

# gesher magazine

2021 ROSH HASHANAH EDITION 5782



Welcome Back!

The Hale Community Magazine

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### DISCLAIMER

Please note that the ideas, views and opinions expressed in this magazine are those of the individual author(s). They do not necessarily reflect the views or opinions of the Editors, the Rabbi, Executive or Council of the Hale and District Hebrew Congregation.

## Editors' Message

### Dear Gesher Readers

**We hope this Rosh Hashanah 5782 edition finds you and your families both safe and well, and eager to get life back to some sort of normality in good time for the Yamim Noraim!**

As Hale Shule is opening its doors to a larger number of members than has been possible for some time, the Executive, Council, as well as Rabbi and Leanne Binstock and Rabbi and Tova Levine, are eager to welcome you back and look forward to seeing you very soon.

It is in this vein that we have decided the theme of this Yom Tov edition of Gesher should naturally be "Welcome Back". We are reunited with some familiar members, via their articles. Their names may just ring a bell with you, even if you haven't seen them in person for a while! You may well discover something you never knew about them, too... they're a dog lover, a philosopher at heart, a budding barber since Covid... While some members have taken up fresh hobbies – online Bridge, chess and ladies' Zoom singing to name but three - others have discovered new talents or revisited their old pastimes. Find out about the new joys of tennis for a group of 60 somethings... or even Hale shule's very own answer to "The Queen's Gambit"! Furthermore, you will get the chance to find out what some previous Hale shule members have been doing with their lives since moving away from our friendly community... a new citizenship, career, or even a book to add to their name! A special mention goes to Natalie Zimmel, who carried out several interviews for this edition. Thank you for your support! Of course, we are also grateful for the generous sponsorship of Beaverbrooks without whom Gesher in this format would not be possible.

If you're looking for a bit of inspiration in the kitchen before Rosh Hashanah, then look no further than the mouth-

watering recipes kindly provided by the Three Rebbitzens of Hale! The Algarve is a popular destination for many of our members, but did you know that there's a small Jewish community aiming to set up a shule in Albufeira? This year marks 73 years since the inception of the NHS, but were you aware that it first started its life in Manchester? One member tells of her fascinating trip to Russia leading to her arrest by the KGB. Can you guess who? The Manchester Jewish Museum reopened this July, and one or two members were instrumental in the redecoration of a part of its building. Find out who, and how they achieved this. Whether you're someone who has previously trodden the boards at the Waterside Theatre with Junior Stage 80 or a supportive audience member, you're invited to read some of the cast highlights over the years...and may find some surprising nuggets! Two charities (The Friendship Circle and Camp Simcha) well-known to this community were successful in their match fund campaigns this year, but do you know the extent of the wonderful work that they do here in Manchester? Then read on...

With the New Year fast approaching, there's no better time to plan ahead. So, as you enjoy your Yom Tov reading of Gesher, perhaps think about how you could contribute to the next edition - an article, advert or both! We are always keen to engage our younger readership, too, so please don't be shy. We'd love to have a regular "Hale Youth" feature! Suggestions might include: a joke, poem, seasonal crossword, riddle, school achievement, sports award, travel experience, new discovery, meeting with a celebrity, long lost reunion! We also LOVE photos, so please email them along with your articles, to gesher@haleshule.com.

We wish you a Shana Tova U'metukah - a happy and sweet New Year!

The Gesher Team

## Notable Dates For Your Diary

### SEPTEMBER – TISHRI

Monday 6 September	Erev Rosh Hashanah
Tuesday 7 September	Rosh Hashanah 1
Wednesday 8 September	Rosh Hashanah 2
Thursday 9 September	Fast of Gedaliah
Wednesday 15 September	Kol Nidrei
Thursday 16 September	Yom Kippur
Tuesday 21 September	Succot 1
Wednesday 22 September	Succot 2
Tuesday 28 September	Shemini Atzeret
Wednesday 29 September	Simchat Torah

### NOVEMBER – DECEMBER / KISLEV - TEVET

Monday 29 November	Chanukah 1
Monday 6 December	Chanukah 8
Tuesday 14 December	Fast of Tevet

### JANUARY / SHEVAT

Monday 17 January	Tu B'Shevat
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### MARCH / ADAR II

Wednesday 16 March	Fast of Esther
Thursday 17 March	Purim

### APRIL – MAY / NISSAN – IYAR

Friday 15 April	Erev Pesach
Shabbat 16 April	Pesach 1
Sunday 17 April	Pesach 2
Friday 22 April	Pesach 7
Shabbat 23 April	Pesach 8
Thursday 28 April	Yom HaShoah
Thursday 5 May	Yom Ha'atzmaut
Thursday 19 May	Lag B'Omer

### JUNE / SIVAN

Sunday 5 June	Shavuot 1
Monday 6 June	Shavuot 2

### JULY - AUGUST / TAMMUZ – AV

Sunday 17 July	Fast of Tammuz
Sunday 7 August	Tisha B'Av

### SEPTEMBER / ELLUL

Sunday 25 September	Erev Rosh Hashanah
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## Shule Service Times

All information was correct at the time of going to press and in accordance with Government Covid-19 regulations.

Services take place in the main Shule at 2m distancing, and outside when possible. Details are subject to change so please check on the Shule website ([www.haleshule.com](http://www.haleshule.com)) or call the Shule office. Pre-registration is essential - thank you.

For those unable to attend Services in person, all Weekday Services will continue to be streamed live via Zoom using the usual login link

<https://bit.ly/2W4UlgN> Room Number 980 884 6666

### MINYANIM ARE HELD FOR ALL SERVICES

Sunday & Bank Holiday	Mornings – 9.00am
Monday – Friday	Mornings – 8.00am
Sunday – Thursday	Evenings – 7.00pm
Shabbat	Morning – 9.30am

Shabbat Mincha usually takes place 1 hour and 10 minutes before the termination of Shabbat in the Shule, followed by Seudah and Ma'ariv. All Shabbat and Shabbat Service times for any particular week are published in our weekly newsletter and appear on our website.

Please note that where times announced for the commencement of Shabbat in Hale are earlier than those printed elsewhere, all members of our Congregation should follow Hale times. For services times over the Yamim Tovim please refer to separate timetable.

## Shabbat Pram & Buggy Pushing Service

S.P.S. has been set up in order to preserve the sanctity of Shabbat whilst, at the same time, facilitating young mothers to go to Shule and elsewhere to share Shabbat with family and friends.

A non-Jewish child minder can be pre-booked to walk with you and push your child on Shabbat.

Bookings can be by email to [sps@haleeruv.co.uk](mailto:sps@haleeruv.co.uk) up to 1.00pm on Wednesday in any given week. A voluntary donation is requested for those using this service.

**A HALE ERUV PROJECT** following Government guidelines on how to contain the transmission of coronavirus.



## Useful Contacts

### SHULE OFFICE

Open Monday – Thursday	9.30am to 3.00pm
General Enquiries	0161 980 8846
Fax	0161 980 1802
Email	<a href="mailto:info@haleshule.com">info@haleshule.com</a>
Website	<a href="http://www.haleshule.com">www.haleshule.com</a>

### RABBI YISROEL BINSTOCK

Office	0161 980 8846
Email	<a href="mailto:rabbi@haleshule.com">rabbi@haleshule.com</a>

### REBBETZEN LEANNE BINSTOCK

Email	<a href="mailto:leanne@haleshule.com">leanne@haleshule.com</a>
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### GESHER

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Gillian Rowe	07940 268857
Stephen Quinn	07831 355055
Candice Dwek	07778 668515
Email	<a href="mailto:gesher@haleshule.com">gesher@haleshule.com</a>

### NURSERY

Manager	Kat Tilbury 0161 903 9486
Email	<a href="mailto:nursery@haleshule.com">nursery@haleshule.com</a>

### KIDDUSHIM

Michelle Sallon - Enquiries	07971 987875
Email	<a href="mailto:msallon@gmail.com">msallon@gmail.com</a>
Susan Sallon - Enquiries	0161 980 1016
Email	<a href="mailto:susansallon@gmail.com">susansallon@gmail.com</a>

### CULTURAL EVENTS

Stephen Lentin	0161 941 1612
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### CHEVRA KADISHA

Linda and Barry Price	07860 462007
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### SOUTH MANCHESTER MIKVA

24 Hours	0161 904 8296
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## Useful Contacts

### CHESED

Charlotte Cohen	07717 021258
Debbie Horne	07900 698265
Gillian Rowe	07940 268857

## New Members

Josh and Rosie Rubin
Hannah and Jonathan Goldstone
Darren and Hannah Zitren
Andy and Rachel Stern
Dean and Natasha Furman
Arron and Julie Gabbie

## Chayim Arukim

Elaine Adlestone on the loss of her sister
Anthony Horne on the loss of his mother
Shirley Horwich on the loss of her sister
Daniella Rosenthal on the loss of her father
Clare Savinson on the loss of her mother

The Hale & District Hebrew Congregation was founded in 1977 and we have grown to nearly 800 members

Our community aims to provide for the spiritual, educational, cultural, social, recreational and pastoral needs of all our members, regardless of age or gender, throughout the whole of their life cycle.

We strive to create an inspiring platform for spiritual growth and observance with a strong sense of "family" connection at our core, in conjunction with local communities.

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All photographs taken prior to March 2020



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## From The Rabbi's Study - Rosh Hashanah 5782

### Dear Friends,

Welcome Back! I know we've been fortunate enough to have our Shule open for most of this past year, and we also remain very aware that we haven't seen the end of Covid 19, but there is still a real sense of "Welcome back to Shule" this year, as we can finally gather in larger numbers together.

Things are slowly returning to normal... Many people were able to get away for summer holidays, we've had Bar Mitzvahs, Bat Mitzvahs, and weddings in Shule again, Youth football BBQs, and we've had a "Summer Seuda Season" where it was so good to see each other in person again.

Moving back into Shule has given us the opportunity to learn from the time we were forced to remain at home, and we will always be looking to incorporate those ideas going forward. One example of this was our Friday Night Live services, where we took an idea which had worked really well on zoom and brought it into shule in person with live music, scotch and sushi (and ice cream for the kids!) on Friday afternoon before bringing in Shabbat. It was great to see so many families from across different age ranges come and enjoy this together.

I know for many of you Rosh Hashanah will be the first occasion of a large gathering in shule for a while, and we are taking the necessary steps to make sure that this experience will be safe and comfortable as well as inspiring and uplifting. We are delighted that Eli Tamir will be joining us once again to lead our prayer services in a beautiful way. For those of you who heard him last year you will no doubt remember how special it was, and it will be a real treat too for those of you who will be hearing him for the first time. I've really enjoyed working with Eli on a selection on tunes which will bring our prayers to life, and I can't wait to hear the sound of us davening and singing together.

As we approach Rosh Hashanah and Yom Kippur we should always look back and reflect on the year that has passed, and there is a lot to be grateful for this year. Each year that passes is unique, but this year has been particularly different, and it has given us a different perspective, if you'll excuse my play on words, it's a "2021 Vision" which can teach us something very important for the year ahead.

There were many "2020" events that took place this year in 2021. The Tokyo 2020 Olympics, the Euro 2020 football tournament, and countless weddings and simchas with 2020 branding all over them. Why did they all keep their "2020" name if they were taking place in 2021?

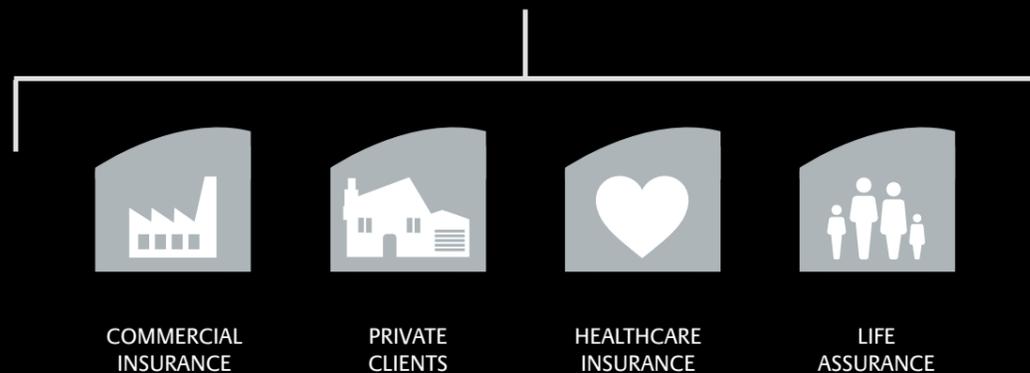
Now it is possible that this was simply more practical as all the branding and merchandise was already there, but I think there is an important lesson here too. The lesson is to not be scared of looking back into the year that has passed and saying – there are things that I wanted to do last year which I wasn't able to complete, I'm going to bring them forward this year, I am going to fix last year in the year ahead.

On Rosh Hashanah and Yom Kippur a large part of our prayers is focussed on "Chaim", a new lease of life for the year ahead. When praying this year, we should be thinking of all those important things we were unable to accomplish in the year that has passed and try to resolve to make sure that they can happen in the year ahead, in the book of life!

So welcome back to Shule, we can't wait to see you there in person! Leanne, Motti, Didi, Atara and Yaffa join me in wishing you and your family a happy and healthy, peaceful and prosperous year ahead. May we all be inscribed in the book of life!



# Simon Taylor & Danny Lopian are delighted to support Hale Synagogue Geshet Magazine



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## Chevra Kadisha - Rosh Hashanah 2021

At the Beit Olam the first grey granite headstone has been installed. Going forward this is the fabric and colour for all new headstones in the cemetery. The white marble stone will be made available for special circumstances.

Builders have been on site at the Ohel. Together with some internal works, they have been creating a new outdoor hand-washing station. This has been generously donated by the Freedman family in memory of their parents, Freda z"l and Lionel Freedman z"l.

Earlier in the year, we attended a meeting hosted by Bowdon Shul to hear North West Medical Examiner Officer, Margaret Butler, brief us on the new Medical Examiner system.

This will be introduced gradually throughout the country. It replaces and adds to some of the legal requirements currently in use.

The Chevra Kadisha are now fully functioning again and we would be delighted to welcome and train anyone who'd like to be involved in this important mitzvah.

Chevra Kadisha update by Linda and Barry Price



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## President's Message

Shalom Dearest Family Hale...

Shanah Tova! Happy New Year!

What a year it has been for us all. As I started to think about what I was going to write, Ginni and I were in Israel. Due to COVID we had not been for nearly 2 years and, thank G-d, the travel experience was great. Seeing our family was amazing and we are grateful for the opportunity to have been able to spend time with them.

I find travel fascinating - one encounters so many different people, so many different places. All with their own energy and their own ideas of what do to with them.



As Jews, our mission is clear - to reveal G-d's plan in the world. OK, you may need to learn some Torah to understand the detail behind this, but at a high level, as a People, this is what we are meant to be doing.

We know this through tradition. And as the year draws to a close, we finish off reading the 5th book of the Torah - Devarim - where, in simple terms, Moshe gives over to the Jewish people his understanding of the Torah.

The fabric of Jewish experience is as much a product of people and personalities as it is a product of technical statute and law. The passing of tradition could wrongly be seen as a two-step progression; first, the receiving of a heritage from the past; and second, the transmission of that heritage to the future. There is, however, a pivotal third step. We receive tradition from the past generation. That tradition courses through us and only do we then pass that tradition to the future. Unavoidably, as the body of Jewish life courses through individuals, families and communities in each generation, it is altered by a myriad of variables. The personal experiences, challenges, perceptions, aspirations and dreams of parents, teachers, grandparents, rabbis, communal leaders and whole communities all shape the continually developing character of our People's legacy.

I think we are at pivotal point in our community's history. As David has indicated in his Treasurer's report, we are in a precarious financial position, and a post-COVID return to full programming will require a new approach. But the finances are only part of the bigger picture of where we are heading as a community. The future of the community is not only about, but also in the hands of the young families who are our members - and this is why we are working to bring a new younger management team into Shule.

With the communal traditions we have in place, the young families will develop the character of our community - and that is how it should be.

It is hard to adequately express gratitude to everyone who works tirelessly for the community. Thank you to Rabbi and Leanne, the Executive and Council, Suzanne and Josie in the office, Miguel, our caretaker, and to all of you who quietly do so very much for us all.

Ginni and I send you our warmest love and blessings for a year of good health, much simcha and great success.

Shanah Tova  
Jonathan Steinberg

## The Chief Rabbi's Rosh Hashanah Message 5782

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**CHIEF RABBI**

### The Chief Rabbi's Rosh Hashanah Message 5782

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

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

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

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

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

The Torah reading for Rosh Hashanah seems a surprising choice. On the anniversary of the creation of the world, we would surely expect to read about the creation from the Book of Genesis. Instead, we read the story of a person who was born into a world of idolatry and sacrilege. Yet, Abraham, the father of our people, repeatedly demonstrated his commitment to Hashem without hesitation. He became the first parent in our tradition to circumcise their son and was even prepared to countenance sacrificing him.

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

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

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

Shana Tovah,

Chief Rabbi Ephraim Mirvis



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## Message from Tzipi Hotovely, Ambassador of Israel to the UK

The Ambassador's Office  
Embassy of Israel  
London



לשכת השגרירה  
שגרירות ישראל  
לונדון

It is my distinct honour to share my warmest wishes with you this Rosh Hashanah.

Rosh Hashanah marks a new beginning, the year 5782 is a blank slate, full of opportunity and promise. The past year, my first as Ambassador, has been unquestionably unusual, however I am able to reflect positively on the wonderful welcome I received from the British Jewish Community. In these strange and difficult times, when the physical distance between Israel and the UK is felt more strongly than ever, it could have been so easy for the community to lose touch and sight of their deep connection to the Jewish State. I was, consequently, moved to experience the community's love and support for Israel over this last year. From keeping Israel in your hearts and prayers, to standing in the rain to express solidarity in our hour of need, the eternal bond between British Jewry and the Jewish homeland is evidently strong.

