members at our shul services and future events.

Do you think this year  
will be better?  
**We do.**

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# Hatzola to the rescue

by Hilary Halter

**T**he name Hatzola has recently become more familiar to us, probably due, in a large part, to their contribution to the amazing local vaccination roll-out. So what is Hatzola?

Hatzola is a 24/7 community ambulance service, operating 365 days a year, to provide, free of charge, a swift response to medical emergencies in the immediate area. Our area is served by 45 dedicated volunteer responders, all of whom have undergone and continue to receive intensive training. They are equipped with comprehensive Basic Life Support Kits, including resuscitation equipment, oxygen and defibrillators and are always ready to respond to a medical emergency. Currently, Hatzola Northwest has a fleet of three active ambulances. Hatzola is recognised by all hospitals and treated equally with the London Ambulance Service. It is also recognised by London Air Ambulance, the Metropolitan Police and the London Fire Brigade.

I spoke with Jonathan Hager of our local Hatzola Northwest. Jonathan joined the organisation in 1994 and served on the governing body for seven years. Now he continues to serve as a regular volunteer answering, he reckons, about twenty calls a month – Hatzola Northwest normally answers approximately twenty calls a day, although, with the onset of Covid, this increased to fifty. A call-out can be in response to an elderly person who needs help after a fall or a child who has caught their finger in the door. It can also be someone who is suffering a heart attack, who is choking or any other medical emergency. Given their area of operation and cover, they are generally able to respond very swiftly.

So how did they become involved in the vaccination roll-out? Jonathan recounts how he woke up one morning as the roll-out was starting and thought, "How are the local doctors going to cope with this?" and he began driving them mad with phone calls suggesting that they make use of Hatzola volunteers. Eventually, his suggestion was taken up by Golders Green GP, Dr Adler, for a Friday session at the Sage Nursing Home in Golders Green Road. Here he met our own Drs Leora Harverd and Karen Grossmark and the rest is history.



He and about fourteen of his colleagues trained to vaccinate and have been working daily at the Temple Fortune Medical Practice.

I can vouch for the wonderful service this organisation has to offer. Three years ago, I was enjoying a lovely Shabbat lunch with friends when, suddenly, I passed out. My hosts called Hatzola who arrived in under 10 minutes, lifted me into the ambulance and transported me to the Royal Free Hospital. During the journey they carried out an ECG, blood sugar test and constant blood pressure tests. They delivered me straight into the treatment area, handing over all test results to the hospital staff. Before leaving they gave me a card which enabled me to call a minicab to take me home all being well which, Baruch Hashem, it was.

Hatzola is growing. Apart from Northwest, they operate in Edgware and are about to start in Borehamwood.

אָבֵן

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# The power of Tehillim

The last Tehillim Group of the year took place in the Freilich garden. On Friday mornings, a group of women have been gathering with Rochelle to hear and absorb words on the week's Parsha, to give thought to those who are unwell and read Tehillim on their behalf. It has become a time of calm, of reflection, a feeling of peace before the start of Shabbat. Here, three people reflect on what this hour means to them.



**W**hen I first joined the tehillim group I didn't really know what to expect. Sure, I knew we were gathering to pray, for those in our community who were unwell. However, I had no idea that I would find myself among such an incredibly warm and thoughtful group of women. It is such a privilege to join these ladies in purposeful and comforting tehillim. Although, these days, we convene on Zoom, I still feel that the ruach of our group gatherings remains the same – the essence of feeling is supportiveness, kindness and heartfelt prayer.

For those precious 45 minutes of our coming together, we turn down all the 'noise' of the week and turn up our spiritual volumes. It is extremely comforting to listen to Rochelle's thoughts on the week's Parsha and Rebbetzen Esther's comments of the meaning of the Tehillim – always relevant, insightful, uplifting. Then we say our individual tehillim silently, mindfully, without interruption. It is, for me, a spiritually uplifting experience. We believe in the power of prayer and there is truly something remarkable about the collective goodwill of this group. Once the tehillim session has finished, one is left with a feeling of calm, a stillness. What a golden way for us all to sashay into Shabbat.

**Ali Toffel**

**L**ike so many others, I found the continuation of our Tehillim group very helpful mentally – especially during the first lockdown. At a time when we could see no-one outside our household, it was really lovely to see the familiar faces on screen – and some new ones. And there was another benefit – it was now every week instead of every other!

We also have a bigger turn-out now. Many women find it difficult to interrupt their Shabbat preparations on a Friday morning. This way, they are able to continue at home whilst listening to Rochelle's truly insightful words. She has a real ability to make that week's parasha or upcoming festival relevant to our lives today and it really resonates with us.

I cannot thank Rochelle and Stephanie Nagus enough for ensuring that this really important group continued on Zoom for what is now more than a year, and I invite the female congregants at HGSS to try and find that 30 minutes on a Friday morning to hear Rochelle's inspirational words and say Tehillim (Psalms) for the Refuah Shelema (a speedy recovery) for our friends and family who are sick.

**Daniella Harris**

**S**ince the beginning of the lockdown last year I was, like many other people, a little lost. Thanks to my cousin Daniella, using Zoom, I came into contact with the wonderful people from HGSS. I actually visited the synagogue twice, for the Bar Mitzvahs of Daniella's two sons.

Every Friday morning, I have enjoyed listening to Rochelle telling us inspiring words about the week's parashah, then continuing to say Tehillim after hearing the names of people who need a *Refuah Shelema*. Thanks to this, I have found a new meaning in my week. It has really helped me through this difficult period.

**Ruthy Mittelman**  
who joins us every week from Antwerp





## שנה טובה

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# Parshat Hashavuah

by Esther Tager



**P**arshat Hashavuah for women has existed at HGSS for some years. It was started by Rebbetzen Esther Livingstone and continued by Rebbetzen Freda Kaplan with sessions on Neviim (Prophets).

Prior to lockdown, Rabbanit Batya led Lunch and Learn in the Landy Gallery. Then, during lockdown, the format changed and became Dive into the Parshah, and that is precisely what we do – a disparate group of women of varying ages and backgrounds, no previous knowledge required!

So, an intrepid group of fellow travellers joined the Zoom Parshat Hashavuah. Clearly some were initially daunted at what might be expected of them whilst others sought knowledge and, indeed, companionship. Over the weeks and months, the group have become friends and, indeed, more learned.

Our great fortune was that we were led by Rabbanit Batya, a gifted teacher and communicator. She is knowledgeable and has the ability to share her enthusiasm, erudition and love of Torah.

## Help Needed

We are looking for volunteers for our newly-opened care home, **Hammerson House** in Bishops Avenue, to help on Friday evening, Shabbat morning and Yom Tov, to make Kiddush with the residents and also assist the Religious Co-ordinator with services.

Please contact Elie Levy:  
[elivy@nightingalehammerson.org](mailto:elivy@nightingalehammerson.org)

She brings commentaries from Rashi and other well-known commentators. We have various translations from which to choose and clearly some are superior to others.

Rabbi Lord Sacks's thoughts on Leadership, or the Lack of it, became the focus of our studies, all enhanced by his weekly Covenant and Conversation and his plethora of books, articles and other publications. Tragically, Lord Sacks died last autumn and consequently our weekly shiur took on a different and new dimension.

Our discussions range from the specific Parshah (some more interesting than others) to the pressing issues of the day. These frequently revolve around the virus and its impact on all our lives.

Batya is an oasis of calm and a facilitator of her students' musings and reflections on the Parshah. She is an excellent writer on contemporary Halachic issues, especially those concerning women. I enjoy reading her erudite articles in *The Times of Israel*.

We all enjoy listening to one another. Some of us prefer to concentrate on the text while others are clearly learning to love Torah and its inherent lessons, morals and eternal values.

I enjoy feeling that I can always learn more and that Batya is so open to diverse ideas and opinions. We learn that the characters in the Torah are human beings, imperfect but real. We understand the meaning of Emunah (Faith) and what is important for our lives and our community.

In June, we resumed Lunch and Learn with a celebratory lunch in Batya's garden, bathed in the glorious sunshine. There were twelve of us, all delighted, finally, to meet and to celebrate friendship and our love of Torah. Long may we continue!

# Do you Proceed with Caution? asks Samantha Rose

**B**ack in July, when it was announced that most restrictions were to be lifted, we at Nefesh Network wondered what this would mean for our community. We decided to ask the question and see how those that consider themselves to be more vulnerable were feeling and how this announcement was going to impact on their lives and the lives of those around them.

The first person I spoke to has a weak immune system and did not see any freedom in the relaxing of restrictions. If anything, the removal of mandatory mask wearing in enclosed spaces, now meant that she was in an even more vulnerable and precarious situation than before. She commented that she was fortunate to be able to continue to benefit from all the wonderful Nefesh volunteers who are always willing to pick up prescriptions and shopping etc.

