

# L'HAYIM

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THE S&P MAGAZINE







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from family Rogoff

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## MESSAGE FROM OUR SENIOR RABBI



I am delighted to present this year's L'Hayim to our community. As we gather in our synagogues, we feel uplifted as we hear and sing our beautiful Sephardi melodies and soaring poetry composed by our great medieval hakhamim. In doing so, we come together to think about the direction of our lives and our choices, as generations of our ancestors have done before us.

In order to consider our future, we must consider our past; our lives play out as stories, rather than isolated events, and we must consider how we wish our stories to unfold based on how they began. As a community we must also consider our past and our legacy, and consciously think about how we wish to bring it into the future.

What will our congregations look like in the coming years? What will Jewish life be like? How will we build our communal strength? What will we offer and provide for our children and, indeed, how will our children contribute and serve? There is much that we must do in our community in the years ahead to ensure sustainability, viability and most importantly, growth.

You may be reading this while you sit at Lauderdale Road, Bevis Marks, Wembley, Holland Park, Borehamwood or Hale-Barnes. Wherever you are, we are all parts of the great extended family that is the S&P community of the UK. It may be that over the years the S&P has meant different things to each of you, if anything at all; but it is my belief that it should mean something to us, something central and key to our lives. We have a deep and meaningful history - our future has yet to be written and it is ours to write. It is more than simply a question of religiosity or even spirituality. It is a question of belonging.

There are three key stages in life. We begin our lives at one with our surroundings, families and circumstances. But, as we mature, we develop more and more as individuals and begin to see ourselves as unique with our own personal needs, interests and aspirations. We learn more about what fulfils us and how we are different from others with whom we grew up. Once we break away from that initial, early sense of being

an inherent part of the environment in which we were born, we can never really go back to living that way. After stepping away we never lose that sense of individuality and independence. The more we develop personally, the more we tend to find ourselves interested in the freedom and opportunity to pursue our individual lives, while - if we are honest - experiencing an aspect of loneliness and anxiety that comes with that independence. The only cure for that is to find a connection with others in camaraderie and belonging.

That is one highly valuable aspect of community. If it is strong and sincere, we feel that we belong within it.

The S&P community comprises some of the most diverse and multi-talented individuals I have ever had the pleasure of knowing. It is truly a delight to see the community from the Senior Rabbi's seat. I have never felt more honoured and grateful to serve such lovely people and families. But in our diversity, we are faced with a special challenge - we must work harder at building connections with each other and finding common ties as the fibres that bind us; then we might enjoy and appreciate each other's unique talents. We must strive together to build and strengthen our great community so that we might all enjoy its benefits.

This edition of L'Hayim will showcase only some of the many facets of who we are and what makes us special, and the contribution of women within our community demonstrates many of those varied and extraordinary facets. Of course we have not come close to showcasing the entirety of our diversity, but it is a highlight.

I would like to thank our outgoing Programming and Marketing Director, Sharon Buenos, for putting together this year's edition of L'Hayim and for all she has done to strengthen and enhance our community experience. We wish her and her family much success in their move to Israel.

Margalit and I wish you all a year filled with good health, happiness, blessings and prosperity.

**Tizku LeShanim Rabot!**  
**Rabbi Joseph Dweck**



# BOARD OF TRUSTEES AND ADVISORY COUNCIL

<b>BOARD OF TRUSTEES</b>	<b>Rony Sabah</b>
<b>Sabah Zubaida, Parnas Presidente</b>	<b>Caroline Jackson-Levy</b>
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<b>David Ereira, Vice-chair</b>	<b>Anthony Tricot</b>
<b>Kris Musikant</b>	<b>Richard Sassoon</b>

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<i>Simon Aron</i>	Security Adviser
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<i>Caroline Jackson-Levy</i>	Marketing PR, Fundraising Committee & Board Trustee
<i>Robert Kandel</i>	Parnas LR & Rabbi Dweck's Cabinet
<i>Susan Kandel</i>	Former Board Member
<i>Lesley Khalastchi</i>	Friendship Club
<i>Lawrence Kilshaw</i>	Chair of Bevis Marks
<i>Roger Leon</i>	Wembley Treasurer, Hebra
<i>Alfred Magnus</i>	Chair Brandon Endowment & former President of Board of Elders
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<i>Jonathan Solomons</i>	Chair of Bevis Marks Committee
<i>Rick Sopher</i>	Montefiore Endowment, Sephardi Centre
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<i>Anthony Tricot</i>	SKA Board, Human Resources
<i>Sabah Zubaida</i>	Parnas Presidente

# MESSAGE FROM THE PARNAS PRESIDENTE

## Dear friends

Since the last publication of L'Hayim, our community has made further big strides in achieving its aims and aspirations under the leadership of our rabbinic team led by Rabbi Dweck.

The community now has a professional support team led by David Arden, our CEO, operating from modern premises in Hendon.

The most exciting news from the past year for the S&P Community in particular, and for Anglo Jewry in general, has been the award of the National Lottery Heritage Fund grant for the development of a Jewish cultural centre at Bevis Marks Synagogue. This will secure the future of Bevis Marks Synagogue for many more years to come, both as a place of worship and as a Jewish cultural centre at the heart of the City of London. On behalf of the Kahal, I would like to thank everyone who worked hard and dedicated huge amounts of time to ensure the success of the application.

There were many other achievements over the past year, two of which I would like to highlight: our Beth Din has been strengthened with the appointment of a third Dayan, Ofer Livnat; and we look forward to the opening of La Petite Nursery in September which will bring life to the Lauderdale Road complex during the week.

The Board, along with the rabbinic and executive teams, would not have been able to achieve so much during the past year if it was not for your continued support for which I would like to thank you all on behalf of the Board. We look forward to another year of working together to move the community forward. I can only stress that we need everyone's help and support in achieving the goals and aspirations of the S&P Sephardi Community.

Wishing you and your families a Shana Toba and Hatima Toba, Tezku LeShanim Rabot.

*Sabah Zubaida*  
*Parnas Presidente*





# CONGREGATION NEWS

## THE COMMUNITY WOULD LIKE TO WISH BESIMAN TOB TO:

### ENGAGED COUPLES:

Natasha Pein and Danny Kessler  
Tara Cohen and Jonathan Zeilinger  
Katya Ragozhina and Mark Sabah  
Micol Bedarida and Jonathan Garcia  
Georgia Coleman and Edward Harrison  
Sandy Rashty and Adam Jacobs  
Danielle Avital and Nick Feingold  
Emma Selmon and Peter Fine

Laura Graham and Richard Fidler  
Philippa Silverman and Adam Seres  
Miriam Rahamim and Sebastian Lawrence  
Gabrielle Osen and Matt Cowen  
Mia Kinsler and George Basrawy  
Emily Angel and Andrew Rahamim  
Bianca Dallal and Ilan Azuelos

### MARRIED COUPLES:

Danielle Levy and Jonathan Peters  
Ruth Bitran and Bradley Abrahams  
Abigail Cohen and Alastair Darwood  
Charlotte Lewis and Michael Esfandi  
Claudia Farrell and Joseph Falter  
Natalia Segal and Mark Mesrie  
Tania Halban and Samuel Cherkas  
Candice Burkeman and Joshua Alliance  
Miriam Westbrook and Lazarus Diamond  
Yael Smouha and Joel Cressy  
Ruth Waxman and Gideon Barth  
Laura Grabiner and Peter Chaya  
Rachel Bernstein and Jonathan Spencer

Sophia Hirt and Joshua Magidson  
Sarah Shemtob and Joshua Nagli  
Monica Chong and David Oz  
Olivia Martyn and James Hodari  
Zoe Budwig and William Ufland  
Lauren Hasseck and Max Worth  
Abigail Ben Guira and Menachem Portnoy  
Talia Dawood and Ory Moussaieff  
Elana Wall and Eden Dwek  
Anna Levine and Joe Nyman  
Limor Azouz and Alex Silver  
Natalie Basrawy and Jack Yaffe

### BIRTHS:

Lily and Darren Fogelman: Rafael  
Jessica and Alexander Halban: Max  
Lara and Alex Shamash: Zacharia (Zac) Noah  
Sarah and Oliver Gee: Zachary  
Hayley (nee Musry) and Jonathan Weisz: Louis  
Julie and Daniel Endlar: Ellie  
Rebecca (nee Magnus) and Oliver Druce: Ezekiel  
Jennifer and John Mesrie: Georgina Myla

Anna and Jeremy Sanders: Lyla Muriel  
Michel and Jennifer Ghatan: Andrea Luna  
Joanna and Keith Zelkha: Blake  
Georgia and Isaac Dwek: Arthur Albert  
Marina and Jamie Rahamim: Phoenix  
Emma and Marc Haguenuer: Maxime Joseph  
Natalie and Adam Davies: Noah  
Louise and Benjamin Waidhofer: Nathalie Aurora  
Melissa and Denny Sabah: Evie

### WELCOME TO OUR NEW MEMBERS:

Edward Abraham  
Olivia Birnbaum  
Balbino Cotarelo Nunez  
Avraham David  
Allison Dias & family  
Eli Dias

Sylvain Dwek  
Antony Ellis and Katherine Green  
Jack and Margaret Ellis  
Brenda Ferera  
Avi and Dalit Haim  
Umberto Hassan

Charlie Hillman  
Edward and Aida Hougie  
Gemma Levy  
Alan and Susan Malley  
Simon Misrahi  
Sidney and Sheila Montague  
Rosa Ramos  
Paul Roditi

Nicholas Rubens  
Eshagh and Shahla Sakhai  
Albert Totah and Evelyne Chayo  
Max Wilson  
Saul Wilson  
Benjamin and Sarah Zaoui

## THE COMMUNITY SENDS ITS DEEPEST CONDOLENCES TO THE FAMILIES OF:

Hazel Carner  
Louise Chitayat  
Marie Del Monte  
Isaac Eleini  
Russell Ereira  
Nessim Ezra  
Jacqueline Franes  
Robert Gubbay  
Evelyn Khalastchi  
David De Miranda  
Violet Noonoo  
Rueben Obadia  
Lionel Price  
Jack Ratner  
Cesare Sacerdoti

Joseph Shamoon  
Albert Zelouf  
Musa Farhi  
Odette Cohen  
Rachel Dallal  
Raymonde Sopher  
David Sopher  
Joan Mendel  
Aharon Menachem  
Norman Landey  
Sylvia Gayer  
Laura Abadi  
Rina Zilberbush  
Mimon Benaim  
Khatoon Dangoor

Catherine Zmiro  
Bernard Waldman  
Binnie (Doreen) Perez  
Naima Rahamim

## HIGH HOLY DAYS CEMETERY VISITS - 2019

HHD Cemetery Visit Edgwarebury 22/09/2019 10:00am  
HHD Cemetery Visit Hoop Lane 22/09/2019 12:00pm  
HHD Cemetery Visit Edgwarebury 06/10/2019 11:00am  
HHD Cemetery Visit Hoop Lane 06/10/2019 1:00pm

### STONESETTINGS:

#### September 2019

Albert Zelouf                      Edgwarebury                      22/09/2019 11:00am

#### October 2019

Jack Ratner                      Edgwarebury                      27/10/2019 1:00pm

#### March 2020

David De Miranda                      Edgwarebury                      01/03/2020 1:00pm  
Jacqueline Franes                      Hoop Lane                      15/03/2020 10:30am



# MESSAGE FROM OUR CEO

*Dear Kahal,*

Firstly, I have to say I cannot believe it has been a year since the last L'Hayim. The time does indeed appear to move very fast and I am sure this is an indication of how busy the past twelve months have been for everyone.

Following on from the note I sent out before Pesah, I thought it would be a good opportunity to update you all on progress, the ongoing challenges, and some personal thoughts from me as we end the year 5779 and transition into a new one.

I have talked and written previously about how the organisation faces three major challenges: sustaining an aging and therefore necessarily costly estate; modernising operationally to ensure we are fit for purpose as a community charity; and growing, developing and continuing to be relevant in a climate of declining membership across the entire community spectrum.

It is, and will continue to be, a period of transition and change which some welcome but which I fully understand can be unsettling and uncertain for others. The following will explain our achievements so far and the work that remains to be done.

## Key achievements

### National Lottery Heritage Fund (NLHF) Project – Bevis Marks Synagogue

As you will have heard by now the project team was successful in winning the bid for funding from the NLHF for the final development phase of the project. This is a fantastic achievement and no mean feat as the competition is now very high and many applicants are unsuccessful. This represents an incredible opportunity for the community to realise a vision set out more than two years ago to create a living, breathing exhibition at the Bevis Marks Synagogue site. This in turn should enable a sustainable financial model for the Grade I listed building. There is a huge amount of work to do in the coming months. It is anticipated to take longer than two years but I am certain it will be absolutely worth it and will reaffirm the synagogue's position on the map as the go-to site for education and prayer in a phenomenally beautiful and historic setting.

### La Petite Nursery

Those that frequent Lauderdale Road would have noticed the immense amount of work that has been undertaken at 2 Ashworth Road to convert the two floors of the old office space into a modern and inviting nursery which will be opening in September 2019. It is hard to imagine what the old, ex-orphanage space used to look like. I am very encouraged by the vision and determination of the nursery team, and I am certain the long-term goal of encouraging young families into Lauderdale Road Synagogue has been provided with a massive boost.

### Office move

In order to facilitate the space for the nursery and to improve our overall working conditions we have now successfully relocated to new, modern open-plan offices in Brent Street, Hendon. This accommodates the staff, the Sephardi Beth Din, the Welfare Charities, and the Sephardi Kashrut Authority.

### The continuing challenges

As I mentioned in previous communications, it has long been recognised that Finta contributions, although vital to our existence, cover less than 30% of our outgoings. We will therefore need to rely heavily on your support through fundraising events, legacies and the generosity of individual patrons in order to sustain and preserve our community.

Considering ongoing financial constraints, it will be necessary to make further efficiency changes to ensure the organisation is fit for purpose and financially sustainable. Changes have already been made at an operational/staffing level, and will continue to be made to ensure we can provide value for money in a climate of uncertainty and limited financial resources.

Sadly, we said goodbye to our Office/Facilities Manager, Alan Abrahams, in June, and also to Sharon Buenos who made Aliyah with her family in the summer. Sharon was pivotal in developing and running our programming and events for eighteen months and we were very sorry to see her and Alan go. We wish them all the best.

With a reduction in staffing capacity we will be even more reliant on volunteers who can give their time to help support the organisation. Every communal charity is dependent upon a cadre of enthusiastic and committed volunteers and our community is no different. We will

be sending out more information in the coming months about how you can help. It would be fantastic if those that have never been involved can lend a hand - we need as many of you as possible!

### In Summary

I continue to be very proud of the progress my team has made over the past year supported by our Trustees. In addition, I am critically aware of the many challenges we face as a community and of the need for us all to

work together for the benefit of everyone. We are on a transitional journey and I believe with time, patience and commitment, we will reap the benefits.

I will finish this note by thanking you for your ongoing trust and patience and by wishing you Shana Toba, a sweet and healthy New Year.

Regards

**David Arden**  
**Chief Executive**

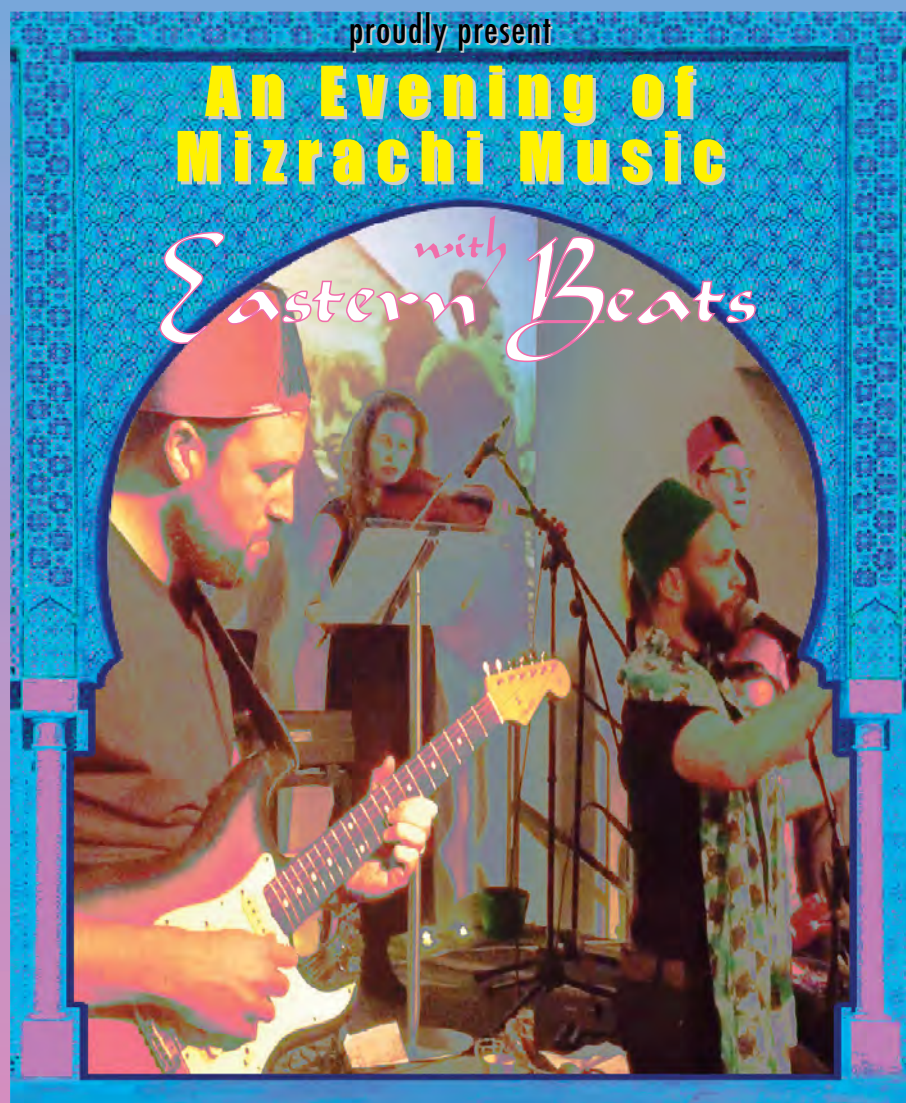




The UK Association of Jews from the Middle East & North Africa &

## The S&P Sephardi Community

TO COMMEMORATE & CELEBRATE THE 6th ANNUAL MEMORIAL DAY  
**OF THE EXODUS of JEWISH REFUGEES**  
 from ARAB COUNTRIES & IRAN



Saturday 30th November 2019, Lauderdale Road Synagogue, W9 1JY  
 7.30pm Drinks and Canapes Reception • Band commence at 8pm  
 Earlybird tickets £15 each (until 31/10/19) • £25 thereafter  
 Booking online: [www.sephardi.org.uk/events](http://www.sephardi.org.uk/events)

Dress to party Middle Eastern style



## CORPORATE TEAM

PROFESSOR MICHAEL ALPERT, Archivist		Archives@sephardi.org.uk
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SAMUEL BELLATATTI, Caretaker Lauderdale Road		
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DIANA ZELOUF, PA to Rabbi Elia & Lifecycle Manager	020 7481 7827	Diana@sephardi.org.uk





# RABBANIT MARGALIT DWECK

**What do you like most about the community?**

The people.

**How would you define the role of a Rabbanit and what do you enjoy most about the role?**

My thoughts about the role of a Rabbanit has changed over the years and I am still learning and discovering what it means. There are so many ways in which a woman may fulfill this role, but for me as someone who enjoys being around people, it is about being able to use my personality to help build connections within the community. I like to open our home to welcome people and celebrate the beautiful aspects of Judaism like Shabbat and festivals. I also enjoy organising events in synagogue for our families.

**If you could invite anyone for a Shabbat dinner who would it be?**

My Grandma Margalit. She passed away when I was sixteen years old. She was from a Syrian background and I wish I had had the chance to ask her what it was like growing up, and especially to have had time with her to learn her recipes and cook with her. Sadly she never saw me married and with a family.

**If you had a superpower what would it be?**

Definitely flying. I would travel every day.

**What is your favourite festival and why?**

Hanukkah. I love how relaxed a holiday it is - eight days of fun while maintaining all our regular activities such as work, school and so on. I love the family time while lighting the Hanukiah and having extra delicious treats. (It doesn't hurt that the first night of Hanukkah is also my birthday!)

**What do you like doing in your spare time?**

I love travelling: seeing new places and having new experiences. I enjoy doing lots of crafts including needlepoint, and I paint, taking both art and sewing classes. I enjoy going to exhibitions, exploring the world and finding inspiration in the natural world. I've recently discovered a love of gardening, and, as most people know, I really enjoy cooking and baking and setting a beautiful table. So I'm really blessed because I get to do what I love as part of my job.



# BEVIS MARKS SYNAGOGUE

## What will your legacy be?

By leaving a gift to the S&P Sephardi Community in your will, you are playing a vital part in ensuring our community's future.