Please know that just as you stand in support of the State of Israel, the State of Israel stands in support of you. As we enter this new and illimitable year, nurturing our relationship with the Diaspora remains a personal priority, as well as a priority for the Israeli government. May we take forth this strong sense of community and kinship into the New Year; a people united by a shared history and homeland.

I wish you a Shana Tova U'metuka and good luck for the year to come.

שנה טובה

Tzipi Hotovely  
Tzipi Hotovely  
Ambassador of Israel to the Court of St James's



2 Palace Green, London W8 4QB

## Treasurer's Report 2020 - 21

At the date of preparation of this report, draft accounts are with our auditor and will be submitted for Council review and Director approval before going out to members along with notification of the AGM.

Below is a summary of the figures, by cost centre. They may be subject to some adjustment between cost centres, but the total surplus of £107,983 agrees with the accounts. Details behind these figures are available and can be fully discussed at the AGM.

### General Account - £86,070, £56,070

The surplus of £86,070 includes the £30k from Bowdon which was donated in recognition of the burial plots we released to them in Dunham. I have then shown the total excluding this donation. Our wages expenditure is reduced by furlough income of £16,775, a saving that we will not have in future.

Savings on insurance costs and reorganised caretaking, part way through 2019-20, have begun to come through. We also had savings from being in lockdown in 2020, and therefore not able to stage Yom Tov events and the summer seuda season. These savings make the surplus deceptive and a return to a full programme of events will once more underline our precarious financial position.

Again, because of Covid restrictions, much of our maintenance, and refurb and renovate programme, has not been carried out. Therefore, I have accrued £43,000 to meet the costs of extensive roof repairs and a long overdue new electric front gate. I have done this on the basis that, if it weren't for Covid, these works would have been done in the year 2020-21.

This allows us to get our refurb and renovate programme back on track this year.

### Nursery - (£6,886)

Income includes security income and Trafford funding for childcare.

The wages are reduced by the £37,837 furlough money received and redundancy costs of £2,378 are included.

The fee income includes a cross-over payment from the general account for educating rabbinic children. Without this, the Nursery would have made a loss of £12,358. The cost of educating the rabbinic children will rise this year due to the happy arrival of more children and this will need to be accounted for in the General Account.

Much has been done to control costs, and staffing levels have been monitored closely. The disruption to the Nursery during Covid, combined with the financial strictures imposed, has made the management of the Nursery challenging, and our Head and her team have coped admirably, and are to be congratulated.

The Executive and Council took the view that the whole Community benefits from having the Nursery and some support from the YK Appeal was justified to cover the deficit. The Nursery has also been supported by donations for refurbishment, which has been undertaken over the last few months. Whilst pupil numbers are rising, it still remains challenging to avoid an unmanageable deficit. Maurice Gould and Josie's help in managing fees has been invaluable to me, and Kat, our Head, has worked tirelessly and constructively within tight financial controls

### Building fund – (£39,072)

The income of £1,000 is the last donation of a pledge made a number of years ago. The expenditure is building depreciation, and not a cash loss.

### Yom Kippur Appeal £9,234

Due to lower Shule attendances at YK, the donations this year have fallen. The surplus is after donating £15,000 to HAHET to support the adult education and other work undertaken. This was reduced by £10,000 from the previous year due to inevitable lower activity.

The balance of £9,234 was retained to support the Nursery and youth activities.

### Burial Fund - £20,853

The income includes £1,068 from Bowdon towards overheads for the period October-March, as per our agreement with them. The cost of burials is £16,454 for 6 funerals compared to the previous year £6,725 for 3 funerals. The figure this year reflects the use of paid external resources for burials. Covid prevented our own Chevra from being able to carry out some of the functions they normally undertake voluntarily.

2019-20 was an exceptionally "good" year for funerals, and 6+ is what actuarial forecast predicts. May we have many "good" years.

The Burial Fund has its own bank account, and from time to time we transfer surplus funds to CCLA, our investment managers. We transferred £250k to the Fund end October 2019, which had grown to £284,017 on 31st March 2021.

In May 2021, we transferred a further £50,000 of surplus burial funds to CCLA. Including this, the Fund stood at £367,671 on 29th July 2021. The Fund needs to continue to grow as, eventually, costs will exceed fee income, and we will need to start drawing from the Fund.

## Treasurer's Report (continued)

### Legacy Fund - £38,216

This is a ring-fenced designated fund to go towards improvement in the Shule's physical facilities. To date, donations including gift-aid amount to £138,912, with remaining pledges amounting to £17,374.

An exciting plan is now being finalised for a recreational garden and youth facility at the side of the Shule, which will be financed by the Legacy Fund, and more detail will be available shortly.

### Funds

We have the £450k proceeds from the sale of High Elm Road, and also the £30k from Bowdon as part of the Dunham agreement. Money in a bank account yields almost nothing, and I have discussed with CCLA, about committing some or all of these funds to them. But an investment of this kind needs to be committed for 3-5 years, to cope with stock market fluctuations. We are therefore reviewing the medium-term need for funds before locking money away.

### Forecast

Last year, I indicated that the Shule had enough ongoing income to cover its basic essentials. But, if we want to have special kiddushim, Succot, Chanukah and Purim parties, a Summer Seuda Season, etc., separate funding needs to be found for this. We also want to significantly improve and increase our offer to younger members, and this will require new funding.

We now have costed programmes, and can identify where sponsors are needed for large and small amounts. I do hope

that, if you are approached, you will help to support these events, which have been enjoyed by our members over the years.

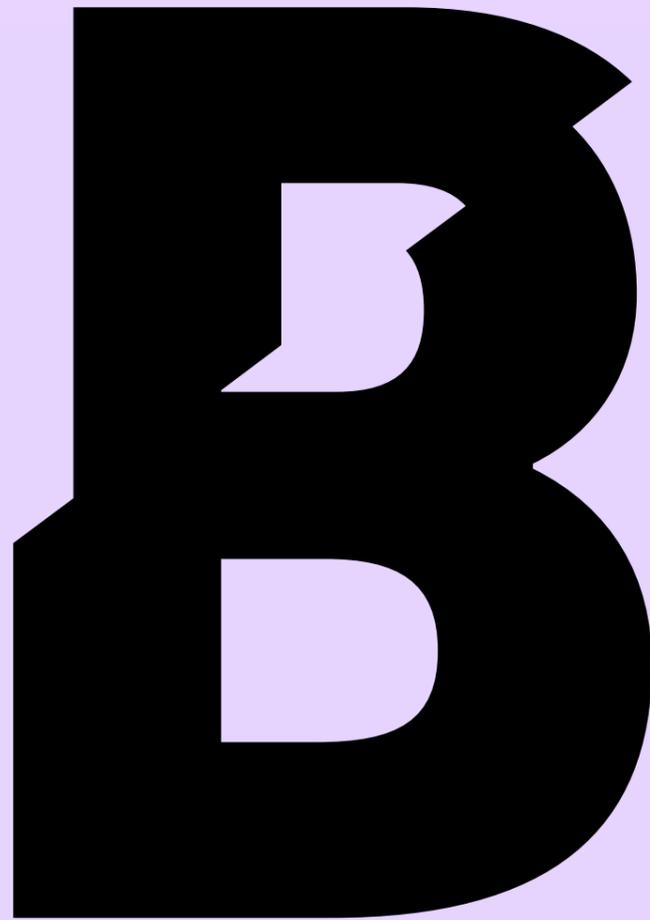
After 4 years, this is my last Treasurer's Report. I believe that I have added a better understanding of how our members' money is spent, and that my analyses have enabled more informed decisions to be made as to how to prioritise limited resources. These tools are important if we are to direct our limited funds to where they can give maximum benefit to the maximum number of members. I do hope that future treasurers will continue to provide and improve on this level of information to members. While things are good, most members will not be particularly interested. When things are bad, these tools will be invaluable in making difficult decisions. I wish my successor every success.

Finally, thank you to all who have supported me this year, the outgoing Executive, Suzanne and Josie in the office, Maurice Gould with fees, Edward Cobb and Tony Woolf whose wise advice I seek from time to time, and Stephen Quinn who has assisted with Gesher funding. Also to Michael Rappaport who works hard to find sponsors for the Newsletter, and a special mention to Nici Wertheim, whose experience, wisdom, and professional knowledge have greatly assisted me in managing Nursery finances through a difficult period.

Jennifer joins me in wishing all our Members a Happy, Healthy and Prosperous New Year.

David Zucker

	General Account	Bowdon Donation	General Account Excluding Bowdon	Nursery	Building Fund	YK Appeal	Burial Fund	Legacy Fund	TOTAL
Income	£375,940	£30,000	£345,940	£173,044	£1,000	£66,790	£42,179	£38,414	<b>£699,167</b>
Expenditure	£289,870	£0	£289,870	£179,931	£40,072	£57,556	£21,326	£198	<b>£591,183</b>
Net Surplus/									
Deficit	£86,070	£30,000	£56,070	-£6,886	-£39,072	£9,234	£20,853	£38,216	<b>£107,983</b>



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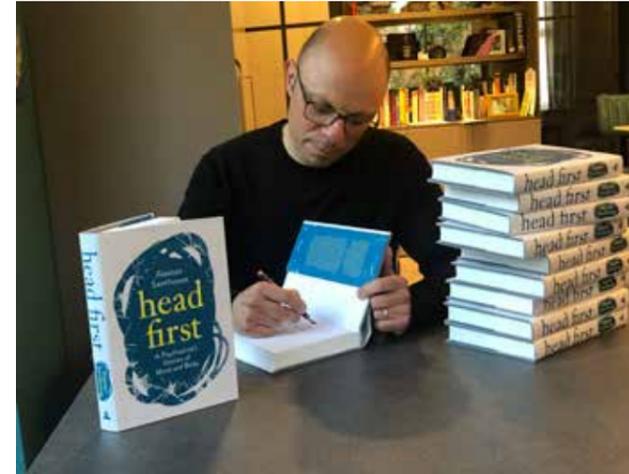
  
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## Social & Community

### Head First

Alastair Santhouse is an authentic Manchester man.



Alastair was born in Altrincham as were his older sister, Kate, and younger brother, Tim. He went to school at Altrincham Prep then Manchester Grammar before studying medicine at Cambridge. His parents, Arleen and Carl Santhouse, live in Bowdon.

Alastair is now a consultant psychiatrist at both Guy's Hospital and the Maudsley Hospital in London. He was Vice Chair of the Royal College of Psychiatrists Faculty of Liaison Psychiatry between 2013 and 2017 and in 2016 served as President of the Psychiatry Section of the Royal Society of Medicine. His clinical work focusses on the intersection of physical and mental health.

In his new book, 'Head First', Santhouse asks those questions that we may not be answering correctly: What does it mean to be 'well'? Is it something in our body? Or, is it rather something subjective - something of the mind? In this profound collection of clinical stories, Alastair draws on his experience of treating thousands of hospital patients to show how our emotions are inextricably linked to our physical wellbeing.

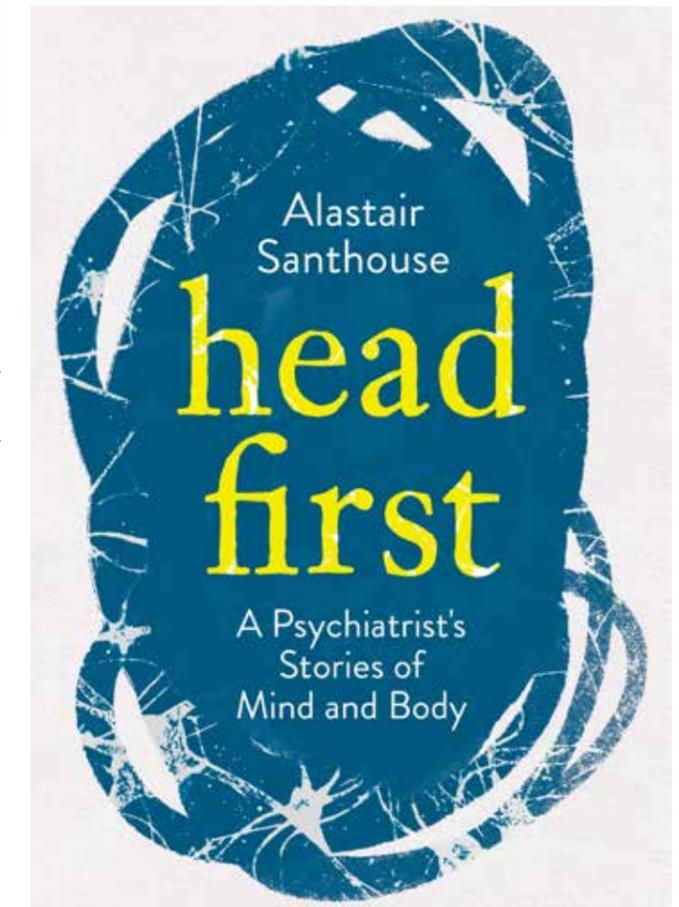
He shows us how our minds shape the way we understand and react to the symptoms that we develop, dictate the treatments we receive and influence whether they work. Our mind even influences whether we develop symptoms at all. Written with brutal honesty, deep compassion and a wry sense of humour, Head First examines difficult cases that illuminate some of our most puzzling and controversial medical issues - from the tragedy of suicide, to the stigma surrounding obesity, to the ongoing misery of chronic pain.

Ultimately, he finds that our medical model has failed us by promoting specialisation and overlooking perhaps the single most important component of our health: our state of mind.

An exquisitely written exploration of the connections between physical and mental health written by a genuine and caring doctor – this must be your next read.

Available at bookshops and on Amazon.

Kate Fulton



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Talkers

For more information  
contact Louise Leinhardt  
on 07714 417990



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## Social & Community

### My Spiritual Journey So Far

My parents moved to Hale in 1984 (I was 4 years old) in the days of Reverend Tann, before the Portnoy 'era', and the shule was a modest fraction of how it is now!

I have always been in awe of and have an intense appreciation for our natural world. I used to sit for hours at the bottom of our garden listening to the sound of the wind in the trees and noticing the different cloud formations in the sky. The woods between Brooks Drive and Hasty Lane and the Bollin Valley are etched upon my childhood.

Living only a few doors away from the Portnoys I used to watch Ruthie walk to Shule on a Shabbos morning, her children in tow, and came to the conclusion that living a committed Jewish life brings with it such meaning and purpose. I was inspired from a very early age. Throughout my teens, I quietly took on more mitzvah observance, read and re-read with fascination all the Jewish books I was given for my Bat Mitzvah (highly unusual, I know!) and signed up to every learning programme I could.

The final straw came three months into my university degree when I told Ruthie I just couldn't face four years of this when my neshama was so thirsty. She said "Well, why don't you just pack it in and go to Israel to Sem?!" Baruch Hashem, my parents were so amazing and supportive - like all Jewish parents, they just wanted me to be happy...the next week I arrived in Neve Yerushalayim where I sat in shiurim from 8am-10pm - I had sacrificed my degree for this so I wanted to get absolutely everything from it!

Back in Manchester I was heavily involved with Aish HaTorah, and one Shabbos I organised an 'Aish Shabbaton' kindly hosted by the Portnoys. My future husband, Danny, was drafted in from North to help with the ruach and I remember seeing him jigging one of the Portnoy boys on his lap during the Zemirots (Shabbos songs). I made a mental note to myself that this guy (Danny Bergson) was going to be a great father one day but didn't think any more than that because I was so frum! The next week he was offered to me as a shidduch... and four months later we were standing under the chuppah in the 'old' Hale Shule. If anybody remembers a wedding there, the Chosson and Kallah had the most unbelievably long walk to the chuppah. Because I was fasting and so overcome with emotion and kavanah (spiritual concentration), I was practically fainting and my parents had to hold me up and glide me along the whole way (they must have been given extra strong powers that day!).

Danny and I are so different but, because we have the same vision, we are so passionate and idealistic about our Yiddishkeit. We have been privileged as a Rabbi/Rebbitzen Team to lead communities in Glasgow, London and now, the lovely St Anne's community. So that our children don't have to shlep to school every day, we live in

Prestwich during the week (with Danny commuting to St Anne's several times a week) and we go en masse for Shabbos and Yom Tov.

Although it seems we are always going backwards and forwards, this arrangement has given me some time and space to develop my love of everything holistic in a more professional format.

I am a qualified Hypnotherapist and Holistic Health Practitioner and was just getting my practice going nicely when Covid hit and I couldn't have clients in the home for obvious reasons, not to mention children off school!

I have always loved healthy eating, really appreciating all the bounty Hashem has provided us with. Eating is actually a very holy experience. How often do you stop to think before biting into an apple (or substitute your favourite fruit here!)? How many years the tree has had to grow and mature before it can even produce fruit! Now it has taken months this season to grow the fruit which you have selected because it looks so ripe and delicious! Then you make a bracha, infusing it with holiness before you eat it mindfully. Next, your miraculous digestive system will convert the nourishment into energy which fills your bloodstream and cells. So finally, over time 'you are what you eat'!

In lockdown I was experimenting with different healthy treats for my family. They were telling me my healthy sugar-free ice cream was so good that I should sell it! When the children finally got back to school, I thought I'll try it out and see how it goes! Baruch Hashem, I've built up a thriving customer base in North and have a 'South Manchester Collection Point' (my parents' house - I told you they are amazing!) because I thought there would be like-minded 'Clean Eaters' in Hale who might like to try my products, too.

I feel my life has been a spiritual journey so far, with twists and turns when I was least expecting. We never know what Hashem has planned for us. One thing's for sure - holding on to our faith makes challenges easier and gives us the strength and humility to not only cope, but grow from our experiences.