My next interviewee viewed the situation from a slightly different perspective. Whilst vulnerable herself, once lockdown ended, covered from head to toe in PPE, she continued with her

charity work, holding discussion groups for the elderly in various retirement homes. She felt that 'for the sake of the greater good, we should accept what has been decided'. Her concern was for the younger generation, such as her grandchildren and the affect this has had on their education and social lives. Her advice and parting words were 'Proceed with caution, as it is still a real danger'.

Other members of our community were elated at finally feeling they were able to go back to shul but also recognised that 'it's not so safe out there, people around you are being more liberal and we are the ones who could be affected'.

The message from Nefesh to the community is to proceed with the utmost caution, protect yourself and, even more so, reassure and protect those around you.

The cancer charities issued a joint statement worth quoting here: "Keep wearing masks in crowded places. There is good evidence they stop the spread and, for all you know, that person sitting nearby might be on their way to their chemo appointment. Keep your

distance. Get vaccinated if you haven't already done so. Particularly for people with cancer who have a compromised immune system, the more people who are vaccinated, the safer they'll be."

Our volunteers will take people to appointments, observing covid safe protocols – everyone wearing a mask, car windows open, hand sanitiser at the ready and passengers in the rear seat. We encourage everyone, as per Government advice, to take and report regular lateral flow tests.

As of now, caution seems to be the best way forward, and we can all look after each other. Who knows? By the time you read this, the figures may well show that the link between the virus and serious illness has been effectively broken, not just weakened, and life really can get back to 'normal'. Hopefully, there will be a new normal, where we all are mindful and protective of each other's vulnerabilities. Without our amazing volunteers, all members of our community, we would not have been able to reach out and support so many over this trying period. We will continue to do so, and to be part of the glue that holds our wonderful kehilla together. From this, every single member can draw strength, feel nourished and experience the joy of belonging.

## Have you changed

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## Parenting our teenagers out of lockdown

### Jo Johnson reports

The pandemic and various lockdowns have been challenging. It was a particularly testing time for the parents of teenagers who were locked away together for such a prolonged period. Exams were cancelled, teaching was conducted online and socialising with friends prohibited. For some it was a welcome relief from the usual routine. However, for others it presented a very difficult scenario.



Zoe Sinclair

A youth mental health team was established amongst parents of HGSS with the support of the Shul Board and Rabbinic Team. This resulted, on 16 March, in the first in a short series of sessions for parents, delivered and moderated virtually.

The session was led by Zoe Sinclair and our keynote speaker was the well-respected psychologist Suzette Shahmoon of the UCL Queen Square Institute of Neurology. Suzette covered a number of topics

connected to teenagers' mental health. This was followed by a fascinating and informative Q and A session and we ended by conducting a poll which provided us with data on parental views on future sessions which we could hold. The event was attended by over 70 people with a large number viewing online



Suzette Shahmoon

over the course of the following weeks. We were delighted with the response from parents and the subsequent feedback.

We are planning our next session which will be held after the Yamim Noraim. Our keynote speaker will be Dr Anna Colton, a well-known clinical psychologist who has made many appearances on television on the subject of mental health.

If anyone is affected by this article, or wishes to make contact for further advice and guidance, please contact any of the resources listed below. Be assured that all matters will be dealt with in a confidential manner.

### Resources for parents

#### Mental health support

<https://youngminds.org.uk>  
<https://www.mind.org.uk>  
<https://www.mentallyhealthyschools.org.uk>  
<https://www.mentalhealth.org.uk/>  
<http://www.sane.org.uk>  
<https://www.place2be.org.uk/>  
<https://www.headstogether.org.uk/>  
<https://stem4.org.uk/>  
[jamiuk.org](https://www.jamiuk.org)

#### Mental health support text messaging service

<https://giveusashout.org>

#### Support for university kids feeling vulnerable at night

<https://www.nightline.ac.uk/>

#### Under 25's self harm, drugs, money jobs and relationship support

<https://www.themix.org.uk/>

#### Suicide prevention and depression

<https://www.samaritans.org>  
<https://theolileightrust.org/>  
<https://charliewaller.org/>  
<https://www.reliefhelp.org/>  
<https://jamiuk.org/>

#### Eating disorders

<https://www.beateatingdisorders.org.uk/>

#### Bullying

<https://www.kidscape.org.uk/>  
<https://www.bullying.co.uk/>

#### Drugs & Alcohol

<https://www.talktofrank.com/>  
<https://www.pslcharity.org.uk/>

#### Sexual assault

<http://theraproject.co.uk/>

#### Sexual health education

<https://sexpression.org.uk/>

#### Sexual/gender identity

<https://www.diversityrolemodels.org/>  
<https://mermaidsuk.org.uk/>

# The University Jewish Chaplaincy

offering support where it is needed

Rabbi Harvey Belovski explains

The coming academic year will be unusually intense for Jewish students on campuses across the UK. As life gradually returns to normal following the COVID-19 pandemic, University Jewish Chaplaincy (UJC) is predicting an unprecedented rise in the need for its services.

Like all their contemporaries, Jewish students have encountered major disruption to their university experience, with extended lockdowns, remote teaching and diminished social lives. Many have not yet met their classmates or lecturers or haven't seen them in person for 18 months. The resultant stress, isolation and anxiety seriously impact on students' wellbeing, self-efficacy and academic success.

UJC's Chaplains and Chaplaincy couples are ready to help Jewish students rebuild their Jewish Societies and reinvigorate Jewish campus life. In many cases, this will involve encouraging Jewish students to reintegrate into general, as well as Jewish, campus life and reminding Jewish students how to create strong, self-defined communities that promote Jewish cultural and religious life. We anticipate a challenging transition back to peerled Jewish student activism, self-organised Friday night dinners and other programming. UJC's Chaplains will be there across the UK to empower Jewish students to revitalise every aspect of their Jewish experience on campus, as well as delivering large-scale hospitality and other events to complement those provided by students themselves.

These challenges are exacerbated by the horrible explosion of in-person and online antisemitism following the recent conflict in Israel and Gaza, which we fear will continue into the new academic year. In May, Jewish students were shaken by Nazi graffiti scrawled on Jewish student accommodation, suffered appalling online trolling, threats of violence and cases of flatmates flagrantly abusing Jewish students just for being Jewish.

As such, we are equipping our Chaplains to combat bullying and intimidation of Jewish students and to educate Jewish and non-Jewish students about antisemitism. We also urge all UK universities to respond swiftly and decisively to every antisemitic incident and to adopt the IHRA definition of antisemitism. Sadly, while some universities have been helpful and supportive, others, including those with large Jewish student populations, have been impervious to the hate directed at Jewish students. Jewish students should not be leaving university and returning home because of antisemitism. Jewish students should not be maligned or vilified for their faith or support for Israel. And most



Rabbi Gavin Broder ('Rav Gav'), London and South East Chaplain

important, Jewish students should not fear for their safety on British campuses.

Central to our role in dealing with this situation is enabling our beleaguered Jewish students to regain a sense of 'Jewish Pride' – a positive, self-defined Jewish and pro-Israel identity that gives them confidence and self-respect as they enjoy, promote and protect their Jewish experience on campus.

University Jewish Chaplaincy offers vital support to more than 8500 Jewish students at over 100 universities in 12 regions. We deliver non-judgemental care to all Jewish students, offer a 'home-away-from-home', and empower and inspire student-led activism, while encouraging and defending a safe and happy Jewish life for every Jewish student.

Rabbi Dr Harvey Belovski  
Chief Strategist and Rabbinic Head

Sophie Dunoff  
CEO



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## Dr Leora Harverd



Leora, who started work as a GP at Temple Fortune Health Centre in 1990, became a partner of the practice in 1998 and has served the local community ever since. Her work as Clinical Director at Temple Fortune Health Centre during the vaccine rollout has been outstanding. She has frequently survived on three to four hours' sleep a night in order to ensure that the maximum number of people are vaccinated each day with no wastage.

Leora set up the hub very early on in the pandemic and overcame many challenges and obstacles to ensure that it happened. She turned the area to the rear of the practice into a fully operational vaccine centre. The practice has since become a centre of vaccinating excellence.

Thanking the community and the people on the panel for the award, Leora said, "I have no idea how it has all happened nor what the process was. I haven't managed to keep up with the flow into my inbox, so not up to scratch with many aspects of my life as the vaccine hub, on top of the regular day job, has taken over our lives."