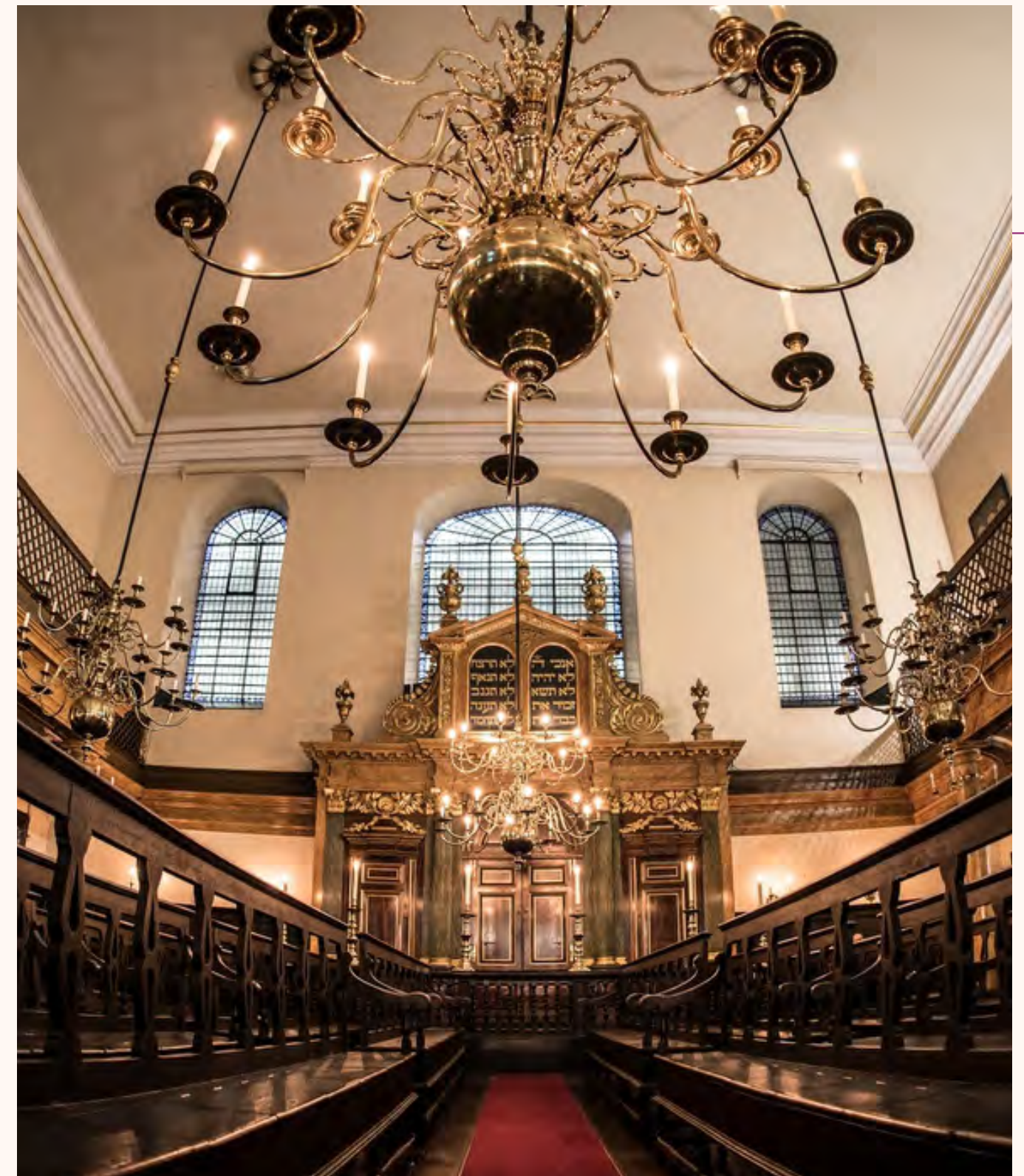
We need your support to build on the changes already implemented allowing for further growth and a sustainable Sephardi Kahal.

We need to continue to invest in the future of the Kahal by having a strong Rabbinical team and robust programming activities, as well as continuing to maintain our synagogue buildings, many of which are in need of repair on an ongoing basis.

We need to make sure that our descendants learn the same values we received from our community to help them keep their identity in an increasingly challenging and ever-changing world.

A gift in your will can help us to do this and can ensure that our Kahal will benefit for generations to come.

To find out more about leaving a gift in your will to the S&P Sephardi Community, contact Oshrit on 07391 012522 or [oshrit@sephardi.org.uk](mailto:oshrit@sephardi.org.uk)





The S&P Sephardi community  
Welfare Board

## A HELPING HAND TO ALL SEPHARDIM

Since the 17th century the Synagogue has helped those less fortunate in the community. There are still those who need our help - with grants at Rosh Hashana and Pesach, holiday schemes for children and essential household items. We also give grants towards winter fuel bills.

We are very grateful to our donors' generosity which makes possible a positive change to many lives. Please help as much as you can.

**A donation can be made online: [Sephardi.org.uk](http://Sephardi.org.uk)  
or by phone: 0207 432 1305.**

the  
**S&P**HARDI  
community ק"ק שער השמים

Registered Charity no. 230824

## BEVIS MARKS COMMITTEE

5779 has continued to be a very busy year at Bevis Marks with continued activity during the week and on Shabbat. We are delighted to continue to welcome new members who take an active part in synagogue life.

The committee would like to extend our warmest Besiman Tob to Rabbi Shalom Morris on his engagement. We look forward to celebrating with you soon.

Rabbi Morris continues to open his home for Shabbat meals, welcoming both regulars and visitors to the community. He ran several successful holiday-related events including a succah party for London's university JSocs, a young professionals' Tu Bishvat party together with World Jewish Relief, and a communal seder on the second evening of Passover. Rabbi Morris taught a new lecture series on the history of the kahal, this year focusing on the hakhamim of our community, as well as a class on the Book of Joshua, a Hebrew reading crash course, a class on the laws of kashrut and a monthly midweek session called Lunch & Learn. Rabbi Morris also led a walking tour on the Sephardic history of the East End including our historic cemeteries. One of the most meaningful events of the year was an intergenerational couples' Shabbat lunch which paired some of our growing number of young couples with some long-standing members. Our new couples shared why they had chosen Bevis Marks Synagogue, and our older couples spoke about their personal recollections from the community's past. All these events have been run to help ensure the continuity, vitality and growth of our historic kahal.

Our cohort of lay readers continues to support Rabbi Morris with leading services and we are incredibly grateful for the dedication and care that they show in preserving our minhag. The choir continues to ensure that our tunes are conserved and that our services sound as beautiful as ever.

We were delighted to welcome Philip Maurice and Amos Hadad for Rosh Hashana and Yom Kippur as well as

having the pleasure of Nachshon Rodrigues Pereira from Amsterdam who sang the unique melodies of the Tisha B'Av services.

Rabbi Dweck's visits continue to be a highlight, and we are particularly grateful for his annual reading of the megillah on Purim. We look forward to welcoming him and his family back on many future occasions. Our synagogue manager, Maurice Bitton, continues to maintain the synagogue in immaculate condition as well as welcoming and guiding the large number of school children, walking tours and tourists who visit our magnificent synagogue.

The committee would also like to extend its thanks to the outgoing chair, Lawrence Kilshaw, for his years of hard work.

This year saw the culmination of five years' work in securing funding from the National Lottery Heritage Fund (NLHF). The grant of £2.8m, which has been matched by a number of incredibly generous members of the community and others, will be of enormous help in ensuring the long term future of our beloved synagogue.

The BM Committee is exceedingly grateful to the dedicated individuals who ensured that this vision will now be realised. The synagogue will remain open throughout the building works which we believe, while providing an additional challenge to our professional team, is the right decision.

There will be further opportunities to get involved in this really exciting project, so watch this space....

The next few years are going to be incredibly busy. We are very excited for the year ahead and look forward to welcoming everyone in the community to future services and events.

Jonathan Solomons  
Bevis Marks Committee Chair



# THE WOMEN WRITERS OF THE S&P

By Rabbi Shalom Morris

In 1856, Abraham Benisch, editor of the Jewish Chronicle, noted 'a remarkable phenomenon on the horizon of Anglo-Jewish literature...that it is women, not men, that shine there as the principal stars.' Indeed, it may come as a surprise to us today, but some of the earliest original works of Jewish scholarship written in Great Britain were penned by women of the S&P Sephardi Community. This is their story and why it still matters today.

The mid-nineteenth century was a time of great upheaval in British Jewish history. The community faced a number of different challenges to its cohesion as people began to leave the synagogue. Religious revival in the Church of England brought with it an increase in Christian missionary activity and conversion. In addition, some members had simply lost interest in communal participation as they acculturated into English society. Additionally, reform tendencies fostered a breakaway synagogue. At the same time there were few Jewish texts in English, and much of what was available were simply translations of older texts: the Bible, prayer books, Mishna and later writings. Most members of the community could no longer understand Portuguese or Hebrew. Without contemporary English works to defend, explain and promote Judaism, the community began to fray under the pressures of the time.

Those who stepped up to change that, and to write original Jewish works, were Sephardi women. More than any others, they took up the task of producing Jewish materials written in the English language to educate the community and strengthen its resolve. Abigail Lindo, Grace Aguilar, and Miriam Mendes Belisario all lived in the early to mid-nineteenth century and most likely knew each other from their time attending Bevis Marks Synagogue. They wrote school books, poems, novels, religious guides and polemics. Their work was likely to have been inspired by their involvement in the community's education. Both the Aguilar and Mendes Belisario families ran their own private Jewish schools.

The most well-known of these authors was Grace Aguilar. She achieved a measure of fame in general society with her novels depicting the lives of Jews. However, she also wrote several non-fiction works with the Jewish community in mind: *The Spirit of Judaism on theology, The Jewish Faith written as a series of letters, and her*

*two-volume work Women of Israel. Her primary goal was to combat missionary activity and to improve the image of Jews in general society. Abigail Lindo wrote two works on the Hebrew language, A Hebrew and English and English and Hebrew Vocabulary, and A Hebrew and English and English and Hebrew Dictionary with Roots and Abbreviations. Without an understanding of Hebrew, many Jews were finding the synagogue increasingly alien to them. Indeed, Miriam Mendes Belisario also wrote on Hebrew in her Hebrew and English Vocabulary which was a translation aid for prayer. However, her most interesting work, Sabbath Evenings at Home, depicted a series of conversations between a semi-fictional aunt and her niece and nephew on a variety of topics in Judaism, including Maimonides' Thirteen Principles of Faith, the Ten Commandments, the festivals, and other Jewish observances. Belisario's goal in adopting this casual format was to make learning about Judaism feel more familiar to young learners, and to reinforce their commitment to traditional Judaism.*

It is important to note that while their writings were 'Jewish' works in the generic sense, they were very much also S&P texts. 'Shema Yisrael' is written as 'Shemang Yisrael' utilising the classic Western Sephardic guttural 'ng' for the Hebrew letter ayin (ngayin), and the Holy Ark is referred to as the 'Hechal.' In fact, Belisario's descriptions of religious practices in the synagogue may be among the earliest records of Western Sephardic customs.

Many of these works became standard Hebrew school study materials both in England and in other English-speaking countries, and their authors were recognised for their contributions. Hazan David Aaron De Sola's son, Abraham, who became the rabbi of Montreal's Shearith Israel wrote: 'Miss Miriam Belisario issued the prospectus of her "Sabbath Evenings at Home"— a work of a very high order of merit... This work, which was published in two parts, was very well received, as its utility deserved.' Hakham Gaster echoed this when he wrote: 'The writings of Miriam Mendes Belisario... also contributed one trend in the spiritual loom in which Grace Aguilar was weaving her romances and stories.'



Through their writings Aguilar, Lindo, and Belisario showed that women could also be Jewish scholars, and that lay people can and should contribute to Jewish study and knowledge. Indeed, they were joined in their scholarly endeavour by female members of America's S&P communities, such as Philadelphia sisters Simha and Rachel Peixotto, who wrote a number of early Jewish English language texts for schoolchildren. Collectively these women set a new standard for our community.

Over the centuries our Kahal has been blessed with great Torah scholars, including the likes of Hakham Jacob Sasportas, David Nieto, Raphael Meldola and Moses Gaster. However, Jewish communal strength comes from

an abundance of Jewish wisdom and study, not just from the top. It takes more than rabbis to animate a rich and dynamic Jewish life; it comes from the study of Torah on all levels. The example of Aguilar, Belisario and Lindo should therefore inspire the women and men of our community to enrich their own Jewish knowledge. That way we can create a community of scholars, one which is vibrant, strong, and enduring.

Those interested in learning more about these women writers can listen to Rabbi Morris's lecture series online entitled The Wise Son dated 6 February 2018, located on the S&P Sephardi Community website at: <https://www.sephardi.org.uk/wise-son-lecture-series-rabbi-shalom-morris/>



# MEMORIAL TO MARK 50 YEARS SINCE THE BAGHDAD HANGINGS

By Sandy Rashty



Whenever I see Samira at an Iraqi Jewish event in London, she's laughing.

An upbeat character, she represents the best bits of the community I was lucky enough to grow up in, as the British-born daughter of Baghdadi Jews.

She has a wonderful sense of humour, a love of the dancefloor and an ability to cook dolma and tabeet – traditional rice and chicken dishes respectively – to perfection.

But at a ceremony to commemorate Iraqi Jews who were killed or went missing under the tyranny of Saddam Hussein's regime, I saw a different side to her.

She was among two hundred people who attended the S&P Sephardi Community service at the Bevis Marks Synagogue in February, held to mark fifty years since the public hanging of nine Jews, three Muslims and two Christians in Baghdad's Tahrir Square in 1969.

At the service, Samira cried as she lit a memorial candle. Her brother, Heskell Saleh Heskell, was one of the Baghdad hanging victims, executed after he was falsely accused of being a Zionist spy. Her sister, Souad Kashkush, was in

her twenties when she went missing with her husband, Naji Kashkush, in 1973. The family still do not know what happened to them, but they want to find out.

There were a lot of stories in the room.

I talked to a young woman whose relative shared a prison cell with my grandfather, Naji Daniel. Both men were also accused of being spies for Israel, but survived imprisonment (on more than one occasion).

At the service, I picked up a leaflet listing the victims' names. It was this list that I found the hardest to read. I was overcome with emotion as I looked through the overtly Jewish first-names (Daoud, Ya'akob, Shaul, Yosef) and familiar surnames. It was too close to home.

'Iraq has perhaps the most illustrious history of our people – their home turned on them,' said S&P Senior Rabbi Joseph Dweck. 'There are casualties, there are losses...we always come through.'

Rabbi Dweck ended with a powerful message: 'Am Yisrael chai.' A singer performed Israel's Hatikvah and the British national anthem; a reminder of two places where the community has managed to rebuild its lives after being forced out of its homes.



My family's story was a typical one within the community. For generations, both my mother and father's families flourished in Iraq. My parents attended the same Jewish school in Baghdad, Frank Iny. After Israel's establishment in 1948, many Iraqi Jews fled their homes. Others, like my ancestors, hoped antisemitism across the Middle East would eventually cease, and that they could continue living their normal lives. They stayed until the 1970s, when they secretly escaped and settled in London.

Here, my sister and I were given countless opportunities. We attended a state-funded Jewish school, we have benefitted from a national health service, we each had a university education and we have not felt the need to compromise on our religion.

At the same time, we celebrate our Iraqi heritage, despite the way the regime treated our family. As my mother

always says: 'We took the music, the language and the food – that's it.'

Still, like many she finds it hard to talk about the bad times. As a child, she remembers watching the Baghdad hangings on TV, but does not believe in talking about what she refers to as 'old wounds'.

On this, I disagree with my wonderful mother. Only by talking about the bad times do we preserve the memory of the people and their families who fell victim to a brutal and antisemitic regime. And only by remembering the bad times, can we hope to ensure that they never happen again.





# HRH THE PRINCE OF WALES TO BECOME PATRON OF THE BEVIS MARKS SYNAGOGUE APPEAL

Never let it be said that excitement does not overtake the S&P! In fact, several exhilarating events occurred all at once in the months of June and July.

The first instalment of high drama was the news that we had been granted £2,799,400 by the National Lottery Heritage Fund for the development of Bevis Marks Synagogue's new religious, educational and cultural centre. The pursuit of a grant from the NLHF had been underway for some years and the culmination of the dedicated hard work of a team of people in the form of such a generous and substantial grant was of huge delight to the community.

Following the announcement of the grant award came the revelation that HRH The Prince of Wales had accepted an invitation to become Patron of the Bevis Marks Synagogue Appeal. This is of course a great honour and a privilege for the community, and is indeed something of which the whole of British Jewry can be proud.

The appeal, which has been established under the auspices of the Bevis Marks Synagogue Heritage Foundation, is looking to raise the additional £5 million necessary for constructing and sustaining the heritage and educational centre at the heart of the project plans.

Bevis Marks Synagogue, a Grade 1 listed building which opened in 1701, maintains a singular and special place in the heart of all Sephardim in the UK; it also has a unique and emotional significance to the British Jewish community as a whole. Bevis Marks' historical and architectural splendour, not to mention its status as the oldest synagogue in Britain, inhabits a class of its own and its special relationship with its neighbourhood in the City of London has an important meaning to wider British society owing to the example of integration and social cohesion that it represents.

Funds raised by the appeal will be used for conservation work at Bevis Marks to protect the fabric of the building and to create a visitor experience that will, for the first time, tell the story of Bevis Marks Synagogue, the Jews who have been part of its history, and its wider surroundings. The Spanish & Portuguese Jews'



Congregation, anchored by the synagogue, were the first Jews readmitted to the UK by Oliver Cromwell in 1656. The synagogue's narrative is thus the founding story of the entire British Jewish community.

The synagogue's significant collection of historical Judaica will now be on display in one venue for the first time. Items displayed will include our extensive and unique collection of silver, textiles and archives dating back to 1656, providing a continuous record of Jewish life in Britain. It has also been announced that a partnership between Bevis Marks and the Jewish Museum will be established to facilitate school visits, which will introduce the treasures of Bevis Marks to a whole new generation.

A reception was held to celebrate both the grant award and the news that HRH The Prince of Wales would become Patron. The reception was attended by the professionals and volunteers who had worked tirelessly to bring this project to fruition, Bevis Marks project committee and members of the S & P Board, Bevis Marks and the S & P community. The celebration was also an opportunity to thank the generous donors who contributed significantly to the fundraising, and indeed to thank everyone else, including architects and designers, who have been involved in the NLHF bid.

Rony Sabah and Adam Musikant (responsible for fundraising), made speeches thanking all who had been involved in the project, especially Rabbi Dr Abraham Levy OBE, the Emeritus Spiritual Head of the Spanish & Portuguese Jews' Congregation - who shepherded

Bevis Marks for over 50 years and arranged the invitation to HRH The Prince of Wales through his former pupil Simon Sebag-Montefiore - and Rabbi Shalom Morris whose knowledge of the community's history was vital to the development of the project. Rabbi Levy, who was celebrating his 80th birthday that day, was given a lovely surprise birthday cake. Later, people socialised over drinks and food in the Bevis Marks courtyard and enjoyed the beautiful warm summer day.

So, all in all, the summer of 2019 has been a significant and meaningful one for the S&P. This was further emphasised by the comments of Rabbi Levy which put

it all in perspective. He said: 'Britain has been good to the Jews, and the Jews good to Britain. HRH The Prince of Wales' support for this project is a welcome boost for the synagogue where the British Jewish experience has played out for over 300 years.' Bevis Marks is indeed the jewel in the crown of the S&P Sephardi community; it is also the crown that sits upon the head of every Jewish person in the country and, with this grant in place, long may we all have the opportunity to keep its treasures at the centre of Jewish life in the UK.







**Do you have a Simha coming up that you would love to celebrate with your family, friends and the community?**

Sponsoring the weekly Kiddush is one way to share your Simha; they are often sponsored by members who are celebrating events such as a Bar or Bat Mitzvah, Shabbat Hatan, birth of a baby or any other wonderful milestone. Food, conversation and community – what a great way to celebrate!

There are many different sponsorship opportunities available too for you to celebrate your Simha with the community.

To Sponsor a Kiddush, or to find out about other sponsorship opportunities, please contact Diana at [Diana@sephardi.org.uk](mailto:Diana@sephardi.org.uk)

# LAUDERDALE ROAD SYNAGOGUE







## RABBANIT GINA ELIA

**What do you like most about the community?**

I love how kind and caring the community is. It feels like one big happy family. I feel very fortunate to be a part of this special extended family and value this tremendously. Of course having my lovely husband as my Rabbi, who is so adored by the whole community, makes it that little bit more special.

**How would you define the role of a Rabbanit and what do you enjoy most about the role?**

I would define the role of a Rabbanit as being able to serve the community during both sad and happy times. I enjoy being there for my community and feel that I can make a difference, for example, by being a discreet listening ear to a community member who has to navigate through a critical moment with their health, a bereavement and so on. I also enjoy the many celebrations that take place within the community.