If anybody would like to be in touch with me, please visit my website: [www.annaholistictherapies.com](http://www.annaholistictherapies.com)

Wishing the Kehilla a Kesivah V'Chasimah Tovah.  
Love Anna x

Anna Bergson



## Social & Community

### Monty the Wonder Dog

**'Celev' - Hebrew for dog - can be split into two parts... Kol and Lev, simply translated as 'All Heart'. Any dog owner will testify that this man-loving creature is indeed just that. Montague Sallon is a super sensory wonder-doggy who only serves to love us, his proud owners.**

I can only speak for our own canine, but Monty doesn't seem to judge us in any way. He doesn't even seem to have an opinion on most topics of discussion around our dinner table – the first Sallon not to! Of course, he will let us know if he needs to go outside, drink some water, or another expensive dog snack... but it's clear, in his puppy eyes, that for all of the connectivity we have - the buzz of the outside world and all its pressures and expectations - Monty, in the words of Bob Marley, just wants 'to love and be loved'.

There's a reason we call them 'man's best friend'. We can learn so many things from a dog's behaviour, personality, demeanour, resiliency, and most importantly, willingness to provide their family members with unconditional love, loyalty, and companionship, down to their very last breath.

If I'm honest (and not to brag), I'm told we have an intelligent dog. I mean, did you see how fast he found that ball in the bushes?? But isn't it funny how we love to project our thoughts? As parents we certainly project onto our children, sometimes way too much, but dog owners take it to the next level! The thing is, dogs more than cats or any other pets (assuming you don't have a Dolphin in your indoor pool), do understand some words. In fact, the average might know as many as 160. Monty, of course, is a Jewish thoroughbred Springer with a vocabulary capacity of 250 words. (Chicken-Soup is considered 1 word). So, it's natural that we project what we think onto our dogs. If you remember this, their needs are refreshingly simple and so are their thoughts.

As the Dog loves their master, Dog owners are loyal to their dog. So much so, that they would never really complain about the stuff that might well put off a 'new owner'. In our new library of 'how to bring up a Springer' collection, we never really did find the chapters on us both crying through the night in the first month he was away from his dog mum. (I say that as obviously he now has Michelle, in most departments as a massive upgrade!) or the 'Depression Stage' i.e. what have we done to ourselves?! Or 'Jewish Dog Guilt' how to make sure you don't feel any sense of concern in leaving for work....

Gradually, crying turned into a 'good night' cuddle and leave, depression turned to Dog comedy and finding the joy of coming home to a wagging tail no matter how your day went. All seem to make watching him grow rather exciting.

With no disrespect to the love I receive from all members of the family, and I am a very blessed man....but...Monty greets me with the same



enthusiasm each and every time I walk through that door. You see, a dog has an ability to live in the present moment. It doesn't regret the past or worry about the future. And I believe, if we can learn to appreciate and sometimes focus better on what's happening in the here and now, we experience a further richness of living.

Oh, and the dog community will tell you just that.... Imagine every single time you walk down the street by yourself, someone just stops and starts talking to you about where they just walked, what they are doing next, how they managed over the last year. It never ceases to amaze me that having a dog by your side removes most social barriers and creates some sort of camaraderie with the next person you see with a dog.

I must have walked past most of the people I see on the circuit around Rossmill Lane through to the Bollin over the years, not thinking about who they were. Now all of a sudden, if I don't remember some particulars about a person's dog, it's as if I simply don't care. I do care! But I care more for my 4 kids back home who need me to remember their stuff first!

And that's the thing... Dogs are not just for Chanukah or COVID. The trick seems to be making our mutt understand the pace of our home, and not dictate it.

It takes time but we do it will all our heart and it comes right back... unless Monty sees a bird!

No doubt the Family love is strong for Monty. Liora genuinely asked if it was OK to give a Friday night bracha to Monticles just like she gets. 'It's only fair.' Rabbi Evan, who knows a thing or two about having a dog when growing up, said we can very much thank Hashem for bringing Monty into our lives, but not the same blessing or level as our children. We thought that was fair, so we wrote this for anyone who wishes to use it...

'A Doggy Bracha' for anyone who wishes to express thanks...

*Blessed are You, Hashem, maker of all living creatures. Thank you for our dog who brings love, affection and simcha into our home.*

*We recognise and appreciate the innate loyalty and respect of his master, in the same way that the dogs were quiet in support of us when we left Egypt. Please may our dog have good health & happy times in our care and may he always be an example of unconditional love, kindness, and companionship in our home.*

L'Shana Tova from Ben, Michelle, Sol, Raf, Liora and Talia 

## Social & Community

### My Memories of 40 Years at Hale Shule (1981-2021)

When my family moved to Hale from Whitefield in 1979 it was just my mum and dad, my sister Lisa who was about 9, and me – I was just 7. My little sister Vicky hadn't even been thought of yet! I remember the streets being so clean and quiet and everywhere looking beautiful.

We joined Hale Shule in 1981 and were welcomed by the lovely community and the amazing new Shule building. People like Tony Thwaites, Terry Krell, David Sallon and Colin Gee as well as many others were so friendly and made us feel at home.



One of my best memories is celebrating my Bar Mitzvah at Hale Shule in 1987. I learnt some of the leining as well as my brachot and we made a video of my call-up before the Shabbat. My family made a kiddush at Shule, a lunch at home and then a disco party on the Sunday. I loved being the centre of attention that Shabbat!

Later that same year one of the best things happened to our community – the arrival of the Portnoys! I quickly made friends with Benji, Eli, Avi and Zvi and I remember how cute the kids were and how welcoming the Rabbi and Ruthie were.

As well as hosting the community for the summer seudas, they always made me welcome at their house every Shabbat. I even helped Ruthie with the fish platters.

Hale Shule has always been a happy place for me – going to the Chanukah parties, seeing my friends at Shule and enjoying all the kiddushes too. I want to say thank you to all the people who have been kind and friendly to me at Shule over the years, and I hope they like having fun and chatting with me, too!

Even though I live in North Manchester now, I still think of Hale as my home and I love coming back for Shabbats and Yom Tovs. Hopefully we can all get back to Shule very soon because I miss it and I miss all of you (and the kiddushes!)

Wishing Rabbi Binstock, his family and the whole community Chag Sameach

Dave Raynes  
Dovid Ben Shlomo



**Gesher is a wonderful community magazine for our wonderful community!**

Gesher is published twice yearly, Rosh Hashanah and Pesach - and is enjoyed by members and beyond.  
We rely totally on the fabulous articles penned by shule members and the wider community.

Our very busy editors will happily receive contributions  
at [gesher@haleshule.com](mailto:gesher@haleshule.com) any time from now!

So don't be shy, we want to hear from you!

Thanks to all who have supported  
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### Anyone for Tennis?

**What do four 'bored-with-lockdown' women in their 60's do when the sun comes out and the Bridge just isn't cutting it?**

Well, we decided we needed a new challenge so we dusted down our rackets and shorts and launched ourselves on the tennis court.

We all played years ago and we're all rusty as hell but what a revelation it is. It's like riding a bike. We might not run with the same vim and vigour, and phew, we need to rehydrate more often than we used to, but it seems you never forget how to play.

Nikki Lee, Karen Ailion, Shelley Ferster and I are the hardcore of our group. We also have the welcome addition of Lydia Engler, an eager and reliable sub (when she's not hanging them all in her court!).

For the past couple of months, the weather has been fantastic - no rain has stopped play - and we have thoroughly enjoyed our twice-weekly tennis matches. The funny thing is that while

most of us are shelling out hundreds of pounds to endure the agony of the nightmarish classes at Hale Country Club, we are so enjoying our little tennis games at Bowdon and Hale Barns. While we spend our classes at the HCC staring at the clock and wishing time would move faster, an hour and a half at our seniors' tennis just flies by.

The moral of this tale is that it is fantastic discovering a new/old sport. You are simply never too old or creaky. Just find fab friends of a similar level, get out in the fresh air and have fun.

I forgot to mention the best bit - a swift half, or a G & T at the pub afterwards and getting our calendars out, planning our next match in the sun.

Debbie Nicholls Lewis



### Film Corner

**Outback Rabbis, Amazon Prime**

On a road trip like no other, a pair of ultra-Orthodox rabbis head off the beaten path, deep into the Aussie bush, to find Jewish life down under!

Ari and Yossi, members of Chabad, separately with their families, are on a mission to reconnect Jews to their faith, no matter their location. Leaving their families and comfortable Melbourne homes, they hit the road in their custom mobile Mitzvah Tanks, armed with a message of faith and acceptance. They journey thousands of miles to some of Australia's most remote and sparsely populated parts, as they correct misconceptions about Judaism, find lapsed Jews and even help some Aussies discover previously unknown Jewish roots.

Their separate journeys are filled with surprising and emotional encounters with Aussie outback characters. From the lush rainforests of North Queensland to the spectacular red rocks of the central desert, this picturesque travelogue is a colourful, humorous and delightful look at two men fulfilling their slogan: "No Jew gets left behind."

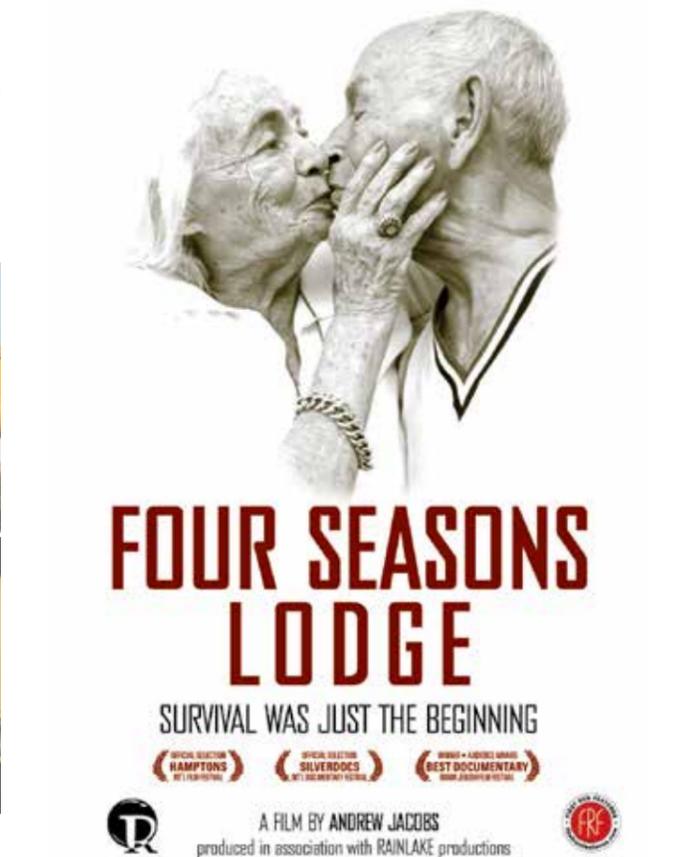


**Four Seasons Lodge, Amazon Prime £4.99 to rent**

Every summer, some Holocaust survivors, mostly Polish Jews, gather at the Four Seasons Lodge in the Catskill Mountains. After moving to America after the war, the survivors sought each other out to create a large family to help fill the void left by those they lost. Though many of them are well into their 90s, at the Four Seasons they play poker, cook, dance and tell jokes, creating for one another a loving experience that is the antithesis of the nightmare they survived.

Made in 2009, this is a really great although poignant watch.

Gillian Rowe



## Welcome Back to Current Reality

Life is slowly getting back to normal so we decided to go to the community to find out what the new normal looks like for us. Here are the questions we asked, together with a selection of your answers:-

### What are you most looking forward to when all restrictions are lifted?

Freedom, going to the theatre, having more than 6 people for dinner.



### What haven't you missed?

Seeing acquaintances, filling up my social calendar, seeing people.



### Will you go back to those things when once again have the choice?

A resounding NO.

### Have you had to change working practices such as working from home?

Majority of people answered YES.

### What about home schooling?

Hard to report the facial distortions representing answers to this one!



### Have you become more involved in the community?

50/50 YES and NO – a few said they had worked on projects in the wider community.

### Have you changed your exercise routine?

Yes – did routines online: took up yoga.



### Has your attitude to travel changed at all?

Most said YES, appreciating the beauty and benefits of the UK and not envisaging taking flights abroad in the immediate future and in the long term future less than they have done in the past.

### What about your eating habits and any lifestyle changes?

Many complained of weight gain, a tiny minority had kicked their smoking habit, around a third reported increased physical activity, there was a higher adherence to eating healthy food with many focussing on a Mediterranean diet with lots of fruit and vegetables and favouring farmers or organic.



### Have you enjoyed Zoom? Will you continue any activities on Zoom after restrictions are as fully lifted as we are to expect?

Most people have enjoyed Zoom, it has been a great way of conducting meetings and seeing family and friends. However, now they are a bit Zoomed out although do think it is still the way forward in the non social/personal world and could save companies and charities time and money.



We found it very interesting that most people do not seem to want to return to pre planned social commitments. It seems that flexibility and informality are the way forward, not just because of the uncertainties of Covid life but because that is what they now prefer!

Nikki Lee and Linda Price

## Shule Building Update

As a member of Council for over four years, I am tasked with overseeing all building relating matters.

I am sure you will all recall the last AGM when a great deal of discussion was had in relation to the proposed building works at shule. I wanted to use this platform as a means of update and to inform the members of a couple of further projects that are currently being undertaken.

### Shule

We secured planning permission for an extension to the side of shule to provide additional administration accommodation and back-up facility space. The current plan is NOT to conduct these works, but instead concentrate on general maintenance and improvement of the current building fabric.

Following on from the replacement of damaged timber cladding and window frames, we will be concentrating on the roof, which has in recent months generated water ingress at various positions.

In consulting with building surveyors and a roofing product manufacturer, we have a plan to replace the roof covering and sub-structure over the Pearl Suite and to address the damaged areas of the main shule roof.

These works will be completed in the year 2021/2022.

A full programme of maintenance works has been established over a number of years to continue the maintenance and protection of the building.

### Shule and Nursery External

To the rear of the Pearl Suite is a large area running from Shay Lane to the back of the shule. We are currently planning to remove the current storage unit from there and replace it with a larger one in a more discreet position.

The freed up space from the back fence down beyond the hall doors would be landscaped and laid with artificial grass to create a garden and play area for the nursery. It would also be used for outside Shule events, including summer kiddushim, seudas, garden parties, etc., and possibly a succah.

We are also looking at the possibility of a canopy to provide shelter from rain and sun. Beyond the garden would be a portakabin with capacity to house children's services and a youth club.

This is an exciting project which will greatly add to the amenity for the Shule and the nursery.

### Ohel

Barry has informed the members of the works to the ohel and the provision of an additional wash station so I will not go into detail on the design. By the time you read this article, the works should be complete and I can therefore tick off this project from my list.

Wishing you all a Shanah Tovah Umetukah and may the New Year bring a building free from any further issues.

Gary Scorah



## Social & Community

### Hale Shule and Interfaith

“Reaching out” is the new key phrase for our Shule interfaith group. We want to interact, engage with, and befriend other faiths and communities and be visible in worthwhile community projects. We are all ambassadors and positive interaction enhances respect for all Jews.

Covid has made “connecting” even more difficult than ever but as we slowly emerge from lockdown we are looking forward to getting more involved with interfaith projects.



We hope to be able to resume tours of the Shule once again for outside groups and schools etc. Harvey and Anne Rosenfield have always done a brilliant job! Anyone who likes the prospect of being a tour guide should please liaise with me, details below.

Sonia Lee has been a fabulous spokesperson for the Shule and has built an excellent relationship with the Altrincham Interfaith Group and the Honorary Secretary - namely Carolyn Jones.

Sandra Stewart liaises with Trafford Borough Council to ensure that a befitting Holocaust Memorial event is provided annually. Thanks to Sandra, this is always well attended by our local leaders of all faiths. The theme “Torn from Home” from 2019 remains a recording that is often replayed in schools to get pupils thinking about how we, as communities and individuals, stand up to discrimination, racism and hatred.

Rachel Craft and I intend to make an annual collection on behalf of Hale Shule for the homeless. During Covid we were able to collect an enormous amount of food from our members for the Trussell Trust Foodbank who have an amazing “set up” at the back of Timperley Methodist Church on Stockport Road in Timperley. We felt very proud when handing over all our tins and various food parcels and the charity workers made it known that they were really grateful and touched by the contributions, work and efforts of our Shule and the south Manchester Jewish community.

Our ideas for the future involve an annual Interfaith Friday Night Dinner inviting other faith leaders from the local Church and Mosque to a special community Shabbat and Kiddush. We hope to host an Iftar at the Shule during one night of Ramadan.

December with invitations being sent to other faith leaders in our immediate community.

If any of our members would like to get involved or have any ideas about how we progress our interfaith work and continue building bridges in our community please “reach out” and contact:-

Sandra Stewart                      Sandra.oakdene@btinternet.com

Sonia Lee                                      Aubson@btinternet.com

Rachel Craft                                      Rachel.l.craft@gmail.com

Craig Feldman                      Craig@emmandeffproperties.co.uk

Joanne Feldman                      jfeldman@masonandco-solicitors.co.uk

Joanne Feldman



A Chanukah Craft and Gift Fair has also been suggested for  
28 geshermagazine

## Social & Community

### Walking with Monty!

Many of you will have seen me being walked by my dog over the past few years and yes, it's more him taking me than the other way round! Monty is a Lakeland Terrier and chases after anything that moves – including passing cars. Fortunately we have easy access to beautiful countryside.

One of Monty's favourite walks is by the River Bollin because he can also take part in his second favourite hobby – swimming. It's generally a dry walk (unless you also want to go for a paddle) but some stretches by the river can be muddy. The walk starts at the top of Rossmill Lane. Either walk to the start or park on Carrwood.



1. Follow the lane down Rossmill and continue as it bends to the right. Walk past a converted barn turning left down a signposted 'Public Footpath'.

2. Follow the path to the right until it goes downhill, taking the left-hand track (signposted “3rd Tee”, with Hale Golf course on your left).

3. Cross a narrow metal bridge over the river (pic). Keep straight ahead through some trees avoiding the path to the right. Follow the path over a small wooden bridge built over a particularly muddy patch. On your right is a large arable field.