The recognition, she said, needs to go to the entire team who have helped us along the way

- Karen, my dedicated work partner for over 20 years and all the other GPs who have worked tirelessly, the admin team the barcode scanners
- the rota creator team, the batch invite team, the entire ops in the background
- Rosemary who worked in our kiddush rota and morphed into our project manager
- the Hatzola team who "abseiled in as our paramedics and brought a real ruach to the centre. We have been truly blessed to have had them working with us. We have had a lot of fun together."
- the food rota contributors and the lovely messages on the food WhatsApp groups. "You gave us koyach to survive the cold – and to keep us going through the long shifts."

With over 1000 people each day arriving to be vaccinated, those of you who have been through the gates of The Temple will have had an experience a bit like arriving at the airport but no El Al flight to Eretz.

Karen and I are so lucky, as Barnet GPs, to have delivered over 30,000 vaccines as of today to our wonderful, diverse population in South Barnet – and to have been able to be part of helping to reduce Covid infections – not entirely but hopefully enough to make some impact moving forward.

I do miss shul but have not been able to get there. I promise you, I am wiped on Shabbat morning.

Wishing the entire community of HGSS only good things ahead and thank you to the Honorary Officers and Rabbinic Team who have led so innovatively during the last year – you have really kept the community spirit alive.

## Chochmat Lev

*This year's ceremony, hosted by Vice Chair Women's, Katherine Isaacs, came to us via Zoom. Here are this year's worthy winners..*

## Dr Karen Grossmark



Karen became a partner with Drs Herbert and Page at Temple Fortune Health centre in 1992. They combined with Leora Harverd in 1998, forming PHGH (Page Herbert Grossmark Harverd). The practice has grown to approximately 11,500 patients, reaching out across the populations of Hampstead Garden Suburb and Temple Fortune. Karen and Leora joined with Sherry Taylor of TFMG (the other practice in the building) and, together, they rose to the challenge of being the first wave of GP practices in the country to deliver Covid vaccinations.

Starting from zero, the three doctors created what has become akin to a field hospital beneath the health centre, moving from mixing fragile constituents with a short shelf life to delivering vaccines to over 1000 people per day – all this in addition their regular GP schedules. With the help of teams of dedicated volunteers, they have now vaccinated over 35,000 local residents.

After nearly thirty years in general practice in Temple Fortune, Karen says it has been humbling to experience the power of the community and rewarding to experience the gratitude of so many receiving vaccine. This award has been our opportunity to express our thanks to Karen.

Karen replied: Thank you for this award – I feel privileged and honoured to receive it .

As I have learned, Chochmat Lev signifies an open heart, a heart with space for the possibility of the unknown to unfold within it. When Temple Fortune Health Centre was given the possibility of being a Wave 1 site to vaccinate the community, it seemed an impossible challenge at that time. One must remember that we were in the middle of a pandemic. Rolling out a mass vaccination was unprecedented. It was a rollercoaster of emotions and a challenging time at the beginning of the process, but we succeeded in delivering the impossible with the support of the community. With that in mind, it is the community we need to thank. Without the dedication, the drive, the passion of our local community this would never have happened. I would like to thank the huge numbers of volunteers who came forward, the retired dentists, doctors and nurses, the unbelievable team from Hatzola and all the corners within the community who have supported us from the beginning . It has been a fantastic journey, a rewarding journey and journey of which I am very proud to be part.

## Sharon Drucker



Sharon has worked for HGSS for 14 years. Introducing her, Katherine said, "To so many of us, Sharon is the calm, capable person we are lucky enough to have at the end of the telephone whenever we need anything from the shul. Whilst we are privileged to benefit from the untiring, quiet and sensitive work Sharon does for the community, we are honouring her for always going above and beyond. This award, Sharon, is for everything you do from 5 to 9, as against 9 to 5! As well as being there to receive calls from members, sometimes in their darkest hours, often well into the night, dealing with shock and grief in her kind and capable manner, Sharon has been instrumental, amongst so many other things, in helping to get our Mental Health programme up and running. Sharon's administrative and organisational skills are second to none! She is a very much loved, respected and dedicated member of the office team, love and respect that runs deep into the community.

In reply, Sharon said, "I feel very privileged and relish my role here at HGSS. This community means so much to me and I do try to offer my very best and hope this is evident. Honestly, I already feel rewarded in the work I do.

"The Hebrew expression *Gemillat Chassodim* – acts of loving kindness – is always in the plural form. This is because every time someone performs an act of kindness, there are at least two people who are gaining – the receiver and also the giver. And I am definitely on the receiving end not least with this

*Continued overleaf*

## Louise Norton



Louise has worked tirelessly as a core volunteer for the Nefesh Network for at least ten years and has always been a highly valued member of the team. As a Nefesh representative on the Board of Management for many years, she worked hard to bring many initiatives to the table. Louise was also a volunteer on the kiddush rota and was involved in voluntary catering for various Yomim Tovim and cooking members of the community who were unwell.

She helped set up, and expertly managed, the shul welcoming rota for many years, ensuring a warm greeting for everyone arriving in shul on a Shabbat morning. We hope that this lovely initiative will soon be resurrected, as people return to shul.

These days, amongst other volunteering roles outside the community, Louise works as a Mental Health Act Manager. In her work she supports patients to ensure that their rights are being met.

Louise, a huge mazeltov from us all on all the really important work you have done for the community. You truly deserve this Chochmat Lev award. We are so grateful for all of your many contributions. A huge thank you from us all.

Let me start by thanking the Rabbonim, Honorary Officers, and the whole HGSS community for this very special honour.

Our sages ask the question, "What does it mean to say 'Wisdom of the heart'?"

*Continued overleaf*

## Eliana Kastner



Introducing Eliana, daughter of Adrienne and Ernst Kastner, Youth Leader, Gila Liebert, described her as, "The sweetest most wonderful girl who always has a smile on her face." Eliana has served both as a BAT madricha and a BAT Rosh – always around, attending all youth social events, courses and programmes. In shul, she has been a regular fan and enjoyed joining in the *Chat in the Flat* for the girls. Eliana is such a warm spirit and always willing to give of herself and her time.

Eliana replied, "Thank you so much for this honour, I appreciate everything the Youth has done for me over the many years and I am so sad to be leaving this year, although I will definitely be coming back in the future. I have loved playing the role of Rosh for the BAT programme where I have truly learned just as much from the children as I have taught."

## Yona Taub



Yona, daughter of Rebecca and Adam Taub, has been a source of light in the youth community over the years, says Youth Leader Gila. She has given endlessly of her energy, time, creativity and leadership. She always has a smile on her face and is willing to go the extra mile for every person, young and old. Yona has served both as a BAT Madrich and a BAT Rosh, as well as completing the HGSS Youth Leadership programmes and is always in shul on a Shabbat morning. She shares and contributes her ideas and opinions during CHAT and shiurim. She is always keen on any programme – whether participating or facilitating. You will never catch Yona without a smile on her face – she always goes the extra mile with the kindest nature.

Yona replied, "Thank you so much for this award. I am so grateful to have been given the opportunities to get involved in the young Jewish community both within and outside the Norrice Lea community. I have gained such incredible life skills that I hope to take with me. I hope that I can continue to give back to the community for everything it has given me."

**Sharon Drucker** *Continued from previous page*  
unexpected honour.

"I hope everyone knows that I am always here to support during difficult times and also to share the happiest of times. No question is ever unimportant and, equally, I love a challenge – to try and solve any query whether straightforward or not. From finding the Hebrew names of grandparents, phone numbers of kosher restaurants to times of Shabbat in places far and wide.

"As we know, there is no 'I' in 'team' and I would like my immediate colleagues to know how much they mean to me – strictly in alphabetical order, Abi, Edward, Gayle, Harris and Mark. We are also very lucky to have the most incredible team of Honorary Officers who really do work above and beyond, giving their time and energy to support us all. There are so many other unsung volunteers who, I hope, realise how much they are valued. And, of course, the rabbinic team, alongside whom we are privileged to work.

"Thank you to everyone in the community who keep me busy, make me happy and fulfilled and who generally make my role worthwhile. I look forward to continuing serving, receiving and, most importantly, seeing you in person as we all move back to whatever the new normal looks like.

"As I said it is an honour to have been awarded Chochmat Lev and an honour to be part of this great community."

**Louise Norton** *Continued from previous page*

There are numerous suggestions regarding this, but the one that really resonated with me was the suggestion that its meaning lies in the recognition of those who have gone before you, keeping their values alive. This wisdom is in my genes and my parents, of blessed memory, are the source of that wisdom. It is, therefore, very special for me to be called a Chochmat Lev. It also reminds me that they taught me my responsibilities as a Jew and that Tzedakah is not just about giving financially but about giving of oneself.