**If you could invite anyone for a Shabbat dinner who would it be?**

Prince William and Prince Harry. I would love to ask them loads of questions, all the questions that nobody dares ask the royals! I would invite them to taste my traditional delicacies, recipes from Egypt that I learned from my late mother and have taught to my sons and daughters.

**If you had a superpower what would it be?**

Although it sounds like a cliché, I would use my superpower to make the world a better place: no more conflicts, less poverty, an end to nasty diseases, and a big increase in general awareness in caring for others.

**What is your favourite festival and why?**

My favourite festival by far is Pesah. Although exhausting, oddly I do look forward to the build-up towards Pesah. I enjoy the spring cleaning, all the special shopping and of course cooking the traditional dish that my family all look forward to: the meat Maeena or Pesah lasagne. Finally, I enjoy celebrating with my family and friends all sitting round the beautiful table revisiting the story of the Haggadah so beautifully explained by my wonderful husband.

**What do you like doing in your spare time?**

Mostly I try to spend time with my family as a whole; luckily for me they are all fairly close to home. I cherish quality time with my girls on Shabbat, during the long summer days it is always lovely; meeting with friends and going for strolls along the canal by Little Venice are other pluses. I am passionate about food and enjoy preparing and creating traditional and modern dishes to serve to my family and friends. I enjoy colouring in challenging designs which I find very relaxing. I can see why this is such a popular pastime for children; as an adult, it certainly allows me to take time out for a minute...or twenty. It's like taking a tea break but without the biscuits... (or with the biscuits!)



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## LAUDERDALE ROAD COMMITTEE

5779 has been a fair year for the Lauderdale Road Committee. The hagim went very well. Our distribution and collection of the cards for the Kol Nidre appeal was very efficient, and the presence of two members of staff greatly helped the process. The installation of a marquee for Succot is now established and is an extremely helpful extension over the festivities. We held well-attended and most enjoyable events including a Succot lunch, Hoshana Raba breakfast, and a Simhat Torah party. Our glorious choral service for Shabbat Bereshit was under the leadership of Adam Musikant and was made even more special as Adam was the Hatan Bereshit. This was followed by a sell-out communal dinner where Martin Lewis was a thought-provoking and interesting guest of honour.

We had two readings of the Megillat Esther: a communal reading in the main synagogue and a women's reading in the Dangoor Synagogue, an event which is becoming ever more popular. There were some beautiful contributions from our younger members. More than 250

of us celebrated Purim after the readings with shashlik, hot dogs and mulled wine.

The synagogue was adorned with stunning flowers for Shabuot and we are so grateful to those who provided sponsorship.

We welcome La Petite Nursery to Lauderdale Road. Inevitably the move of the office to Hendon has brought change and there is still work to be done, including cleaning, and the kitchens may require more supervision from LRC.

We are delighted to have welcomed two new members to the committee over the past few months. However, there is always space for more helping hands as we are often asked to assist with the functions that help our wonderful congregation thrive and prosper.

Barbara Simon  
Chair, Lauderdale Road Committee

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# THE MINISTER OF TOURISM FOR TUNISIA VISITS LAUDERDALE ROAD SYNAGOGUE

By Rabbi Israel Elia

On Monday 8 April 2019, Lauderdale Road Synagogue had the great pleasure of hosting a lunch for the Minister of Tourism for Tunisia, René Trabelsi, together with the Tunisian Ambassador to Britain, Nabil Ben Kheder.

I was able to welcome the Minister, because we had both grown up within the Jewish community of the Tunisian island of Djerba. We have both closely observed the development of Tunisia over the years - me from afar, and René up close. His travel agency brings hundreds of thousands of visitors to Tunisia each year and has done much to help his nation.

A speech of welcome provides an opportunity to set out one's thoughts in an orderly way. Below is an extract of my words, and I hope it captures how my childhood, my beloved family, and my cherished Djerba community have moulded my life:

A visit to Tunisia is an opportunity to study a massive slab of world history and human history. Though it can mean days spent beside a baking hotel pool, it can also mean an intense course of study, because Tunisia itself exemplifies just how much changes over the ages. The country contains the eastern Atlas Mountains, parts of which were connected in deep time - before the continents drifted apart - with the Appalachian Mountains of America and with the Scottish Highlands. Much of the rest of the country is fertile, but this give way to a huge salt lake and, further on, to the Sahara.

Tunisia today is the most democratic sovereign state in the Arab world, with a high human development index. It leads the Arab world with legislation to protect women.

But Tunisia today is just the end of a story that begins in ancient times, when it was a land of the Berbers. Around the time of King David, Phoenician immigrants founded Carthage, a great city, and home to traders who travelled as far north as Germany, but Carthage underestimated the power of Rome. Carthage fell, and the Romans occupied Tunisia for most of the next eight hundred years, introducing paganism, and later Christianity. Rome left behind architectural treasures the remains of which can still be seen. Later came the Muslims' conquest, the

Ottoman Empire, French rule and eventually Tunisia's independence.

Being a rabbi, I would like to suggest how a visit to Tunisia might help bring about important ethical and moral benefits.

There was a time when human sympathy rarely extended beyond family, clan, or - to a lesser extent - tribe. Cruel treatment of strangers and animals was so commonplace the Bible had to strongly admonish against it. The same happened all over the world. Homer's Odyssey emphasises that the care of strangers is an essential religious duty.

Peter Singer, the Australian moral philosopher, wrote The Expanding Circle, arguing that over time the circle of moral concern of enlightened people worldwide has gradually expanded to encompass strangers, animal welfare and the environment. Nowadays, while charity begins at home, it ends with help for earthquake victims on other continents and with small tunnels constructed to help animals cross under busy roads.

But exactly how can a visit to Tunisia help prise wider the visitor's circle of moral sympathy? Each civilisation that ruled Tunisia had its own standards, values and religions.

The Phoenicians thought child sacrifice essential for communal life. The Romans, the Christians and the Ottomans each saw themselves as superior civilisations. Each civilisation was based on the same universal human nature, a nature decorated with contemporary cultural influences. For European visitors, Tunisia is sufficiently different and sufficiently familiar that studying its history makes you aware that our standards, values and religion make us just one pattern of humanity among many possible patterns. But the visit also proves that if we value our own traditions and wish them to live on in our families and our communities, we must toil with the sweat of our brows, in every generation, to transmit the values to our children and our neighbours.

Simon Rocker, writing in The Jewish Chronicle, reported on the lunch held at Lauderdale Road Synagogue:

*"I don't think I was chosen because I'm Jewish," Mr Trabelsi told a Jewish audience in London this week during a trip to meet travel operators. It was because he had professional expertise as the owner of a successful travel company. But he acknowledged: "The Tunisian government has been brave by making this choice. It wasn't so easy from a security point of view." He was speaking at a lunch in his honour at the Spanish and Portuguese Synagogue in Maida Vale, whose rabbi, Israel Elia, is a Tunisian compatriot too. Mr Trabelsi took the opportunity to invite guests to the country's famous Jewish event next month, the historic Lag B'Omer pilgrimage to the El Ghriba Synagogue on the Island of Djerba, which attracts thousands of Jews from across the world every year. Legend connects the site with Solomon's Temple. To take part, he said, would be "a sign of support" for Tunisia in combating terrorism. The appeal was echoed by Rabbi Elia, who said that every time he visited his native community he returns "full of hope".*

*"Imagine that ancient community maintaining and preserving our glorious traditions and in the most beautiful, harmonious way. This is due to the fact that they co-exist with their Arab neighbours."*

*Mr Trabelsi exemplified the classic Sephardi tradition of engagement with the society around him, the rabbi said. "He is a passionate Tunisian and a passionate Jew." When he wanted to phone the minister on Friday, he recalled, the Tunisian Ambassador to Britain, Nabil Ben Kheder, advised him to "make my calls quickly, because Mr Trabelsi doesn't answer the phone on Shabbat".*

*Visiting Tunisia, Mr Ben Kheder emphasised, was an act of support for its "young democracy, the only beacon of hope that has emerged from the Arab spring". Going to Djerba "sends a powerful message of tolerance, particularly in these times... We must come together to defeat hatred and violence and promote much needed peace and tolerance in the world, particularly in the Middle East.*

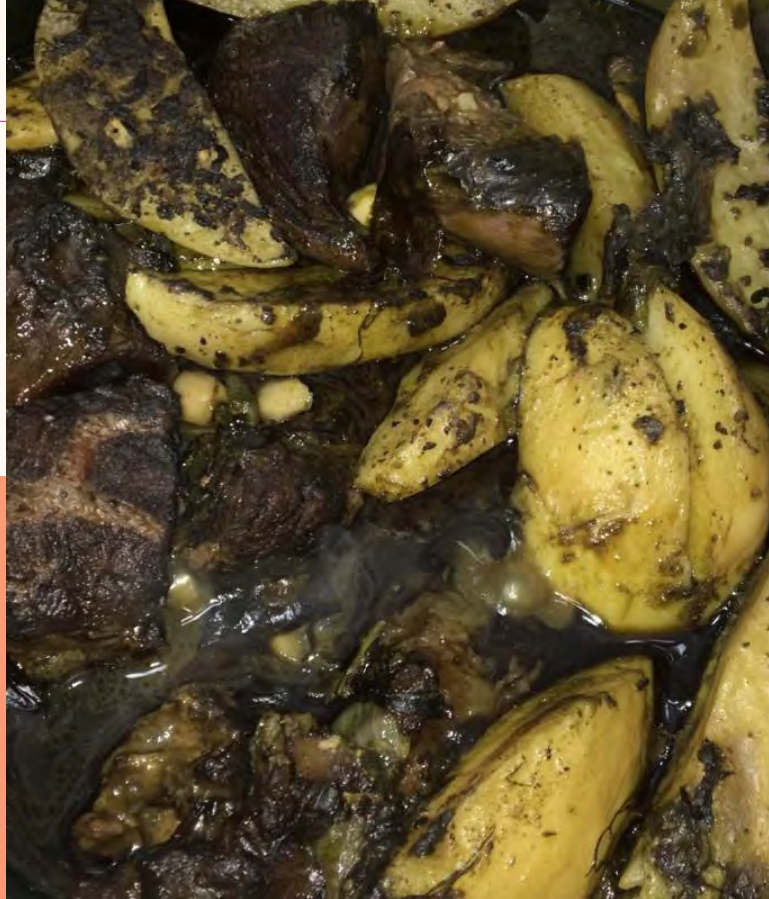
**(Simon Rocker, Jewish Chronicle, 11th April 2019)**

The lunch, beautifully catered by Gina Elia, included traditional Tunisian food with its distinctive flavours, and proceeded in a relaxed and warm atmosphere. Rabbi Elia presented the minister and the ambassador with copies of the English translation of the Koran by a deceased member of the synagogue, Nessim Dawood, a gift that in its own right represented Arab-Jewish connections.



**Rabbi Elia, who left Djerba in 1971, returns to his roots every few years. Following this very successful collaborative lunch, Rabbi Elia joined thousands of people on the annual Lag B'Omer pilgrimage to Djerba, emphasising the importance for him to keep in touch with the community and see if he can be of help. This year, there was an exceptionally large crowd due to the successful promotion of the event by Rene Trabelsi who made this one a top priority in his early days as Minister of Tourism. Rabbi Elia commented on his experience during the pilgrimage: 'Look how encouraging it is to celebrate together in harmony.' Rabbi Elia's next project is to renovate the island's Jewish cemeteries where members of his own family are buried.**





## PKILA RECIPE

**Pkila is a spinach-based Tunisian dish which is usually prepared for Shabbat and festivals.**

### Ingredients

1lb dry white beans, soaked overnight	1 bunch fresh coriander, chopped
2lb fresh spinach	Salt
½ cup sunflower oil	Black pepper
2lb beef shank or top rib meat	Mixed spice
2 tsp harissa	8 cloves garlic, chopped
1 bunch fresh mint, chopped	2 large onions, chopped

### Method

Chop the spinach very finely, fry in oil, and keep on frying until nearly black. This should take about an hour. Sauté onion, garlic and harissa for a few minutes, add meat, beans, spinach, salt, pepper and mixed spice. Add 4 cups of water, bring to boil and simmer for 4 hours. Add mint and coriander 30 minutes before the end of cooking. Delicious eaten with couscous. Enjoy!

## SHA'ARE TIKVAH

*By Maya Haim*



Two years ago I joined the Lauderdale Youth Theatre group in its production of *Joseph and the Technicolor Dream Coat*. At the time I was not part of the Lauderdale Cheder, but I quickly realised I should be! Spending so much time at Lauderdale Road led to wanting a stronger connection to my Sephardi community. I joined the Cheder two years ago and I am so glad I did. Making friends happened quickly and naturally as I felt I had a close connection with the other students.

Besides the friendships, I have become extremely close with my teachers. They are energetic, engaging, and always have an open mind when we share our thoughts and opinions. Classes feel relaxed and fun, rather than tedious work.

Rabbi Morris led our school in taking over a Shabbat service in the spring. This was such a meaningful event. For me and for many of my friends it took away the mystery of a long religious service and made it accessible and understandable.

Each student was given a role to play in the service and we took part in singing the prayers and Dvar Torahs. I really have a better understanding of Saturday services now and I attend services more often.

This year I worked to prepare for my bat mitzvah. At Cheder we regularly discuss the parasha of the week during assemblies which helped me with my bat mitzvah studies.

When it came to writing my Dvar Torah, I was surprised at how much I already knew and understood based on what I learned at Cheder.

At the end of the year we are given the freedom to choose a topic related to what we have studied this year and to present our findings to the whole school. This year, my friend and I chose the topic of Yom Ha'Atsmaut. I felt I could relate to this very modern celebration and link it with my love of Israel.

The thought of waking up on Sunday mornings to go to school might sound awful to most kids. While I can't say that I bounce out of bed on Sundays, I do enjoy my time at Cheder and I know that I am learning valuable lessons that I will carry with me through adulthood.



# LA PETITE NURSERY



## QUESTIONS FOR SARAH:

### *Why did you decide to open the nursery?*

From the day I became a mum I felt that my son deserved to spend his time away from me in a place that would feel like home, somewhere that was more than just a childcare solution. However, finding a nursery which would care for babies as young as three months old and provide high-quality care and education was not an easy task. This is why I decided to start a new career as an entrepreneur, determined to bring my ideas to life. That was the start of a wonderful adventure. Today, I am proud and happy to be able to offer parents access to La Petite Nursery. More than a home away from home, La Petite Nursery is a unique place where children are preparing for life.

### *What were the challenges?*

As an impatient person, one of the most challenging parts of this venture was to accept that the whole project would take time. Indeed, almost two years have passed since I started to work on it. Another significant challenge was to find the right premises with ties to a great community whose values I am in line with.

### *What do you want to achieve?*

We really work hard to be an outstanding Jewish nursery, which is different from what parents usually find. We wanted to create a bright, clean place with top-notch education, where children will be able to grow in a warm environment, celebrating Jewish traditions.

### *What were you doing before?*

I was trained as a lawyer in France, where I passed the Paris bar before working in marketing at Danone UK. Today, I am more than happy I created this opportunity to change my career, as I feel more fulfilled while giving back to the community.

### *Where do you want to be in 5 and 10 years?*

My dream is that La Petite Nursery becomes so successful that I can expand the concept to different places in London, across the UK and maybe even abroad.



## QUESTIONS FOR ROXANA:

### *What is your experience?*

When I arrived in London, almost eight years ago, I started working in an outstanding Jewish nursery at a sister synagogue. As an educator, I learned a lot from working with children while discovering more about Jewish nursery culture and traditions. As I grew into a managerial role, I continued sharing my passion for education while communicating key values to my staff.

Throughout the years I participated in different courses, gaining experience in child development, safeguarding, working with children with special needs, movement play and physical activity, healthy eating, management, and leadership.

### *Why did you choose to work with children?*

This answer is simple. I always wanted to be a nursery teacher, just like my grandma. My mum wanted to become a teacher too, but ultimately chose to be a stay-at-home mum instead. They both inspired and shared with me their passion for helping children to become their best selves. I find that children are fun to work with and to learn from. A child once taught me the names of many dinosaurs, another one reminded me that passion means completely immersing yourself in an activity, while working on it every day without giving up when it doesn't go your way, while a five-year-old cured my water anxiety! Children are fascinating, they live in the moment, they are passionate, loving, honest and creative. They don't care what others think and they are not afraid to speak their minds. They dare to try new things, they create and come up with solutions and ideas that as an adult we will never come up with. They are persistent (how many times did I have to say 'please don't climb on the tables?!'), loving, free, curious, excited, passionate, inquisitive, and more. I am fascinated with and dedicated to preserving these qualities and supporting children to grow into confident,

passionate, creative adults. When growing up, I think we lose many of these inner born skills and my mission is to nurture and maintain them as much as possible.

### *What are you most excited about?*

My biggest excitement comes from the daily sight of our children's happiness - their smiles are really a wonderful gift. Equally, seeing our team settled and happy, creating strong relationship with parents and the community, and witnessing the nursery filling up makes me extremely excited. At some point I will be able to say that we created a community, or even more than that: a family to whom we can offer something back on a daily basis. I could not dream of anything more fulfilling.

### *Could you give us a few tips on how to choose a nursery?* **Learning opportunities**

- Check if the philosophy and the ethos of the nursery match with yours: Do you want an academically-oriented nursery or would you prefer a play-based environment?
- Do you want a Montessori nursery or a Forest school? If you don't know the methods of teaching, ask about the curriculum and watch how staff interact with the children;
- Check what kind of activities children will be engaged in: outdoor, indoor, trips, extra curricular activities, etc.

### **Visit, visit, visit**

I always advise parents to go and see more than one or two nurseries, especially if it is your first child and you don't know anything about nurseries in the UK. When possible, take your child with you. Think of what you most liked about the visit. Where did you feel most comfortable? If unsure, request a second visit or clarify things over the phone.



### Trust your instinct

Mums will know this one. If something bugs you then inquire and ask for more information. Answer the question: Would I feel relaxed to leave my child in this nursery? Will I receive the necessary support, reassurance, etc.?

## GENERAL FACTS ABOUT LA PETITE NURSERY:

Opening hours: 8am to 6pm from Monday to Thursday, 8am to 1pm on Fridays. Children can stay within those hours. Alternatively, parents have different options to choose between:

- Sessions (half days)
- School days: from 8am to 4pm

La Petite Nursery is dedicated to providing the best possible care and learning environment. The safety and safeguarding of our children are of paramount importance. We are vigilant in our recruitment procedures, and aim to ensure that all people working with children are qualified and suitable to do so. We recognise that passionate people support the well-being of our children; therefore, it is important for us to attract, recruit and retain staff who will share our commitment. In recruiting our staff, we use childcare agencies and referrals. All new members of staff undergo a four-week induction process given by a member of the management team. During the induction period, all new members of our team will receive awareness training on safeguarding, health and safety, and all the nursery policies. Each new member of staff takes part in our Employee Mentoring Program. There will be regular meetings with the manager and the mentor to track their personal progress.

A typical day starts at 8:00 am with a nutritious healthy breakfast, followed by carefully chosen activities based on children's interests. When most children have arrived, we gather all together in circle time to welcome everyone and set the intentions for the day.

Around 10:00 am, children have a light healthy snack and get ready for outdoor activities. They have a choice of activities which will cover a wide range of arts and crafts, story time, problem-solving activities, construction, imagination and creativity, role play, etc. aimed to support their development.

Every day at 12:00 pm children are served fresh nutritious milky Kosher meals cooked on site by our own chef. We cater for all allergies, dietary requirements and preferences. After lunch some children might go to sleep; others will engage in further activities guided by our teachers. At 4:00 pm, all children are given a goûter, a healthy tea/snack. While it is then home time for some, the rest will play outside and inside, and then relax with books, games, and activities until parents arrive.



From rolling over and jumping through puddles to meal times, every conversation and adult interaction are opportunities for children to learn how to communicate and socialise, to develop good manners, relate to space, learn about nature, foster balance, and so on.

We believe that children should learn in a beautiful physical space designed specifically for them. Our classrooms are calm, welcoming and inviting; we use child-sized furniture, designed with children in mind. Together with a team of professionals, we have arranged the rooms and displayed all materials at the children's level so that they can make thoughtful decisions when working and exploring their surroundings.

We aim to encourage the development of key concepts such as language development, storytelling, social interaction, problem-solving, creativity, fantasy, conflict resolution and so on. To achieve this, we offer our children opportunities to think, construct and create. We allow children time and space to choose what they want to do. Their choices, made with gentle guidance from our teachers, will illuminate their individual strengths and talents.

Both our indoor and outdoor environments are carefully designed to provide a variety of sensory experiences, giving them freedom to move and explore, and will help to create confident children ready to take on new challenges at school or in life. Our staff are passionate and they are here to support children every step of the way.