4. At the end of the path go through a metal gate onto Castle Mill Lane. Turn left and over the M56. Continue along this road, taking care of any traffic. At a Y junction turn right on to Tanyard Lane.

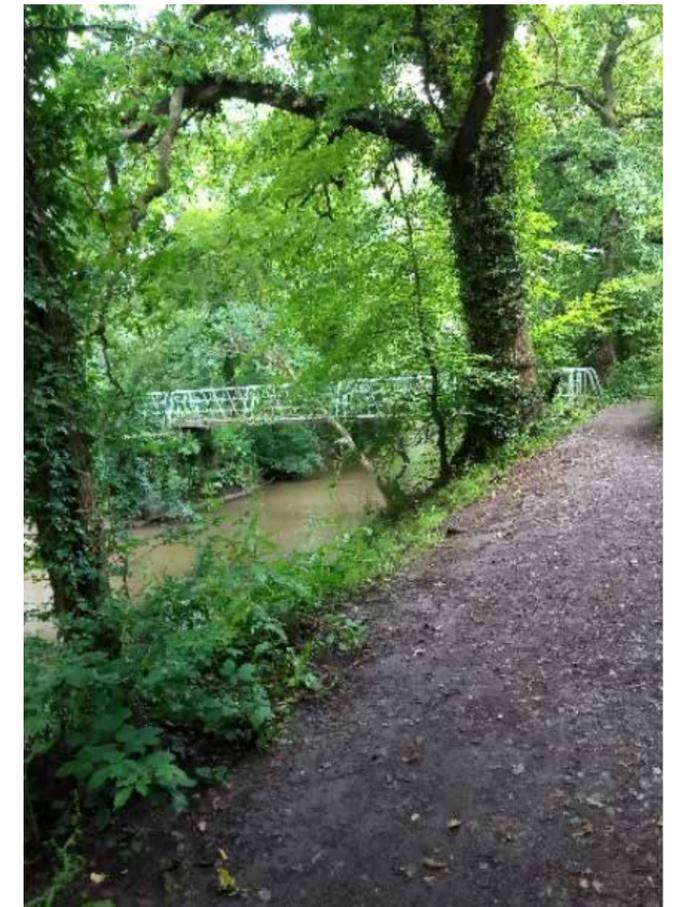
5. After 300m turn left on to Back Lane. Pass a hut at Davies Dairy Farm on your left, with a milk shake vending machine! Follow this lane to the end, taking the bend to the left. At the T-junction turn right on to Castle Mill Lane. Here there are different options but for now take the river walk (if it's wet you may want to discover other routes which will be given in future editions of Gesher).

6. Continue down Castle Mill Lane, taking great care of passing traffic, go past several houses on the left. Adjoining one of these houses is a signpost marked 'footpath'. Go through the metal gate and follow the path into a field. Aim for the far left corner. Go through another metal gate, following the path with the Bollin to the right.

7. This path leads to a metal bridge crossing the river. Once over the bridge turn left following the river on your left. Follow this path all the way, back under the M56 and after about 30 minutes proceed through a wooden gate on to Rossmill Lane. Turn right to return to the start of the walk.

Depending on how fast you are, this walk can take anything from 1.5 hours to 3 hours, but however long it takes, you will hopefully finish it feeling a little fitter and hopefully not too wet! And if you get lost, blame Monty!

Maurice Gould



### Welcome Back Junior Stage 80 in 2022

As you can see from these reviews Junior Stage 80 is a fabulous organisation to belong to!



Children from School Year 5 and all adults will be made very welcome when we reconvene for our 2022 production. We all learn as we go along and have a great laugh, too! All you need is the commitment to attend rehearsals.

Please contact either Lesley at [lesleysheer@gmail.com](mailto:lesleysheer@gmail.com) or Tanya at [tanyafried@aol.com](mailto:tanyafried@aol.com) for further details.

#### Nadine Khanzadeh

I joined Stage 80 when I was a teenager, had a break and then rejoined 10 years ago. I hadn't realised what a huge part of my life it had become until Covid hit and we couldn't do any shows. I miss being on stage and can't wait for the next show!



#### Louise Marshall with Mimi and Gabrielle

I decided to audition for Stage 80's "Fiddler on the Roof" way back in 2011. As a working mum with three little girls, 'me' time was scarce and I felt that I wanted to do something new, out of my comfort zone and to meet new people. I absolutely loved the Sunday rehearsals. I came home feeling uplifted after three hours of singing and dancing. The adrenaline and

endorphins were pumping and I felt energised and ready for the week ahead.

The girls and I have enjoyed every moment of being a part of JS80. We made new friends, learnt new skills and it's improved our confidence. I always say to my friends considering being in a show, 'if I can do it, anyone can'. Looking forward to the 2022 JS80 production of "The Addams Family".



#### Andy Farley

This is me in my all-time favourite role as the King of Siam! I absolutely loved playing this part including the fake tan, jewellery and shaved head etcetera etcetera! Would do it again in a heartbeat.



### Junior Stage 80 (continued)

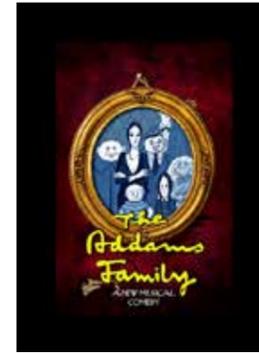
#### Julie Besbrode

I had the best time producing nine consecutive shows for JS80. It was a challenge and great fun! During the 3-4 months of rehearsals before every show the cast and crew worked incredibly hard and pulled together to create a brilliant production.

I even managed to get my own family involved with Damian on set, Freddie backstage, Noah on stage, my Mum on costumes and my Dad as chief programme seller! What a brilliant club to be a part of!

#### George Herman (age 9)

I'm looking forward to being in The Addams Family because I like spooky things. My mum is way more scary than Morticia and my Dad is Keith "Herman" who's a bit like Lurch. "Thing" is the hand and cousin "Itt" is just a head and I can't wait to learn all the songs.



#### Candice and David Dwek

While playing Mrs Sowerberry in "Oliver" in 2010, my son, David, played the role of Oliver. Our scariest moment was when he was placed in a coffin. I had to sit on it so he wouldn't escape. This was supposed to be a comic scene, so was even more of a challenge! The stage manager promised to put ventilation holes in the box and a torch inside before the scene, but only on my suggestion and persistence!

When I played "The Wiz", I had very dramatic face paint and a multi-coloured wig, and a voice alteration effect making me completely unrecognisable to anyone. During the interval, my husband, Jonathan, was asked by other family members when I was due to make my appearance on stage. He said I had already been on for much of the first half!

#### Ali Patt - Props

JS80 is proud of its reputation as one big happy family - but for me it really is a family affair! Helping me run props is my mum - Avril Spier, whilst both my daughters - Kira & Natalia - have performed in a number of our wonderful shows at the Waterside theatre!

### The Chess Column

Following encouragement from our president, a chess competition was organised earlier this year.

It took a while to gather twelve willing and able participants, including Mr Barry Newgrosh, with a longstanding reputation for the ability to play 'blindfold', that is without pieces or a board. We did not put it to the test.

Other distinguished competitors included our very own Rabbi Yisroel Binstock and our president, Jonathan Steinberg. Based on form to date neither of this duo are tipped as potential winners.

We play to a Champions League format - three groups of four, with the top two in each group and the highest two thirds placed progressing into the premier knockout phase, and the less successful into the runners-up plate. The games are played online using 'Chess.com' and need some measure of IT savvy to navigate. The competition is still ongoing and developments to be reported, all to remain anonymous, are:

- One competitor reckons that in error they logged in to play against a Russian grandmaster who quickly showed them the door;
- Another competitor has admitted being locked out of the website for allegedly cheating...an explanation on 'how to do it' has yet to be forthcoming;
- To quote what I was told, 'twice my finger slipped leaving my piece in the wrong place' so I lost;
- The organiser admits to the oversight of a predatory bishop resulting in a resignation on move twelve.

Did you ever know chess can be so exciting?!

Tony Woolf



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### Points to Ponder – Friendships

It is said, according to Robin Dunbar of *The Times*, that friendships trigger endorphins in our brains and lighten our mood and make us feel good – a sense of all is well with the world. Whilst the pandemic has shaken the weak out of the business tree, perhaps it's also true closer to home with our own friendships. Maybe, like me, you've realised how transient life is and feel the need to stop wasting time.

We've all made friends at different stages of our lives – school, work, socially and even through Shule. But spending lockdown at home has made me reevaluate these relationships. Robin Dunbar goes on to say, "However, the more friends you have, the more thinly you spread your social effort and the less strong those friendships are and the less they will work for you." Does he have a point? Do we spread ourselves too thinly so that no one feels any satisfaction?

Don't misunderstand me, I've not become antisocial but just more protective of those hours of going out (my time). Being in the more mature stage of life, I've done my fair share of partying, having to do what is necessary in employment or business and now I want to spend quality time, and that, for me, is with close friends. These are the girls I don't need to see or speak to every day but can just meet up and pick up with where we left off. They know me inside out, can sense my mood, laugh with me, share the boring bits but also know how to kick their heels, like we did many moons ago. These girls, as the fridge magnet says, "are the family you choose yourself." And it's true.

Friends are like racehorses – one for each course. There's your oldest friend who knows even the bits your other half doesn't! Your 'going on holiday' friend who knows how to have a good time but will cut you some slack to do your own thing. Your 'cultural' friend who shares some of your interests, be it walking, reading or shopping. Your 'heart to heart' friend to whom you can spill out your fears and frustrations without

worrying they will be repeated. Your 'long-distance' friend who it is always a joy to see and from whom only distance separates you.

What do they all have in common? – your wellbeing and a true desire to share both your happiness and your sorrow. Back to Robin Dunbar, referring to a study by two US Professors in Massachusetts investigating factors about people predisposed to heart attacks, "Your chances of becoming happy, depressed or obese were strongly correlated to your closest friend." Interesting...so there are even hidden bonuses to good friends.



None of this means that I'm not happy to have friendly interaction in passing, when out and about. Far from it. Studies also show people much prefer face to face interaction to any kind of digital media – me, too. But when it comes to sunny afternoons, quiet evenings or lazy holidays, time spent with my girlfriends are the best. Though, to be clear, only second to time with my husband. Girls – you know who you are and I thank you for the love.

Louise Leinhardt



### Interview with Lara Besbrode



Natalie Zimmel catches up with Lara Besbrode to learn about The Matchmaker UK.

When, how and why did you create [www.thematchmaker.com](http://www.thematchmaker.com)?

The Matchmaker UK is part of Real Love Limited, and the website is [www.thematchmaker.uk](http://www.thematchmaker.uk).

I launched The Matchmaker UK in February 2020, borne out of my own need to find my Bashert! Having been divorced for a couple of years, on the wrong side of 50 and a single parent to three children, I had been on endless dates that hadn't developed, and with many gorgeous single friends everywhere, I decided I wanted to make a difference!

With my 30 years in the PR industry and, more recently, having worked for several years in digital marketing, I felt I could bring a very modern approach to one of the oldest Jewish traditional practices – Matchmaking.

Why did you think it's sometimes so hard for Jewish singles to meet each other?

From experience, a lot of it is due to location, shrinking communities, and, obviously, the recent global pandemic has created issues for many, including myself, to find the perfect partner.

People may also have expectations and preferences that are unrealistic, unattainable, or just plain ridiculous!

How important is it to your Jewish clients to find like-minded Jewish partners?

The younger clients in their 20s to late 30s are very specifically looking to match with Jewish partners. However, often when my clients have raised a family, been divorced or widowed and are in later life, the requirement for a Jewish partner is secondary to finding happiness and kindness.

How is your website and service different from all other dating apps and services?

My service is totally bespoke, discreet and I work very closely with my clients to ascertain their preferences. The website is really just a landing page to highlight my services and the social media accounts.

I collaborate with many observant Jewish matchmakers in the UK and a couple of established Jewish agencies based outside of the UK - however, my clients are often modern-traditional, reform, liberal and, in some instances, not practising, but still wishing to only partner with a Jewish person. They are comforted by my Jewish essence and understanding of our religion, culture, the different levels of observance and so I am able to comprehend and find them a well-suited match.

How much success have you had so far?

I have been matchmaking very successfully informally all my life! In the past 18 months, my success rate has been 92%!

With a rapidly expanding client list, I set up dates on a daily basis and match all day, every day!

What have you learnt so far that you didn't realise before you started the service?

- That I love being The Matchmaker! I am totally passionate about helping people, especially those who have suffered real loneliness and isolation during the pandemic.

- That, for the first time while I work, I can allow my 'Yiddishkeit' to shine through and not feel conscious of being so 'Jewish.' Something I always tried to dampen down in my professional career over the years.

- My Jewish traditional upbringing has provided me with great communication skills and a great sense of humour! I belong to a large loving family and was raised to observe high morals and the importance of being kind to everyone, so crucial when I'm working with all different kinds of people every day.

Anything you'd like to tell us? How can people get in touch with you?

I would love to hear from anyone who is looking for a meaningful relationship! I currently offer my services to anyone located in the UK, so please do share my details! I am also connected with global Jewish matchmakers and can work on an international level as well.

To arrange a discovery, please call, WhatsApp or text 07736323396.

Or email the team and me at [info@thematchmaker.uk](mailto:info@thematchmaker.uk) or visit the Facebook page called The Matchmaker UK or Insta page @TheMatchmakerUK, Clubhouse @thematchmakerUK and I can be reached by Messenger on both of these social media accounts. The website is [www.thematchmaker.uk](http://www.thematchmaker.uk).

Visit the website to view our dating news, success stories, recent media coverage such as my appearance in *Real Housewives of Cheshire* as their celebrity Matchmaker, BBC News, or my regular weekly spot on TalkRadio.

Our client base is age 25 – 80.

If you want to find your BASHERT get in touch! Thanks, Lara xx



### Our Diamond Couple

Louise and Sidney Kaye celebrated 60 years of bliss on 30th August. This year also marked Sidney's 90th birthday when all the family managed to get together for a weekend in Stratford.

This special couple shared their memories with Geshher 10 years ago and have updated us on what's been happening since then.



We were privileged to catch them at home in Hale Barns as they like to spend 6 months of the year in Naples, Florida, cruising there and back, with Sidney beating all the other guests at table tennis en route. At Pesach one year, in Naples, Chief Rabbi Mirvis and his wife, Valerie, were officiating at The Ritz Carlton. Louise and Sidney sought them out and had the honour of spending a most interesting day with them, showing them the sights of Naples. They kept in touch and on the Rabbi's next visit, took them on a memorable boat trip. Another interesting encounter whilst in Naples was with Merina Berkovitz from the Holocaust Museum. She interviewed Sidney for the video archives at the museum. Her husband, Alex Goldstein, a Russian/American composer, is renowned for creating music for elite sportsmen and women in figure skating and gymnastics. How lucky Marina and Alex are to be able to call Louise and Sidney their friends!

In the last couple of years, due to the pandemic, Louise and Sidney have kept themselves busy and active in Hale Barns. Louise has a passion for Mahjong, which she introduced to Manchester several years ago, and has taught over 50 people how to play. During the pandemic she acquired a new skill of how to play the game online. Now she is very happy to have been able to resume regular face to face games. Sidney is back on the tennis courts. His favourite partner was the late, great Colin Bell - and when in Israel, he enjoyed a competitive game with Yitzhak Rabin. At the time of writing, Sidney is looking forward to his annual trip to Wimbledon, not as a spectator, but as a competitor in the over 80s veterans' tournament on the hallowed grass courts of SW19. A growing new sports craze in America called Pickleball (a mix of tennis and badminton) is Sidney's new passion. He would love to be able to play this locally.

Sidney and Louise are very proud of their family – son Andrew is a chartered physiotherapist and daughter Deana has followed in Sidney's footsteps as an accountant. Eldest granddaughter, Gabriella, works alongside Andrew as a physio with Joanna working in London as a structural and civil engineer. Sabrina, the youngest granddaughter, is ¾ of the way to becoming a dentist.

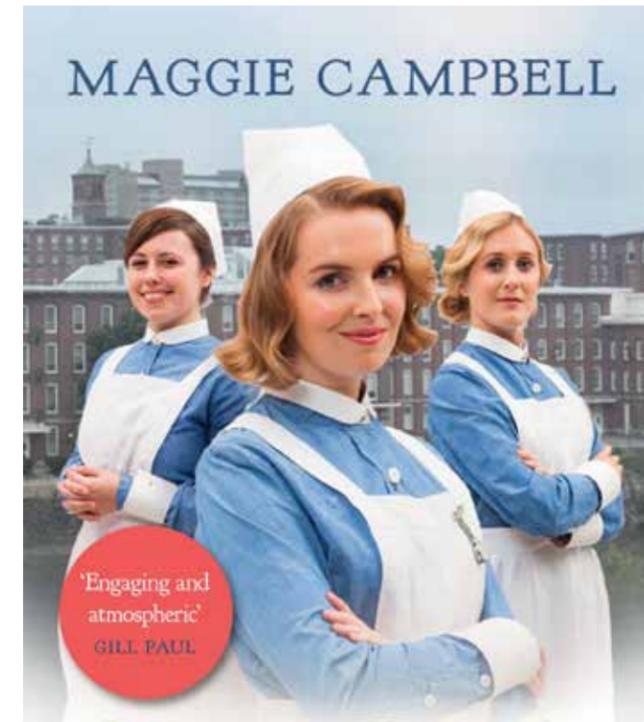
We wish Louise and Sidney Mazal Tov on their Diamond Wedding anniversary and may they continue to live their lives to the full!



### Clap for the NHS! Clap for Manchester!

At the start of Covid-19 lockdown, the highlight of our day was clapping for the NHS. Given how many medical professionals are Jewish, as a community, I'd say we're particularly appreciative. But did you know that our wonderful NHS actually started life in Manchester?