When I had my children, I gave up my career – much to my husband's horror – but did not wish to give up work and it seemed to me that volunteering for the community was not only going to allow me to be a full-time mum, but would give something back as well as being very fulfilling. In that respect it has exceeded my expectations, and I would like to thank all my friends and colleagues on the Board, the kiddush rota as well as the Nefesh Network and all welcoming volunteers for making my tasks such a pleasure.

I also maintain other roles in the wider Jewish and secular communities such as being an NHS Mental Health Act Manager which keeps me increasingly busy these days.

For this, and so much more, I would like to finish by thanking my husband, Michael, and my three sons, Clark, Jake and Saul, for allowing me to carry out these tasks and for always being supportive and encouraging . . . as long as there's a meal on the table!



# Keeping it in the family

Annabel Stelzer at the helm for WIZO UK

Following a family tradition going back for generations, HGSS member Annabel Stelzer has taken over as Chair of WIZO UK.

"My mother, Angela Landau, who was awarded the prestigious Lily Sieff Award last year for all her work, has been actively involved with WIZO since 1967. She was Co-Chair of WIZO's education department for six years, Vice-Chair of WIZO for six years and is now an Honorary Life President.

"My great-grandmother was a member of WIZO and was involved in the women's movement to rescue children from Nazi Germany. I grew up hearing about the work they do."

"Participating in events for many years and having

served as a trustee had helped her 'get a grip on what WIZO is all about' and she is passionate about sharing that both within and outside the Jewish community.

Annabel is keen to highlight the difference WIZO's work makes to Israeli life.

"WIZO recognises that Israel is a multicultural, diverse, evolving society and the mission of WIZO UK is to continue to fund vital projects and programmes to give all Israelis the opportunity to be fulfilled and contributing citizens, helping to bridge the social divide. I see my role as chairman to facilitate these aims to improve lives and build futures.

"So many people think of Israel as a home from home and it is important to support the work that goes on."



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## Professor Clive Handler BSc, MD, FRCP, FESC, FACC

Clive Handler, consultant cardiologist at the Royal Free and Honorary Consultant Cardiologist to Guy's and St Thomas' Hospital, has been promoted to Honorary Clinical Professor in the Division of Medicine at UCL. We wish him and his wife, Caroline, mazal tov.

Clive followed his father, Julius (older brother of Arieh and brother-in-law of the Tel Aviv Synagogue Cantor, Benjamin Ungar), to study medicine at Guy's Hospital Medical School. Julius qualified from Leipzig and was a registrar in the Jewish Maternity Hospital in Berlin until 1939 and requalified at Guy's. He was a respected and talented gynaecologist and popular teacher at Guy's and described by the Guy's Dean (a contemporary), as "one of Hitler's gifts". Julius was a consultant gynaecologist in Dulwich where Clive went to school.

During the war, Julius married Sylvia Maraney (whose father Abraham was a founder member and Financial Representative of the Borough Synagogue). They were members of a then vibrant Brixton shul led by Dayan Steinberg and later Rabbi Philip Ginsbury, and Rev Reuben Turner. Clive was Chairman of JYSG and on the National Committee when he won the Lionel Rose AJEX public speaking competition.

As a second year medical student, Clive was appointed Editor of the Guy's Hospital Gazette, the oldest hospital journal in the world, and in 1975 edited the book: "Guy's Hospital – 250 years" to celebrate this important anniversary which coincided with the opening of the Tower Block by Her Majesty the Queen. Clive does specialist outreach clinics in the Guy's Tower which he enjoys.

After junior posts at London teaching hospitals and cardiology training in the University of Wisconsin, Clive returned to Guy's to research into exercise testing after heart attacks and was awarded his MD thesis by the University of London. He published numerous papers and presented his research findings at cardiology conferences around the world. He was Senior Registrar at UCH and the Middlesex hospitals, and then appointed to his first Consultant post at Northwick Park and St Mary's Hospital, and Senior Lecturer at Imperial College.

In 2004 he was appointed to the Royal Free to help set up and develop the National Pulmonary Hypertension service, now one of the biggest centres in the world for diagnosing and managing patients who have a high pressure in the lung arteries associated with connective tissue disease, a rare and serious condition which sadly leads to premature death from heart failure.

An improved understanding of the condition, new drugs developed from trials, in which Clive is involved, and the expertise of colleagues, have resulted in increased quality of life and survival.

As well as running a busy private practice, Clive has written 13 books, one of which, on "English and Reflective Writing Skills in Medicine", he wrote together with his daughter Charlotte, formerly a teacher at JFS.

He continues research, trains junior doctors, and lectures at UCL and to medical and lay audiences around the world. His opinion is sought nationally and internationally as a clinical expert adviser for NICE, the Medical Research Council, the European Society of Cardiology and international cardiovascular committees supervising clinical drug trials. He serves on the selection panel for UCL and King's School of Medicine; he is a tutor and finals and postgraduate examiner for UCL. He is on the committee for the UCL/King's/Queen Mary's annual conference on Cardiovascular Biology; the Chairman of the annual St Paul's School Medical Conference to widen participation in medicine and is instructed as an expert opinion in medico-legal cases. He is a Freeman of the City of London.

Spare time? He is most happy walking, cycling and skiing in the Bernese Oberland with Caroline and their children and friends, watching Chelsea (Champions of Europe again), and exercising to Yaacov Shwekey and Hassidic music. He attributes his Professorship at UCL mainly to the support of Caroline and their children: Charlotte, her husband Adam and their new baby Olivia, and Sophie and Julius, and the superb community at HGSS.



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# Standing up for Israel

## What every Jewish student should know

by Harry Isaacs

On 20 May, over 100 young members of the Shul attended an exceptionally informative and well delivered Question and Answer session, presented by Edward Isaacs and Simon Johnson. The event was aimed at informing students on the highly complex and compelling topic of the Israel-Palestine conflict. It was triggered by the then, recent flare up of tensions and the unfortunate subsequent rise of antisemitism on social media and globally.

The aim of the talk was to simply provide the facts and equip students

with the necessary information to be able to protect themselves and defend the state of Israel as and when required. Simon so cleverly stated that one needed to be armed with facts and knowledge to be able to defend Israel effectively, and this was the main focus of the talk; providing facts and dispelling common misconceptions.

Being a student at the age of 17, the talk could not have come at a better time, especially with the heightened activity on social media surrounding the issue. It provided an opportunity for Simon to clarify

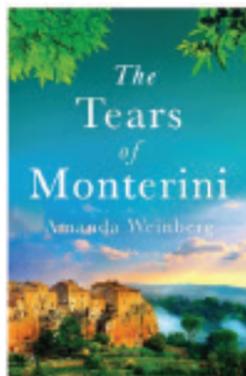
the facts of the matter and make the situation much more coherent. The talk also provided an excellent platform for learning the history of the situation, as one can then use the facts in conjunction with the history to make a much more succinct and holistic judgment and argument when addressing the issue.

I myself, and countless more students, were so grateful for the event as it provided the necessary platform for clarification on the highly complex issue. Finally, I would like to thank on behalf of everyone in attendance, Simon and Edward for their time and especially Simon for his knowledge and expertise when handling such a pressing topic of discussion.

### Book Review

## The Tears of Monterini

by Amanda Weinberg



I rarely get too emotional about a book I have read at one of the many book clubs I have run or attended, but The Tales of

Monterini, discussed by my Kingston Book Club, left me wanting to know more about the background of this true story, and its author. Amanda Weinberg and her husband, Julian, have lived in Hampstead Garden Suburb since 1984, their children attended the Garden Suburb School and, ultimately, the sixth form at JFS.

In 1998 they went on holiday to Pitigliano (the Monterini of the title), a tiny medieval village in Southern Tuscany, fell in love with it and, subsequently, bought one of the quaint stone houses built into the hills over 2000 years ago. The story itself is based on fact and, indeed, one of the characters, Elena Servi, aged 90, still lives there and keeps the Jewish culture going.

The synagogue dates back to 1598. At the end of the 16th century Jews were expelled from the Papal States and came to Italy. They were mainly Sephardi from the Iberian Peninsula and were peasants or farmers. There was a passionate bond between the Catholics

and the Jews which binds this book together. It portrays the life of Jacobo, who ran a book shop, whose wife died whilst giving birth to Bella, and their next-door neighbours Angelo, his wife Santina, and his Partisan son Rico, born at the same time as Bella, whom they brought up as their own. Bella and Rico of course fell in love and the anguish, both of Jacobo, the Jew, and Angelo, the Catholic, is not much different from today's problems! Angelo helped to save the Jews when the Germans came by allowing them to stay in Villa Sofia (Villa Emma in the book).