# La Petite Nursery

Preparing For Life

## BRAND NEW NURSERY



2 Ashworth Road, Maida Vale, London, W9 1JY



+44 (0) 7506394305



contact@lapetitenursery.co.uk



lapetitenursery



@lapetitenurserylondon

• [www.lapetitenursery.co.uk](http://www.lapetitenursery.co.uk) •





## SPOTLIGHT: DAME HILARY BLUME

### How did you start in the charity sector?

As a child I organised activities like cake sales, Guy Fawkes collections and jumble sales as fundraisers.

I was more interested in organising the events and raising the money than devotion to any particular charity. Much of my parents' social life was organised around charity events, like bridge parties and golf competitions, so it came naturally to me to work at raising funds for charity. My fundraising continued through school and university. I suppose I was irrepressibly entrepreneurial. I like making money but I was never very interested in keeping it for myself. I'm lucky that I have always had enough for my needs. I am very concerned that others are less fortunate. I saw an advertisement for a fundraiser, and thought it was a job I could do, something that combined both my skills and my interest.

### What achievements are you most proud of?

Bringing up 3 children with high ethical standards.

Generally, I do not think much about my achievements, rather I think of what I have failed to do. However, if others were evaluating my achievements I think they would point to the impact my work has had on the voluntary sector. Together with my husband, Michael Norton, I pioneered training and publications for charities by commercial companies. Setting up the charity shops group certainly helped the sector as a whole. The Good Gifts catalogue pioneered the idea of virtual charity gifts, which has been widely copied. All these initiatives have enabled charities to raise hundreds of millions of pounds.

Rather than be proud of thinking up new ways of raising money for charity, I am interested in what the money has achieved. Some examples are life-saving medicine, restoring sight, education in Africa, training nurses, food for hungry children, libraries for schools, saving rainforests, and combatting global warming through planting trees. The Good Gifts catalogue provides over 400 ways to help. I see my task as enabling and encouraging people to give to charity. There are many ways to help make the world better, and we can each choose a different way. The important thing is to do it.

For the last few years we have established Knit for Peace, with over 20,000 volunteers in the UK who knit for those in need. This year we have launched Knit a Community in Israel. It is bringing together Arab and Jewish Israelis, old and young people, religious and secular, Muslims, Christians and Jews, Orthodox and Liberal. It provides a common meeting ground, and shows people what they have in common rather than what divides them. There is even a knitting group in the women's prison. A by-product is that knitting has proven benefits of calming people, reducing anxiety and fostering a more optimistic outlook, qualities much needed in the tense Middle East.

Next year we hope to use the model of EcoPeace Middle East, and set up parallel Knit a Community organisations in Jordan and the Palestinian Authority in the West Bank. Peace building is a very important part of my work.

### How much are Jewish values connected to your work?

Absolutely central, especially the precept 'Justice, justice shall ye pursue'. It isn't fair that I have so much and others have so little. It is the duty of all of us, Jews and non-Jews, to share God's bounty. The Torah and the Talmud, give clear instructions on how much we should give to charity - ten percent of income - and who we should give it to.

Precedence should be given to the widow, the orphan, and the stranger. We should be cheerful when giving. Luckily, the brain produces a shot of serotonin when we are generous and help others, which makes us feel good. We teach children to share, and we should carry that forward into adulthood. The Torah tells us Enoch walked with God. If you give to charity you walk with God and feel God's pleasure - that's the serotonin!

I have one tremendous gripe about our Lauderdale Road community: that we are urged to sponsor a kiddush. Not a simple drink and a cake, but a lavish meat buffet. Yet there are members of our community living in acute poverty, unable to afford food, heating, or clothing. If we were following Jewish teaching we would be funding their needs. Why is there no appeal for funds for the Welfare Board, which is grossly under-funded? Where's the justice in that?

### Who do you most admire?

Moses, in part because he was so fed up with the children of Israel who were such ungrateful grumblers. I also rather admire Job, and I hope I could say 'Though the Lord destroy me shall I yet trust in the Lord'.



## WELCOME FROM THE HONORARY PRINCIPAL

It was in 1664, shortly after Jews resettled in England, that the Spanish and Portuguese Jews' Congregation opened its first school, called Shaare Tikvah - Gates of Hope.

They opened a school even before building their synagogue in Bevis Marks in 1701, thereby showing their priorities - a community needs a school more than it needs a Synagogue. Sadly this and other Sephardi schools had all closed by the early 20th century.

In 1983 my community opened the Naima Jewish Preparatory School to educate children in the West End of London.

The school follows the ethos of our ancestors during the Golden Age of the Jews in Spain, a time of tolerance during which they managed to synthesise their religious beliefs with secular culture.

Much emphasis is placed on Yirat Shamayim and Ahavat Hashem so that the children are constantly aware of the presence of God in their daily lives. When this is instilled in a child's mind, everything else, including Jewish learning, can flourish.

**Rabbi Dr Abraham Levy OBE**  
Honorary Principal of Naima JPS



## WHAT OUR LATEST ISI REPORTS SAY

Our latest ISI inspection reports were published in June 2018. The Focused Compliance Inspection report is on pages 5-7, and the Educational Quality Inspection report is on pages 8-15.



*"The quality of pupils' academic and other achievements is excellent; the quality of pupils' personal development is excellent."*

*"Pupils of all ages display a quiet confidence underpinned by a strong respect for their Jewish faith and their adherence to the core principles upon which the school was founded."*

*"Pupils across the whole school make excellent progress from their starting points, including those with EAL (English as an Additional Language) and SEND (Special Educational Needs and Disabilities), due to the highly efficient systems for tracking pupil progress and subsequent rigorous analysis to determine appropriate levels of support and intervention."*

*"Those identified as the most able in the school's population make progress beyond age-related expectations."*



## Excited pupils find Siddur note from sibling

When Naima JPS pupils receive their school Siddur and Chumash, their elder sibling writes a note which is stuck inside (see inset). This helps to engender "a love for prayer and for the Torah which defines us as a people. That's why we lay great emphasis on accurate and proficient reading, very much in keeping with our Sephardi ethos."




# NAIMA

Jewish Preparatory School

**Deadline for applications for September 2020 entry is Thursday, 10th October 2019.**

**Prospective parents are welcome to meet the Headmaster, Mr Pratt and have a tour of the school.**

To make an appointment please call Jacqui Ruffman, School Secretary: **020 7328 2802** or email: **secretary@naimajps.co.uk**






## PATRONS' CIRCLE

The S&P Sephardi Community Patrons' Circle is for valued members and friends of the S&P Sephardi Community who wish to deepen and demonstrate their responsibility and dedication to our Kahal, in order that we may continue to build on our rich heritage for our children and grandchildren.

By joining the Patrons' Circle, you will strengthen our work, enabling us to continue to create an environment that delivers a warm, engaging, enlightening and embracing approach to traditional Judaism.

To find out more about joining the Patrons' Circle call Oshrit on 07391 012522 or email her at [oshrit@sephardi.org.uk](mailto:oshrit@sephardi.org.uk)

the  
**S&P**PHARDI  
community ק"ק שערי השמים



# WEMBLEY SYNAGOGUE







## RABBANIT TAMAR KADA

**What do you like most about the community?**

**How would you define the role of a Rabbanit and what do you enjoy most about the role?**

**If you could invite anyone for a Shabbat dinner who would it be?**

**If you had a superpower what would it be?**

**What is your favourite festival and why?**

**What do you like doing in your spare time?**

The Rabbi, of course!

Honestly, I feel privileged to be part of our Wembley family. I have yet to find a community which is so loving, caring and welcoming. Despite the diversity of nationalities, cultures and ages in the community, there is a friendly and warm ambience between everyone and these vibes can be felt just by walking through the doors of our synagogue. Each member is unique and it has been a real pleasure getting to know each and every one of them.

Unlike a Rabbi's role which is more easily defined, a Rabbanit's role is a bit of an unusual one: supportive wife, full time party planner, religious guide, domestic engineer, chef, cheerleader, community liaison, and so much more. I really believe that each Rabbanit is unique and individual in her own right and should not be defined only by her husband's career. Nonetheless, for me personally, my primary role as Rabbanit is being a Rabbi's wife. Being there for my husband and supporting him in fulfilling his responsibilities that he carries out on a daily basis is most gratifying for me.

There are so many heroes and heroines of previous generations who I would love to ask about their success in life. One that springs to mind is Sarah Schenirer who was a pioneer of Jewish education for girls, and who founded the Beis Yaakov school network in Poland in 1917. I am intrigued to know what gave her the determination and courage to start this movement despite all the opposition she faced. What gave her the willpower to stand for the truth? What was the secret to her bravery and strength in making her dream into a reality?

Teleportation. I have always wondered how much more we could achieve each day without life's barriers of distance and time which limit us being there for our family and friends as much as we would like to be. With this phenomenal super power, my day would start like this: waking up and praying at the Western Wall in Jerusalem before jogging at the beach in the Maldives, taking my girls to school in Edgware Road, visiting my sister-in-law in Brooklyn for breakfast, followed by going to work, then teaching children in Hong Kong about Judaism, before arriving back at my wonderful community in Wembley. A dream of a day!

The truth is I enjoy every festival (yes, even Pesah!) as each hag brings its own unique characteristics and energy for that time of the year. If I had to choose a favourite, I think it would be Shabuot. The word Shabuot brings to mind receiving the Torah, beautiful bouquets of sweet scented flowers, greenery, dairy delicacies and glorious long summer days.

Spare time? Does that ever exist?!

For me, there is nothing better than the pleasure of enjoying quality family time with my husband and children. I do take time out alone regularly for a good swim, for exercise and nature walks in order to recharge myself and have some 'me' time. Expressing my creativity in any form of art or decoration is something I truly adore too.



## Apply for your Spanish\* or Portuguese Citizenship with the S&P

Portugal and Spain are offering citizenship to people of IBERIAN Sephardic ancestry.

For your first steps and more information visit [Sephardi.org.uk](http://Sephardi.org.uk) or email us at: [Genealogy@sephardi.org.uk](mailto:Genealogy@sephardi.org.uk)

\*Deadline: October 2019



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## WEMBLEY COMMITTEE

I am pleased to report that 5779 has been an eventful year at Wembley with a wide range of events.

There have been some exceptionally good educational series this past year. Rabbi Kada has continued his series of lectures entitled Maimonides: 13 Principles of Faith which have been very well attended. Topics such as Free Will and G-d's Omniscience, Theodicy and Messianic times have all been explained in great detail. The series is now at its final lecture and will conclude after the Hagim. Rabbi Kada also ran a six part monthly course on the basics of prayer discussing the origins of prayer and the reasons for various practices throughout the service.

We have had some wonderful Shabbatons. In March, Wembley enjoyed a dynamic and inspirational Shabbat UK. The services were led very well by the youth of the community. Rabbi Jeff and Michie Berger were guests for Shabbat. Both spoke about the importance of contribution to the community. Following the service there was an art competition in which the children of the community drew a Shabbat related piece of art. There was also a Jewish role model contest with prizes for the winner. The community also enjoyed a wonderful lunch. In May, in honour of Yom Ha'atsmaut, a full house took part in Wembley's first Oriental Mizrahi Shabbat. Rabbi Kada read from the Torah and led the services in Mizrahi style which was enjoyed greatly by the Kahal. This was followed by an Israeli themed Kiddush for Yom Ha'atsmaut. During the Kiddush members from various oriental countries talked about their Jewish life in their respective countries. Rony Sabah talked about Egypt, Aida Zelouf about Iraq, Haroun Mahgerefteh about Iran, Alan Howard about India, Laura Kada about Syria and David Avital about Israel. During the Kiddush, Rabbi Kada was presented with a beautiful cake in honour of his 30<sup>th</sup> birthday.

In June we were treated to a fascinating Technology Shabbaton, with guest speaker Sina Kahen, a voice technology expert, joining us for Shabbat. Sina discussed with Rabbi Kada how advances of technology will affect Halacha in the future. Amongst the issues discussed were driverless cars, using Alexa and Siri on Shabbat and the Jewish perspective to technological innovation. More than seventy people were present.

There have also been some really enjoyable social events. In December, a Hanukkah party attended by 20 children was held at the Kada's house. There was great food and activities organised by Tammy. In January, a beautiful Winter Wonderland themed Melava Malka was held at the Kada's house for the young professionals of our community with Rabbi Morris of Bevis Marks as guest speaker. We also held our yearly bingo in February. In March, the community enjoyed an open house for Purim at the Rabbi's home. An enjoyable evening making bath bombs with Fizzilicious Bath Bombs was held in June.

There was an extremely lively atmosphere on Purim night with more than thirty children who enjoyed balloon entertainment, a fancy dress competition and a delicious banquet, fit for a king. There were also a number of guests from outside the community who thoroughly enjoyed themselves. It was a great success with more than one hundred people in total. On Shabuot a lunch was held in honour of Julia Cushnir's superb work as co-chair over the past four years.

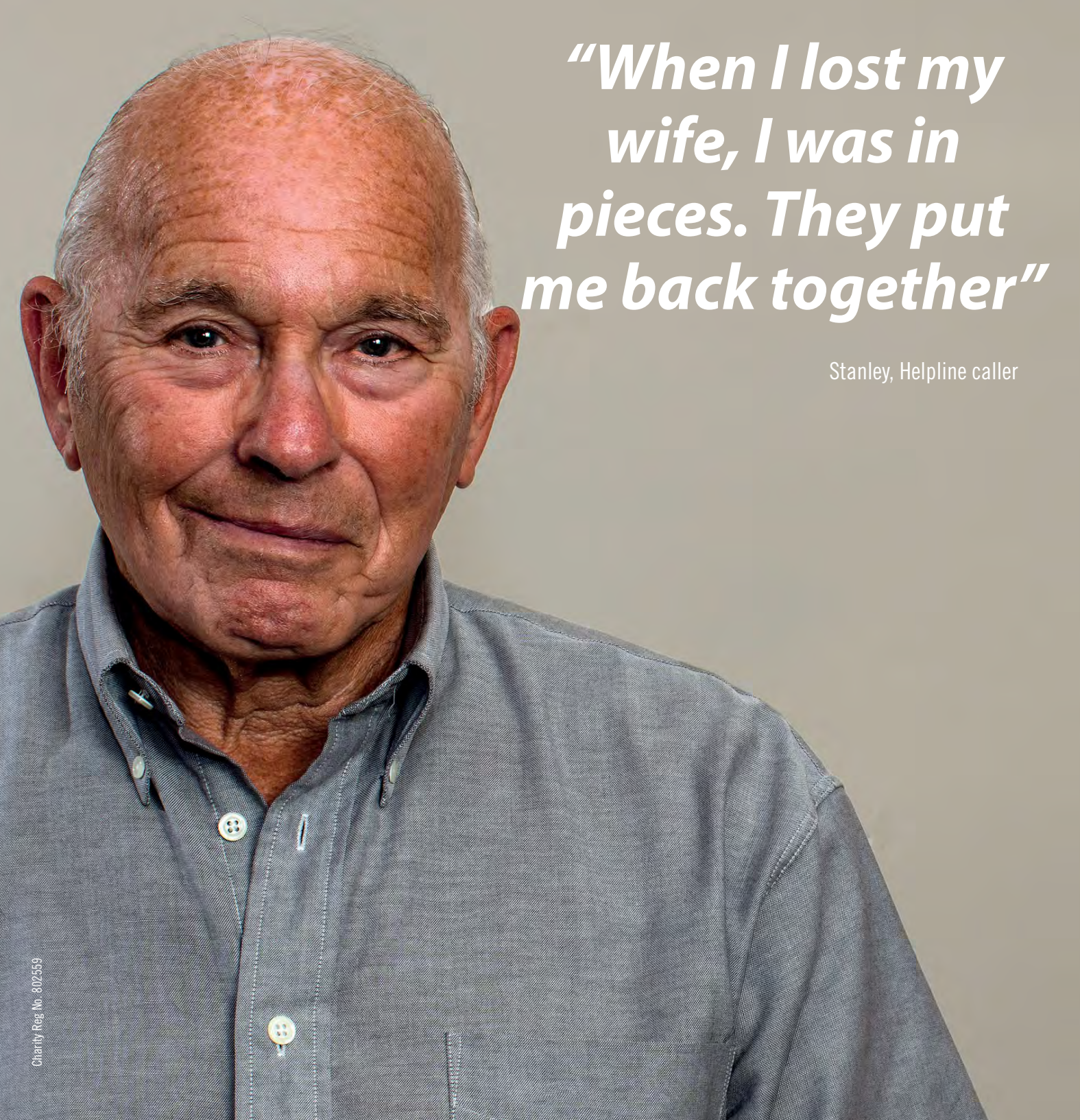
For Mitzvah Day in November, our children's choir, comprising sixteen boys and girls, sang Shabbat songs to the residents of Choice House. Hanukkah was celebrated with a fun party for the children at the home of the Kada family.

We were delighted that Rabbi Dweck visited us on various Shabbatot and gave a pre-Pesah lecture on the art of telling stories. We also continue to join with KKW5 for their weekly talks and films.

We have celebrated some wonderful Semahot over the past year. Both Joe Sassoon and Noah Macmull had their Bar Mitzvah at Wembley and Noa Howard had her Bat Mitzvah. There have been baby namings for the daughters of Denny Sabah and Rabbi Kada. Mark Sabah got married to Katya Ragozhina and Bianca Dallal is engaged.

With the High Holidays fast approaching we have much to look forward to in the coming months at Wembley. We look forward to welcoming Amos Haddad over the Yamim Noraim. Succot will be celebrated with a Sushi Kiddush in our Succah and Rabbi Kada will be beginning a new educational series entitled Difficult Dayanut Dilemmas.





*“When I lost my wife, I was in pieces. They put me back together”*

Stanley, Helpline caller

*Our Helpline can help you find the answers to the most challenging problems. We're here for the whole Jewish community in London and the South East, so if you have a question, please ask Jewish Care.*

**WHEN YOU NEED HELP, CALL 020 8922 2222 OR VISIT JEWISHCARE.ORG**

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**JEWISH CARE**

## WOMEN: THE PILLARS OF JEWISH CONTINUITY

*By Rabbi Danny Kada*

In my role as Registrar of our unique Beth Din, I regularly receive applications for conversion from men or women whose fathers are Jewish but whose mothers are not. Frequently, the applicant has lived a Jewish life for their entire existence and is integrated in the Jewish community but has recognised that they will be unable to fully integrate into the community without a conversion. Such applicants often find it difficult to accept the need to undergo a full conversion and prefer to refer to the process as a 'regularisation' of their status rather than a fully-fledged conversion.

The source that Jewish identity is determined by matrilineal, rather than patrilineal, descent is the Talmud, basing itself on a verse<sup>1</sup> in the Torah.<sup>2</sup> There are no dissident opinions<sup>3</sup> and this law is clearly codified in the Halachic codes.<sup>4</sup> But why is this the case? For what reason is Jewish identity different from Kehunah status which is certainly patrilineal?

King Solomon in Proverbs 5 urges us: 'Hear, my child, your father's instruction, and do not forsake the Torah of your mother'. It is most telling that we are instructed not to forsake the Torah of our mothers but are not instructed regarding the Torah of our fathers. For although it is the man who has an obligation to study and formally teach Torah to his son, it is the woman of the home who fleshes out the theoretical and abstract concepts of Torah and converts them into real life lessons. It is the man who must study and understand the details of Torah from an intellectual perspective, but it is the woman who permeates the home with concrete and tangible Torah through the application of these details. Many a rabbi will tell you that although studying the laws of utensils becoming tare<sup>5</sup> and unusable in the kitchen (through prohibited mixtures) can take many months, a woman will often know the answer from experience and practice without needing to consult a rabbinic authority.

The concept that a woman amplifies and develops her husband's ideas can be found outside of Torah as well. Until the latter decades of the 20<sup>th</sup> century, the man was the primary breadwinner of the home. Or perhaps a better term to use is the 'doughwinner'. Because although men brought home money, what use were notes and coins when they could not be used to buy food, clothing, and other essentials of life?

There is nothing intrinsically valuable in money – its value is in what it can acquire and attain. It was the woman who took the potential of the money her husband earned and



converted it into tangible and concrete reality, making the house into a home.

Perhaps one of the clearest manifestations of this concept is a woman's rearing of her child. She takes a flash of energy from her husband and over a period of nine months, cultivates and nurtures a human being. An abstract drop is developed into a reality.

It is therefore of no surprise that Jewish identity is determined by one's matrilineal descent. Far from being solely an academic and abstract pursuit, Judaism is a religion of practice, habit and custom. Without a Jewish woman in the home, Jewish continuity in terms of practice cannot survive. It is the Jewish mother who ensures our beautiful Torah and glorious customs and traditions are passed on to the next generation. Let's take our hats off to our women!

<sup>1</sup> Babylonian Talmud, Kiddushin, 68b.

<sup>2</sup> Devarim 7:3-4.

<sup>3</sup> See the opinion of Yaakov of Naburaya in Jerusalem Talmud, Kiddushin 3:12. But this individual seems to have been known for his foolish ideas – see Midrash Rabbah, Bereishit 7:2 and Kohelet Rabati 7:47 where he is referred to as a sinner.

