



Mazeltov and a happy belated birthday to Wads member Jeanette Beaumont who has turned 100.

Jeanette was born in Hungary, an only child to Polish parents and came to England when she was three years old. She remembers crossing the English Channel on the journey. Her father was a talented and respected artist with a particular interest in Chinese design and earned a living by painting furniture to make it look Chinese. She grew up in the West End of London. Great Portland Street shul was the family synagogue, where she was married and her son had his bar mitzvah. She attended Camden School which later became North London Collegiate in Edgware. It was there that her artistic abilities were recognized. She went on to work as a creator of Powder Puff's on Silk Chiffon which she hand painted, selling her work to West End stores including Selfridges and Harrods. Later she became an interior designer as well supporting her husband in his business by designing dresses. Pen and ink drawings on the wall of her home attest to her design talent.

She met her late husband at a garden party and they were happily married for 72 years. They lived in North West London for many years and then Spain for 18 years before settling in Watford, as they wished to be nearer the family as they got older. Mr and Mrs Beaumont received telegrams from the Queen on their golden, diamond and platinum anniversaries and had parties to celebrate each of these milestones, photographs of which adorn her home. She has a devoted son, two grandchildren and four great grandchildren of whom she is very proud.

## Cover Girl!

Bernice Katz

Jeanette is a very modest lady who has lived a long and full life and says she wouldn't give the youth of today any advice because the world is so very different from when she grew up. She thought hard about whom she admired and came up with the Queen and commented that when the Queen had family problems it made her seem more real and human.

Jeanette celebrated her 100<sup>th</sup> birthday last year with a party for all the residents in the sheltered housing in which she lives in Watford, arranged by her son David, his partner Valerie and Granddaughter Annabelle to whom she is very close.

She enjoys watching sport, particularly football and is a keen Arsenal fan.



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**Wardens:**  
 Ellard Roberts  
 Michael Gordon



#### Dear Readers

Well what a summer!

It started with the disappointment and frustration of the IOC refusing to honour the 11 Israelis brutally murdered 40 years ago in Munich. We then experienced the pride in our capital city hosting arguably the greatest ever Olympiad, followed by the infectious joy in Team GB's medal success.

But I can't help but feel that something was missing.

Don't we Jews pride ourselves in contributing to all areas of society? So why did Team GB not include a single Jewish competitor?

Now before you tell me that we Jews aren't really sporty at competitive level I'm afraid that argument just won't wash with me. Even Michael Johnson, one of the greatest black American sprinters does not believe that sporting success is down to genetics. He believes it's having role models to live up to and inspire our youth. So where are our Jewish British sporting heroes? What better voice could we have had to persuade the Olympic committee to remember Munich than by having a voice from within? How brave was Jesse Owens winning in Berlin in 1936? How iconic the silent protest salute by Tommie Smith and John Carlos in the 1968 Olympics was to become. Winning an argument is not always done with words but with quiet action too.

I would like to thank the many, many contributors to this edition. We would not have a magazine without articles and I've had no option but to increase the number of pages for this edition! All, I'm delighted to say, were kindly paid for by the income generated.

Happy reading,

Sam Stuart .

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The views expressed in *Wads News* are not necessarily those of the Board of Management of Wads, or of the United Synagogue.

# Welcome!

We're delighted to welcome the following new members to our community:

Joel Cohen, Amanda and Yoav Foxman, Vivienne Proops

## *Wads cares*

First of all apologies for any omissions made below. We wish a hearty Mazeltov to ALL our members who have celebrated a special birthday, anniversary, family simcha, a new baby or a new grandchild. Our thoughts are with the families who have lost a loved one. Wads Care is there to help all our members.

There are many people, unfortunately, within our community, who are ill. Some are being looked after in Nursing Homes, some are waiting to have operations; some may be recovering from treatment. Our thoughts are with them and their families and we wish them all well.