This true story resulted in 72 Jewish orphans being brought to the Villa who were, in fact, almost all able to escape and were saved. Angelo is even mentioned in Yad Vashem. Emotions run high, but the exquisite language is never, in my opinion, too emotional. When Mussolini comes in and the army are actually based in the village, the fear is tangible.

For me, the 'magical realism' part of the book, portrayed by Tanaquilla, an Etruscan presence, is something about which you need to read and make up your own mind. You can, however, google Amanda and listen to some of her talks to synagogues on YouTube, as they explain why she included it. It is a 'marmite' moment!

There is not too much history of this time documented and the book brings it to life. Suffice to say there is so much of Jewish interest in the book I think it makes a perfect Rosh Hashanah read!

Simone Halfin



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## News from Kerem

Daliah Epstein reports

2020/21 was another great academic year at Kerem. Of course, it was a year not without challenges, but challenges are there to be met. Whilst the autumn term saw everyone cautiously delighted to be back together, the children working hard, doing their best to adapt to the new way of being at school, the spring term saw everyone back at home. But this did not stop us.

The children had a minimum of three live lessons each day, alongside other lessons. There were one-to-one reading sessions, as well as additional interventions for those who needed it. We also celebrated Tu b'Shvat remotely as well as having a whole week of activities for Book Week.

Back in school once more, the summer term was eagerly anticipated and this saw a further return to school as we know it. Rather than a Year 6 residential, our Year 6's spent a week doing day trips and evening activities ranging from a day trip to London, outward bound adventure day, a comedy and circus skill evening



but – maybe the event for which we are most proud of our children – their visit to JW3 where they volunteered, preparing packages for their food bank.

## Jane retires

After 32 years as Bursar at Kerem School, Jane Sagal is retiring.

Jane grew up in the Suburb and attended local schools, as well as HGSS Children's and Youth Services and Bnei Akiva where she met David. They married in 1983 and have always lived in the community. Their sons, Ben and Josh, went to Kerem School and were also involved with the Youth

Service and Bnei Akiva.

Kerem is the jewel in the HGSS crown and Jane has been a sound link between the two. She feels privileged and proud to have seen pupils growing from little children into proud Jews and members of HGSS as well as the wider community, with several former students being parents of current pupils.

She wants to thank the School's

Rosh Hashanah 5782/2021



Back at school, in addition to all of the learning that took place, there were lots of other exciting events. Year 6 children performed their End-of-Year Show. Year 5 completed

the Etgar challenge, a Jewish Studies quiz with participants from Jewish Schools all over the country. As in previous years, the children did fantastically well, coming third in the event. We also had a Year 5 team in the National Quiz Club finals, an event which we won. The final accolade that Kerem achieved was being awarded the Well Being Award for School, which is a National Standard for Positive Mental Health and Emotional Wellbeing. The reward recognises the emphasis the school places on wellbeing and we are delighted to have received it.

Of course, Jewish life and learning is at the heart of what we do and this, too, was important for us this term. The term started with us marking Yom Hazikaron before celebrating Yom Ha'atzmaut and, later in the term, Years 1,2 and 3 got to celebrate their Chaggigut Siddur and Chumash. It is a very special moment watching the children feel so excited to receive their Siddur or Chumash.

*Everyone at Kerem wishes the HGSS community Shana tova u metukah – a happy and healthy new year.*



Jane with husband David and sons Josh (left) and Ben

chairmen, governors, staff and parents for all their support over her 32 years at Kerem.

Rosh Hashanah 5782/2021

## Member Profile

### Deborah Paul

*Fitness Instructor and Nutritionist*

Interviewed by Simone Halfin

Deborah Paul, a member of Norrice Lea Synagogue for 26 years, admits that she has always been a 'mover', could never sit still, and it was inevitable that her career, spanning over 20 years, has been in encouraging people of all ages to keep exercising.

As someone who tries very hard to keep as fit as possible, but is also incredibly lazy, I asked Deborah what advice she would give to everyone of all ages, in these strange times. Walking, basic resistance exercises – she described sit to stand exercises where you stand upright, then slowly squat as if you were about to sit on a chair, using your leg muscles, doing push ups against a wall to use your chest and back muscles, standing on one leg to use your balance and your core muscles, doing a cat stretch to strengthen your back, and child pose also to stretch out.

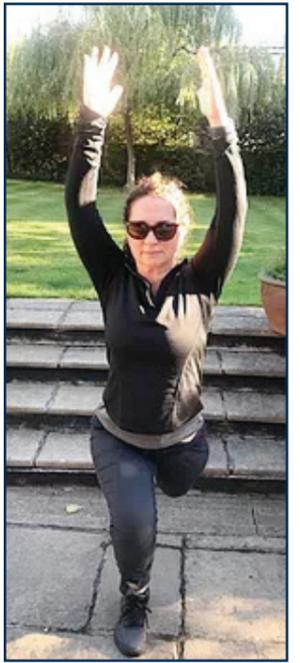
It is entirely up to the individual what time of day

they do exercises. Having just completed an hour of exercises with Deborah's guidance, I can feel absolutely everything has been stretched, but I must admit to feeling much better for it!

As regards Nutrition, Deborah advised a mix of proteins, fish, meat, vegetarian protein, vegetables, fruit, just making sure it is a balance of everything. Cutting out things you love leads to craving, so just have a moderate amount. Avoid processed foods and eat as naturally as possible.

Finally, I asked Deborah about one of her many qualifications as a registered 'Boxercise Instructor'. She laughed and said, 'it is always good to pull a few little punches, it is fun'.

Maybe coming out of lockdown we can now all have a little bit of fun and exercise as well.



This past year has been a difficult one for the Jewish community. Like the rest of the country, we have had to cope with disruption, and for many, the heartbreak of the ongoing pandemic. On top of this we have also had to deal with a frightening upsurge in anti-Jewish racism.

When there is conflict in the Middle East there are usually consequences for Jews in the UK but this year what we experienced was beyond anything I can remember. Antisemitic incidents rose by 500 per cent and none of us will forget the convoy of cars driving through our streets with shouted threats and misogynistic abuse plus other well documented attacks.

This is intolerable and the Board of Deputies acted quickly to ensure that the Government was aware and prepared to take whatever measures were needed. The Jewish community held meetings with Prime Minister Boris Johnson and Home Secretary Priti Patel. I called for the proscription of Hamas in its entirety. We also called



for the adoption of the International Holocaust Remembrance Alliance definition of antisemitism by social media companies and their new regulator Ofcom. I am glad to report that the Government has now written to social media companies to request them to adopt the IHRA definition.

While the epidemic has ebbed and flowed we have worked with the Government to share important messages in order to keep everybody safe and we have advised on safe numbers for prayer and religious occasions. We have also had the sad but necessary duty of collating numbers of deaths. Our community has enthusiastically embraced the vaccine which is one of the main reasons why numbers of deaths has been mercifully few in the past few months.

Those who know the Board of

**A Message from Marie van der Zyl President**



Deputies will understand that we work on a diverse set of issues. It is impossible to list everything in a short message. However, I will give a mention to the Commission on Racial Inclusivity which reported this year and which made 119 recommendations, with profound implications for UK Jews. I would also like to thank all the new organisations which have joined this year, making us even more representative of the community. We will continue to work just as hard on your behalf in the coming year.

## Facing up to Covid at Norwood

### An unprecedented challenge

The Covid pandemic presented myriad challenges never before seen in Norwood's 225 year history, placing many of our immediate activities and working practices in jeopardy. Keeping people safe and secure is always our number one priority and never more so than in this unprecedented time, as we recalibrated to plan logistics to ensure we could sustain the running of our essential services for the people we support.

With the announcement of lockdown, we closed the doors on all non-essential client services, and in-person activities in our Children & Family Services. All non-essential staff also moved to remote working arrangements. Although this inevitably challenged the way we were able to work as a team, it also brought unexpected benefits – particularly for an organisation that prioritises people – as we launched an active volunteer and support worker recruitment campaign, which led to more than 200 new volunteers signing up to support Norwood during lockdown. We also called on all non-service-based staff and volunteers to come forward to help out with caring/befriending/ running activities in the homes, cooking, cleaning, driving, delivering essential food and PPE supplies.

A training programme was set up to ensure our

intrepid volunteers were able to adapt to perform these myriad tasks. The support of volunteers alleviated some pressure from staff in Norwood's homes whose work in keeping the people Norwood supports safe and happy became that much more demanding during a very difficult time.

Undoubtedly the biggest challenge was containing the virus at an early stage to minimise the risk to the people we support and our staff. By embarking on a comprehensive educational drive, we were able to achieve the landmark of facilitating the vaccinations of 98.5% of people we support and 85.8% of staff.