<sup>4</sup> Shulhan Aruch, Eben Ha'Ezer, 8:5.

<sup>5</sup> 1:8.

<sup>6</sup> Non-kosher.



# RAYMONDE AND DAVID SOPHER

## Z”L 1929-2019

By Rachel Sopher



In our parents we have lost two leading lights who cared deeply about others, their family, their community, and of course each other.

In December 2018 we celebrated their diamond wedding anniversary at Lauderdale Road, where they had wed sixty years earlier. Raymonde passed away in a flash after the service on Shabbat Yitro in January, and David left us nineteen days later after a year of being critically ill with heart and renal failure.

They were together on everything that mattered: They looked after and out for others wherever they were, whether in Bombay, in Manchester, in Neveh Shalom in Wembley, the synagogue where my three brothers and I were brought up, in Mum’s visits to the elderly at Edinburgh House, and in Dad’s medical practice.

They loved children. Their home was a haven for all, where entertainment extended to endless food and ice cream, opportunities to try new things, listening, giving advice, hours in the garden and on the trampoline, a magnet for all around.

Raymonde and David had high standards and placed great value in education, always encouraging us, and anyone nearby, to stretch further and experience life to its fullest. Every aspect of sport was made enjoyable.

David was brought up in Bombay, where he went to medical school, swam in the Back Bay baths and learned water polo. He competed in the Maccabi Games in Israel in 1950 and the Olympics in Helsinki in 1952.



Raymonde was born in Nice, France. She moved with her parents and sister to Manchester, ‘Cottonopolis’ at the heart of the Industrial Revolution, where her father, Khedouri Choua Shasha, or ‘KC’, was a merchant. At the outbreak of World War Two they all evacuated to Colwyn Bay, North Wales, where later she completed a bachelor’s degree in History and Philosophy at the University of Bangor.

As a doctor, David was kind, caring and considerate, ready to help and find solutions for anyone in difficulty. As a student he chose obstetrics and gynaecology as his specialism, and went on to be a pioneer in his field in Britain, adapting a range of techniques to benefit women. In addition he developed new ways of operating, also designing surgical instruments such as the Sopher Forceps. He considered himself a maverick and was known for his unconventional thinking and pioneering practices which later become more commonplace, yet he never sought the limelight.

Ray was his support in everything they put their minds to. She worked quietly, creatively and patiently, nurturing and caring for children, grandchildren and others. With her sister, Charlotte, she made weekly visits to our community’s home for the elderly, forever finding little ways to improve their everyday lives. Her love was working with the earth itself in the pottery studio where she made lifelong friends. More recently she absorbed herself in drawing, working on a small scale with an acute observation and a simplicity of line.



Known in the community for their wit, their smiles and their friendly concern, and not afraid to take action or go out of their way to help, we miss Ray and David every day.



The burials took place in the Cimetière du Chateau in Nice, France overlooking the Baie des Anges. A memorial was held for them both at Lauderdale Road in April, with tributes by their son Mark, a medical doctor, and their lawyer son Edward and daughter Rachel. Contributions were made by all nine grandchildren: Amelia, Hannah, Josh, Max, Lucy, Amos, Casey, Isaac and Eliza. Daisy Goodwin, the TV producer, read a poem written by their eldest son, Rick. The evening was greatly enhanced by singing from the S&P Sephardi choir, including some rarely-heard pieces such as Al Hechali from the Tisha B'av service and others from our liturgy. The evening ended with de Sola’s Adon Olam.

### THE GOLDEN AGE MOVES ON by Rick Sopher

The scroll of generations moves up; and as it moves,  
A generation disappears from view  
And though new names now fill their space  
Nothing of their beings can they replace

There was a very extended time  
Where the blessing of blessings was on our line  
Parents above and children below  
It was a Golden Age that we did know

And though we wished the scroll would stop  
We have now been carried to the top  
And though our time will not return  
Our childrens’ Golden Age we yearn

24 February 2019



# OBITUARY: CESARE SACERDOTI

*By Rabbi Dr Abraham Levy OBE*



Cesare Sacerdoti was born in Florence in 1938. The eldest son of Rabbi Simone and Marcella Sacerdoti, he experienced persecution as a child under Italy's racial laws. He and his younger brother, Vittorio, were separated from their parents and were hidden first in a convent and then in a Catholic orphanage in order to save their lives. They did not know if they would meet their parents again. However, they were eventually reunited after the war.

I first came to know Cesare after he moved to London to marry Judith. They joined our community in Lauderdale Road, feeling that it was the closest match to the Italian Jewish tradition within which he had grown up. He not only joined our community, but worked for the rest of his life to serve it, for a number of years on the Mahamad, as vice president of the Board of Elders from 1996 to 2000, and as president from 2000 to 2004. He was the parnas of the Heshaim from 1995 to 2000 and Thesoureiro from 2000 to 2003, bringing us the benefit of his professional expertise in publishing. He was also a director of the Sephardi Centre.

Cesare and I were close friends, but this did not affect his being Parnas Presidente or me being a Rabbi. We

were there for each other, and in the moments when I desperately needed his support I went to him and he helped me. There were moments, too, when he needed me. I remember once, when problems erupted in his work life, talking at length with him in my study as if we were brothers.

Over the course of our friendship, there were certain special things about Cesare which stood out.

It is not rare for children of rabbis to become lay leaders in synagogues, and in Cesare's case I felt it gave him a unique insight into the needs of the rabbis employed by the community. When he was Parnas Presidente or in the Mahamad, he was the best ally of the rabbis because his father was a rabbi, so he knew the difficulties that his father experienced. Cesare felt it was important to provide what the rabbis needed, particularly as his father had not had the same level of support. For Cesare, this was precisely the reason he felt our community should try to do better. This level of empathy was a very special quality of his.

He acted with utter integrity: serving in the community's

lay leadership was not a game, nor was it politics. His integrity meant a lot to me as a rabbi, because in dealing with him, I was dealing with somebody who was not playing politics with my life. He was there to do what was good for the synagogue, and what was good for the rabbis employed by the community while maintaining the utmost respect for our values and traditions, which he knew were vital to the identity and quality of our community.

As president of the community, Cesare was able to welcome Charles, Prince of Wales, to Bevis Marks on the 300th anniversary of the synagogue. This was the first time the Prince had attended the synagogue of which he is now becoming the patron.

As friends, we also shared many happy and memorable times. On one or two occasions we even went on holiday together. I never forget the time when Judith and Cesare stayed a little while with us in our flat in Sotogrande. We decided to spend Shabbat in Gibraltar with my family, attending the Abudarham synagogue which my family, together with another family, had been looking after for over 200 years.

That Shabbat, Cesare was the only Cohen in the synagogue. We have a very long process in that synagogue for washing the hands of a Cohen. First, an Israelite has to wash the hands of a Levy. Then the Levy washes the hands of a Cohen, and then the Israelite washes the hands of the Levy again. After all of this, Cesare went up to say the Bircat Cohanin. Standing alone, he made the blessing in the way his father had taught him. It was musical, it was moving, everybody was stunned. Being the sole Cohen present that day provided an opportunity he could not have had at Lauderdale Road - to bring back the Bircat Cohanin that he learnt from his father in Italy. To this day, I remember him at the top of the ark, saying the Bircat Cohanin so movingly.

For Cesare, the concept of hakarat hatov was very important. He had a sense that we should always remember the good done to us, so that we can do good in return for others. In that, he shone. When he went back to meet the nuns who had saved his and his younger brother's lives towards the end of the war, he was acutely aware of how good these people had been in helping them through that crisis. Cesare felt he had to do something in their honour. He contacted Yad Vashem in Israel to have them recognised as righteous among the nations, non-Jews who risked their own lives to save the lives of Jews during the Holocaust.

Having saviours recognised is not an easy or quick undertaking. It requires the presentation of evidence and testimony in order to verify the facts. Cesare was able to have some of his saviours recognised, with official ceremonies held in Italy by the Israeli state to honour their memory. This was also very characteristic of the man.

On another personal note it gives me tremendous pleasure that all his grandchildren were educated at Naima JPS, with some of them still attending the school now. That means so much to me because of the relationship I had with Cesare.

Cesare had a love for the land of Israel. Since his retirement, he would spend weeks volunteering each year participating in the archaeological digs in Ein Gedi, exploring and identifying with the land of our ancestors. His deep interest in Jewish history and identity caused him to go, year after year, to explore the physical remains of early Jewish life there, as well as to read broadly on the subject. It was particularly special that his family managed to arrange with his friend, who organises the annual digs in Ein Gedi, for some soil from there to be sent with a family member travelling to his funeral. Cesare's family used the soil as terra santa during his burial, sprinkling it over his eyes, underlining his own personal connection to the land of Israel and specifically to one of his favourite places there.

**Cesare Sacerdoti died in London on 3rd March 2019, aged 81. He is survived by his wife, Judith, his brother Marcello, his children Simon, Alexandra, Daniel and Jonathan, and nine grandchildren.**



# NOTES FROM THE CONGREGATIONAL ARCHIVES

*By Miriam Rodrigues-Pereira, Hon. Archivist*

**Appointment of New Constable:** On 22nd August 1805 the Mahamad decided to elect Israel de Mordechai Rodrigues as Constable in place of Elisha Crabb. The new constable would receive £10 per annum, a new coat and hat every two years, and the expenses of admitting him as a sworn constable would be paid. The constable helped with maintaining order in the neighbourhood of Bevis Marks in the City of London parish.

**A Marital Tangle:** On 23<sup>rd</sup> May 1822 Moses Cohen Peixatto sought permission to marry Clara Levy, a German Ashkenazi Jewess with whom he was living on kiddushin, or betrothal. The Mahamad refused his request as he had a wife living. A letter from Peixatto explained the circumstances - his wife had been seduced by a friend. On 26th November the Mahamad confirmed its decision. However, after receiving a letter from the Haham with information from Amsterdam that Peixotto was living with a girl, the Mahamad decided he could not stay on kiddushin according to din, or Jewish law. He must marry or give a guet.

**Marriage Arrangement:** Following the death of Haham Raphael Meldola on 1st June 1828, the Mahamad decided on 9th June that Hazan Almosnino should perform marriages and that until the Elders ruled on the subject, all emoluments should be divided equally between the Hazanim. Ketubot should always be prepared by the Beit Din. Hazan Isaac Almosnino complained on 7<sup>th</sup> August that as the senior rabbi and hazan this was a slight on his performance of marriage ceremonies.

**A Portrait Gift:** On 24th October 1892, following the death of Solomon Almosnino's widow, the long-serving secretary of the congregation, her sister, Miss Rachel Lindo, sent Solomon's portrait to the Vestry Room of Bevis Marks. The Mahamad ordered an acknowledgement to be sent. The portrait is still among our treasures.

**A Burial Overseas:** In 1905 Frank Lyon died at 14 Palace Court, Kensington, and was to be buried in Jamaica. According to a bill dated 13th November, his body had been removed to Mile End and embalmed and placed in a leaden coffin with an elm shell and an oak case, ready for shipment.



Miriam Rodrigues-Pereira formerly worked for the Foreign Office and has been the Community's Hon. Archivist since the mid-1980s, following Lionel and Richard Barnett and briefly David Nunes Vaz. She was also an editor of the Community's Bulletin for many years.

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## SPOTLIGHT: DR. MELANIE GARSON

**Tell us about your professional journey.**

My professional journey has been a little unusual and always involves balancing my two great interests – seeking stability for Israel, and musical theatre. The first step on this path was my undergraduate degree in Oriental Studies at Cambridge University, focusing on modern and ancient Semitic languages. While I had wanted to go to drama school, my parents reminded me that all the great actors I admired at the time, such as Emma Thompson, had acted whilst studying at Oxbridge. Following three years lost in a whirlwind of greasepaint and grammatical structures, and a brief stint in Italy, I headed to New York City to work within the United Nations system. This in turn led to my graduate degree at the Fletcher School of Law and Diplomacy in Boston, specialising in negotiation and mediation for ethnic conflict. It was through researching my master's thesis that I had the opportunity to work with Yair Hirschfeld and Ron Pundak, the architects of the Oslo Accords, and had my first forays into facilitating meetings between Israelis and Palestinians.

I returned to New York after completing my master's to spend my days with a company called Peaceworks, using joint economic initiatives as a basis for conflict resolution, and my evenings performing Off-Broadway with the Village Light Opera Group. But after nearly five years in the US, I missed Israel and headed back there to work on setting up new projects for the Centre for Jewish Arab Economic Development, and performing with the Tel-Aviv Community Theatre. I was then offered the opportunity to return to the UK to qualify as a lawyer and to join the international disputes department at Freshfields. This paved the way for understanding international dispute resolution and public international law on a completely different level as well as providing new off-West End acting opportunities.

**You teach international conflict resolution. Do you believe that all conflicts can be resolved?**

After several fantastic years at Freshfields, I sought to return to the international political context and embarked on my PhD in the Political Science Department at UCL to refresh my specialisations. I have been lecturing at UCL ever since, teaching a range of courses including International Conflict Resolution and Post War Development, International Peace and Security, International Relations, and Governing Divided Societies. In the upcoming academic year, I am excited to be launching two new courses in International Negotiation, and From Cyberwarfare to Robots, the Future of Global Conflict, as well as my own conflict resolution and

There is a continuum along which conflicts can be addressed ranging from severing the relationship, to superficial management of a conflict through a working relationship, to deeper levels of resolution in which no resentment is felt towards the other party. Conflicts can also be resolved through a variety of approaches which may involve violence, especially in the international context, judicial procedures or collaborative processes. Do I believe that some measure of management and resolution can be found for most conflicts? Absolutely. Is it always the resolution that those outside the conflict think is best? Absolutely not! We also have to bear in mind that settlements or agreements can break down, so we need to think about how to resolve conflicts and also how to make resilient and sustainable settlement agreements.

The key really lies in timing: those involved have to reach the point at which they believe there is more to gain from resolution than from continuing the conflict. Those involved need to want to move forwards. It is also critical to understand what is actually underlying the outward manifestations of the conflict and what the parties are truly seeking. Too often we assume we understand what is driving the conflict, when actually the issue at stake could be entirely different. Finally, it is important to remember that the solution ideally should be of the parties' own making, not imposed by external sources. Those who have to live by the solution should be the architects of the solution.

**Could you give us a few tips on how to deal with difficult people?**

Most difficult people do not believe that they are difficult! As a starting point I would always turn to Fisher and Ury's seminal work *Getting to Yes* and the need to separate the people from the problem. Try to move beyond the person's characteristics to understand the source of their position or behaviour. Be tough with the issue at stake but kind to the person.

In order to understand the issue, one needs to listen and hear. Active listening is a skill that we work hard on as mediators in order to help people understand their needs and interests. Listening also involves watching: as much, if not more, is said through a person's body language and expressions as through their words. I recently chaired a panel on managing difficult conversations and all the panellists agreed that at times one needs to be prepared to be uncomfortable. In the long run, a short uncomfortable conversation can be preferable to weeks or months or years of feeling resentment towards someone.

Assess your role in the conflict dynamic and whether you are part of the problem. Understanding your position in escalating or hardening someone else's position can help you step back and move the conversation forwards into a more positive space. Understand a person's need to preserve their pride and dignity and try to create the space for you both to step back from a situation that allows you both to save face.

Accept that some interactions or relationships are toxic and cannot be dealt with fully. Sometimes, the best wisdom is silence, and it can be best to just step away to protect yourself.



You have directed all the S&P youth musical productions. What's your favourite musical?

Who or what inspires you and why?

That is possibly the hardest question of all. I love the grandeur of the Rodgers and Hammerstein musicals like The King and I, South Pacific and Oklahoma. Fiddler on the Roof will always be special for me. I love Jerome Robbins' choreography for West Side Story and the original Fosse choreography for Chicago. I always admire the genius of Tim Rice's lyrics particularly in Superstar, Joseph and Evita. I think Sam Mendes' adaptation of Charlie and the Chocolate Factory was fantastic, and Tim Minchin's Matilda is brilliant - in fact the one part I would still love to play is Mrs Wormwood!

Despite all the reading I have done and thought leaders that I have the opportunity to meet through work, my greatest inspiration comes from the people around me every day, and their stories. At a fundamental level, my parents, with their work ethic and unwavering belief in my potential, inspire me to continue striving for all that I seek. My students at the university inspire me constantly to reassess my teaching methods and my own knowledge base so that I stay fresh and relevant in order to inspire them on their journeys. The children in the S&P musical theatre productions inspire me to levels of creativity and energy that I had barely imagined, helping me to look around and into myself for innovative and original techniques for directing them and staging a show on a shoestring budget. I am inspired by the people in our community, each of whom has a story that makes them individually remarkable and collectively awe-inspiring. Most of all, my daughters inspire me to be the best of myself. Whether it is to be more environmentally conscious, more present, more active in the community or more adventurous, they challenge me to keep reaching higher so that I can set the example of the type of inspired and inspiring women I would like them to be. For me, at the heart of it all, are Herzl's immortal words: 'If you will it, it is no dream'.

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## MY EXPERIENCE IN THE SOUND OF MUSIC WITH THE S&P YOUTH THEATRE



*The Sound of Music was my very first proper acting experience on a stage. The show has made me a much more self-confident person. I've made so many friends and now I am no longer as shy as I was before – I am a different person. Thank you Melanie for helping to boost my confidence and for showing me the amazing things which I am capable of.*

**Mia, aged 11 yrs**

*I have really enjoyed all the singing and it was so much fun!*

**Alaya, aged 8 yrs**

*I've been in the show's cast since the very beginning, and from a really young age have been attending drama classes but I never really knew how it would help my acting ambitions. Our community shows have done so much for me. They have built my confidence and shown me my potential, taught me how to use acting to do good for others, and brought me together with other children in the community who will be my life-long friends.*

**Ori, aged 11 yrs**

*I really enjoyed my debut performance with the S&P Youth Theatre and the whole experience. I made some friends along the way and I feel like that boosted my confidence massively.*

*With each rehearsal I felt like we were getting closer to the big day but I also felt more prepared and confident. I enjoyed the rehearsals even while others were practising their parts, as Melanie and Jack would give us some word searches to do quietly.*

*On the big day we had quite a long rehearsal and ate lunch together. As we were putting on our costumes and make up I was really nervous but I knew that I would do fine and I did. It was really scary seeing how many people were in the audience. I was confident in myself as we went out for the opening of the play. When I was on stage, I was just enjoying myself so much and had a great time performing the best I could.*

*After the big day I felt so good and proud of myself. This was an experience that I will never forget, and because we had so much support we raised lots of money for Zichron Menachem!*

**Daniella, aged 9 yrs**



# DAVID ISHAG SYNAGOGUE

# NEVEH SHALOM SEPHARDI

# COMMUNITY

**Contact information**

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Tel: 020 8904 9402

Email: [info@nevehshalom.com](mailto:info@nevehshalom.com)

Website: [www.nevehshalom.com](http://www.nevehshalom.com)

**Times of services:**

**Friday evening:** Approximately fifteen minutes after the commencement of Shabbat.

**Shabbat:** Shaharit 9:05 a.m. Minha is approximately one hour before the termination of Shabbat followed by a shiur and Arvit Motzei Shabbat. Times for afternoon services will vary when there is a Seudah Shlishit. During winter Minha is held after Shaharit and Kiddush. Any changes will be announced on Shabbat morning.

**Sunday morning:** Shaharit 8:15 a.m.

**Mazaltov:**

**The community is delighted to wish mazaltov to:**

**Births:**

Cesar and Gladys Benson on the birth of their great-granddaughter, Ella Noah, granddaughter to Ike and Susan Benson. Another mazaltov to Cesar and Gladys on the birth of their great-granddaughter, Isabella Harper Davis, daughter of Samantha and Jason Davis, granddaughter to Geraldine and Andrew Berg, and Mandy and Andrew Davis.

Alan and Judy Sitton on the birth of their granddaughter, Eleanor Yolande, daughter of David and Lizzie Sitton.

Roni and Ava Rashti on the birth of their granddaughter, Darcy Grace, daughter of Joelle and Jon Rich.

Neville and Rosalind Spiers on the birth of their granddaughter, Lily Rae, daughter of Danny and Anna Bluestone.

Ben Shalom and Lynda Gentely on the birth of their grandson, Walter (Ben Mordechai), son of Rachel and Daniel Smith in Australia.

Harry and Yvonne Fattal on the birth of their grandson, Ariel Elie, son of Elizabeth and Jeremie Obadia.

Albert and Denise Outmezguine on the birth of their grandson, Ari, son of Michael and Oshri Outmezguine.

Alan and Avril Tysman on the birth of their grandson, Asher, son of Eyal and Ruth Landesman, in Israel.

Elliott and Freda Myers on the birth of their grandson, Yaacov, son of Rabbi Mayer and Michal Myers.

**Bar/Bat Mitzvah:**

Adrian and Michelle Levy on the bat mitzvah of their daughter, Emma, and to the grandparents, Esther Kamhi, and Jack and Helen Levy.