One of my lockdown highlights has been doing research for Nurse Kitty's Secret War – the first in a trilogy of historical sagas that I'm writing as Maggie Campbell, about the early days of the NHS. Inspired by real life events, the story is set at Trafford General Hospital, which used to be called Park Hospital.



**Nurse Kitty's Secret War**  
A story inspired by the brave nurses and doctors from the first NHS hospital

During WW2, the relatively new hospital was turned over to the care of US Airmen. Only servicemen were lucky enough to be treated with penicillin, administered as a thick liquid in an eye-wateringly large syringe (apparently a very painful endeavour). Ordinary citizens had to make do with basic antibiotics called sulfonamides, which were in no way as efficient at treating bacterial infections.

Tuberculosis was still a nightmare that beset a hefty chunk of the population, living cheek by jowl in overcrowded slum housing. If you fell ill, it would be trial enough to scrape together the money to see a doctor, though some desperate souls were treated for free at the Royal Infirmary. Park Hospital only reopened its doors to civilians at the end of the war. Discovering these fascinating details in online nursing archives was a treat for me!

When writing, I knew I had to make my main character believable, so on VE Day, when the story begins, Nurse Kitty Longthorne is revealed to be from a poor family that lost everything during the blitz, including their terraced home in Hulme. Her twin brother is in a Prisoner of War camp, her mother works at the Ford Factory in Trafford and her father has just got out of Strangeways Prison for stealing balloon silk from the Dunlop factory! Kitty has to treat women who are victims of domestic abuse, thanks to their husbands returning from war with pent-up aggression and depression. She has to tend patients suffering from air pollution; malnutrition; the life-threatening consequences of backstreet abortions... She is my vehicle for showing readers what a terrible state the nation's health was in.

Nowadays, we may think that the NHS was a universally popular proposition, following the Labour landslide in the post-war general election, but it wasn't. Many consultants wanted the status quo to remain. But the NHS represented a cornerstone in the rebuilding of Britain, and because Park Hospital was one of the newest and best-equipped hospitals in the country, it became the very first NHS hospital, officially opened by Aneurin Bevan on 5th July 1948.

Kitty is a fictitious character, but her story is inspired by real events. Now, when you attend Trafford General yourself, you'll know that you're in a hospital that was the birthplace of the NHS. Maybe you have relatives that worked there in the 1940s and who helped make history. If so, let me know!

Marnie Riches

# Natalie Zimmel Interviews Two Expats from Hale About Their Hong Kong Life

**Brothers Ben and Josh Myers, two home-grown Hale boys, moved to Hong Kong about 8 years ago - both of them for work opportunities. Here they give a colourful and fascinating description of their fast-paced life and the wonderful Jewish community there.** (Editors' note - the original article was double in length so if you'd like to read the extended version, don't hesitate to contact us!)

### Why did you move to Hong Kong?

Sometimes in life opportunities throw themselves at you unexpectedly and you have to jump at them, however daunting they may seem. Ben was offered the chance to open up the Hong Kong office of his London-based company. Josh came to visit not long after and fell equally in love with the vibrancy of the city. Luckily Josh (who worked in finance at the time) stumbled across the opportunity with a start-up Entertainment business with great prospects. Needless to say, most opportunities in Hong Kong start in a bar.

There is a real sense of adventure when moving your life across the world. Hong Kong is really a city of opportunity, energy and where "unique opportunities" present themselves, much more so than the UK.

It was a risk to leave the comfort of Hale, but so far so very good!

Hong Kong is incredibly diverse. It has one of the largest expat populations per populous in the world, and is very multicultural. We both have friends from every continent and have both been able to struggle with Cantonese and Mandarin. It has a pace like no other city, except possibly New York. Everything is done quickly, regardless of the brutal summer heat and humidity. If you need a plumber or a handyman, they come within hours not weeks, and normally via an app. It's also a surprisingly safe place which is very refreshing coming from the UK. The pace has its downsides as sometimes it creates too much pressure and stress and can be hard to escape (especially at the moment...).

### What is the Jewish community like there? Details please!

In three words "amazing" and "truly unique". There are actually many parallels that can be drawn with the incredible Hale community we still call home.

As a community with not many others around it, nor its own Beth Din, it has some level of freedom to define its own identity. The majority of congregants are successful in their own right and work in a range of diverse businesses and professions. The congregation is relatively young, but there are some wise elders who keep us all on our feet and guide us constantly. There is an amazing sense of unity; Shabbos lunches every week (on both Hong Kong Island and Kowloon in various Shules/ Chabad houses etc), Mincha and Maariv daily

in an office tower (in Central HK) followed by beers. We both have a great network within the community and we sincerely hope that the Myers boys are making a mark!

The numbers of the community have fluctuated over the years. Since The Sassoons and the Kadoories, two Baghdadi Jewish families that followed the coattails of the British Empire from Iraq to India to Shanghai to Hong Kong (the latter family in around 1880), laid the foundations of the Jewish community in Hong Kong (and several generations later continue to do so to the present day), we see the most incredible community that we, as young Jews, have ever experienced and unless one has lived here, you may never experience. Everyone is family to one another and nothing is too much of an ask.

It's one of the largest Jewish communities in Asia - around 2,500 at the last count. COVID has impacted what is usually a constant flurry of business travellers from all areas of the globe in a vast array of industry sectors - quieter kosher restaurants and a change in needs for the people who



help run the community. We are so lucky with the community here, and how welcomed we have been since day one, but during times like these, the community plays an invaluable part for all of the Jews in Hong Kong, practising or non-practising. There is a sense of open-mindedness still within an Orthodox community which we both feel is important. There are 4 shules, one is really quite spectacular (built in 1901), five daily minyans, three Kosher restaurants, two Chabad Houses and endless amount of dodgy Israeli diamond dealers (the latter come in useful from time to time!)

### How has Hong Kong coped with the pandemic? How has the pandemic affected you personally?

Strictly. Hong Kong has been one of the most stringent and cautious places in the world. We were at the end of a very challenging time of political unrest that lasted a year and seemed to be just subsiding. Then the pandemic hit, so it was a double whammy. With close proximity to China, the Government here was taking no chances. In addition, the Hong Kong people have experience in dealing with SARS from 2003. That said, we've never had to endure any sort of proper lockdown like most parts of the world. We've mainly been able to go about life in a relatively normal manner, throughout.

There have been no official restrictions preventing us from going to offices or people's houses, albeit various companies operated working from home periods for various sections of the year. Masks have been mandatory in the street for ALL by law for a long period (and continue to be so) and the border restrictions have been tight.

One of us "may" have got a £500 fine for not wearing a mask but please don't tell Mum or Dad. Answers on a postcard please....

For 2 years, Josh was in a different city for work every second week, and spent extensive time in Singapore and the Philippines. The travel has stopped entirely, to the extent that, if we do fly to other parts of the world, there is a mandatory quarantine upon arrival back in Hong Kong in a hotel (not your own home) and at your own cost. The length of mandatory quarantine upon arrival back in Hong Kong ranges from 7-21 days, depending on where you have been. As you can imagine, not many of us here fancy being locked up for 7-21 days!

However, considering what a densely populated region Hong Kong is, the tiny number of cases and deaths throughout the pandemic has been a miracle and genuine testament to how the people of Hong Kong have behaved throughout. At circa 11,500 cases and circa 200 deaths since day 1 of the pandemic, such low levels of cases still staggers us. The fact we've not had to endure any such lockdowns, life has been enjoyable compared to what we have understood from friends and family in other parts of the world. Plus the weather has been unusually special for the last year, not as hot and wet as usual.

Josh works in Entertainment, producing mass scale live events. Protests and deadly plagues are not ideal situations to be organising events for millions, but hopefully we are on the other side, and have had to be inventive with "Covid-safe" events.

### Do you miss Hale and do you think you'd ever return to live here?

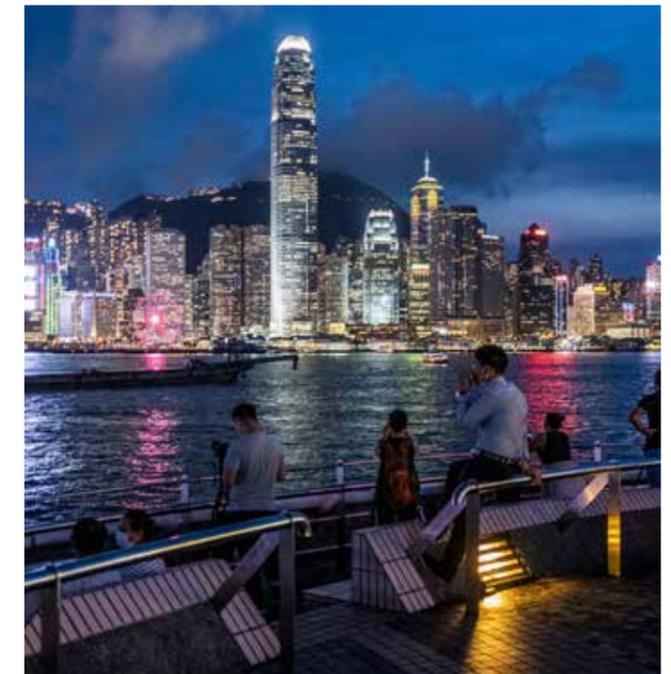
Josh: Of course we miss it, Hale is home and remains a very special place. It built and shaped us into the people we are. The community there is so unique, and looking back, we were privileged to grow up in such a place of unity and comfort. The Shule and the legendary Portnoy family played a massive part in my childhood.

I think Hale offers a good prospect for young families and professionals as Manchester continues to grow financially and commercially. I envisage and hope that families begin to leave the bigger cities and make their way back to the suburban life. For me, I have a few years left in Asia, and would love to spend a few years in another big Asian City - Shanghai and Bangkok both being at the top of the list. Having not been home for almost a year, I'm really looking forward to breathing that 'Cheshire fresh air' again and to seeing everyone soon - FaceTime does make all the difference though!

Ben: It's hard not to miss a place that provided such a brilliant childhood and upbringing which Hale (and Mum/Dad) provided. Do I think I'd ever return to live there? I think the focus at the moment would be more the ability to get back to Hale for a visit, let alone live - that's the next challenge of this never-ending Covid saga.

And, finally, when travel restrictions ease, if you are in the area, get in touch, as we'd LOVE to show you round our spectacular city!

Natalie Zimmel



### Refusing to Give Up on Refuseniks

Back in 1980, I met with a friend who recounted her remarkable trip to the Soviet Union to support the Refuseniks. Refuseniks were Jews who had applied to leave the Soviet Union for the right to return to Israel but had been refused by the Soviet Authorities

I was deeply moved to hear of her experience, but equally shocked listening to the stories of persecution of Jews; beatings in the street, incarceration in prison, jobs lost for many highly educated Jews or demoted to lowly positions and harassment of families, particularly children at school. The list was endless. This inflated era of the 70s and 80s was reminiscent of Nazi Germany and war-torn Europe and it broke my heart. I was determined to find out more and help.

Initially, I contacted Nan Greifer at the Contemporary Jewish Library in London. She was the editor for the bulletin "Jews in the USSR" which exposed details of the punishing public attacks, torture and institutional hatred against Jews by the Soviet Authorities. However, this was still the time of the Cold War during Brezhnev, Andropov and Chernenko, with the goal of Russian dominance, prior to "Perestroika" and "Glasnost" initiated by Mikhail Gorbachev.

Next, I decided to adopt a Refusenik family, the Bokmans in Kaliningrad, and wrote regularly helping to build morale and give reassurance. This was a lifeline, as once they were known in the UK, publicity made it more difficult for the Soviet Authorities and the heavy hand of the KGB to make them disappear. This developed over a period of six months with us writing to them and, later, two more Leningrad families were added to the list. Within a short period of time, I agreed to take over the running of the Sale Synagogue call group.

My involvement then began to snowball - I joined the Manchester Council for Soviet Jewry under the chairmanship of Sir Sydney Hamburger and took up office of Adoptions Officer for Leningrad. I encouraged many local families to adopt a family and help offer support. It was equally vital to embrace the positive and celebrate significant occasions for the Refusenik children like Bar Mitzvahs or Bat Mitzvahs. We encouraged symbolic twinings for UK families to share their celebration, mentioning the adopted children unable to celebrate publicly in the USSR.



Freda and Mark Budnyatskij in Leningrad (first trip)

We gained momentum as politicians, dignitaries and Avital Sharansky (partner of imprisoned refusenik Anatoly Sharansky) supported demonstrations and rallies. This increased publicity and strengthened the profile of the Refuseniks.

As their situation intensified, we decided to visit our original adopted family "the Bokmans," those adopted by the Sale Community, as well as a list of others from the 35s in London, an influential organisation of women whose efforts further heightened the case of Refuseniks, headed by Rita Eker.

This first trip was life-changing. We met these beautiful families, whole communities proud to be Jewish, with a yearning to learn more about their Judaism. It was alarming to see them operating underground. They also wanted to give their children a better chance to thrive in freedom, either in Israel or the US. We filled our suitcases with food and goods to pass on to the Refuseniks, either to use themselves or sell on the black market to fund families with no income or to raise funds for those in prison to bribe guards. We visited twice more, doing exactly the same thing.

Our reason for travel showing on the visa remained as a "tourist". However, on the last visit, within a few days, we were arrested by the KGB and questioned for three hours. We later learned from the Refuseniks for the Sale community that the KGB accused us in the Soviet press of being trouble makers and agitators with the contents of our bags strewn over a table.

They did release us and instructed us to behave as "tourists." However, a day later we were picked up again at the hotel and deported after meeting up with Refuseniks in the Hermitage. They knew they could not detain us, being British citizens. Unexpectedly, a strange turn of events occurred when we were deported, as Russian spies were also expelled from the UK at the same time. Overall, it was desperately sad leaving all the families behind knowing they could not get out.

On our return, we appeared on radio programmes, BBC Breakfast TV, in the press and rallied support from Sir Winston Churchill's MP grandson to keep the situation in the public arena.

Once Mikhail Gorbachev came to power, Russia eased emigration and other human rights. The rest of all our adopted families and others from across the Soviet Union were finally given permission to leave and live their lives in freedom in Israel or the US. Freedom is a precious commodity rarely recognised and something many of us take for granted. I certainly never will.

Yvonne Myers, in collaboration with Natalie Zimmel

### JCA (Jewish Community of the Algarve)

Ruth and I have a home in a small fishing village in The Algarve. It is called Olhos de Agua, translated as 'Eye of the water' named because at low tide the fresh water springs bubble up on the beach through the sand. It is located between Vilamoura and Albufeira.

A few years ago whilst over there, we met a couple from Glasgow at a talk about the Expulsion of Jews from Portugal during the time of the Inquisition. Through them, we were introduced to a group here called the JCA – Jewish Community of the Algarve – a fledgling Community made up mostly of French speaking Sephardim, a few South Africans, a few Jewish Portuguese, some with Jewish heritage and a few Brits like us.



It is reported that 20% of the Portuguese have a genetic Jewish footprint!

At the helm of this eclectic and interesting group of people is a wonderful young man named Ido Itshayek and his family; he is of Dutch/Israeli/Iraqi descent.

As a service, Ido imports kosher meat from France and kosher for Passover products, too. Last year Ido ran a small shule in a restaurant with a kosher kitchen.



We ordered some frozen pangol and beer when we went to

collect before Shabbat, but on arrival, he had already cooked it for us, together with giving us some kosher wine and a freshly baked challah!

Every Friday Ido sends a message to the Community on the week's Torah (fantastic articles, the last month or so concentrating on Maimonides and healthy eating)!

Because of Ido and this wonderful small community, we were able to enjoy Succot in the succah and also a Friday night and Shabbat lunch. Sadly, this building had to close down due to financial limitations. However, Ido is hoping to set up a new shule in Albufeira. He has formed a great committee and has received official registration from the Portuguese Government acknowledging this community.



Once the paperwork is in order (unfortunately delayed by Covid), they are hoping to start a membership scheme and also to get some financial help from the Government. The "community" now has premises in Albufeira given by the parents of Ido (who also live in Portugal). They have already had Friday night and Shabbat services with a meal and Kiddush and are holding Yamim Noraim services with lunch on Rosh Hashanah and 'break the fast' buffetah and 'break the fast' buffet.

We should be happy to provide more information. If anyone finds themselves in the Algarve, we are sure they would be made very welcome by this lovely community.

Gordon loves Portugal so much that he has sent off for a DNA Testing kit in the hope that he has some Portuguese genes in order to claim a Portuguese passport!

Ido's contact details are:

Jca.algarve@yahoo.com Mobile – 0035 1960066585

Gordon and Ruth Rosenthal

## Rebbetzens' Recipes

### Leanne Binstock's African Sunset Salad

Have fun with this salad by creating a large, round, visual platter of an African sunset, using all our magical-coloured fruit and vegetables.



#### Ingredients

- |   |  |
|---|--|
| 1 head lettuce, roughly broken up into bite-size pieces         | 2 red or pink grapefruit, peeled and segmented                                       |
| 400g smoked turkey breast (cut slightly thicker than cold meat) | 1 large mango (or 1 x 450g tinned mango slices), peeled and thinly sliced lengthwise |
| 1 large red onion, cut in half and finely sliced into rings     | 1 small papaya, peeled, cut in half, seeds removed and sliced (when available)       |
| 1 avocado, peeled, cut into strips                              | 1 sweet red pepper, cut into fine strips lengthwise (to represent shimmering rays!)  |
| 2 oranges, peeled and segmented                                 | Pomegranate seeds  |

#### Assembling The Salad

Arrange the lettuce on a platter. Slice the smoked turkey into thin strips and place on top of the lettuce, followed by the onion.

Place the ingredients in a circular fashion around the plate working from the middle outwards, trying to achieve a round, sunshine look!

Start with the avocado as the inside circle and gradually work your way outwards with the oranges, grapefruit, mango, papaya and (when in season, cantaloupe and watermelon can also be used).