This put Norwood in a position to gradually and safely open up our homes for family visits for residents of our homes, which are so vital in caring for the people we support. At Norwood we believe in taking on life together. We are with the people we support with learning difficulties or autism and children and families facing challenges – from birth and throughout their lives – every step of the way. Our response throughout Covid was one of team work and showed that together and with our community behind us, we can support individuals to overcome barriers and build fulfilling and meaningful lives.

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SECURING YOUR FUTURE IN ISRAEL

# Notes from the Holy Land David Lew

I have crossed to the dark side, which is an unwoke way of saying that I have been praying with a Sephardi minyan. My local Ashkenazi shul, where I can sit in my own socially distanced 'four amot' during the week, becomes uncomfortably full on Shabbat with a fair sprinkling of members who consider that the legal requirement of mask-wearing means that theirs can be under their chins. Not a place for me in Covid times. My new friends meet outdoors on Friday nights. The minyan is friendly, relatively quick and is located just 50 metres from my building. The gabbai is my sister's hairdresser, so I am treated almost as mishpacha. Lecha dodi is the only recognisable melody – actually it's the only one because as one of my friends once pointed out, the Sephardim have 3,000 years of history and only one tune.

\*\*\*\*\*

Improving my Ivrit is proving a major challenge although my French is coming on a treat and if I enrolled in a Russian ulpan (I don't think there is such a thing) I would have all bases pretty much covered. We have tried to join a real, that is, Ivrit ulpan so far without success. First we were given the wrong vouchers when we arrived and then, of course, there is a waiting list because of the substantial increase in aliya. At this time of the year, and I am writing around six weeks before Rosh Hashana, we are already hearing the dreaded words 'acharei hachagim', after the holidays, roughly the equivalent of trying to get anything done in France in August or in the UK in the weeks leading up to Christmas. So I am hoping we will be able to start ulpan sometime in October, around ten months after arriving here.

The Euros gave me an opportunity to pick up some extra Ivrit. If I know what a newspaper article is about, I can just about understand some of the Hebrew. So I was absolutely delighted to increase my vocabulary by reading the football reports which included the following new words: **ראהים סטרלינג** – **הרי קיין** and, best of all **נוקאאוט** I make no apologies for omitting the vowels – that's what we have to contend with every day.

\*\*\*\*\*

Organisations can lose their way, often by not seeing

the wood for the trees. The Orthodox Union is an American, Modern Orthodox communal organisation which started life in the late 19th century as the The Union of Orthodox Jewish Congregations of America. Its kashrut department places the OU symbol on thousands of products and enables people who wish to buy kosher food to purchase with confidence in, say, Bismarck North Dakota. (A very senior executive of Pepsico once told me that they used the OU not only for the convenience of their Jewish customers, but also because it was perceived by the general public as an extra layer of quality control.)

Anyway, the OU in Israel publish a weekly magazine, 'Torah Tidbits' which contains some words of Torah and adverts for Jerusalem properties. As if life were not stressful enough, two world-shattering questions were discussed in the issue of Parshat Pinchas. First, may one fill in a fish pond during shemita year (the seventh year when the land must remain fallow)? And, of even greater import, should one make hamotzi on a bagel before one has put on the cream cheese and smoked salmon, or after? If anyone is really concerned by either of these matters, and remember that shemita does not apply to the UK, I kept a copy of the issue for posterity so I can let you have the answers if you really want them.

\*\*\*\*\*

Nature notes. Lying on my sunbed by the pool, which I do for much of my existence, I am visited by mynah birds with their distinctive yellow feet, yellow beaks and yellow patches around their eyes. They are not native, are invasive, not afraid of humans, go around in pairs and do not stop tweeting and whistling and squawking and singing and generally making a hell of a racket. And a mess if you are on the wrong sunbed at the wrong time. They thus seem to be the most Israeli of birds. But they must be Ashkenazi because they sing more than one tune.

We had hoped to be in London for Rosh Hashanah and Yom Kippur, but we, like the Americans, are banned from visiting the UK. So, if we don't see you in person, blame Boris and Freedom Day.

**Wishing everyone Shana Tova Umetuka,  
a happy, sweet and healthy new year**



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## Camp Kochavim



Once again this summer, all at Camp Kochavim enjoyed a fantastic experience. Highlights included animals in the petting zoo, outings to Legoland and Kidzania, fantastic entertainers with a performance by a finalist from Britain's Got Talent, carnivals, inflatables, karate, baking, crafts, sport and lots more!

Campers who were isolating were still able to be part of the experience, joining virtual interactive sessions and watching

the entertainers.

Throughout camp, children learnt our J-TOD (Jewish Thought of the Day), learning and discussing different values such as friendship, respect and forgiveness.

"The opportunity to be the Rosh of a camp where, for several years, I was a camper myself, was an honour. Camp Kochavim was incredible this year, and working with great people was a pleasure. The experience was so much fun and filled with many laughs and lots of amazing, action-packed activities. I enjoyed it so much and am thoroughly looking forward to next year!" Ben Shemtob, Co Rosh 2021

"Thank you to each and every one of you for such an incredible

two weeks. We are all so grateful for this amazing experience and thank you for all the hard work put into everything. I never once worried about my son and knew he was in the best hands, having such fun! This was his first camp experience and he couldn't wait to return every day. We will certainly come back each year!" Jaqui



## Charlie drums up support for 'Twin'

Whilst preparing for his Bar Mitzvah, Charlie Anselm raised £1700 for his Bar Mitzvah twin Noam, a boy of Ethiopian descent, from a disadvantaged background, living in Israel.

Charlie, who started playing the drums at the age of three, sold his latest music release (under his DJ name, Nixon Music) as a pre-release and raised the money on a website he had designed and created himself. The money will buy Noam a bed of his own, help his family put new electrics in their apartment and fund his tefillin and tallit. The twinning was arranged by MyIsrael who could not have been more accommodating in finding him someone of a similar age to support.

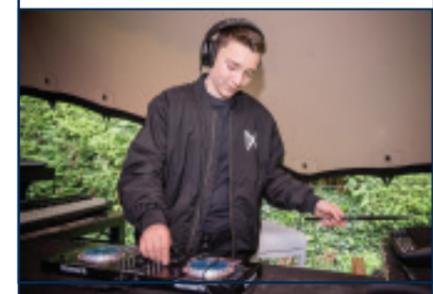
Charlie's mother, Sacha, writes:

"Charlie has been lucky enough to have a teacher who was not just focused on passing grades and traditional music but also teaches how music is structured and engineered. From him Charlie learns a lot about musical software and how one can now create so much with the technology that is available from one's bedroom!"

"He still on his journey so nothing is quite perfected.

He doesn't really DJ yet, although he did take to the decks at his Bar Mitzvah celebration!"

Well done Charlie! We look forward to following your progress.



## Floods in The Suburb

It was Monday evening, 14 July, and Facilities Manager Mark Gould was relaxing at home in a dry and sunny Bedfordshire when he began to receive phone calls telling him that there was a flood in the Suburb and that there were issues with the Shul's sump pump. He drove down to find that, happily, all was well at HGSS.

He had brought his wellies and decided to check that the Early Years Unit in Middleway was also ok (which it was). However, Kingsley Way was flooded (see photo) and the Lubavich premises had become a lake. He also looked on some of our more senior Shul members to make sure all was well with them. Thank you, Mark.

# Mazal tov

to Evi & Freddy Fishburn

who have celebrated multiple simchas. The birth, in Israel of a great-granddaughter, Eliana, a daughter for Shoshana & Ben Bar Lev and granddaughter for Barbara & Daniel Eilon. Three days later, also in Israel, Barbara & Daniel's other daughter, Talia, married Oded Lonai.

In addition to this, as you will see below, Freddy has celebrated his 90th birthday.

Our very best wishes to all the family.

# Birthday greetings to

- Solly Ohayon on his 95th birthday
- Freddy Fishburn on his 90th birthday
- Rabbi Dr Jeffrey Cohen on his 80th birthday
- Joost Cohen on his 75th birthday

# Joe turns 100

We were delighted to hear that Joe Conway has celebrated his 100th birthday.

Joe, who had a long career as an ophthalmologist and eye surgeon, married Joy in 1953. They moved into Middleway and became active members of HGSS. Their children, two sons and two daughters, grew up here.



In 2014, in order to be nearer their daughters, they moved to a retirement home in Israel where Joy passed away in 2017.

The Conway family tree now numbers 19 grandchildren and more than 50 great-grandchildren.