Russell and Marilyn Bloch on the bar mitzvah of their son, Daniel, and to the grandparents, Berto and Joyce Cohen, and Kenneth and Hazel Bloch.

Mark and Lana Misan on the bar mitzvah of their son, Luke.

Alan and Avril Tysman on the bar mitzvah of their grandson, Joshua, son of Daniel and Lea Tysman.

**Weddings:**

Harry and Yvonne Fattal on the wedding of their son, Daniel, to Tara Eamanadjou, daughter of Fahimeh Shiraslani.

**Condolences**

**We extend our deepest sympathies to:**

Hilda Hikmet on the passing away of her uncle, Edward Saddiq.

Margaret Erdman on the passing away of her mother, Naomi Hella.

David Onona on the passing away of his brother, Jaques Onona.

Roni Rashti on the passing away of his mother, Khatoum Rashti.

Gladys Benson on the passing away of her sister-in-law, Suzy Dwek.

Nabeel Cohen on the passing away of his mother, Semha Cohen.

The family and friends of Delicia Gabbay.

Albert Ishkinazi and family on the passing away of his wife, Regina Ishkinazi, and his sister, Rachel Saidoff, in Israel.

Samira Elias, Haki Elias, Souad Khalastchi and Ruth Salem on the passing away of their sister-in-law and aunt, Khatoon Elias.

Matilda Rasouly and Diana Iny on the passing away of their brother, David Sopher, and sister-in-law, Raymonde Sopher.

Richard Delmonte on the passing away of his mother, Marie Delmonte.

Sheila Ezekiel on the passing away of her husband, Cyril Ezekiel.

Benny Gabra on the passing away of his brother, Itzhaq Gabra, in Israel.

Alphonse Salem on the passing away of his sister, Paulette Dayan.

The friends and family of Gabriel Howard.

**Stone settings:**

The stone setting of Jacob Baher, uncle of Ralder Elton and Nader Baher, was held on Sunday 6<sup>th</sup> April at Bushey Cemetery.

The stone setting of Khatoun Rashti, mother of Roni Rashti, was held on Sunday 23<sup>rd</sup> June at Edgwarebury Lane Cemetery.

The stone setting of Semha Cohen, mother of Nabeel Cohen, was held on Sunday 30<sup>th</sup> June at Edgwarebury Lane Cemetery.

The stone setting of Regina Ishkinazi, wife of Albert Ishkinazi, was held on Sunday 14<sup>th</sup> July at Edgwarebury Lane Cemetery.

The stone setting of Naomi Hella, mother of Margaret Erdman, was held on Sunday 14<sup>th</sup> July at Edgwarebury Lane Cemetery.

The stone setting of Valerie Schneider was held on Sunday 14<sup>th</sup> July at Edgwarebury Lane Cemetery.

**The Neveh Shalom Club:**

The club, which is open to all synagogue members and their friends, meets regularly every Tuesday from 1:00 to 4:00 pm, and on the first Sunday of every month from 1:00 to 4:00 pm. New members are always welcome.

Please contact the following committee members for details of any activities: Jamil Khazoom on 020 8958 8149 and Yehuda Erdman on 020 8904 3911

**Parnasim:**

Anyone wishing to be called to the Sepher (aliyah) or on any other matter concerning the wardens should contact the following members: Ben Gentely on 020 8908 3065 or via email at [gentely@hotmail.com](mailto:gentely@hotmail.com)

Freddy Khalastchi on 07956 360 690 or via email at [FKhalastchi@Menzies.co.uk](mailto:FKhalastchi@Menzies.co.uk)

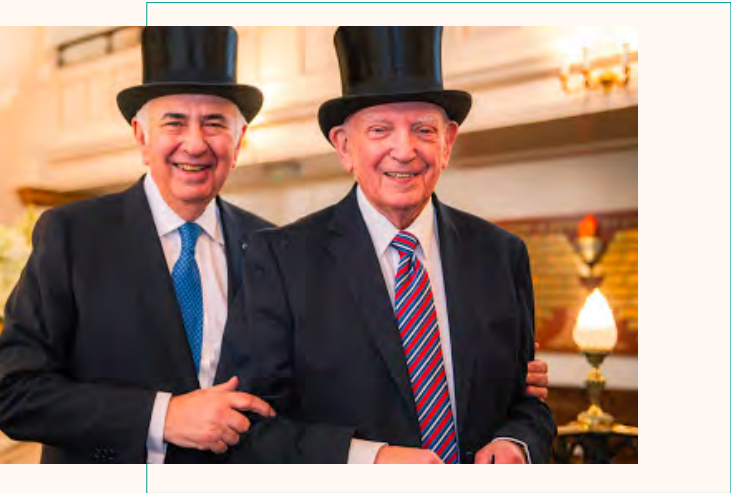
Elliot Myers on 020 8346 8744 or via email at [elliottmyers@nevehshalom.com](mailto:elliottmyers@nevehshalom.com)

**Further information:**

A central diary of events is held by the secretary, Elliott Myers, who can be contacted on 020 8346 8744 or via email at [elliottmyers@nevehshalom.com](mailto:elliottmyers@nevehshalom.com). Anyone wishing to sponsor a regular kiddush or to arrange a special kiddush should contact Albert Harris on 07976632515 or via email at [harrison644@btinternet.com](mailto:harrison644@btinternet.com). Anyone wishing to hold a function or to book accommodation at the synagogue should contact Albert Harrison on 07976 632 515 or via email at [harrison644@btinternet.com](mailto:harrison644@btinternet.com). Anyone wishing to have an announcement included in the bulletin should contact Liza Yehuda on 020 8908 2261 or via email at [yariv\\_yehuda@hotmail.com](mailto:yariv_yehuda@hotmail.com).



# SPANISH & PORTUGUESE SYNAGOGUE, HOLLAND PARK



**Minister:** Rabbi Abraham Lavi

**Service times:** Friday evening Minha followed by Arbit. Times to be announced in the synagogue. Shabbat morning Shachrit at 8.45am. Service followed by kiddush. Mincha is 1½ hours before the end of Shabbat until winter when it shall be recited after kiddush.

**Selihot service:** This will be held on Sunday 15th September 2019 at 7.30am and followed by refreshments in the Suzanne Dellal Hall.

**Yamim Noraim:** Times for all High Holy Days services will be sent out separately with the admission tickets. Services for the High Holy Days: The Executive Committee welcomes Rev Nissim Ashkenazi who will be assisting Rabbi Abraham Lavi. Both will address the congregation during the High Holy Days services. The president, Leon Benardout, together with the Honorary Officers and Executive Committee wish Rabbi & Mrs Lavi, their family and the entire congregation a very happy and peaceful New Year.

**Pre-Rosh Hashanah cemetery visits:** These communal services will take place at the following times on Sunday 15<sup>th</sup> September: 12.30 pm at Edgwarebury Lane Cemetery, and 1.45 pm Hoop Lane Cemetery.

**Adult education:** Monday shiur on parasha with Rashi & PirkeiAvot: Semoff Hall/synagogue at 8.30pm.

## Besimantov on happy occasions are extended to:

### Births:

- To Lyn and Laurence Julius and Berta Bekhor, on the arrival of their grandson and great-grandson respectively, a baby boy to Michal and Simon Julius.
- To Shellie and Michael Banin on the birth of their son, Shai Idan. Mazaltov to grandparents Denise and Yacov Banin, and Jenny and Steve Wilks.
- To Yana, the synagogue’s administrator, and her husband, on the birth of their daughter, Lara Esther.
- To Rachel and Tal Geron on the birth of a baby boy. Besimantov to grandparents Mandy and Robert Behar and great-grandmother, Eva Behar.
- To Karen Joss (nee Carmona) on the birth of her first grandchild, a son to Saskia and Marc Joss.
- Denise and Yacov Banin on the birth of a granddaughter, a daughter to Aimee and Adam Banin, and sister to Elijah. Mazaltov also to grandparents Barbara and Laurence Cohen.
- Besimantov on the birth of a daughter to Sheerelle and Matt, another granddaughter for Rabbi and Mrs Lavi, and Mr and Mrs Brian Marks.

**Barmitzvahs:** Mazaltov to Saul Berebbi, Jaden Shemtov and Oliver Saragoussi and their families for celebrating their bnei mitzvas in the synagogue.

**Engagements:** Besimantov to Joshua Garson and Katie Meltzer and to Limor Azouz and Alex Silver on the happy occasion of their engagements. We wish the families many happy and healthy years.

**Weddings:** Besimantov to David and Monica Oz who were married in Israel, Hannah Green and Bradley Singer who were married in London, and Romy Unterhalter and Raphael Sinai who were married in Cape Town, South Africa.

**Wedding anniversaries:** Jill and Ian Benezra on their golden wedding, Suzanne and Maurice Saragoussi on their golden wedding, Collette and Leon Sassoon on their 45th wedding anniversary, and Naomi and Julian Green on their 30th wedding anniversary.

**Life Elders:** The following members were honoured during the year as Life Elders: Naomi Green, Anthony Levy and James Saragoussi.

**Besimantov** to Jonathan Behar, son of Mandy and Robert Behar and grandson of Eva and the late Sammy Behar, who is now a consultant cardiologist and electrophysiologist.

**Besimantov** to Ralph Levy, who was honoured at the RAF Museum for the time he spent on the Berlin Airlift in July 1948, and for his involvement in the construction of the Mulberry Harbour and the pipeline under the English Channel for the D-day landings in June 1944.

**Besimantov** to Ruth Finkel who won the Chesed Initiatives in a Primary School award at the Jewish Schools Awards 2019.

**Kiddushim:** If you have a simcha, birthday or nahala then why not sponsor a kiddush? For more information please call the synagogue office.

**Donations:** We are most grateful to our members, their relatives and friends, and to our visitors for their generous donations, which are highly appreciated.

**Talmud Torah class:** Within the last year we have launched a dynamic new curriculum for children aged between four and six years old which provides a vibrant and relevant experience for our children. We focus on a lively, energetic, hands-on teaching style whetting the children’s appetites and giving them a strong grounding in topics such as the aleph bet, holidays and basics of Judaism to enable a better understanding when they revisit them at a later stage in their lives. Please contact the synagogue office for further information.

**Or Torah Chadash Cheder:** We hold a number of classes for the various age groups of children, between six years old to bar and bat mitzvah. These classes are both educational and enjoyable, with children learning the daily tefilah, learning to read Hebrew, and all about the Jewish festivals, both from a historic and educational basis as well as by participating in related arts and crafts which assists in their learning. We welcome all members and parents to enrol their children into our highly inspiring classes, as we aim to stimulate and expand each child’s knowledge of Judaism and religious practices, whilst developing their Jewish education.

**Keren’s Nursery:** A vibrant nursery opened at the synagogue in September 2016. The Israeli-style nursery is Ofsted rated as outstanding and is a sister to Keren’s nurseries in Belsize Park and Hampstead Garden Suburb, following the same ethos. For details, please contact 0203 457 8020.

**Synagogue care committee:** If you are lonely, unwell, have been bereaved or would just like to talk, the rabbi or a member of the care committee, all of whom are long-standing members of the synagogue, would be happy to talk to you discreetly. In the first instance please call the synagogue office.

The synagogue community has spent the last year celebrating its 90th anniversary with events including a moving service in the synagogue on 10th March 2019 and a jazz lunch on 30th June 2019. On 10th March 2019 the community united for a wonderful service led by Rabbi Abraham Lavi, which included joyous singing of Boca del Dio and speeches from Rabbi Dr Abraham Levy and Rabbi Joseph Dweck. A splendid reception followed in the hall, where a team of fourth and fifth generation congregants showcased Sephardi foods such as borekas, berenjena, Polly’s roscas, pastel, sfungato, cheese stuffed courgette and mina amongst others. It was unanimously felt that the afternoon was a magnificent celebration and we are looking forward to spending many, many more happy and joyous occasions together.



# RAMBAM SEPHARDI SYNAGOGUE

Contact details
Chairman – Uri Kamara: chairman@rambam.org.uk
Treasurer – Derek Sheena: 0772 0 805 796   treasurer@rambam.org.uk
Religious Affairs – Moishe Gotlieb: fgotlieb@hotmail.com
Membership – Brian Kaye: briankaye.rambam@gmail.com
Fundraising – Lea Misan: lea@rambam.org.uk
Events – Rivka David: rivka@rambam.org.uk
Fundraising & Events – Ravid Autmazguin: ravid7@hotmail.com
Welfare – David Chriqui: David.Chriqui@Hitachirail.com
Special Projects – Jordan Jay: bestfootie1@gmail.com
Security Rota – Natan Servi: nathanever82@hotmail.com
Kiddushim – Rimonit Shriki: office@rambam.org.uk
Sephardi Centre – David Albohayre: dalbohayre@hotmail.com

## Births

Asher Aharon Kaye – son of Jo and Julia (Grandson of Lorraine and Brian)

Eliezer and Rafael Bahar – twin sons of Michelle and Jonny

Lielle Shenker – daughter of Ilana and Josh

Ella – granddaughter of Rachel Cohen

Miriam - great-granddaughter of Charles Silas

Bar Mitzvahs - Daniel Ziman

New Members:
Joshua & Ilana Shenker
Shmuel & Katie Shurkin
Ian & Sharon Shenker
Raymond & Daisy Benjamin
Moshe & Daliah Ziman
Simon & Ilana Shaw
Edward & Lisa Solomon
Richard & Janette Sassoon
Aida Benhamu
Nader & Linat Baher
Jordan Jay

# THE SEPHARDI CONGREGATION OF SOUTH MANCHESTER – SHAARE HAYIM

## Contact information

Email: Shaarehayim@clara.co.uk

Address: 24 Wicker Lane, Hale Barns, Cheshire, WA15 0HQ

Telephone: 0161 980 1877

## ELECTIONS:

The following were elected for the forthcoming year:

President: Michael Khodadad

Chairman: Richard Simon

Treasurer: Stephen Elias

Hon Secretary: Ros Farshi

Members of the Council: Reuben Solomon, Ros Farshi, Anthony Sultan, Jonathan Shasha, Tracy Kingsley, Jonathan Dwek

Wardens/Parnassim: Victor Hassan, Reuben Solomon

Members of the President's Committee: Ros Farshi, Shelly Wagon, Helena Bower

## FUNERALS:

Claire Newton, Marlene Nicholls, Faye Cohen, Margot Joseph, Len Blackman, Abe Feldman

## WEDDINGS:

Jake Ailion to Melissa Korn

Emma Cohen to Omri Sagzan

Montana Bloom to David Sciam

Marc Mesrie to Natalia Segal

Raphael Bloom to Tara Adlestone

Joseph Jayson to Anita Jamasebi

Joshua Hodari to Lauren Keefer

Sam Farage to Laura Stolberg

## NEW MEMBERS:

Ben & Nicole Cohen

Adam Gottlieb

Mark Abrahams

Michelle Rubins

Adam & Steph Rubin

Eddie Farshi

Joseph & Anita Jayson

James & Rachael Lindemann

Sara Holmes

Jacob Edelstein

Nettie Newman

Laura Gurevitz

Sam Farage

## ENGAGEMENTS:

Jacob Edelstein to Angelina Shlaffeman

## BARMITZVAH:

Aron Davila

Benji Fine

Raph Moryoussef

## BAT CHAYIL:

Orly Cohen

Shully Sultan

Jenna Cousen

Sascha Galkoff

Alice Bower

Shoshi Ellituv

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A son for Ian & Kimberley Tussie

A son for Samantha & Jacques Sultan

A daughter for Louisa & Danny Keller





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For more details contact: [hebra@sephardi.org.uk](mailto:hebra@sephardi.org.uk)

## K.K. SHA'ARE RATZON SPANISH & PORTUGUESE CONGREGATION IN JERUSALEM

### Contact information

**Address:** 18 Bet El Street, The Jewish Quarter, The Old City, Jerusalem

**Email:** [Shaare\\_ratzon@yahoo.com](mailto:Shaare_ratzon@yahoo.com)

**Website:** [www.sandpjerusalem.org](http://www.sandpjerusalem.org)

K.K. Sha'are Ratzon Spanish and Portuguese Synagogue (Jerusalem)

Sha'are Ratzon, the only Spanish and Portuguese community in Jerusalem, welcomes all members and readers of the Sephardi Community to its services and activities in the historic Istambuli Synagogue in the Old City and elsewhere.

If you are planning a trip to Israel this year email us in advance if you are coming or if you would like to know more about us, we will be happy to assist. Visit our website or join our Facebook group for updates and news of other events during the year.



**Help us to protect our community**

If you see antisemitism or something suspicious, report it to CST. In an emergency, contact the Police on 999, then contact CST. Don't leave it to chance – if you see it, report it.

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## **THE SEPHARDI KASHRUT AUTHORITY OF THE UNITED KINGDOM OF GREAT BRITAIN** **THE SKA**

There are several kashrut authorities in the UK, and the SKA is a modest operation compared to some. However, it has carved out its rightful place in the UK's kashrut arena. Although originally set up to serve the Spanish and Portuguese community, the SKA is now privileged to service many Jewish communities in the UK. The SKA has broadened its horizons and is constantly adding new services and exciting product ranges.

In general, most kashrut authorities follow a very conservative approach to their various services, often choosing to 'piggy-back' their certification onto pre-existing certified products, which already display perfectly acceptable hechsherim!

Unfortunately, this ethos is usually driven by hungry kashrut sales forces, with the profit line as their moral guide. But the end result is always the same: higher costs to the manufacturer and distributors, with little option but to pass these inflated costs on to the consumer – you!

The SKA chooses to concentrate its efforts on the development of new clientele and the conversion of existing products and manufacturing bases with no prior certification.

Working tirelessly with front-line product developers and trendsetters, the SKA assists in the realisation of their kosher products to market. Indeed, the SKA now support factories in many European countries, offering a unique and bespoke service to those wishing to take advantage of the buoyant and lucrative kosher trade with Israel.

Nonetheless, the SKA is never far from its roots. As a non-profit organisation, it works to search out services to the community life-cycle institutions, products and companies that will enhance the life of all observant Jews.

At the same time, standards of halacha and supervision are maintained by a rabbinical team under the auspices of the Sephardi Beth Din. Our food scientist works with developers and production managers to monitor what are often complex ingredients and additives, constantly striving for perfection and an ethos of making kashrut as affordable and accessible as possible.

In its own way, the SKA has been instrumental in bringing kashrut to more Jews in the UK than many other Jewish

organisations. SKA worked with the biggest bread producer in the UK, Allied Bakeries, making it possible to find kosher bread including the famous SKA Kingsmill in supermarkets around the country, vital for those who find themselves living and working far from the enticing aromas of a kosher bakery.

Small artisans, such as Bella del Gelato, have not been left out. The SKA assisted this small ice-cream producer in its conversion to 'chalav Yisrael' and the complicated task of substituting all non-kosher ingredients for those which are fully kosher.

To their great surprise and delight, Bella del Gelato have just been awarded the international Great Taste food award 2019! Astonishingly, a new category was specially created by the organisers just for Chalav Yisrael to honour their amazing kosher ices!

Organised by the Guild of Fine Food, the award is the acknowledged benchmark for fine food and drink. It has been described as the 'Oscars of the food world' and the 'epicurean equivalent of the Booker prize'. The Great Taste logo is the sign that can be trusted when buying food and drink in your local, quality retailer. Yet another success story for the SKA.

The SKA has now set its sights on the opening of the first vegan kosher supervised restaurant in the UK. This is based on the model of a hugely successful chain in America and promises to improve the lives of students, residents and visitors in central London by offering kosher supervision of reasonably priced non-meat meals.

In addition to its high standards of kashrut, there is an emphasis on food hygiene. SKA shomrim are trained not only on supervision of halachic details, but are making sure that food is prepared in ways that reflect modern FSA standards and practices.

The Sephardi Kashrut Authority makes a point of welcoming caterers with acceptable kosher certification to their halls and synagogues, happily working with other kashrut authorities for the benefit of the whole Jewish community, regardless of affiliation or status.