**We are very anxious that the WADS Welfare Committee keeps in touch with the news. We can help in many ways. What we really need is for you to let us know of the joys and sorrows that happen within our Synagogue, without this contact we can't know what is happening, so please get in touch with the Welfare Committee: via the Shul office.**

## *Condolences*

Our sincere condolences go to:  
Warren Blanket on the passing of his wife, Gillian  
Gillian Volerich on the passing of her brother

## *Births*

Mazeltov on the births to:  
Tanya and James Crown - daughter  
Adele and Paul Fishman - grandson and granddaughter  
Annie and Peter Keen - granddaughter  
Carolyn and Paul Linton - granddaughter  
Ros and Tony Nairn - granddaughter  
Emma and Ben Sosner - son

## *Get Well Soon*

Sending best wishes for good health and a speedy recovery to:  
Andrew Shoob  
Brian Levy  
Denise Rodgers  
Di Roberts  
Ellard Roberts  
Esther Levy  
Joel Newman  
Julie Woolf  
Martin Behrman

## *Mazeltov*

Chatan Torah. Rabbi Levine  
Chatan Bereshit. Barry Freed  
Eshet Chayil. Rochel Levine  
Eshet Chayil. Bernice Katz

### **Plaques for the Memorial Board**

£75 each  
contact Carolyn Silverman  
01923 222755  
[secretary@watfordsynagogue.org.uk](mailto:secretary@watfordsynagogue.org.uk)

Esther Levy would like to thank all her friends in the community for their good wishes and kindness following her recent op.



# Rosh Hashanah 5773

## Rabbi Ephraim Levine

As we return from our summer holidays, our thoughts turn to the High Holy Days that are now upon us. Soon we will be joining together in prayer and song as we look forward with hope to the coming year.

Rosh Hashanah means the Head of the Year. Interestingly, it is not referred to as the start of the year, but rather the head.

I am sure that many spent the summer watching the Olympics. The Greeks believed that the most perfect human was the one most fit. The Olympic games was meant to prove that point.

Judaism also believes in a fit and healthy body - but not to the point of it being the definition of a person. Rosh Hashanah is not just another landmark on calendar, but an opportunity for us to perfect our spiritual being which does in fact define us as people.

It is a time when the year ahead is laid out in front of us. How we start out determines our chosen path until the following Rosh Hashanah.

Our Sages tell us that Rosh Hashanah gives life to the entire year. In the same way that each and every limb is connected to the brain, which then controls and gives life to each individual limb, Rosh Hashanah is connected to the entire year ahead. Just as we would take extreme care when dealing with the brain, so too we must take great care to utilise Rosh Hashanah as the head of the year in a positive manner, as we intend to go on. This then affects the entire year and places us in a good position for things to come.

Many of us attend shul - some of us attend daily while for others, the High Holies may be one of the few times in the year that we attend, for whatever reason.

Whether we appreciate it or not, the fact that so many people will be taking these days off work and coming together through prayer as a community, is a wonderful thing. Considering that we live in a time where it is becoming increasingly more difficult to appreciate G-dliness and to see the good in things, it is amazing that we still flock to shuls at this time of year. It can only be that the Jewish spark within each of us is awakened and prods us to observe Rosh Hashanah and Yom Kippur.

May this continuing faith, in addition to the many good deeds and mitzvot, performed by us all, place each and every one of us in good stead to be inscribed for a happy, healthy and prosperous New Year in the Book of Life.

Rosh Hashanah and Yom Kippur are our spiritual Olympics. May the Almighty grant us the strength to be gold medal winners despite the difficult times and challenges we live under, to celebrate these festivals together with our families and the Jewish Nation.

May the coming year see that all those who are lacking or in need be granted their needs, whatever they may be.

Together with Rochel and the boys, I wish each and every one of you and your loved ones happiness, good health, success and prosperity and may we share only good news and good occasions together.

*office* of the  
**CHIEF RABBI**

## Rosh Hashanah Message – 5773

Rosh Hashanah and Yom Kippur are times for stock-taking, individually and collectively. As we pray for God's blessings for the future, we reflect on the past: where we have come from, how far we have travelled, and what remains to be done.

As I think back personally to the day 21 years ago when I became Chief Rabbi, my overwhelming feeling is one of thanks and indebtedness to a community that has renewed itself beyond expectation.