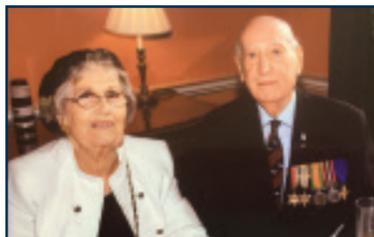
# Platinum Wedding

Longtime Suburb residents and Norrice Lea members, Thelma & Alfred Huberman, have just celebrated their 70th wedding anniversary. They married on 28 January 1951 at the New West End Synagogue.

Thelma (née Segal) has belonged to HGSS since its foundation in 1935 and the founders included members of her family. She grew up in Brim Hill and Meadway and, after her marriage to Alf, they moved first to Gurney Drive then to Linden Lea. They now reside in Meadway Court.

Alf is a WWII veteran. He served in RAF Bomber Command, completing 38 missions against targets in Nazi Germany and occupied Europe. Advised to change the religion stamped on his identity tags before flying over the Reich, Alfred politely refused, saying "I've lived my life as a Jew and I'll die as a Jew."

Later, he trained as a fashion designer and, after marrying Thelma, he joined her father Aubrey Segal to set up a fashion company. They had five children, although, sadly, they lost one of their daughters, Sandy, five years ago. Their other children, Corinne, Peter, Michelle and Paul, all live



This photograph was taken at 10 Downing Street where Thelma & Alf had been invited in recognition of Alf's wartime service

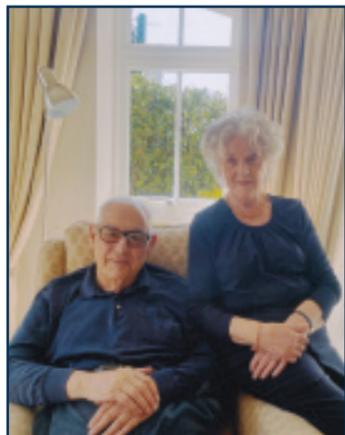
close by. Thelma, who used to volunteer for the Shul, visiting the elderly and sick, is now housebound and enjoys the gardens of Meadway Court.

Due to the Covid lockdown, celebrations were delayed to coincide with Alf's 98th birthday in June.



# Diamond Wedding

Derek & Diane Taylor were married at Higher Crumpsall Synagogue, Salford, on 11 June 1961. They joined HGSS in 1963.



# Wedding Anniversaries

Mazal tov to all who are celebrating special anniversaries

# Diamond Wedding



Ros and Barry Landy have celebrated their Diamond Wedding. Barry writes:

My parents, Gertie and Harry Landy, moved to the suburb in 1939 when I was in my second year, so you could say I joined the shul aged one. After an interlude for WWII, we moved back to the Suburb, so I was a family member of HGSS until Ros and I were married in 1961.

I was Bar Mitzvah in 1950 and, after a year wondering when the shul would notice I was actually there, my friends and I complained that post-Bar Mitzvah it was as if we didn't exist. Then two things happened: the Youth Service started and the shul had one Shabbat a year when the youth took over.

Ros and I were married in 1961 by HGSS, but not in the shul itself. The ceremony was on the roof of the Wembley Town Hall (later known as Brent Town Hall) and the reception inside. The officiants were Rabbi (later Dayan) Lew and Chazan Efraim Freilich, and the Chief Rabbi spoke under the chuppah. We then made our home in Cambridge.

When, in 1995, my father ז"ל became ill – he passed away in 2000 – and, subsequently, when my mother needed care, I realised what a helpful and kind community HGSS had become and, when my mother ז"ל passed away in 2012, I decided that we should continue the connection by rejoining as members.

I recall being invited to a 'new members' tea by Rabbi Kaplan and it was quite fun to explain that, while we were technically new members, actually we had a connection going back 50+ years.



# Emerald Wedding



Diana & Tony Dobrin have been members of the Shul since their marriage, at HGSS, on 3 July 1966. They have lived in the Suburb since 1979.

# Golden Wedding

Flo and Aubrey Kaufmann were married in June 1971 at St John's Wood Synagogue, where Aubrey's father, Isaak Kaufmann, had laid the foundation stone of the current building in September 1963.

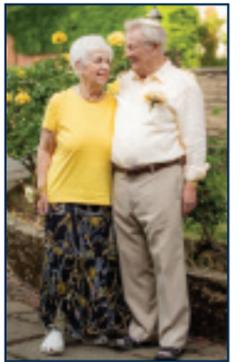
They moved to the Suburb in 1974 and have been actively involved in HGSS and the wider Jewish community ever since.

Aubrey served as Financial Representative and Chairman as well as three spells as Warden, all at significant times in the Shul's development.

Flo served as Vice-President of the Board of Deputies of British Jews for eight years and, prior to that, as its Treasurer. She has served on the Board of Deputies for more than 30 years, first representing British Emunah and, more recently, as one of our Deputies. As chair of the International Division she had the opportunity to make sure that the Board had a seat at the table, and a voice in proceedings, at the highest level. As holder of this position she met, among others, all of Israel's leaders, Vladimir Putin, in the Kremlin, and Pope Benedict XVI. She also served as Vice President of the World Jewish Congress and the Commonwealth Jewish Congress, and as Treasurer of the Magistrates Association.

Their two sons, Andy and James, grew up in HGSS and have stayed in the community. Andy, whose beautiful leining we are privileged to enjoy, is married to Aviva (née Goldschmidt). Aviva is responsible for developing, first, the hugely popular Women's Megillah Reading at Purim and now the regular Women's Kabbalat Shabbat. James, who has done such sterling work as HGSS Chair throughout the trials of Covid, is married to Karina (née Harris) whose family are HGSS founder-members.

Flo and Aubrey take great pleasure in all things Suburb, from Avromi's davening to the forest of lulavim on Sukkot. They particularly cherish spending time on Shabbat with their grandchildren Isaac, Joel, Rosie and Mimi, Isla, Aurora, Vesper and Mina.



# Golden Wedding



Linda & Peter Ferstendik were married at Norrice Lea on 16 March 1971



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## Just arrived

### Mazal tov to

Hilda & Michael Aaronson on the birth of a granddaughter

Charles Adams on the birth of a grandson, Felix, a son for Melissa and Keenan Adams-Probst. Also to great-grandmother, Alicia Adams

Tricia & Boris Ben-Ari on the birth of a granddaughter, a daughter for Daniel & Rina. Also to great-grandmother, Hettie Simons

Faridah & David Cohen on the birth of a grandson

Hazel and Richard Collins on the birth of a granddaughter, a daughter for Clio & Jon

Anita & Raymond Dinkin on the birth of a grandson, Milo Sammy, a son for Natasha & Simon Buchler and a brother for Jonah

Shelley & Robert Duboff on the birth of a daughter. Also to grandparents, Susan & Peter Duboff

Linda & Peter Ferstendik on the birth of a granddaughter, Bodhi Wren, a daughter for Joanna & Amir Greenstein

Eli & Rachel Gottlieb on the birth of a daughter, Serena Maya, born on 3 April 2021, a granddaughter for Madeleine Gottlieb

Caroline & Clive Handler on the birth of their first grandchild, Olivia, a daughter for Charlotte & Adam

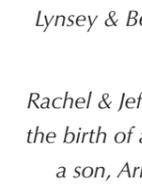
Sinem & Ashley Hikmet on the birth of a son

Stephanie & Robert Hurst on the birth of a grandson, Ernest Henry (Chaim Ben Michal v' Carmel Hacohen), a son for Caroline & Michael Shapiro

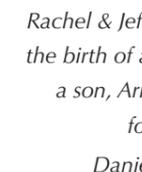
Debbie & Brian Kobrin on the birth of a granddaughter, a daughter, Emma, for Gabi & Yishai



Natalie & Jonathan Lamb on the birth of a daughter, Rosie Dina, as well as to grandparents Michelle & Gabby Lamb and Linda & Alan Perkin



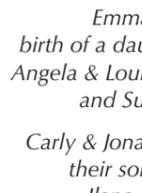
Lynsey & Benjamin Lever on the birth of a baby boy



Rachel & Jeffrey Levy on the birth of a grandson, a son, Ariel Amichai, for Avi & Ben



Danielle & Moshe Moses on the birth of a baby girl, as well as to grandparents Gillian & Steve Martin and Gamool and David Moses and great-grandmothers Brenda-Lee Martin and Arlene Beare

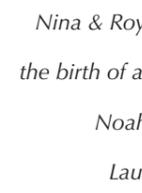


Emma & Oliver Newton on the birth of a daughter. Also to grandparents Angela & Louis Gershon, Jo & David Fogel and Susan & David Newton

Carly & Jonathan Pinkus on the birth of their son, Jack. A grandson for Ilana & Michael Durst and Sandra & Laurence Pinkus



Susan & David Rodney on the birth of a granddaughter, a daughter for Victoria & Daniel