# BOOK REVIEW

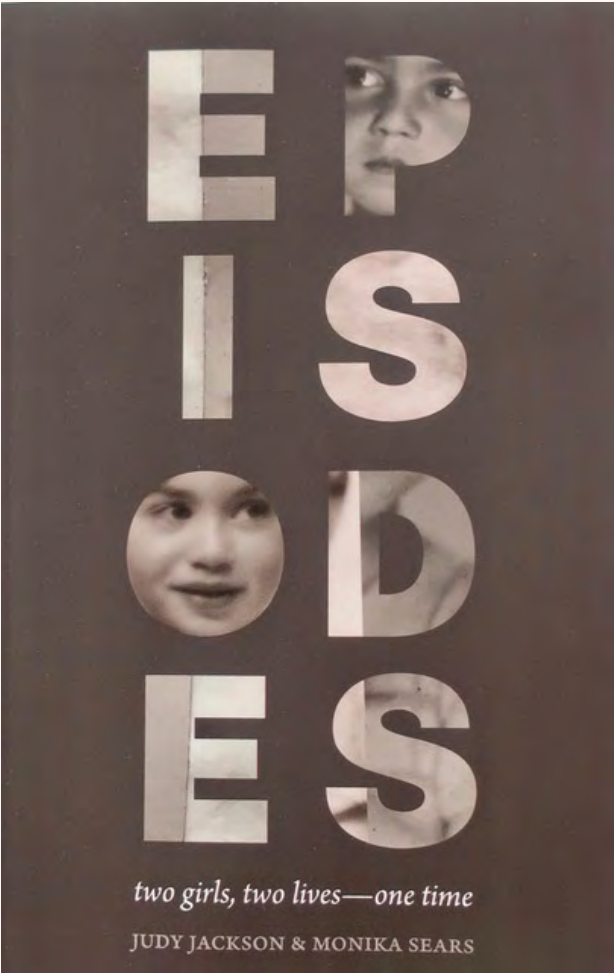
*Episodes: Two Girls, Two Lives – One Time* by Judy Jackson and Monika Sears (Marsons 2019) £11.99

*Reviewed by Rachel Montagu*

This book by Lauderdale Road member, novelist and cookery writer Judy Jackson and her friend Monika Sears is exactly what the title says – scenes and topics, by each author alternately, from their earliest memories until they met and began a lifelong friendship at their London secondary school. It works because they both write well, and with touching honesty and clarity. Both mention incidents – vomiting, embarrassing misunderstandings – that may reassure young readers that things which seem cataclysmic on the day can be acknowledged, and not necessarily squirmed over forever. Events are described as they understood them then, with added notes about what they now realise about their significance.

Many of the episodes in Judy’s life happened within a two-mile radius of where I’m writing this and it was easy to understand what she wrote about arguments with her brother, visits to relatives, early days at school and her family’s religious observance; it was also easy to be interested in what she said about rationing and bombing. Monika’s story is another matter altogether. At one point I was reminded of reading a nerve-wracking thriller and saying to a friend when half-way through, ‘Thank goodness it’s written in the first person – at least I can be sure the heroine will survive to the last page.’

Monika was a hidden child during the Holocaust. For her, being Jewish didn’t mean complications over school dinners, it meant she would be lucky to survive. Her dark hair and eyes weren’t just a sign of her origins but a potential death warrant. A train journey wasn’t a trip to stay with family elsewhere: its destination was Treblinka. Only her mother’s realisation that now was the time to use her stash of money to bribe the guard saved their lives that day. Poles as well as Jews were at risk in wartime Poland: while Monika and her mother were passing as Poles and lodging in a Warsaw flat, the Germans conquered the city and instructed its Polish citizens to leave. As Monika and a small Polish friend walked hand-in-hand past the Germans, he was shot by a trigger-happy soldier. Monika tried to push her friend’s protruding gut back into his body and was upset when her mother stopped her. Judy’s goliwog toy was torn apart by a cousin and his friend, but its damaged insides



could be neatly sewn up. The message here is that human life hangs by a frail thread, even if this book is a tribute to resilience.

Monika alternated between staying in the countryside in the care of Pola who had been the family’s maid, and living with her real mother whom she had to refer to as ‘aunt’. For a time she had to remain entirely still and silent all day while her mother worked so the other people in the house didn’t realise she was there. When either woman felt it too risky to keep her, they handed her back to the other. After the war, having risked her life to help save Monika’s, Pola returned to the family and attempted to save Monika’s soul by preparing her for baptism behind her mother’s back.

After the war her parents, knowing they had survived because they could pass as Poles, decided Monika must learn perfect English and sent her away to boarding school. When she and Judy met, Monika was learning how to live with her family again as well as how to live with her memories.

There are two lessons I think everyone should draw from this book whether or not they read it, although if you don’t, you will miss out on one of the most compelling and endearing books I have read for some time: Firstly,



cherish your friends and work at staying in touch. This book is an account of two girls’ lives during and after World War II but it is also a tribute to friendship as a life-enhancing force throughout our lives.

Secondly, record your memories for your family: the first version of Monika’s part of the book was an account of her wartime experiences written for her grandson. You don’t have to have lived through an era that is now part of the national history curriculum, as Judy and Monika

did, you just need to talk about you. My children are lucky – three grandparents and two great-grandparents have written down some memories of their lives. Their accounts matter in a way that more detailed and wide-ranging social histories of the twentieth century can never match. So whether you write letters to your family, write a long narrative account or speak into a recorder, whether you want to share your experiences with only family or with a wider audience, find a way to tell your story.





# BEAUTIFUL S&P BRIDES

On one beautiful sunny April Sunday we met up with three prospective brides at the Gielly Green Salon, at one of Britain's finest architectural landmarks, the Four Seasons Hotel at Ten Trinity Square. We had scheduled a photoshoot session that included makeup and hairstyling. The brides had a chance to be pampered and try out bridal hairstyles and makeup prior to their wedding day.

Georgia Games from Gielly Green Salon sculpted wonderful bridal hairstyles and Tal Caplan applied glamorous but natural-looking makeup.

Georgia told us: 'I always say to my brides that they should look like a more glamorous version of themselves on their wedding day and don't lose who they really are. I love finding out about my brides and their personalities

in a hair trial before the big day to find a fitting hairstyle that will suit their personality and style.' After styling the brides' hair, Georgia gave a short explanation about why she chose a particular hairstyle for each bride.

After the hair and makeup session, we took photos of the brides at the magnificent ballroom while taking advantage of the sunny weather and snapping a few pictures at the iconic Tower of London, which is just a five minute walk from Bevis Marks Synagogue.

Later we asked the brides some questions about their upcoming celebrations and how they met their grooms. The brides loved the experience and left with smiles on their faces and lovely memories. We wish them each an unforgettable wedding day and a bright future ahead.



**TARA  
COHEN**

**Wedding date,  
venue and Rabbi:**

We will be getting married on 1st September 2019 at the Millennium Gloucester Hotel in Kensington. Rabbi Elia will be marrying us (he also married my parents!)

**How did you meet your  
husband-to-be?**

I actually met my fiancé through a modern yet now very common Jewish dating method of Jswipe!

**How were you proposed to?**

My fiancé did very well on the proposal front - he organised a private three course dinner on a beach and proposed there!

**What did you do on your  
first date?**

Anyone who knows me knows I am a massive Starbucks fan. So when my fiancé asked me to go for a drink in a bar for our first date, I made sure that quickly changed to a coffee at Starbucks!

**Do you have any activities  
you like doing together?**

We both like experiencing new things for the first time together, whether it be through travelling or visiting new places or restaurants in the U.K. Like most boys, he is a massive sports fan (I am not), but from one of our very first dates, we have always enjoyed playing table tennis together.

**Georgia said:**

'The lovely bride Tara has very coarse unruly hair so it was so important that we started by preparing the hair by blow drying and straightening around her hairline before we softly tonged the hair to create movement without the frizz.

If you want your hair style to last all day, prepping the hair first is a very important step that is often overlooked.

I created a soft, undone and romantic hair-up style. She has a beautiful face so I wanted to have the hair away from her face with a few pieces left down to make the look even softer.

This style is perfect for adorning with beautiful fresh flowers, diamanté combs and even classic tiaras. The choices are endless. This way you can really personalise your wedding hair to have something no one else has.

This hairstyle can be adjusted to look natural and simple or glamorous and romantic. The choice is yours!'



**ZOE  
BUDWIG**

**Wedding date,  
venue and Rabbi:**

18th August 2019, Four Seasons Hotel Hampshire, Rabbi Morris.



How did you meet your husband-to-be?

We met through an online dating app. I only met with William because we had mutual friends!

How were you proposed to?

I was proposed to at the Hampstead Pergola Garden. We often go for walks in Kenwood but William decided we were going to go on a different route today. I happily followed and we ended up at the Pergola Garden which is a beautiful hidden treasure! I started to question why we needed to walk back to the same part of the pergola and after the proposal realised William was trying to find the perfect secluded spot. We walked down to another part of the garden and as I was taking in the view I got a tap on my back and heard my name being called. I turned around and was very shocked to see that he was down on one knee!

What did you do on your first date?

Our first date was quite casual - we just went to a pub for a drink - and here we are!

Do you have any activities you like doing together?

We both love walking, exploring new sights and spending time with our families.

Georgia said:

'I decided to go for a Hollywood look with Zoe as she has a pretty little face. The hairstyle is created in a soft way with a deep parting on the side to make volume and bring in a bit of sexiness. For accessories, I chose a headband with pearls which is perfect for creating a bridal look.'



MICOL  
BEDARIDA

Wedding date, venue and Rabbi:

September 1st 2019, Bevis Marks Synagogue, Rabbi Shalom Morris.

How did you meet your husband-to-be?

We met at an Imperial JSoc Shabbaton. I was a fresher and Jof came back as an alumnus.

How were you proposed to?

Jof flew me to Florence for Shabbat. On Motze Shabbat we boarded a train to Verona, where he proposed after taking a stroll through the city centre. On Sunday evening we had dinner with my parents in Munich before flying back to London the following morning.

What did you do on your first date?

We cooked pasta and pesto which we then ate, followed by Ben and Jerry's Cookie Dough ice cream.

Do you have any activities you like doing together?

We like to do jigsaw puzzles together.

Georgia said:

'I created a very natural look as Micol has very curly hair. I used tongs and made her curls more defined and to make her feel confident and comfortable, especially on her special day. I left her hair natural, curly, and put it up in a messy bun.

I used a piece of jewellery to give her hairstyle a shine and a pop.

This hairstyle is suitable for any time of year.'

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# SUKKOT DIY

## WHY THE FESTIVAL OF SUKKOT IS A CHILD’S DREAM

BY LAUREN HAMBURGER, PJ LIBRARY

Despite the cupboards filled with games, the boxes of Lego and the drawers of crafts, my children’s favourite activity is making a den with all the blankets, duvets and sheets they can get their hands on. While this isn’t ideal for my linen closet, it does explain why more and more children are helping their families to build their own sukkah. These temporary dwelling booths come in all shapes and sizes and really bring to life the mitzvah of hachnaset orchim – welcoming guests. Here are my top five tips to enhance your Sukkot holiday this year:

**1. Build it and they will come...** and if they don’t, then invite them! A sukkah can come in many a guise – handmade from planks of wood; stretched canvas around poles; or the pop-up version which is now commonly enjoyed. And then it’s all about the decorations: upcycle old CDs to create sparkly, waterproof, sun-catchers.



**2. Be our guest.** Many people hang up pictures of the traditional ushpizin, the seven male ‘founding fathers’ of the Jewish people. But what about the women? Or modern heroes? Friends of mine ask each member of their family to nominate a new guest every year. They print off their images and add them to the sukkah walls. Last year Wonder Woman, Leonard Bernstein, Mary Poppins and Rabbi Luzzatto all featured!

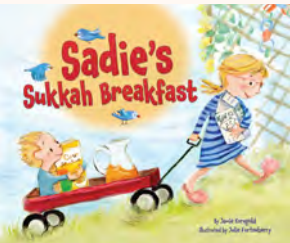


**3. Food glorious food.** While building and decorating a sukkah is fun, eating inside it makes the adventure even better for little ones. These energy balls are healthy to eat and easy for everyone to make.

Mix 1 ½ cups of oats, ½ cup of peanut butter, 1/3 cup maple syrup, 1 teaspoon of vanilla extract and ½ cup of either chocolate chips or raisins, depending on your preference. Refrigerate for half an hour and then use your hands to roll into small balls. Enjoy!



**4. Stories in the sukkah.** Breakfast with cuddly toys is exactly what siblings Ori and Sadie set up in the PJ Library story Sadie’s Sukkah Breakfast. Some juice, some cereal and a good book – simple yet magical.



**5. Fruits of the sukkah.** It is customary to hang up real fruits in a sukkah but why not use some brightly-coloured pipe cleaners to make fruit shapes that the insects won’t want to snack on!



Lauren Hamburger is the Director of PJ Library in the UK, which sends a FREE book each month to families raising Jewish children aged eight years and under. Sign up at [www.pjlibrary.org.uk](http://www.pjlibrary.org.uk)







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*"Intensely zingy with a seriously tart forward flavour of fresh lemon less sweet than other sorbets."*


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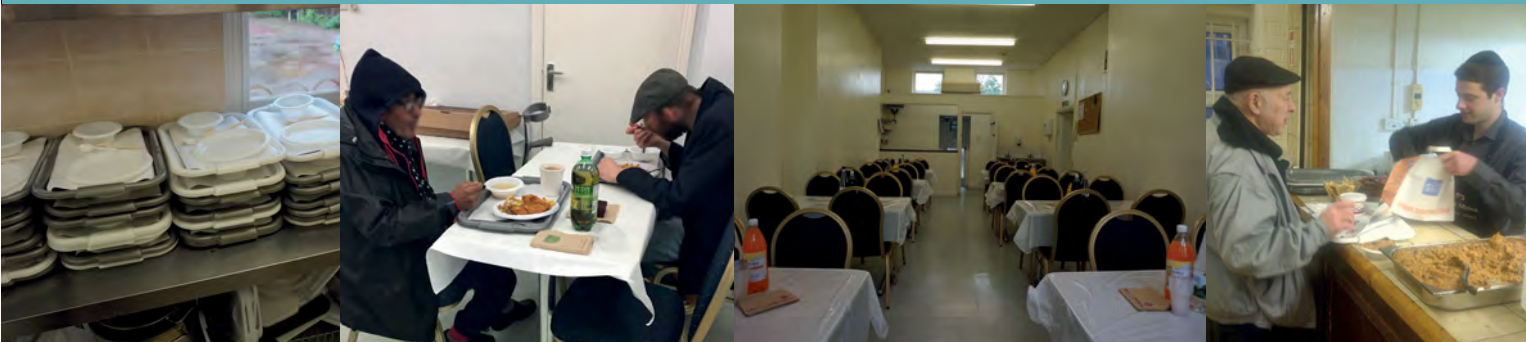
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# The London Soup Kitchen

## BEIS HATAVSHIL

בס"ד



**A brief insight of the daily and seasonal operations at the soup kitchen; The soup kitchen was established in 2003 with its solely goal to feed hungry and finally disadvantaged individuals and families, all done on a very respectful manner and in a friendly environment.**

.....  
First and foremost is the day to day operation of our soup kitchen where healthy, nourishing meals are provided six days a week twice daily to over 100 people from all walks of life who rely heavily on us to provide the most basic of human needs and a warm and caring social environment. We also run a service of distributing hot meals to poor families and the elderly in London who are unable to attend the soup kitchen. This operation is executed with the utmost discretion and professionalism by experienced volunteers, so that the dignity of the recipients remains uncompromised.

In many cases The Chicken Soup Shelter is the last retreat for these lonely and downtrodden individuals without family or friends to care for them. It is hard to imagine for most of us, who are surrounded by family and friends, what it must be like to be placed in this situation.

The operation of the soup kitchen and the distribution of hot meals reaches the annual cost of approximately £280,000. This includes food supplies, utilities, transportation, personnel and maintenance.

A few years ago, we've introduced a support scheme for families who struggle financially, to help them with the astronomic cost in the run up to the Jewish festive seasons of Passover and the High Holidays. With this scheme we support families who manage their monthly expenses independently, but when it comes to the Chagim rely on our support to help pay for essentials such as groceries, meat, and fish. This seasonal support is instrumental in preventing families on limited income streams from falling into a downward spiral of debt. The cost of running this scheme is approximately £210,000 annually.

In addition to our existing programs, we've recently launched a new initiative to support vulnerable families such as widows and young orphans with weekly subsidies towards the cost of meat, fish and groceries. The scheme is geared towards families who are capable of cooking and preparing their own meals, and prefer to do so, but find themselves in desperate need of support to lighten the financial burden of these expenses. The annual cost of this program is approximately £50,000.

It is quite obvious that we are in desperate need of financial support to continue our crucial work. Please have in mind the lonely individuals, hungry children and heartbroken people who rely on us urgently. We actually aid numerous families. Among those are ones, who manage to make ends meet throughout the year but struggle to stay afloat with all the additional costs associated with the Chagim,

**As Rosh Hashanah is approaching and our expenses are very high at this time of the year. I turn to you to ask whether there would be any possibility that you could contribute to the soup kitchen, As every donation makes a big difference.**

**May the merit of this great Mitzvah bring you and yours health, happiness, success, a Shanah Tovah and may The One Above bless you to always be on the giving side.**

כתובה וחתימה טובה ושנה טובה

Thanking you in advance for your support.

Kind regards, Shloimeh Blonder

Donations can be sent c/o Mr A Merlin, 20 Darenth Road, London N16 6EJ payable to The Chicken Soup Shelter Charity no. 1119905. Account name the chicken soup shelter H.S.B.C. SORT CODE 40 06 27 ACCOUNT NO. 21468561 phone number 02088093002

# FLAVOURS OF FESTIVALS

*BY LINDA DANGOOR*



*“When an Ashkenazi peppers his speech with a few words of Yiddish, it has the same effect on him as the Sephardi who sprinkles his bread with zaatar and olive oil.”*

Linda Dangoor was born in Baghdad where her parents, grandparents, great-grandparents and great-great-grandparents come from. They had a cook called Gershone who cooked for the whole household. The meat of choice was lamb, not beef. Every Thursday they had kitchrie, a vegetarian dish of rice and lentils, and every Friday they had rice and fried fish for lunch, and rice and kubbah shwander for the Sabbath evening meal. T'beet was the iconic dish served every Saturday for lunch, and Linda also remembers the delicious bread called khoubz, which was cooked daily in a clay oven called a tannoor.

Linda Dangoor's concept of food goes beyond nourishment: 'Not only does the food we eat nourish us, it also defines us, it recounts our history as well as our influences and our interaction with the world around us. This cultural identity is an early imprint, an early

language. I like to say that when an Ashkenazi peppers his speech with a few words of Yiddish, it has the same effect on him as the Sephardi who sprinkles his bread with zaatar and olive oil. It has to do with a sense of belonging.'

Linda Dangoor is an artist who enjoys a variety of creative processes; for her, cooking is definitely a creative activity: 'In the same way as combining various colours in my paintings, I pair ingredients with different spices and herbs in a dish.' Above all, she loves very fresh, high quality ingredients which by their freshness and vitality would 'make a dish sing.' For her, the importance of good quality ingredients cannot be overemphasised.





## SWEET CHICKEN STEW FOR ROSH HASHANAH

### with dates, dried fruit and white wine

Combining fruits and spices with different types of meat is an old Middle Eastern and North African tradition. I have adapted this recipe by adding some fresh ginger, white wine and balsamic vinegar to balance the sugar from the prunes and dates. This recipe calls for chicken but you can make it with lamb or beef. I have used lamb several times and the taste is great.

### Ingredients

8 chicken thighs	1 heaped teaspoon ground ginger
Or 1kg cubed lamb or beef	½ teaspoon Cayenne pepper
1 big onion, finely chopped	12 pitted prunes, roughly chopped
2 cloves garlic, finely chopped	10 pitted Mejdool dates, roughly chopped
1 big piece fresh ginger, finely chopped or grated (about 5cm long)	2 tablespoons raisins
1 level teaspoon ground cinnamon	2 glasses white wine
½ teaspoon turmeric	2 tablespoons balsamic vinegar
1 heaped teaspoon ground cumin	1 tablespoon lemon juice
	Salt and pepper to taste

### Method

In a heavy-bottomed pot, brown the chicken pieces (or meat) on all sides in a little oil on medium heat. Remove from the pot and set aside. In the same pot, sauté the onions until golden. Add the garlic and the ginger. Stir fry for 2 minutes. Add the spices and stir. Cook for another 2 minutes. Return the chicken pieces to the pot. Mix well with the spices. Simmer for about 5 minutes. Add some water or stock to cover three-quarters of the chicken. Bring to the boil. Once boiling, add the prunes, dates and raisins. Reduce the heat to a simmer, cover and cook for a good hour or more. Slow cooking does wonders for this dish; the longer it cooks the better. Half way through, add some salt and pepper and give the chicken a good stir. Mash the dried fruit a little to blend with the sauce. If the sauce dries up, add some more water. About 10 minutes before serving, add the wine, the lemon juice and the balsamic vinegar. Stir and raise the heat to medium high. Let the whole lot bubble a little without the cover. The sauce should become thick and a little sticky. If it is still runny, cook for a few more minutes.

Adjust the flavour to your liking. If you prefer a sweeter taste add a dollop of honey, or a splash of wine if you feel it is too sweet. Adjust the seasoning too. Take off the heat and let it rest for fifteen minutes before serving. Garnish with some parsley or coriander. Serve with steamed sweet potato and thick chunks of bread.



## YOM KIPPUR ALMOND DRINK

### H'ri

This is a most delicious drink. Traditionally, we have it once a year to break the fast of Yom Kippur. After a twenty-five hour fast, the first thing we put in our hungry stomachs is this soothing, very creamy almond drink. Some people add rosewater and cardamom, but my preference is leave it as is to be able to taste the delicate flavour of the almonds. It is easy to make and makes a change from drinking coffee or tea.