Arrange the strips of red pepper from the centre outwards and finally add a few more turkey strips. Sprinkle with pomegranate seeds. When ready to eat, pour over the salad dressing.

#### Sunset Salad Dressing

- |  |                                     |
|--|-------------------------------------|
| 2 cloves garlic                                  | ¾ cup mayonnaise                    |
| ½ cup sugar                                      | ½ cup vinegar                       |
| 1 cup fresh strawberries                         | few drops hot chilli sauce          |
| ½ cup orange juice (freshly squeezed or bottled) | salt and pepper                     |
| ¼ cup lemon juice (freshly squeezed or bottled)  | Blend the ingredients until smooth. |

SERVES 6-8

### Tova Levine's Grandma Shera's Secret Carmelita

This is a Stark/Levine family favourite recipe. It's always milchig, but makes a great midnight snack, or early Shabbat morning treat. My mother always makes them when she comes to visit us in Israel, and now Hale, especially after the birth of a grandchild. May my grandmother's memory be a blessing on our family and anyone who wants to venture out to make her recipe!



#### Ingredients

9"x13" pan (makes 24 bars)

- | Crust                            | Filling  |
|----------------------------------|--|
| 2 cups flour                     | 2 cups semi-sweet chocolate chips                                  |
| 2 cups quick-cooking rolled oats | 1 cup chopped walnuts  |
| 1 ½ cups brown sugar             | 1 ½ cups caramel ice cream topping (always dairy) [Dolce de leche] |
| 1 tsp baking soda                | 6 tablespoons flour  |
| ½ tsp salt                       |  |
| 1 ½ cups butter melted           |  |

Mix crust ingredients together, lay bottom of pan with half of this and bake for 15 minutes.

Layer with the chocolate chips

Layer the walnuts

Pour the caramel ice cream topping onto the filling ingredients.

Layer the other half of crust on top. Bake for 15 minutes.



The 40th wedding anniversary of Grandpa Percy and Grandma Shera vacation with my mother's family.

### Tova Ellituv's Rosh Hashanah Cupcakes

My mother never made fancy cakes except for our birthdays but with lots of hungry children to feed, she taught me to fill an oven!

You start with your white or light-coloured cakes, move onto marble cake and finish with chocolate cake so you don't need to wash out the mixer in between!

One of her favourites is spicy apple cake which I sort of upgraded because I didn't like the nuts and raisins in the original. My mum always let us "help" her in the kitchen and once we were old enough, she set us free to bake and cook whatever we wanted, and that's when I started to make fancier cakes and cookies. I like to give my children the same freedom, although I'm sure I complain more about the mess!

This picture shows us icing a set of Lag Ba'Omer cupcakes over Zoom which are almost the same basic recipe as the Rosh Hashanah cupcakes but with a totally different look.



### Tova Ellituv's Rosh Hashanah Cupcakes

These apple shaped and flavoured cupcakes are really easy and fun to make with kids.

#### Ingredients

- |  |  |
|--|--|
| 4 eggs                                       | 1 teaspoon vanilla extract                         |
| ¾ cup oil                                    | 2 ½ cups self-raising flour                        |
| 1 ½ cups sugar                               | 2 apples (any type) peeled, cored and finely diced |
| ¾ cup milk (can use plant-based alternative) |  |

Beat together eggs, oil and sugar until the sugar is fully dissolved.

Add remaining ingredients and mix just until smooth.

Line a cupcake tin with cases.

Roll small amounts of silver foil into small balls and place one in each cupcake tin outside of the paper case. This will squash the paper in slightly to make the apple shape.

Fill the cases 2/3 full with batter and bake at 180°C for around 18 minutes.

#### Icing and Decoration

- |                                  |   |
|----------------------------------|---|
| 250g soft butter/margarine       | Flavouring (I used Magic Colours apple and honey flavour but vanilla is fine) |
| 500g icing sugar                 | Small pretzel sticks  |
| 1 tablespoon milk or alternative | Green chewy candy or sour sticks  |
| Red food colouring               |   |

Beat together icing ingredients until smooth and spread over the top of the cooled cupcakes.

Use a pretzel stick for a stalk and a cut or squashed sweet for the leaf.



## Social & Community



### Mazal Tov!

- Gabrielle and Mark Adlestone on the birth of a grandson
- Elaine and Gerald Adlestone on the birth of a great-grandson
- Ruth Benson on the birth of a granddaughter
- Dan and Zara Blaskey on the occasion of their wedding
- John Blaskey on the occasion of Dan and Zara's wedding
- Vera Bower on the occasion of her great-granddaughter's Bat Mitzvah
- Mia and Elliot Brown on the occasion of their wedding
- Ben and Noa Caplan on the occasion of their wedding
- Rena and Jeff Caplan on the occasion of Ben and Noa's wedding
- Sharon and Elliot Cohen on the birth of a grandson
- Hayley and Fraser Wolff on the occasion of Isabella's Bat Mitzvah
- Alain de Botton on the birth of a great-granddaughter
- Anne and David Finestein on the engagement of their grandson Ben to Anoushka
- Andrea Flax on the birth of a grandson
- Andrea Flax on the birth of a granddaughter
- Jonathan Flax on the birth of a grandson
- Jonathan Flax on the birth of a granddaughter
- Gail and Roy Gabbie on the birth of a grandson
- Robert and Angie Goodall on the occasion of Frankie's Bar Mitzvah
- Anne and Francis Greibach on the occasion of Joshua and Michelle's wedding
- Joshua and Michelle Greibach on the occasion of their wedding
- Marianne and Jonathan Hamburger on the engagement of their son Theo to Rebecca Freedman
- Marianne and Jonathan Hamburger on the occasion of Mia and Elliot's wedding
- Barbara Hamburger on the engagement of her grandson Theo to Rebecca Freedman
- Barbara Hamburger on the occasion of Mia and Elliot's wedding
- Kitty Joseph on the birth of a great-grandson
- Kitty Joseph on the birth of a great-granddaughter
- Roy Kaitcer on the birth of a grandson
- Amanda and Peter Kaye on Harvey's engagement to Deborah Seligman
- Jeffrey Knopf on the occasion of Ruby's Bat Mitzvah

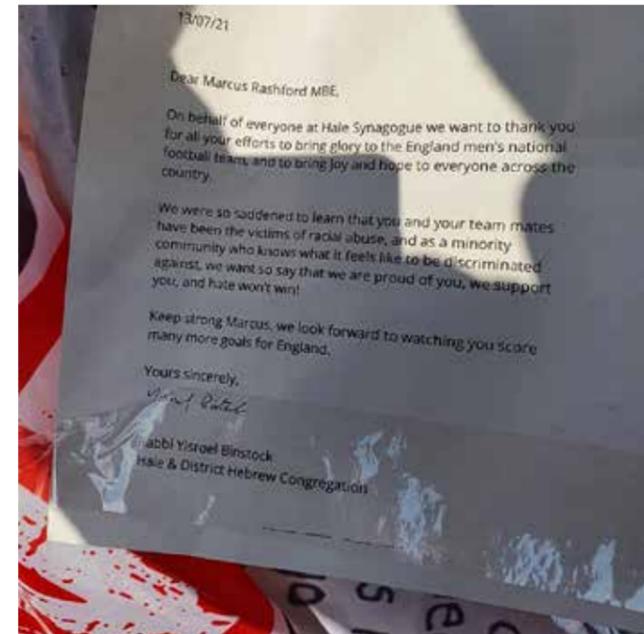
- Ian and Wendy Knopf on the occasion of Ruby's Bat Mitzvah
- Dena Lipman Koslover on the occasion of Nicolas' engagement to Tamara Levene
- Jonathan Koslover on the occasion of Nicolas' engagement to Tamara Levene
- Vicky and Darryl Lee on the engagement of their daughter Hannah to Harley Golding
- Sonia Lee on the engagement of her granddaughter Hannah to Harley Golding
- Ella Lentin on the occasion of her 102nd birthday
- Ella Lentin on the occasion of Jonathan and Lauren's wedding
- Stephen Lentin on the occasion of Jonathan and Lauren's wedding
- Rabbi Evan and Tova Levine on the birth of a daughter
- Amanda Levenson and Victor Leveson on the engagement of their daughter Hasia to Jordon Foux.
- Rafi and Leoni Lewis on the birth of a daughter
- Audrey and Bill Lister on the engagement of their son Eddie to Gabi Miller
- Emma and Daniel Maslin on the occasion of Jack's Bar Mitzvah
- Jacky and Jonny Mond on the birth of a granddaughter
- Rema and Sam Mond on the birth of a son
- David and Jenni Mond on the birth of a grandson
- Muriel Mond on the birth of a great-granddaughter
- Muriel Mond on the birth of a great-grandson
- Rabbi and Ruthie Portnoy on the birth of a grandson, a son to Avi and Matzi
- Stephen Quinn on the birth of a grandson
- Gillian & Tony Raynes on the occasion of their granddaughter's Bat Mitzvah
- Marc and Lisa Shirman on the occasion of Beau's Bat Mitzvah
- Jonathan and Ginni Steinberg on the birth of a granddaughter
- Lady Beryl Steinberg on the birth of a great-granddaughter
- Ruth and Raymond Taube on the occasion of Jack's Bar Mitzvah
- Adam and Janis Wiseberg on the birth of a grandson
- Hayley and Fraser Wolff on the occasion of their wedding
- Lorraine Wolff on the occasion of Fraser and Hayley's wedding
- Naomi Wright and Stephen Flascher on their engagement

## Social & Community

### Standing with Marcus

Several Hale Shule families led by Rabbi Binstock (just a bit of a football fan 🏈) visited the Marcus Rashford mural in Withington following the defeat of the England football team in the Euro 2020 final.

They added to the crowds chants showing that "we, as a community, abhor and stand against racism". Kol Hakavod to families Binstock, Sallon and Craft amongst others and a double pat on the back to Rabbi Binstock for making it to print in the Jewish Chronicle and Jewish Telegraph!



### Roy Kaitcer Enlightens Gillian Rowe about Working from Home

**I am told that I have the gift of the gab so, like many, upon hearing in March of last year that I would be consigned to working from home due to the increase in Covid cases and a few days later that we were to be subjected to a full-blown lockdown, my spirits were naturally deflated. Who on earth was going to listen to me jabbering away and joke telling? How would I manage without business meetings and, worse still, business lunches?**

The answer is 'very well indeed'. The office presented me with a laptop and log in details and after one short week I was used to my new normal. Instead of endless lengthy 'in person' meetings I quickly became used to no-nonsense, much shorter Zoom meetings, leaving time for bonding, Zoom drinks gathering at the end of the week – very civilised indeed!

My clients also settled into Zoom meetings or old fashioned telephone contact and so, with technology and client reaction both earning a pretty large tick, the flow and continuity of business was very healthy in spite of initial concerns. Of course, that still left the not-so-small issue of how I would be able to type my own letters and emails. But worry not – the 'Big Hand' app allowed me to dictate, click 'send' to my secretary and, hey presto, job done!

So, what's not to like?



#### Downsides:

Well, amongst the very few downsides of working from home is indeed the absence of physical interaction with colleagues and clients. I certainly missed the camaraderie of both.

My weight!! At first it was very tough to resist a) buying far too much fattening food and then b) eating my far too voluminous supply of fattening food. My 'home office' set up involved me sitting facing my fridge. Not only could and did I graze all day but I was not able to keep to my years' old routine of an early morning visit to the gym. I reformed pretty quickly and have bounced back to being my usual not too chubby but lovable self.

And to like?

#### Upsides:

For me, a major upside is that I have cut out 4 hours' travel to and from work a day and now rise at around 7am instead of 5.30am.

#### My top tips for working from home:

Embrace the change.

Try and refrain from too much online shopping.

Learn how to eat and shop healthily.

#### My new skills:

I can now cut my own hair.

I think I have become a rather reasonable cook and, at the time of writing this article, am looking forward to hosting my first Friday night dinner!

I expect my new working norm will be one of compromise – two days a week in the office and visiting clients - and three working from home. All in all, I feel very blessed and very contented.

Gillian Rowe

### Message from Tova...

**This year has been one of many changes and now will be one of new beginnings for us.**

Rosh Hashanah is the start of the new year and is traditionally the birthday of the world, when Hashem finished creating the world and man and woman came into existence.

In January we moved from Israel to Hale to start our new positions as the HAHET (Hale Adult Hebrew Education Trust) Directors of Education. We hadn't come for a pilot trip or even an in-person interview due to COVID-19 so we had no idea what to expect. Little did we know that we were coming into one of the warmest of communities in one of the coldest places we've lived, and lo and behold, it started snowing the day after we arrived!

In April, I survived (8 months pregnant) - by the hand of G-d - a very serious car crash when my car stopped working in the middle of the motorway and there was nothing I could do. The feeling of powerlessness was overwhelming. My life did not flash before my eyes, as in the movies, because there was no time. However, since then my life does flash before my eyes whenever I think about it. We take nothing for granted.

Then two months later our fourth child, a baby girl, was born in Wythenshawe hospital. She was breached and we ended up choosing to do a C-section. When they extracted her, she also had her umbilical cord wrapped around her neck three times. We named her Hodaya Chaya, Hodaya meaning "Thank you G-d" and Chaya meaning "Life" (also the Hebrew name of Evan's great-grandmother).

We come to this Rosh Hashanah not only celebrating Creation, the birthday of the world, the lives of Adam and Eve coming into existence, the start of a new Hebrew year - we are celebrating our lives, the lives of our children, family, friends, and you - our community.

Thank you to everyone who has helped, supported, texted, called, cleaned, babysat, sent food, talked - we appreciate you all so much and are eternally grateful!

The Levine Family

Pictured from left: Meir, Tova, Hodaya, Shaya, Evan, Shira.

PS This isn't a goodbye letter - it's a thank you and a hello letter - we still have not met many members of the community in person or even on the phone or through a WhatsApp. We'd love to say hi and meet you...

R' Evan: 07946 114375 Tova 07946 114518.



# Adult Education

## Here's a Look at What's Been Happening in Hale This Past Year!

**HAHET (Hale Adult Hebrew Education Trust) Weekly Learning Opportunities**

### Partners In Torah - One on One Lessons

During any given week, over 60 members of the community are benefitting from personalised lessons with PIT tutors. Some of the topics currently being studied include Jewish history, Jewish philosophy, Talmud, Jewish law, Ethics and much more.

### Rav Kook Chaburah hosted by Ben Sallon

Discover the beauty, poetry and deep spiritual insights of Rabbi Yitzchak HaCohen Kook with Rabbi Evan as he illuminates Rav Kook's Orot HaTeshuva.

### Rabbi Yisroel's Talmud Shiur with Rabbi Yisroel Binstock

Learn to swim through the sea of Talmud with Rabbi Yisroel as he explores the depths of the Talmud and how it is applied to contemporary life.

### Melachim II hosted by Rebecca Lewis

Discover the power of text-based learning every Tuesday evening with Rivi Brussel as she provides in-depth, textual lesson for Hale's ladies.

### Shmooze 'n' Booze with Rabbi Evan Levine

Enjoy good whisky, good food and good company as Rabbi Evan leads a contemporary discussion based on Torah principles.

### Chassidus Shiur with Rabbi Evan Levine

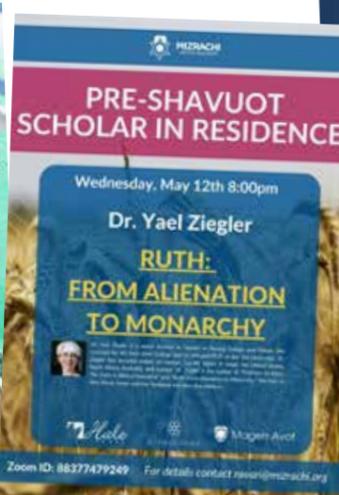
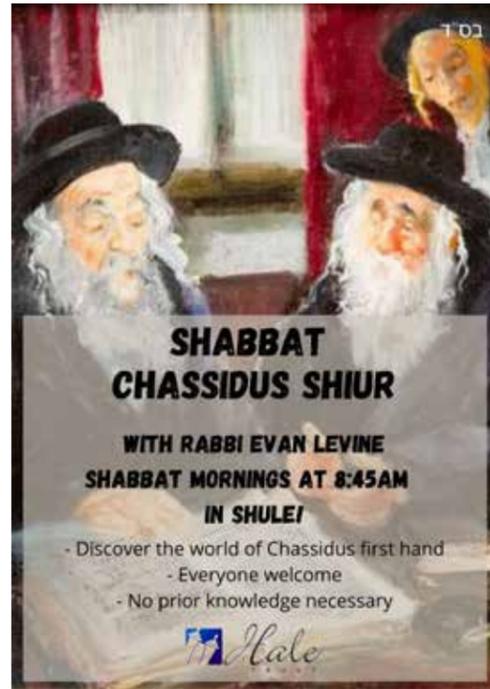
Begin Shabbat morning with the Chassidic masters, uplifting and inspiring insights in a fun and interactive shiur.