Most spectacular has been the growth in education. There have been more new Jewish day schools opened in the past two decades than in any comparable period in the 356-year history of Anglo-Jewry. The percentage of Jewish children at Jewish day schools has moved from some 25 per cent to almost 70 per cent. This is an immense achievement on the part of many people: builders, funders, governors, teachers, parents and children. Together they have given us a future to be proud of.

Nor has the growth in education been confined to schools. There has been an explosion of adult, family and informal education. Never before has there been so much learning taking place in our community. We are better Jewishly educated than we were, and our children and grandchildren will be yet more so.

Then there has been the creativity and exuberance of Jewish life in general. I think of the new London Jewish Cultural Centre, the London Jewish Community Centre currently being built, and events like Jewish Book Week that attract ever larger crowds. Most of our synagogues are no longer simply houses of prayer. They have become community centres with active and dynamic programmes of all kinds.

Jewish welfare organisations like Jewish Care, JBD, Norwood, Nightingale House, Langdon and others throughout the country have achieved unparalleled standards of excellence. Chessed activities thread through almost all of our organisations and schools, and Mitzvah Day has inspired other faith communities, becoming this year a national project backed by the government.

The Jewish voice has become a significant part of the national conversation on moral and social issues, listened to respectfully by people of all faiths or none. Even the demography of Anglo-Jewry has changed. Having declined year-on-year for 60 years, in 2005 the tide began to turn, largely thanks to the growth of the Haredi community. We are now growing, albeit slowly.

And yes, there are negatives: the growth of antisemitism and the various campaigns against Israel. But Britain remains, for the most part, a tolerant society. Jews and Judaism are admired, and in the fight against prejudice we have good and often courageous friends. Were our Victorian predecessors 150 years ago to see us now, they would be frankly astonished at the richness and exuberance of Jewish life.

*Lo alecha ha-melakhah ligmor.* It is not for us to complete the task, but neither have we desisted from it, and together we have achieved great things. Our children and grandchildren will have new challenges to face, but they will do so with more knowledge and confidence than any Anglo-Jewish generation in the past.

So let us give collective thanks to God *shehecheyanu ve-kiyemanu ve-higyanu lazman hazeh*, who has brought us safely to this day. May the shofar of Rosh Hashanah summon us to yet greater achievements. May we remain true to our faith and a blessing to others regardless of their faith. May God write us and our families in the Book of Life.

Bebirkat ketivah vechatimah tovah,



Chief Rabbi Lord Sacks

לא עליך  
המלוכה  
לגמיך  
ולא אתה  
בן חורין  
להבטל  
ממניך

# New Year Greetings

**Black.** Jilly would like to wish the Rabbi, Rochel and family, and all of her friends at WADS a very happy and healthy New Year and well over the fast

**Citron.** Best wishes for a healthy and happy New Year to all the Watford community. Sue and Brian and family.

**Fisher.** Alan, Cheryl and Hannah wish Rabbi Levine, Rochel and family, the Watford community, friends and family a happy and healthy New Year.

**Fisher.** Stanley and Evelyn wish everyone a happy and healthy New Year.

**Freed.** Gill and Barry wish Rabbi Levine and the community, including our family, friends and old golfers, a very happy, healthy, peaceful and prosperous year ahead.

**Gordon.** Lindsay and Michael together with Emma, Maya and Philipp, Yaniv, Adam and Dana wish Rabbi Levine, Rochel and family and all the community Shana Tova and k'siva vechasima tova.

**Gordon/Graham.** Helen, Elliott, James, Danielle and Millie wish Rabbi, friends, family and Watford community a happy and peaceful new year and well over the fast.

**Jacob.** Ronnie and Philippa wish the Rabbi, his family and all of Wads a happy and healthy New Year.

**Levy.** Esther and Brian wish Stephanie and Stuart, Rabbi Levine, Rochel and the boys, and all their friends in the community a happy, healthy and peaceful New Year and an easy fast.

**Lewis.** Sue and Leigh wish their family, friends and the whole community a very happy Rosh Hashanah and well over the Fast.