### Ingredients

6 cups whole almonds soaked overnight
11 cups water
12 tablespoons sugar (or to taste)

### Method

Finely grind the soaked almonds with some water in a blender.

Place half the water in a deep saucepan and the other half in a bowl.

Place the ground almonds in a doubled-up sheet of muslin or cheesecloth, close the sides and tie tightly with a rubber band or string to make a sack. Holding the sack in the water inside the saucepan, squeeze the sack to draw out the milk.

Squeeze for about 10 to 15 minutes or until you have squeezed most of the milk out. Then place the sack in the water of the bowl and squeeze some more. This will produce more milk.

When you are satisfied that you have squeezed all the milk out, combine the water in the bowl with the water in the saucepan, add the sugar, and stir well to mix.

Bring to the boil, then simmer uncovered for about 10 to 15 minutes, stirring occasionally. The longer you simmer, the thicker the milk becomes. Serve hot in cups or mugs using a soup ladle.





## ZINGOOLA OR ZLABIA

### Famous Baghdadi Sweet

These quirky-looking sweets are popular in the Middle East and all over the Indian continent. One could have them during Hanukkah instead of the usual doughnuts or other fried dishes.

### Ingredients

#### The batter

125g plain flour  
About 180ml lukewarm water  
2 teaspoons cornflour  
1 teaspoon instant dry yeast  
½ teaspoon oil  
2 tablespoons yoghurt (optional)  
½ teaspoon sugar  
A pinch of salt

#### The syrup

800g sugar  
400ml water  
1 teaspoon lemon juice  
2 tablespoons rosewater

You will need a piping bag, a clean plastic ketchup bottle, a funnel or the like, and some oil for deep frying.

### Method

Mix the yeast in a little water, cover, and set aside for about 20 minutes.

In a large bowl, mix the flour, cornflour, dry yeast, salt and sugar. Add the yogurt and mix well to remove all the lumps. Mix in the oil. Add a little water and mix. You need to add the water a little at a time until you achieve a thick pouring batter, the consistency of a thick single cream. Cover the batter and set aside for 30 minutes.

While the batter is fermenting, make the syrup.

In a heavy-bottomed pan, tip in the sugar, add the water, stir to dissolve the sugar and bring to the boil. Once the water boils, reduce the heat to medium-low and simmer for about 5 minutes or so. Add the lemon juice and simmer for a minute or so. Add the rosewater and simmer for another minute, or until the mixture becomes a little thick and sticky.

Uncover the batter and give it a good stir. Fill the piping bag, plastic bottle or funnel with the batter.

In a wide heavy-bottomed pan, heat up some oil for deep frying. Once the oil is very hot, reduce the heat to medium and start squirting the batter into the oil. With very quick circular motions, start making circles and loops. Once you finish one circle, start another. Fry both sides until golden. Carefully lift out of the oil and dip into the syrup.

Arrange on a plate in one layer. Once the Zingoolas have cooled down, you can pile them one on top of the other.



## MOONG DAL STEW

### Serves 3 or 4

### Ingredients

200g yellow Moong dal  
2 tomatoes, chopped  
2 green chillies, finely chopped  
A piece fresh ginger (about 3cm) very finely chopped  
1 flat teaspoon turmeric powder

3 garlic cloves, finely chopped  
4 heaped tablespoons coriander leaves, chopped  
About 15 curry leaves  
Salt and pepper to taste

### Method

Wash the dal and soak for 20 minutes.

Bring 3 cups water to the boil.

Add the dal, the tomatoes, chillies, ginger, garlic and turmeric.

Return to the boil.

Reduce to simmer and after 10 minutes add salt and pepper. Cook for about 40 minutes stirring once in a while.

Add the curry leaves.

Remove from the heat and whisk gently with a fork or egg beater until the dal is mashed.

Add coriander leaves and cook for another 5 minutes.

Serve with plain white rice or short grain brown rice.





## FOR PESAH: DELICIOUS, GLUTEN-FREE CRISP BREAD WAFERS

If you would like to vary your matza intake during Pesah, these crisp bread wafers are just the thing. Made with buckwheat (which is not a grain) and rice flour (both of which are gluten free), this recipe incorporates 4 types of seeds: sunflower, linseed, sesame, and pumpkin, in the dough. This crisp bread is one of the healthiest and most delicious dough recipes that I have used, and is very moreish!

### Ingredients

½ cup buckwheat flour	½ cup pumpkin seeds
½ cup rice flour	¼ cup olive oil
½ cup sesame seeds	1¼ to 1 ½ cups boiling water
½ cup linseed	
½ cup sunflower seeds	

### Method

Heat the oven to 150°C.

With a spoon, mix all the ingredients together until the dough becomes smooth and elastic.

Place the dough on a baking sheet or on a non-stick mat and flatten a little with a spoon. Then cover with a baking sheet the same size as the mat. With a rolling pin, roll out the dough carefully, the thinner the better. Alternatively you can flatten the dough with your hands. There should be an even thickness throughout.

Pop it into the oven and bake for about 40 minutes; depending on your oven, it could take longer. You want a toasted looking crisp bread.

Take out of the oven to cool. Break up into pieces.

Variation: You can also incorporate some thyme or oregano in the dough.



## HALAWA, OR FRAGRANT SWEET PUDDING

### Ingredients

250ml water	2 1/2 tablespoons sunflower or grape seed oil
200g sugar	2 tablespoons rosewater
4 heaped tablespoons flour (or rice flour)	A few crushed pistachios for the garnish

### Method

Warm the water in a pan and tip in the sugar. Stir the mixture until the sugar dissolves.

In another pan, warm the oil on very low heat and add the flour. Mix thoroughly, stirring continuously for about 10 minutes or until the flour changes colour. This mixture burns easily, so keep an eye on it while stirring. You can take the pan off the heat for a few seconds if it gets too hot.

Add the water to the flour, a little at a time. Stir continuously to prevent lumping (you can use a wire whisk for this). Raise the heat very slightly and continue until the mixture thickens. You want to end up with a thick creamy mixture. Add the rose water and mix well.

Garnish with a few crushed pistachios. Serve with pitta bread.



# DEBBEST ISRAEL

## GUIDE TO STREET FOOD & QUICK BITES

By Debbie Kandel

Everyone knows Israel for falafel, hummus and shwarma, but new street food places have opened all over Israel and some of the best are in the food markets, where you can find a wide variety of interesting street food offerings. A huge advantage of the variety of food stands on offer is that not everyone in a group has to agree on where to eat, or you can graze and share different treats from a variety of places.

### SHUK MAHANE YEHUDA, JERUSALEM:



#### JOSEF BURGER

123 Agripas Street

Even though other burger joints have opened around the shuk, *Josef Burger* is still my favourite. My preference is for the Angus Burger (NIS 45) which I find to be more tender and juicy than the house burger. There are great choices of toppings, including goose liver and chili pineapple, and the service is normally quick and friendly.



#### DWINY PITA BAR

6 Beit Ya'akov Street

The concept at *Dwiny* is open or closed sandwiches, so each dish can be served either inside a pillowy fresh pita, or on top of small toasted pita, bruschetta-style. All the ingredients are fresh and interesting, with fillings including seared entrecote, osso buco, fried red mullet and crispy cauliflower.



#### ISHTABACH (MEHADRIN)

1 HaShikma Street

Since Ishtabach first opened, it has been so popular that it has already expanded twice. Regardless, the owners have managed to keep the intimacy of the service and atmosphere. The specialty dish is Shamburak, a Kurdish Syrian pastry filled with meat and vegetables, baked in a stone oven and served with various homemade sauces and salads. Fillings include Asian chicken (NIS 44), asado (NIS 45), tongue (NIS 54), and roasted vegetables (NIS 45).

#### HATZOT

121 Agripas Street

This popular steakiah (meat grill) has a separate takeaway window, along with streetside tables. The extensive takeaway menu includes *Hatzot's* famous Jerusalem mixed grill and my personal favourite, succulent pargit (NIS 54 in laffa), both with a secret spice mix.

#### HATCH

(Mehadrin),  
28 HaEgoz Street

*Hatch* is primarily known for its homemade sausages and craft beer, but other popular dishes include Fried Beef Chili Mac'n'Cheese Balls (NIS 24), Classic Buffalo Wings (NIS 32) and home-made Kettle Chips (NIS 15). As well as five varieties of craft beer, they also serve a selection of cocktails and Frosé – a rosé wine slushy.



#### CRAFT PIZZA

(Mehadrin),  
12 HaTapuach Street

*Craft Pizza* serves pizza by the slice, with a great flavour and lovely sourdough base. As well as traditional options, they also serve unusual toppings like grilled courgette, beetroot, kalamata olives, pineapple and chili, with a great spicy salsa on the side. A slice of margarita pizza is NIS 14.



There are so many other street food places that are worth visiting in the shuk, like Jachnun Bar for a Yemenite malawach, Argento for Argentinian empanadas, Pasta Basta and Fishenchips.

SARONA MARKET, TEL AVIV:



PITA BASTA

*Pita Basta* has a number of interesting items but I normally order the Heavy Pita (NIS 34), which consists of grilled chicken liver, silan, lemon sauce, tahina and other delicious toppings. The name is a play on the Hebrew word for liver and not a mistake in translation! They also serve a dessert Pita Loti (NIS 10), a crispy grilled pita with nutty chocolate and banana – sounds delicious!



CHICHO

*Chicho* is a Moroccan food bar specializing in meatball sandwiches. The lunch deal is NIS 38 for a medium meatball sandwich, or NIS 45 for a large (about 6 meatballs!) and comes with a side salad, olives and a flavoured soda. The meatball options include beef, lamb, fish, vegetarian or vegan. The pita bread is amazingly fresh and there is a spelt option.

KUKURIKU

One of the most appealing things about *Kukuriku* is watching the golden chickens turning on the spits as they cook. Chef Ran Shmueli’s stand sells chicken platters and sandwiches, with a selection of sauces and roasted vegetables.

Other fun markets to explore around the country are Shuk Tzafon, Shuk Namal, Shuk Levinsky and Shuk Hatikva in Tel Aviv, as well as markets in Akko, Ramle, Haifa and many other cities.

**Debbie Kandel has a food blog in Israel, debbestfood.com. She has been living in Israel for 11 years but is originally from London. Her family has been part of the Spanish & Portuguese community in London for many generations.**

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L'HAYIM 2019 / 95



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Food and snacks for the children will be available and we request that people do not bring food with them

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# S&P PHOTO GALLERY





Wear it Pink Bake Sale  
October 2018



YP Hanukkah Party  
December 2018





Wembley Hanukkah Party  
December 2018



Tu Bishvat Reception  
January 2019



Wembley Melave Malka  
January 2019





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**Habdalah in PJ's**  
February 2019



**Baghdad Memorial**  
February 2019





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Bar & Bat Mitzvah



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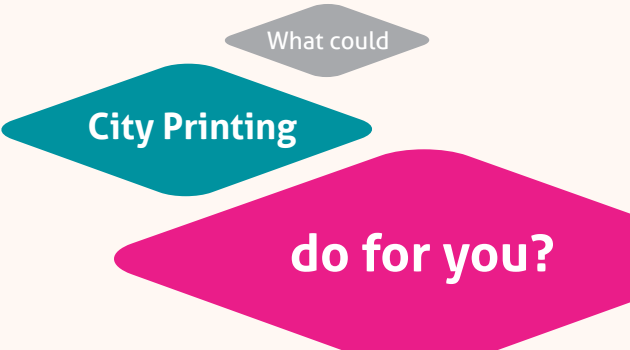
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Challah Make in Memory  
of Raymonde Sopher  
February 2019





Made in Heaven  
March 2019



Coffee Morning with JWA  
March 2019



Wembley Purim Party  
March 2019





Women's Megilah Reading  
March 2019



Purim Seuda  
March 2019



The Sound of Music  
Youth Production  
March 2019



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Tunisian Lunch  
April 2019



Yom Hazikaron &  
Yom Haatsmaut  
May 2019



Kabbalat Shabbat  
May 2019





**Yom Yerushalayim**  
May 2019



**Bath Bomb Party**  
June 2019



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**Hanukkat HaBait**  
*June 2019*



**Bevis Marks Walk**  
*June 2019*



**Heritage Fund Reception**  
*June 2019*



**Zichron Menachem**  
*July 2019*





# JEWISH CALENDAR

## 2019/2020

### SEP 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 7:21 PM	7 8:22 PM
8	9	10	11	12	13 7:05 PM	14 8:05 PM
15	16	17	18	19	20 6:49 PM	21 7:48 PM
22	23	24	25	26	27 6:33 PM	28 7:32 PM
29 Rosh Hashana 6:29PM	30 Rosh Hashana					

### OCT 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Rosh Hashana 7:25PM	2	3	4 6:17 PM	5 7:16 PM
6	7	8 Yom Kippur 6:08PM	9 Yom Kippur 7:07PM	10	11 6:02 PM	12 7:01 PM
13 Succot 5:57PM	14 Succot 6:57PM	15 Succot 6:55PM	16	17	18 5:46 PM	19 6:46 PM
20 Hoshana Rabbah	21 Shemini Atzeret 6:42PM	22 Simhat Tora 6:40PM	23	24	25 5:32 PM	26 6:33 PM
27	28	29	30	31		

### NOV 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1 4:19 PM	2 5:21 PM
3 Grand Play Date 3:30	4	5	6	7	8 4:07 PM	9 Lauderdale Lunch Club 5:10 PM
10	11	12	13	14	15 3:56 PM	16 5:01 PM
17 Mitsvah Day	18	19	20	21	22 3:48 PM	23 4:54 PM
24	25	26	27	28	29 3:41 PM	30 4:49 PM

### DEC 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 3:38 PM	7 4:46 PM
8	9	10	11	12	13 3:36 PM	14 4:46 PM
15	16	17	18	19	20 3:38 PM	21 4:48 PM
22 Hanukkah 1 Candle	23 Hanukkah 2 Candle	24 Hanukkah 3 Candle	25 Hanukkah 4 Candle	26 Hanukkah 5 Candle	27 Hanukkah 6 Candle 3:42 PM	28 Hanukkah 7 Candle 4:52 PM
29 Hanukkah 8 Candle	30	31				



# JEWISH CALENDAR

## 2019/2020

JAN  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 3:49 PM	4 4:59 PM
5	6	7	8	9	10 3:58 PM	11 5:07 PM
12	13	14	15	16	17 4:09 PM	18 5:17 PM
19	20	21	22	23	24 4:20 PM	25 5:28 PM
26	27	28	29	30	31 4:33 PM	

FEB  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 5:39 PM
2	3	4	5	6	7 4:45 PM	8 5:51 PM
9	10 Tu Bishbat	11	12	13	14 4:58 PM	15 6:03 PM
16	17	18	19	20	21 5:11 PM	22 6:15 PM
23	24	25	26	27	28 5:24 PM	29 6:26 PM

MAR  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 5:35 PM	7 6:38 PM
8	9 Fast of Esther	10	11	12	13 5:47 PM	14 6:50 PM
15	16	17	18	19	20 5:59 PM	21 7:02 PM
22	23	24	25	26	27 6:11 PM	28 7:14 PM
29	30	31				

APR  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 7:22 PM	4 8:27 PM
5	6	7	8 Pesah 7:31 PM	9 Pesah 8:36 PM	10 Pesah 7:34 PM	11 Pesah 8:40 PM
12 Pesah	13 Pesah	14 Pesah 7:41 PM	15 Pesah 8:47 PM	16 Pesah 8:49 PM	17 7:46 PM	18 8:53 PM
19	20	21	22	23	24 7:58 PM	25 9:06 PM
26	27	28 Yom Ha'Zikaron	29 Yom Ha'Atsmaut	30		



MAY  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
					1 8:09 PM	2 9:19 PM
3	4	5	6	7	8 Pesah Sheni 8:21 PM	9 9:33 PM
10	11	12	13	14	15 8:32 PM	16 9:46 PM
17	18	19	20	21	22 8:42 PM	23 9:58 PM
24	25	26	27	28	29 Shabout 8:51 PM	30 Shabout 10:09 PM
31						

JUNE  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 8:58 PM	6 10:18 PM
7	8	9	10	11	12 9:04 PM	13 10:24 PM
14	15	16	17	18	19 9:07 PM	20 10:28 PM
21	22	23	24	25	26 9:08 PM	27 10:28 PM
28	29	30				

JULY  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 9:06 PM	4 10:24 PM
5	6	7	8	9	10 9:02 PM	11 10:18 PM
12	13	14	15	16	17 8:55 PM	18 10:09 PM
19	20	21	22	23	24 8:47 PM	25 9:58 PM
26	27	28	29	30 Tishba B'Ab	31 8:36 PM	

AUG  
2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:45 PM
2	3	4	5	6	7 8:24 PM	8 9:31 PM
9	10	11	12	13	14 8:11 PM	15 9:16 PM
16	17	18	19	20	21 7:57 PM	22 9:00 PM
23	24	25	26	27	28 7:42 PM	29 8:43 PM
30	31					



# March of the Living 2020

An experience you'll never forget

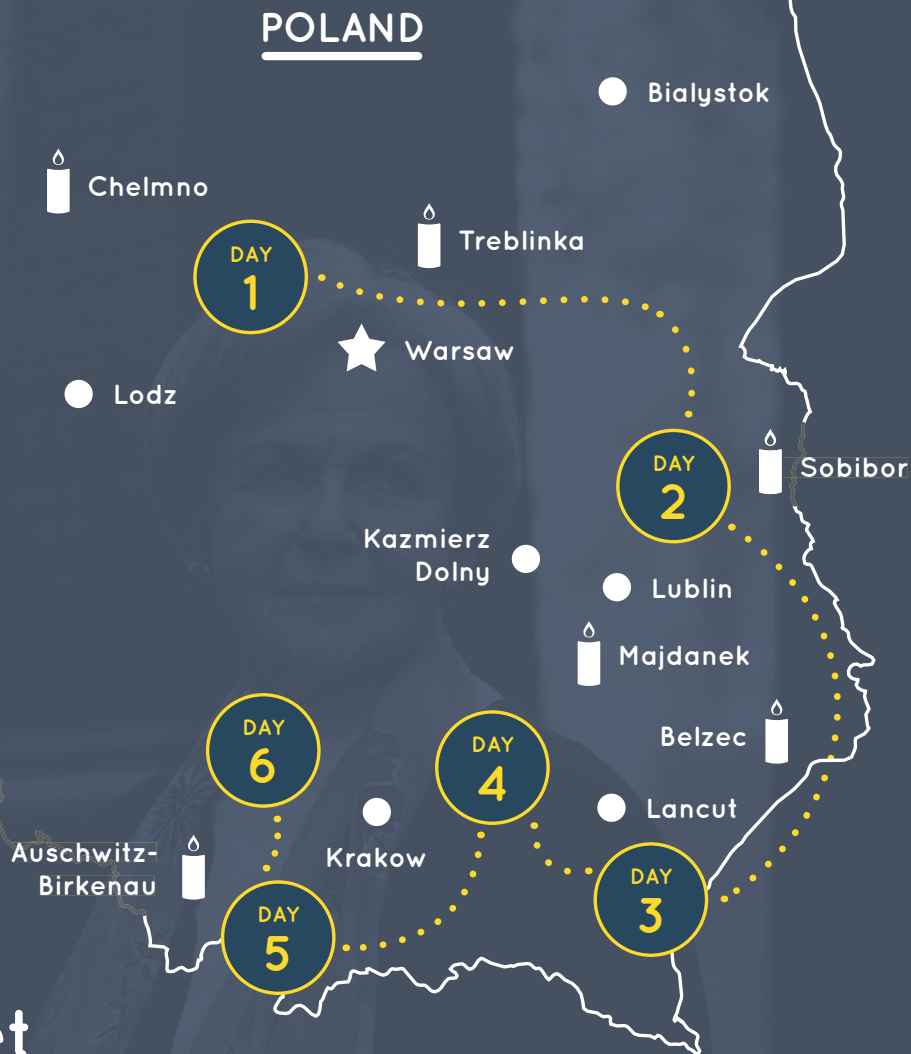
17-22 April

Join us for a life changing journey. On the 21st April 2020 thousands of Jewish people will march three kilometres from Auschwitz to Birkenau, the largest concentration camp complex built by the Nazis during World War II.

The March commemorates Yom Hashoah, Holocaust Remembrance Day. You can be there - along with over 10,000 participants from more than 40 countries. Prior to the March, you will travel as part of a small group, visiting the concentration camps of Auschwitz-Birkenau and Majdanek, as well as historic Jewish sites in Poland.

It will be an experience that will remain with you for a lifetime.

To find out more about this incredible trip, or to support March of the Living UK and ensure that we can continue providing young Jews with this important educational experience, call **0208 349 8032** or visit **[marchoftheliving.org.uk](http://marchoftheliving.org.uk)**



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