### Pirkei Avot with Rabbi Yisroel Binstock

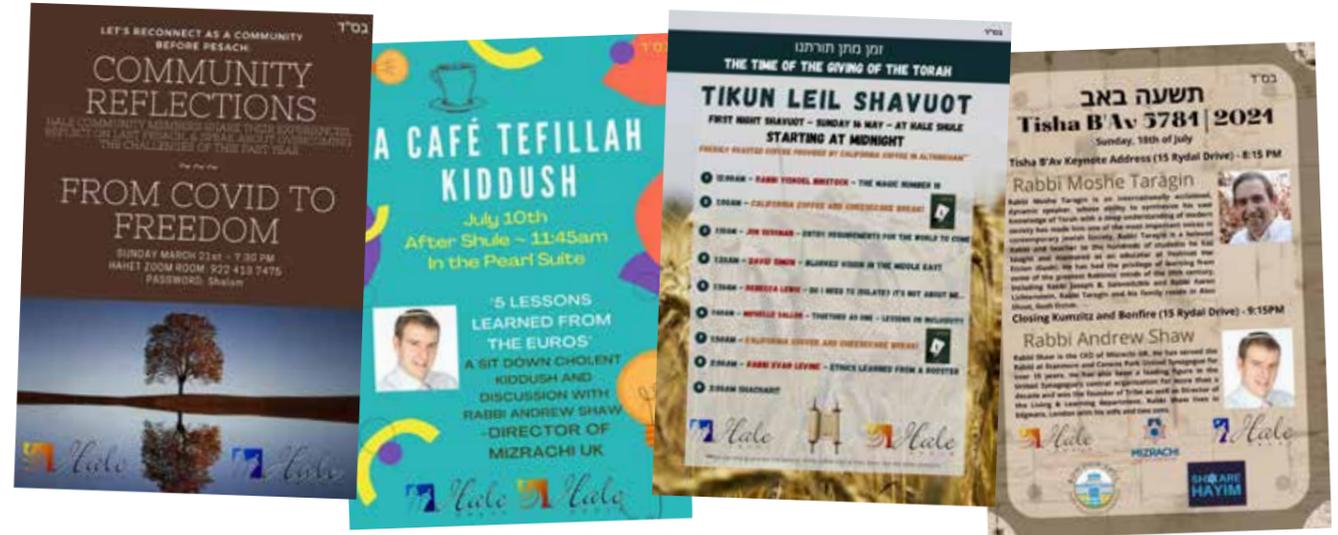
Take out Shabbat with a contemporary discussion of timeless values as you learn the Ethics of Our Fathers together with Rabbi Yisroel Binstock.

### Café Tefilla with Rabbi Evan Levine

Enhance your davening experience by joining a relevant and thought-provoking discussion – an alternative to the Shabbat Mussaf service.



# Adult Education



### Coming Soon to Hale

If you are interested in any of our upcoming events, please be in touch with Rabbi Evan at [Rabbievan@haleshule.com](mailto:Rabbievan@haleshule.com)

### Business Lunch & Learn

Join us for an engaging and provocative discussion on contemporary society and Judaic thought.

### Ladies' Inspiring Coffee & Cake

Join us for an insightful and inspiring morning in the garden, with good coffee, good cake and an engaging contemporary Jewish discussion.

### Friday Breakfast & Shiur

Join us for breakfast and Torah from Rabbi Eli Mansour, immediately following Shacharit on Friday mornings.

### Strengthen the Bond

An engaging opportunity for parents and children to explore the richness of Judaism together. After the conclusion of Shabbat (Saturday evenings) during the winter months, join us in the Shule Beit Midrash for a family learning experience with snacks and prizes.

### Pre-Holiday Programming

Before every Holiday, we will be providing an array of educational and inspiring events to help us all prepare. We will focus on providing practical preparation and guidance, meaningful insights into each holiday and opportunities to ask the Rabbis and Rebbetzins of the community any questions you may have.

### The Multimedia Side of Things

HAHET Digital - surround yourself with the sound of Torah! Look forward to our upcoming multimedia platform which will include audio and video classes and inspiration. We will be bringing back Seder Soundbites and the Meaningful Moment as well as uploading select classes and conversations with visiting Scholars in Residence.

### Recent Scholars in Residence

If you are interested in hearing from a particular scholar or are interested in sponsoring a scholar-in-residence, please be in touch with Rabbi Evan Levine at [Rabbievan@haleshule.com](mailto:Rabbievan@haleshule.com)

### Recent Scholars-in-Residence:

Rabbi Andrew Shaw

Rabbi Moshe Taragin

Rabbi Ian Pear

Rabbi Akiva Tatz

Rabbi Lazer Brody

Dr. Yael Ziegler

Dr. Naomi Marmon Grumet

### Partners in Torah

The Hale Partners In Torah programme has been one of the community's greatest resources for quality and engaging Jewish education.

Even as we emerge from COVID lockdowns, the PIT programme's dedicated educational staff are providing individual and small group tutoring sessions for over 60 members of the Hale community on a weekly basis. If you are interested in exploring more about Judaism, learning how and why Judaism is relevant in the modern world, learning Hebrew or simply want to understand the Jewish prayer service, please be in touch with Rabbi Evan Levine at [Rabbievan@haleshule.com](mailto:Rabbievan@haleshule.com).

#### Meet our Educators!

##### HAHET Directors

**Rabbi Evan Levine** was born and raised in a small suburb of Los Angeles, California, where he studied and was granted his Bachelor of Science in Economics from the University of La Verne. After university and a small stint working in the financial sector, Rabbi Evan went to Israel where he spent nine and a half years learning in various yeshivot and kollelim culminating in smicha (rabbinic ordination) from the Rabbinical Council of World Mizrahi and Rabbi Zalman Nechmiah Goldberg zt"l. Prior to joining the HAHET team, Rabbi Evan was managing Yeshivat Har Etzion's night seder programme and was giving regular classes to English-speaking students in the Yeshiva. In January 2021 Rabbi Evan assumed the role as Director of the Hale Adult Hebrew Education Trust which oversees the Partners in Torah programme and Jewish education in the broader Hale community. [Rabbievan@haleshule.com](mailto:Rabbievan@haleshule.com)



**Rebbetzen Tova Levine** grew up in Providence, Rhode Island (near Boston). She studied at the Maimonides school founded by Rabbi Joseph B. Soloveitchik and earned a Bachelor of Arts in Judaic Studies and Human Development from Binghamton University. After university, Tova studied Torah in Nishmat, a leading Torah studies seminary in Jerusalem. While living in Israel, Tova earned her Masters in



Social Work from the Hebrew University in Jerusalem and worked in mental health as a social worker for several years. In January 2021 Rebbetzen Tova assumed the role as Co-Director of the Hale Adult Hebrew Education Trust, where she focuses on Female Jewish Education in the broader Hale community. [Tova@haleshule.com](mailto:Tova@haleshule.com)

##### Partners in Torah Tutors Rabbi Yehoshua Jacobson

Rabbi Jacobson is originally from a suburb of Washington D.C. While in the Washington area, Rabbi Jacobson graduated from Georgetown University, before travelling to Israel. In Israel, he studied at various Yeshivot in Jerusalem for six years. Rabbi Jacobson and his wife have decided to raise their beautiful family in North Manchester, where he has spent 18 years studying in Kollel in Salford and teaching in his off-Kollel hours. Rabbi Jacobson has been a sought-after tutor for the Hale Partners in Torah programme for many years, and is excited about new learning opportunities.



##### Rabbi Michael Treblow

Rabbi Treblow is a unique and gifted educator. With a brilliant, worldly mind and a warm, caring heart, he offers his students novel insights into an array of Jewish topics. Born and raised in Pittsburgh, Pennsylvania, Rabbi Treblow made his way to Yeshivat Or Sameach, Jerusalem and eventually to the Hale Community as one of its first HAHET Directors. After an inspiring stint in the Hale community Rabbi Treblow and his wife became Jewish University Chaplains for Leeds, Yorkshire and Humberside. Today, Rabbi Treblow and his family live in North Manchester, where he teaches.



### Partners in Torah (continued)

##### Rabbi Mordcha Grosskopf

Rabbi Grosskopf is a kind, caring and engaging Jewish Educator. Born in Manchester, he was raised as part of the Belzer Chassidic community. Rabbi Grosskopf studied in various Belzer Yeshivot, both in London and in Israel. When he returned with his wife and family to Manchester, he began working in the curtain industry. When Rabbi Grosskopf is not working or teaching, he can be found outside hiking with his family. Rabbi Grosskopf is passionate about Jewish education and is excited to help his students explore ancient, meaningful texts.



##### Shlomie Abenson

Rabbi Abenson is best known for his smile and exuberance. Born and raised in North Manchester, Rabbi Abenson spent several years learning in Yeshivot both in Israel and America. Eight years ago he moved with his wife, Michal, to Hale, where they are currently raising their son, Hillel. Today, Rabbi Abenson spends his mornings learning in Kollel and his afternoons working for the Steinberg Trust. In his spare time, he enjoys filming and livestreaming and learning with people from the community. Rabbi Abenson is passionate about Judaism, spirituality and Torah and has a particular interest in learning traditional sources which are relevant to contemporary life. Rabbi Abenson is eager for new learning opportunities.



##### Rabbi Aharon Bloch

Rabbi Aharon Bloch, originally from Australia, lives with his wife and children in Israel. He is a kind, warm-hearted, worldly Jewish educator with wonderful insights into contemporary Jewish life. While living in Jerusalem, Rabbi Bloch joined Rabbi Yitzchak Birkovits' Jerusalem Kollel, where he received his Rabbinic Ordination after which he joined the lovely Hale community as its Educational Director. During his four-year stint in Hale, Rabbi Bloch was a very popular and sought-after speaker and teacher within the Hale community. Rabbi Bloch is available to learn with you via Zoom.



##### Rabbi Philip Steinberg

Rabbi Steinberg is a Manchester local, born and raised here. He is a gifted educator with a passion for Torah. Rabbi Steinberg learned at the Gateshead Yeshiva and in Torah Or in Jerusalem. After his studies in Yeshiva and Kollel, Rabbi Steinberg went into business – where he finds a beautiful balance between his professional life and his Torah studies. Rabbi Steinberg has been teaching as a PIT tutor for seven years and is excited to explore the sea of Jewish learning with you.

## Adult Education

### Tisha B'Av

A Hale Adult Hebrew Education Trust event.

On the evening of Tisha B'Av we went to the Rabbi's for a kumzits...a chance to see out the fast with a group of friends and share some ideas and words of comfort and enlightenment. Our usual custom on Tisha B'Av is to count down the hours alone and hangry. By the end of the 25 hour fast for me it has lost most of its meaning and is just a test of endurance...an exercise in clock watching combined with groans of "...surely there can't still be 3 hours to go!!"



It made a pleasant change.

We arrived at the Rabbi's in time for Mincha. Leanne invited me to sit in her kitchen during the davening after which we all trooped into the garden and sat around a camp fire where we were introduced to Rabbi Moshe Taragin, an American rabbi who had relocated to the Gush. He spoke about his memories of visiting Prague and his horror at seeing the statue of Jesus with Kadosh Kadosh Kadosh written large above his head [on Charles Bridge]. I have seen this myself and although there is a plaque of apology, explaining how this came about - a punishment to the Jews in the 17th century - it was still abhorrent to see.

He spoke about the resilience of the Jewish people and particularly their ability to survive and thrive against all odds.

This was followed by several audio-visual presentations created by Rabbi Andrew Shaw, CEO of Mizrahi UK, interspersed with inspirational thoughts by the late Chief Rabbi Jonathan Sacks. Rabbi Shaw went on to tell us a wonderful story about his grandmother, Rosa, who, having survived the Holocaust, focussed her life on her future, bringing up her daughter, born after her husband was murdered, before he even knew of her existence. This remarkable woman was always looking

to the future, rather than dwelling on the past. This seemed to be the focus of the evening, looking forward to the future and recognising that we are living in a golden age of Judaism where, for the first time since the destruction of the 2nd Temple, we have a state of our own, freedom to practise our religion and an army to defend our rights. For me, with the rise of antisemitism always on my mind and forever in the press, this was a good message to take away... we are still luckier than our parents and grandparents and should enjoy our Judaism and be proud of it.

My mum tells a story of May 14th 1948 when the state of Israel was declared.

She was one of only three Jewish girls attending the Grammar school, and having gone home for lunch, (there was no offer of kosher food in school), they returned in the afternoon having heard the news that a Jewish state had been created. The three of them danced the hora in the playground to the amazement of all the other girls. This was a seminal moment in their lives, and I would love to have been there to dance with them. We were all asked to choose a moment in Jewish history that we would like to return to if we could. I think this might be mine.

The evening concluded with songs led by Rabbi Binstock on the guitar and reciting Havdalah.

These last 3 hours of Tisha B'Av not only passed in a flash but kept a focus on a positive message one can take from this fast day.

Sarah Ellenbogen



## Charities

### Friendship Circle Press Release Following a Successful Fundraiser in May

Friendship Circle raises £375,000

An online crowd-funding campaign for The Friendship Circle has surpassed its target raising an astonishing £375,000 in just 36 hours!

The charity, which enriches the lives of children and adults with physical and learning disabilities by providing a range of integrated social and recreational programmes, received more than 3,200 donations during the appeal, some from as far afield as America and Israel.

Mimi Lyons, Co-founder and Operations Director of The Friendship Circle was overwhelmed by the response. 'We are truly humbled by the amount of support we have received from the entire community and are hugely grateful to each and every donor who has helped us raise such an incredible amount of money.'

Michael Levy, one of our members, was actively involved in the campaign and commented 'During Lockdown, The Friendship Circle was a lifeline for our daughter, Hannah. The whole team knew exactly what their members needed, using meaningful ways to communicate and provide relevant activities. Joyous celebrations over Shabbat and festivals together at home, online parties, Havdalah and virtual events, were all supported by amazing activity packs prepared with love and delivered by committed volunteers.'

The funds raised will ensure the continued provision and development of essential services for the members and secure the charity's future which suffered a dramatic loss of income due to the inability to hold any fundraising events during COVID.

For further information contact Beverley Rubin Fundraising and Communications Manager 07771 800001 [www.friendshipcircle.org.uk](http://www.friendshipcircle.org.uk)



### £10,000 National Lottery Grant

The Friendship Circle was thrilled to receive a £10,000 grant from The National Lottery Community Fund in June. The funding will enable them to further develop the Art Therapy Programme led by professional art teacher and therapist, Chava Erlanger, helping members gain skills, build confidence and nurture friendships.

Esty Bruck, Programme Director, commented 'We are delighted that for the second year running The National Lottery has recognised our work in this way. During lockdown we found that many more members enjoyed the accessibility of online classes, enabling us to reach more people than ever before. Moving forward we will continue to include online programmes and incorporate these alongside our face-to-face programmes. Thanks to this grant we will also be holding regular online-baking and cooking activities in our calendar which are proving increasingly popular and beneficial.'



## Charities

### Camp Simcha – The Art of Flexibility in an Ever-Changing Landscape

If collectively we have learnt anything over the past year it has been how to adapt.

With the charity, Camp Simcha, I have seen this in every area of the work they do supporting Jewish families with seriously ill children.



On a personal level, I have volunteered for many years supporting Camp Simcha's awareness and fundraising work in Manchester. Early in 2020 we had begun planning for the biennial Manchester fundraising dinner to be held later in the year. By summer we had made the decision to cancel this and run an online 36-hour crowdfunding campaign instead, like so many others.

It was a totally new way of fundraising for us but a truly affirming and uplifting experience – feeling the swell of communal support (as well as support worldwide) and generosity behind us. The appeal was for urgent funds to enable Camp Simcha to continue its vital work, providing its practical, therapeutic and emotional support services. The community raised an incredible £3.3million in 36 hours – giving the charity security to meet a sadly increasing demand for their help, while adapting their services to the pandemic.



In 2021 Camp Simcha has seen a 50% increase in referrals compared to 2020. With children Camp Simcha supports being among the most vulnerable to Covid-19, the services team has continued to safely provide vital practical support such as crisis meals, hospital transport and respite care – as well remote therapeutic support services, like counselling and

therapeutic arts sessions.

They have also found inventive ways to bring the joy of Camp Simcha to families during lockdown – such as a Winter Wonderland event which saw 400 family members enjoying a day of back-to-back remote entertainment. The fun ranged from magic to igloo-making, dance and drumming workshops and even a gin tasting for parents - with boxes full of accompanying activities and dinner sent in.

Another action-packed weekend of activities and food was arranged to replace the usual Shabbat family retreat in February this year.

Meanwhile, weekly remote group sessions - from story-time, cookery and art for the seriously ill children and siblings, to Zoom coffee mornings, support groups and fun activities for parents - have also kept families feeling connected with each other.

As the charity's Family Liaison Officers and volunteers began seeing families face-to-face outdoors once restrictions lifted, it was wonderful for all concerned.

In the summer Camp Simcha arranged a variety of Covid-safe days out for families, as well as a fun day. Families were overjoyed at meeting up outdoors and being together with the community of peer support which is such a big part of what Camp Simcha provides.

As the charity carefully works towards a return to physical events, the remote provision will still be important – not only because families are still very vulnerable but also because it has opened up some services and activities to those who have previously found it difficult to attend due to geography or other commitments.

None of us know what the future holds but, from what I have seen this past year, I know that Camp Simcha will be there adapting, innovating and supporting to ensure no Jewish family with a seriously ill child has to cope without their help.

If you know someone who needs Camp Simcha's support, please call them in the strictest confidence, on 0161 341 0589, or email [office@campsimcha.org.uk](mailto:office@campsimcha.org.uk)

Candice Dwek



## Charities

### Support Israel through UJIA

Israel holds a central part in our lives. We have a responsibility to those who built the State to continue to support and strengthen it in the future.

And UJIA has been pivotal to the support and strength that the British Jewish Community has demonstrated to the people and communities in Israel since we were founded in 1921. We couldn't have done it without you: the support of generous individuals and communities like yours has been vital.

But have you ever considered how you could support Israel through UJIA in an entirely different way – through a legacy gift in your will? A legacy is much more than a financial commitment: it is a values based declaration, demonstrating your support for your favourite causes. A legacy gift to UJIA will help to ensure that your support for Israel doesn't end when you die but continues long into the future.

Through a legacy gift to UJIA, each of us can honour the generations of the past and create a lasting imprint for those of the future. Remembering UJIA in your will, will improve the lives of children and young adults both in Israel and here in the UK.

Long into the future, your impact will be felt on people who, in many cases, are not even born yet. However, when you include UJIA in your will, the effect will also be felt a lot closer to home. For you, the donor, it is an incredible feeling to know that the

values and ideals that you have held so dear throughout your life will be continued in your name in the future. The causes that mean so much to you in your lifetime will continue to benefit from your generosity in a way that keeps your memory alive. In every sense, a legacy is the most inspirational of gifts.