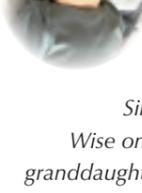


Nina & Roy Sandler on the birth of a grandson,

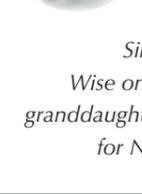
Noah, a son for Lauren & Zach



Stella & Geoffrey Sternberg on the birth of a granddaughter, a daughter for Coral & Mark



Ros & Nolan Wengrowe on the birth of a grandson, Rafi Yitzhak, a son for Lauren & Jonny Smetana



Simona & David Wise on the birth of a granddaughter, a daughter for Nicole & Johnny

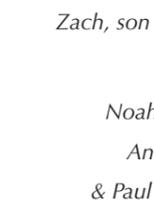
## Bar Mitzvah

### Mazal tov to

Dylan, son of Tania & Robert Akkerman, grandson of Jo & Barry Slavin



Charlie, son of Sacha & Marcus Anselm



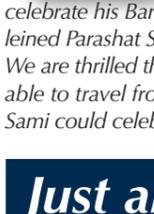
Zach, son of Talya & Alex Bloom



Noah, son of Annie Fine & Paul Bentley



Jude, son of Ellie & Adam Cannon, on finally celebrating his Bar Mitzvah, one year on



Matvey, son of Dr. Moshe & Anna Kantor

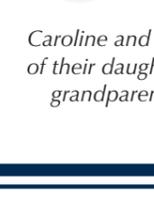
Sami, son of Adrienne & Ernst Kastner, brother of Eliana and Maiya, grandson of Merle & David Loewenthal (Johannesburg) and Liselotte Kastner. Adrienne writes: "We are so fortunate that Sami was able to celebrate his Bar Mitzvah in shul where he leined Parashat Shemini and read Haftorah. We are thrilled that his grandparents were able to travel from South Africa and that Sami could celebrate with friends and family"

## Just arrived (Cont'd)

Evelyn & Tony Wollenberg on the birth of a grandson, Cassidy Julius, a son for Hayley & Ben Robson



Rabbi Shimon & Tirza Woolfson on the birth of a daughter, Mimi, a granddaughter for Juliet & Philip Woolfson



Caroline and Adam Zeitlin on the birth of their daughter, Abigail, as well as to grandparents Suzanne & Michael

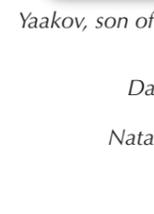
## Bar Mitzvah

### Mazal tov to

Joseph, son of Annette & Alex Lever "We had a unique celebration in lockdown where we were joined by family from all round the world. Joe leined a double parasha of Acahrei Mot Kedoshim and the Haftorah superbly. He looks forward to being able to lein in shul next year! "



Joe, son of Jemma & Richard Sager, grandson of Aron & Louise Sager and Sue Sussman



Yaakov, son of Natalia & David Sheykheto

Daniel, son of Natalie & David Tahan



Theo, son of Zoe & Charles Wimborne, also to grandparents Diane & Jack Lopian and Diana & Gerald Barnett



Rafi, son of Karen & Alon Zakaim



Deborah Zeitlin & Nic Alexander on Joshua's Bar Mitzvah, as well as to grandparents Linda & Harry Zeitlin and Valerie Alexander

## Bnei Mitzvah



Mazal tov to Alyson & Peter Martin on the Bnei Mitzvah of Sophie and Joseph, as well as to grandmothers Brenda-Lee Martin and Jacqueline Levy and great-grandpa Sam Tenenbaum

## Bat Mitzvah

### Mazal tov to

Lila, daughter of Lara & Adam Arnold. Mazal tov also to grandparents Peter & Patsy Arnold and Roy & Sonia Saunders. Adam said "Lila did so well. It was a truly special service and such a wonderful moment for our family"



Maya, daughter of Dana & Adrian Brass Joost & Madeline Cohen on the Bat Mitzvah of their granddaughter Meirav Ohana, daughter of Benny & Judith Ohana



Emily and Olivia Gordon (on their B'not Mitzvah), daughters of Deborah & Jonny, sisters of Abe, granddaughters of Grandma Lizzy, Papa Ian and Grandpa Brian



Rebecca, daughter of Andrea & David Grossman, granddaughter of Eugenia & Colin Melnick and Sonia & John Grossman.. Rebecca celebrated by leading a Friday evening Kabbalat Shabbat service and Saturday evening Havdalah



Amelie, daughter of Tanya & Shalom Haffner

Amy, daughter of Alison & Ady Hanouka

Arianne, daughter of Suzanne & Richard Kaufman

Mimi, daughter of Aviva & Andy Kaufmann, granddaughter of Flo & Aubrey Kaufmann and Louise Goldschmidt



Naama, granddaughter of Hannah & Tony Loftus

Lily, daughter of Deborah & Darren Michaelson

Ava, daughter of Sharon & Jakob Nielsen

Maytal, daughter of Dara Rigal & Eitan Boyd



Teah, daughter of Shelley-Anne & David Salisbury

Scarlett, daughter of Karen Santi

Lily, daughter of Michaela & David Seal, as well as to grandparents Gail and Michael Seal & Reba and Bernard Tury

Sara, daughter of Felicity and Scott Singer, granddaughter of Karen and Gary Katz and Marilyn and the late Michael Singer



Izzy, daughter of Hannah & Alan Summers, granddaughter of Chokat Bassally-Elishahoff

Jasmine, daughter of Ali & Elliott Toffel, granddaughter of Carolle & Maurice Raynor and Lillian & Irving Toffel



## Silver Wedding

Mazal tov to Berneen & Steven Neerkin who have celebrated their Silver Wedding

## Wedding-Stop Press

We are delighted to wish mazal tov to Anita & Raymond Dinkin, on the marriage, on 15 August in New York, of their son, David, to Raquel Vasinkevich

## Engagements

### Mazal tov to

Sarah & Terry Bernstein on the engagement of Henny to Sam, son of Andrea and Jonathan Cohen

Hadassa & Clive Freedman on the engagement of Rebecca to Theo, son of Marianne and Jonathan Hamburger (Manchester)

Mylene & Jeremy Freud and Tracey & Gary Gold on Zachary's engagement to Emma, and to grandparents Adrienne & Laurie Phillips, Tommy & Gita Freud and Marilyn & Harold Dagul



Deborah & Philippe Katz, Jonathan & Fiona Seidler, together with Jonathan Koschland, on the engagement of Jessica to Adam. Also to grandparents Doris Sherwood, Hilary and Fred Katz, Marian Birnhak, Alan Fishman and Rev Bernd Koschland



Sarah & Graham Kaye on the engagement of Tali to Ben, son of Anne & Malcolm Gordon



Gillian & Dennis Levine on the engagement of Daniel to Deborah, daughter of Jutta and Adi Josepovici from Frankfurt



Barbara & Geoffrey Levy on the engagement of their granddaughter Ann & Clive Lewisohn on David's engagement to Jess Becker

Judy & Adrian Marcus on the engagement of Daniella to Louie, son of Linda & Simon Fisher of Leeds



David Morein on the engagement of his granddaughter, Emma, daughter of Laura & Russell Nathan, to Adam Goldman

Anthony Renton, son of Janine Renton and Peter Renton ז"ל, on his engagement to Tamara Nevies, daughter of Leah & Robert Nevies



## Weddings

### Mazal tov to

Tricia & Boris Ben-Ari on the marriage, in Israel, of Michal to Gabriel Smith Also to grandmother Hettie Simons

Evi & Freddy Fishburn on the marriage, in Israel, of your granddaughter, Talia to Oded Lonai

Julia & Stephen Goschalk on the marriage of Joel to Tracy, daughter of Ellen & Steve Menschel of Glenrock, New Jersey

Naomi & Jeffrey Greenwood on the marriage of your granddaughter



Frances & Bruce Hayim on the marriage of Jessica & Aaron

Debbie & Lance Lewis and Sharon & Simon Pollins on the marriage of Lucy Lewis & Adam Anisfeld



Fortunee & Milton Maltz and the Bull Family on the marriage of Nicole to Coby

Fay & Nigel Miller on the marriage of Evie to Eli



Lauren Renton on her marriage to Michael Bodansky. Also to Janine Renton and remembering the late Peter Renton ז"ל

Yasmin & Stuart Saunders on the marriage of Olivia to Nir Darwish, son of Shoshana & Roni of Israel



Annabel & Joe Stelzer on Ben & Anna's wedding, as well as to grandmothers Sonia Stelzer and Angela Landau

David Sinclair on his marriage to Jodie Sinyor  
Nathan Steinberg on his marriage to Amira Shashoua  
Debra & Simon Zender on the marriage of Joe to Kelly Carr

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