**Linton.** Carolyn and Paul, together with Tanya, James and Maya wish all their friends in the community a happy and healthy New Year.

**Mail.** Lesley and David together with Simon, Jonathan & Tanya and Bea wish all their friends and the community a happy, healthy and peaceful New Year.

**Marco.** Rochelle and Alan wish all their friends in the Watford community a happy, healthy and peaceful New Year and well over the Fast.

**Marcus.** Glenda, Mike, Daniel and Zara wish everyone in the community a happy and healthy New Year.

**Marks.** Betty and Eddie wish their extended family, as well as all their friends in the Watford community, a very happy and healthy New Year.

**Michaels.** Gary, Danielle, Scott and Sammi wish L'Shana Tova to Rabbi Levine, Rochel, their children and all the community.

**Myers/Cohen.** Loraine & Joel wish their dear children & grandchildren together with Rabbi & Rochel & their Watford friends a Very Healthy & peaceful New Year & an easy fast.

**Pearl.** Renee together with Stephen and Adrian wish Rabbi Levine, Rochel and family and our many friends a very healthy and happy New Year.

**Raphael.** L'Shana tova. Thank you for welcoming us to Watford. Wishing you all a happy and healthy New Year. Frankie and Daniel.

**Roberts.** Ellard and Di send Happy New Year greetings to the Rabbi and Rochel along with all our friends in the community.

**Shayle.** The Shayle Family wish all the Wads community a happy, healthy and peaceful New Year.

**Shoob.** Elaine and Melvyn wish all their family and good friends in the community a very happy and healthy New Year and an easy Fast.

**Silverman.** Carolyn and David wish all members of the community a happy and healthy New Year.

**Solomon.** Allan and Paulette thank all their friends in the community for their kind support during Allan's recent illness; and wish all of us a healthy and happy New Year.

**Stanley.** Jacky and Tony wish Rabbi and Mrs Levine and family and all members of Wads a happy, healthy and peaceful New Year.

**Stuart.** Sam, Mark, Jodie and Nathan wish everyone good health and happiness for the New Year.

**Walters.** Susie and Clive wish their family and friends in the community a very happy and healthy New Year and well over the fast

**Woolf.** Julie, Richard, Natasha and Adam wish family and friends a happy, healthy and prosperous New Year.

**28th Watford Brownies.** The leaders of Watford Brownies wish all their girls and their families a very happy & healthy New Year & well over the fast.

## Wardens

### Ellard Roberts and Michael Gordon

This year we wanted to add a little explanation of our role in trying to plan all the comings and goings of the High Holydays.

In early May Ellard sits down and works out the timings for the High Holydays together with Succot and Simchat Torah. These are checked against United Synagogue timings and then they go to the Rabbi and Michael for approval. These times may be adjusted to fit in with the allowed Halachic timings for some of the services. These will eventually go to the printers who in turn send us a proof before final approval. This may sound simple but everything gets checked numerous times to ensure no mistakes occur on the final copy. We then sit down and try and work out how many call-ups for each day there will be

and look at who we should call-up. Should it be the regulars or those that donate the most or maybe call up people who don't come regularly? What about those who work on either the Shul Board or the Executive or even those who work for the Shul behind the scenes? I always welcome the thoughts of the community and would be happy to hear the views of any member who thinks they have something to add to the discussion. We can tell you that last year we had to update the list 9 times as changes were needed on a regular basis.

To normal events, Friday night service at 7pm is well attended but we could always do with more people. The Service last less than an hour and includes a Q and A session with

the Rabbi. We get a decent attendance on a Shabbat morning and in the past year, have had so many Special Kiddushim, that lots of visitors coming through the doors have added to outnumbers. If you have any special reason that you wish to celebrate or commemorate, then please do let us know and we'll do our best to ensure a special day.

Our first Sunday in the month service starts at 8.15am and we mostly get a good Minyan. This is followed by a Bagel breakfast - a good service followed by a great social time!

Let us take this opportunity to wish all Members and friends in the Community a Happy New Year and well over the Fast.