A legacy gift of any size can make a huge difference, and with the generous tax breaks available, you can demonstrate your commitment to a cause that is close to your heart, without seriously prejudicing your family's inheritance. And a legacy gift is the perfect way of expressing your support of UJIA's values and vision without it running any risk of prejudicing your finances during your lifetime.

By leaving a legacy in your will, you are not only reaffirming the value of charity - tzedakah - that you have actioned throughout your life, you are going one step further. You are making these acts of kindness part of your eternal memory. Leaving a legacy to UJIA will create a connection between you and the people of Israel that will last forever.

For more information, please visit [www.ujia.org/legacy](http://www.ujia.org/legacy) or contact Harvey Bratt, UJIA's Director of Legacies and Planned Giving at [harvey.bratt@ujia.org](mailto:harvey.bratt@ujia.org) or 07943 854289.



A legacy gift will change the lives of young people in Israel...

The connection continues with a UJIA legacy gift



... and inspire the next generation here in the UK too.

Supporting Israel has been part of Martin & Sheryl Harris' life for as long as they can remember. Martin's late father, Louis, left a legacy gift to the UJIA Community Centre in Kiryat Bialik and this inspired his son to do the same.

For Martin, remembering UJIA in his will is just the beginning. It is no less important that his daughters, Rachel and Lynsey, continue the work that his family has supported for generations. Martin's legacy gift will not only have an impact on the lives of young people in Israel, but also on his own children too.

To find out more about the difference a legacy gift to UJIA can make, call Harvey Bratt on 020 7424 6431 or email [harvey.bratt@ujia.org](mailto:harvey.bratt@ujia.org)

## Charities

### The Manchester Jewish Museum

The new Manchester Jewish Museum on Cheetham Hill Road opened its doors in July after major redevelopment with funding from National Heritage Lottery Funds.

The design and build by Katy Marks of Citizens Design Bureau Architects, London, sympathetically blends the 'old and the new' with Corten steel mosaic patterns as well as beautiful internal features that have restored the synagogue to its original splendid glory.



I was commissioned in October 2020 to lead the museum's existing textile makers to produce a piece of work. It reflects the multi-ethnic diversity of the members, who were all from different backgrounds and cultures.

The project gave the women a voice and a platform, but more importantly a shared goal to reach mutual understanding and learn new skills in a time when people were at home due to the pandemic. Each woman worked on their own banner which symbolised their culture and customs. We had weekly zoom sessions and accomplished the project virtually.

Everything from family celebrations to recipes to memories were embroidered or collaged onto the banners. It was my job to decide how the works were to be exhibited, and so I constructed a structural voluminous dress that would accommodate all fourteen banners.

The results are amazing – and I am immensely proud of what we have all achieved.

Manchester International Festival, together with MJM, commissioned Turner Prize winning artist, Laure Prouvost, to create a video installation, 'The long weighted, waited gathering'. Inspired by the building's past, using film, sound and textiles, the film transports you through the synagogue's history, surrounded by the echoes of the lives that once resonated there.

The piece is situated in the Ladies' Gallery, where the women would have sat during services and explores the unique bird's-eye view that women would have had – and still do, in our case – sitting high above men chattering to each other.



Accompanying the film is brand new work by our Women's Textile Group – an exquisitely stitched border, which opens and shuts, almost like a flower. Within the motifs on the border are reflections on the stories of four different women inspired by the oral histories in the museum's archives. Esther Michael, Vanda Shammah, Sarie Salem ("Aunty" Sarah Altaras) and Clementine Altaras.

Jo Scolah

## Charities

### The Paperweight Trust

The Paperweight Trust was founded on the principle of providing practical and immediate hands-on guidance at a time of crisis. A volunteer-led charity, it provides support and hope to vulnerable people within our Jewish community. This Rosh Hashanah, 'hope' has never seemed so important.

Paperweight works across the entire social and religious spectrum on bereavement, personal debt, welfare benefits, divorce, unemployment – even the bureaucracy of simply paying household bills. Our caseworkers are ready to offer free guidance on a full range of issues.

Our purpose is to offer clients tailored options to help them achieve appropriate outcomes to the challenges they face, whilst maintaining an empathetic and supportive approach at all times.

Paperweight has seen the need for its services soaring to epic proportions. Our stats demonstrate an uplift in numbers claiming means tested benefits, the start of an uplift in evictions and threatened homelessness, a surge in relationship breakdown and domestic abuse.

Many of Paperweight's clients are frightened, insecure, alone and worried. Often without warning, their lives are turned upside down. Many need support navigating the benefits

and care systems. Others need help managing debt and relationship breakdown. They are in crisis and making contact is the first step to resolution.

It is our purpose to offer that 'hope' in unthinkable times. We are totally focused on empowering our clients to deal with the challenges and hurdles they face. Our clients depend on us to do so.

To learn more about the vital work of Paperweight, visit [www.paperweight.org.uk](http://www.paperweight.org.uk). If you know of any individuals and families who could benefit from Paperweight's advice, encourage them to contact 0330 174 4300 or [info@paperweight.org.uk](mailto:info@paperweight.org.uk).

On behalf of us all, we wish you and your families a happy and healthy New Year. Shana Tova.



**Debt-negotiating, court-attending, benefits-advising, law-guiding, tribunal-accompanying, mess-clearing, rights-advocating, landlord-challenging and people-empowering.**

Your situation may involve any of these tasks, and more. Whatever your administrative, legal or financial problems, our 200 caseworkers, based in London, Manchester and Gateshead, have the expertise to help. And it's all free of charge. To access our services or to make a donation to support our work, call 0330 174 4300 or visit [paperweight.org.uk](http://paperweight.org.uk)



Don't get overwhelmed, get help.

## The Valuable Work of CAST (Community Advice and Support Team)

**My first 18 months at The Fed was an eye-opening experience.**

Each day, I would uncover a new aspect of the multi-faceted organisation I joined in 2016, whether visiting the manager of our dementia nursing household to learn about the skilled requirements of caring for people at their most confused and agitated; going over to our Children's Centre to experience a play-scheme in action and discovering how we support families of children with complex physical or behavioural issues; or meeting one of our volunteer coordinators as she identified a suitable volunteer to befriend a client with absolutely no family or friends.

Daily, there was new awareness and discovery. Each time I thought my capacity to be amazed by the breadth and depth of The Fed's work had reached its limit, I realised that that capacity may be limitless.

Until suddenly, one afternoon in late 2017, it occurred to me that there were no more surprises. I had a strong grasp of all The Fed's services. I was no longer the newbie, my feet firmly under the desk. No longer getting lost walking from one side of Heathlands Village to the other meant my productivity rocketed!

And yet five years since starting work at The Fed, a trip to our Community Advice and Support Team (CAST) office can be a deeply unnerving experience. Familiar with our work? After listening to my CAST colleagues some days, I realise I don't know the half of it.

Beyond the well publicised community activities, beyond helping people fill in forms, access practical support, benefits and equipment, CAST deal with some of the most utterly heartbreaking and highly sensitive casework.

My meetings with CAST are invariably followed by a period of reflection - a mixture of horror at the reality of what is out there in our own community, together with sheer gratitude that these dedicated, experienced professionals exist to pick up the pieces.

For fans of classic cinema, I can liken it to Jack Nicholson's infamous speech as Colonel Jessup in A Few Good Men. Taunted by a young Tom Cruise, Nicholson responds by telling the lawyer that "You have the luxury of not knowing what I know."

There is poverty out there, and squalor that almost defies belief.

There is abuse of every catastrophic kind, towards women and men - and children.

There is addiction out there, the kind that ruins lives and destroys happy homes.

There is hoarding - not the kind that stops you throwing away a favourite old pair of shoes, but the kind that turns a home into a hovel.

There are parents reeling under the strain placed on an entire family through bringing up a child with complex special needs. Excluded from what most take for granted - their child never invited to parties, the family never invited to Shabbat meals. Isolated in the playground at pick-up time. Outcast.

There but for the grace of G-d.

That is where my colleagues in CAST come in - dealing daily with all of the above and more, while the rest of us - sometimes even those of us who work at The Fed - live in blissful ignorance - the luxury of not knowing what they know.

CAST supports people through their very worst, most hopeless, helpless moments - when they have all but given up.

They support people when no one else can.

When we say that one in eight Jewish homes in Greater Manchester rely on The Fed's safety net, we're not over-egging it.

Through my colleagues' unwavering support, The Fed will continue to transform lives across our community.

Robert Marks



# you have the POWER TO TRANSFORM LIVES

from the comfort  
of your own home.

Your faith and support in The Fed gave us the tools to carry out our vital work: comforting, supporting, safeguarding - and saving lives.

But still thousands of people, from Broughton Park to Bolton, Hale to Handforth, continue to call upon The Fed's safety net, desperately in need of a power that can transform their lives.

### You have that power.

You have the power to ensure that we are here for anyone who calls us in despair. You have the power to care for the loneliest amongst us, for those tormented by unbearable mental health problems, and for those born into lives of abuse and neglect.

From the comfort of your own home, you can continue to change lives.

Please support our Rosh Hashanah Appeal.

Wishing you a shana tova umetukah - a sweet and happy new year.

Thank you.

[donate.thefed.org.uk](https://donate.thefed.org.uk)  
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These are not just statistics - these are real people that you cared for.

 **1,284**  
cases involving mental health support

 **4,385**  
calls for help answered

 **31,500+**  
hours of volunteer support

 **47**  
victims of domestic abuse and/or violence supported

 **£150,000+**  
of benefits claimed for clients

 **1 in 8**  
Jewish households in Gtr Manchester supported

## Charities

### We Will Remember Them

**At a time when levels of antisemitism and racism are so high, how can we best teach and learn about the Holocaust?**

It is a question with which many concern themselves before embarking on the subject. The enormity of this crime against humanity is difficult for anyone to grasp. The number 'six million' is incomprehensibly large, so where do we start? We start with the number 'one'. One individual family and their experience of living through the horror of the Nazi regime. By viewing history through the prism of personal testimony, we can start to understand what genocide really means.

The purpose of The Northern Holocaust Education Group (NHEG) is to pass on the life stories and experiences of the victims of Nazi persecution and the Holocaust, so that they are neither forgotten, nor denied. NHEG understands that the first generation of Holocaust Survivors will not be able to tell their stories in person forever, but their testimony must still live on.

NHEG is working to provide a network of trained speakers across the North, to tell the stories of the First Generation. Our speakers, frequently the families of refugees and survivors, are mentored and supported to ensure that their presentations are delivered in an engaging and impactful way and that all content is historically accurate.

Our presentations reflect the wide range of experiences of those who experienced Nazi persecution. For example, the story of Charlotte Amdurer, née Kohn. Charlotte was born in Berndorf, Austria, in 1921, to a family who were patriotic Austrians who could trace their roots in Austria back to 1650. Anti-Jewish laws, implemented by Hitler in Germany over five years, were introduced into Austria within just a few months after the Anschluss in 1938. It became normal for people who had previously had a harmonious existence with their Jewish neighbours to turn on them and brutally attack them. This is not a story of the death camps, but of the role of the bystander, who allowed evil to happen, paving the way for the Final Solution.



Another NHEG presentation features the family story of Anton Hundsdorfer, and his daughter Sonja, who became victims of Nazi oppression because they were political opponents of Hitler. Their story tells how Germans who opposed Hitler, suffered terror, imprisonment, interrogation, torture, forced labour and murder.

The aim of NHEG is to ensure that future generations will continue to experience the life stories of those who suffered Nazi persecution in a way that will be meaningful and relevant. At a time of growing antisemitism and racism, it is more important than ever to direct attention to the Holocaust, the outcome of Jew hatred when given the opportunity to flourish. It is our responsibility, to those who suffered before us, to ensure that their stories are remembered and used as a voice to challenge evil.

NHEG is developing a small bank of speakers and welcomes those who wish to develop and present a family story.

NHEG is also happy to provide speakers for schools, places of worship and many other organisations. Our locally based speakers can present over Zoom [or similar] or, when/where allowed, face to face.

For further information please contact Stuart and Shelley Ferster or Sandra Stewart or visit our website:

[www.northernholocausteducationgroup.org.uk](http://www.northernholocausteducationgroup.org.uk)

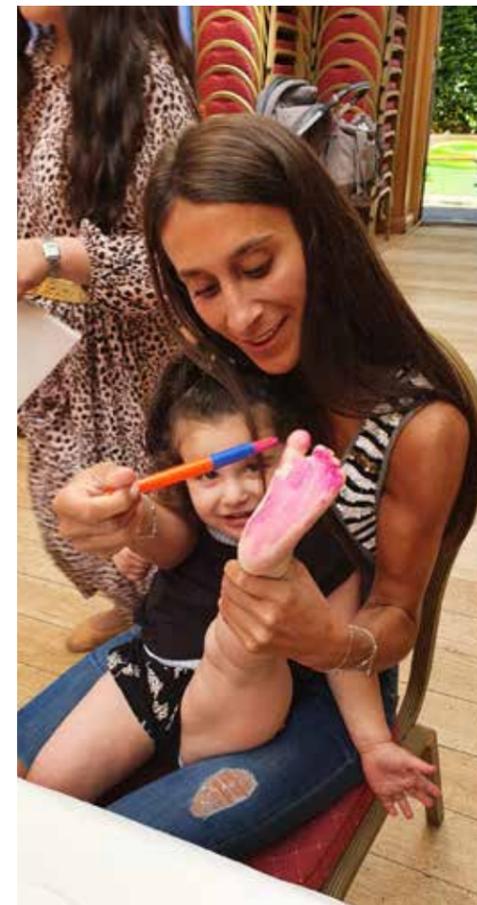
## Children and Youth

### Babies and Bagels

Babies and Bagels (sponsored through HAHET - Hale Adult Hebrew Education Trust) is our successful ongoing programming for parents (open to daddies, by the way!) and their babies to come gather at the Hale Shule for educational, fun, and relaxing Wednesday mornings throughout the year.

Currently we are on summer holiday and will return to regularly scheduled programming on 6th October after the High Holidays and Sukkot. See you there!

Tova



**בס"ד**  
**Babies & Bagels**  
For Parents in South Manchester  
**Baby Ballet**  
**Stretch and Grow**  
**Handprints and Footprints**  
**Sensory Play**  
**Jaynie Jstar**  
**Water Play**  
Lunch provided  
£6 per session  
10.30 am at Hale Shule  
Parking on Premises  
To book your place contact:  
Rebbetzen Leanne 07715 870164  
or Tova Levine 07946 114518  




### News from the Nursery

On the day of writing this, it is a year to the day since we reopened our nursery after the first lockdown. I really can't believe how quickly it's gone.

Since our return, we have learnt how to do things differently, and despite all of the changes, the children are thriving!

I have to thank the staff for remaining so positive during this time and for being the glue that held the nursery together. I appreciate that it was a difficult time for everyone, but their determination and dedication kept the nursery going, despite many obstacles.

Our numbers have increased thanks to quite the baby boom, for which we are very grateful. Long may it continue!

Thanks to some very generous donations, the nursery has been decorated throughout and has new flooring downstairs - it has definitely had a much needed facelift.

In the very near future, there are plans to improve all of the outside areas too, so watch this space.

As we enter another brand new school year, we say farewell and good luck to our school leavers who have just graduated. I hope that they will take away fond memories.

I'm now into my 21st year at nursery. I don't know where the time has gone. Mags, Mrs Boswell, Lisa and Alison have all been here for double figures too and Roya is quickly catching up.

Emily and Faye have joined the family this year and the children love them. I think the consistency with the familiar staff is the key to the happiness that oozes from the children who come here and they remember us for many years and often come to visit when passing.

The nursery staff work tirelessly to ensure the health and wellbeing of the children, often training after hours and in their own time. This year we have completed our Paediatric First Aid and Infant Defibrillator course and we have recently enrolled in The Feel Good Early Years offer which helps us to monitor the social and emotional wellbeing of the mental health of the staff and children. Staff have also completed a course called Mental Health Champions – The Foundation Programme, facilitated by 'Place2 Be'.

This year the children have successfully grown strawberries and raspberries which they have enjoyed gobbling up.

I would like to thank you all for your continued support and we wish you all Shanah Tovah for a happy, healthy and sweet new year.

Kat and the Nursery Team



## CST wishes our community a peaceful, healthy & safe New Year

**This Rosh Hashanah, we will hope and pray for a better year ahead, one in which we are able to lead our Jewish lives to the full.**

**The volunteers and staff of CST, Community Security Trust, will do everything that we can to help ensure that antisemitism does not interfere with our Jewish lives. We do this all year, every year. We do it with your help and cooperation. We thank you.**

This May, when Israel was at war, many British Jews saw the sad extent to which antisemitism is still a problem. This Jew-hatred changes over time, but it never disappears. It did not end with the Holocaust, nor with the creation of Israel: and this is why CST still does its work, in close partnership with shuls, schools and Jewish organisations throughout the country.

The antisemitism came in many forms. Schoolchildren and university students felt it from those they had thought were their friends. Cars bearing Palestinian flags were aggressively driven through Jewish neighbourhoods, with drivers and passengers shouting abuse at people in the street.

Demonstrations have included Jihadi battle cries against Jews.

In recent months, CST has given numerous reports to the police that have led to arrests and prosecutions for antisemitic behaviour. This was partly due to information reported to us from Jewish members of the public, as well as our own specialist research work. This is the side of CST's protection that goes largely unseen, whereas our physical security is much more obvious.

**Both sides of CST's work depend upon you playing your part: the security and the research. So please, keep reporting antisemitism to CST and keep supporting us in our security work. We will continue to always work in partnership with our shuls and communities.**

**May all of you and your families and friends have a sweet new year.**

Mark Gardner, Chief Executive, CST

[www.cst.org.uk](http://www.cst.org.uk) Community Security Trust @CST\_UK

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