# From Your Chairmen - Past and Present

## Brian Levy - Outgoing Chairman



As this will be my last report as Chairman of Watford Shul, I would like to take this opportunity of sincerely thanking the community for the way they have supported Esther and myself during the last 4 and half years.

I'd like to give you a brief update on where the shul currently stands:

### Fundraising and Social

Last July, we held our annual barbecue which was supposed to be held in the car park but as you know it poured with rain so we had to use

the shul hall instead for which I must give a big thank you to Toria Maze and Tim Bannon for organising this. The next function was held in November and this was our a successful quiz evening which was held at the Park Inn Hotel. I would like to thank Julie Woolf for all the hard work and effort that was put in to make this event such a success. In the main, Julie has had to work by herself in organising this event, but with the new board shortly in place, I'm extremely confident that things can only get better moving forward.

### Security

Simon Grant continues to be our security officer in a role he's held for approximately 4 years now. He is well supported by Simon Fox , Alan Fisher and Gary Michaels who very kindly give up their time on a Friday night, Saturday morning and other days upon requests. I would personally like to offer my thanks and appreciation to you all for your hard work in protecting the community.

### Shul Magazine & Website

Sam Stuart continues to produce the WADS magazine which is growing from strength to strength. Feedback tells me that the magazine continues to be a success in delivering our message to the community. The magazine requires additional support from the board in

regards to obtaining getting adverts and articles for the magazine, from the community. I would also like to thank Melanie Silver who continues to drive the PR for the Shul making sure that we are always very well represented in the Jewish Chronicle, London Jewish News and the local media.

### Maintenance

I would also like to thank Alan Marco and Michael Brett for all the help again with the building and the electrics and I have an up to date annual report on the fire safety, health and safety and electric insulations.

- 1) A fire drill needs to be programmed for this year.
- 2) The plant room – Tools, paint etc have now been removed and placed in the car park.
- 3) Internal lighting control – Michael is looking into alternative solutions
- 4) External lighting – this has been refurbished and is working as expected

Our caretaker Ciaran Mapp affectionately known as Phil, has been doing a first class job and making sure the front of the building is well maintained with plants and shrubs etc.

Last year I suggested to the Rabbi that he should create a Watford Shul newsletter. This

## Ronnie Jacob - New Chairman

Firstly let me wish you all a Happy New Year and well over the fast.

That is a very easy statement to make but on the other hand quite shocking. Well it is a shock for me. I had been the Financial Representative (has always sounded a silly name to me---Treasurer is better) for some 13 years and I honestly believed that last year was going to be the end of my involvement at exec level in the Shul. Hey ho - I did not know what plotting was going on behind my back! One day Brian Levy rings me up and asks if I would consider standing as chairman. I thought long and hard and went for it. Now that is where the shock starts.

Some of you know me quite well and a many of you will not. My parents were both refugees from Germany and neither were particularly religious. My father was certainly more so than my mother. By the time I was born they were members of the Reform synagogue in Harrow and that is where I received the Jewish education I have. I was Bar Mitzvah there and enjoyed my time at Cheder . I did notice that my orthodox friends were able to follow services and read Hebrew better than me and that always niggled me. Still does. I know I was of the opinion that I wanted the choice as to how I practiced my Judaism. My parents were both "ganzer machers" in B'nai B'rith and eventually that is where I followed. Firstly in BBYO and then BBYA. It was there that I met Steve Newman. It

is purely down to Steve and Bonny that we are members here today. My choice as to how I practiced my Judaism was eventually and thankfully taken away from me when I met Philippa in BBYO well over 40 years ago.

We have been married for 31 great years and were friends for a long time before. Philippa was a member of Wembley US and due to my parents having previously been members of the US we were able to tick all the boxes and were able to be married at Wembley. From then on we have been members of the US and kept a Kosher home. It was an easy switch somehow.

The way I have always expressed my Judaism has been by volunteering since I was a teenager. However, I thought this was going to come to an end when I gave up being FR. Now I find myself as Chairman and somehow think that that could only happen to a chap like me, in a shul like WADS. This is a very special place, made up of many diverse levels of observance and background, and therefore it is easy for anyone to fit in. That and the friendliness of the community is what drew us here in the first place and long may it continue. Yes my parents would be utterly shocked to see me in this role, but sadly they are not here to see it.

has now been done and as you are all aware, you receive your weekly e-mail from the Rabbi. Rabbi, thank you for your hard work and effort in producing the e-mail and keeping it to a very high and informative standard. May I also add my thanks to Rochel for all the events, hard work and support in the year. The Rabbi has sat down with the two wardens, Mike Gordon and Ellard Roberts, assisted by Mike Marcus on a monthly basis and the subjects that were discussed were as follows:

Childrens services, Leyning, Peir - the Rabbi will attend 6 courses this year.

The care and the community and that consists of a meeting between the Rabbi, Berenice Katz and Stuart Bloom, and last but not least, adult education.

I would like to thank pay thanks to Elaine for her tremendous hard work for organising the Kiddush. As you are aware, Elaine has now stepped down from the role and there was a Kiddush recently to celebrate this.

Frankie Weinberg has already agreed to take over the Kiddush on Saturdays and other days as requested.

Toria was assisted by Helen who organised the function on Sunday 29<sup>th</sup> January. We had over 90 people that attended. Also, there is now an after-school club which has re-opened for children aged 4 to 8, older and younger kids are welcome.

Helen has been looking after the youth since I took over as Chairman and what a first class job she has done and with her help we were able to achieve a youth officer for the last year and now from September we have two new people on a joint basis. David Burke and Adam Woolf. David and Adam's parents are prominent members of the Shul and I wish them every success in their new roles. Tribe has agreed to sponsor this for two years paying 50% of the cost.

Other members of the committee who have assisted are Tim Bannon. Robert Keane, who as you know has taken over from Ronnie Jacob as our FR and I wish every success in his new role. Also a big thank you to Lester Wagman who stepped down from the board this year.

I would like to thank the two wardens of the Shul, Ellard Roberts and Michael Gordon who work very hard to make sure our services are running smoothly. Ronnie, every time I have required something to do with the Shul I have

asked you for money and you have never said no, you have been a great help and I do wish you every success in your new role.

Mike, I have enjoyed working with you for the last 4 and a half years as my vice chairman and always working behind the scenes making sure we tick over. One of the successes with all the hard work is that Rabbi Levine is doing an extra day for us on the Monday which has gone down very well with the community.

I would like to also thank Alan Solomon. It is nice to see you here again, and thank you for all your hard work being President of the Shul and represent us to the Board of Deputies.

Once again I would like to thank Carolyn Silverman for all the hard work that she puts in to make sure the Shul is always ticking over and I will miss working with you in the future.

For the last time as your chairman, that's all from me folks!!!!

In the three months since I took over from Brian, some changes have acquired a momentum, which Brian started to put in place for me. The social and functions side of things is now being run by Clive Walters and a committee of five. They have a programme stretching way into the new year, which will bring us together socially more often. Other things are beginning to happen too - Adult education will soon be re-started by a committee of three; we have two new Tribe leaders who will bring new invigoration to our youth; Bernice Katz has started a befriending scheme; the Rabbi tells me that his mother and Sara Sugarman want to start a friendship club; people are volunteering for taking wine and challah to new members; and there seems to be a general spirit around the place by which people are asking what they can do for the community, including one 83 year old member. One of our newer members has volunteered to get the website modernised and she will be working with Mark Stuart on that. There is more and more that will happen over time and I can only encourage you to get involved. By popular request we are also going to have 3 additional services over the Yomim Noraim for the first time this year. They will be evening services at the end of Yom Tov. We have volunteers now for the Kiddush rota and new leadership in the form of Frankie in that department. We also have our great security team. If I forgot anyone, I apologise!

Ladies and Gentlemen, have a happy, healthy and wonderful new year and please never feel shy to volunteer or ask for help. We are here for you always.



# Grandma's Nchas all the way from New York City

Murray Ayrton

All Grandparents get Nchas. Of course some get more than others.

Birthdays, school plays, concerts, awards, bat mitzvahs, bar mitzvahs, sports days are all good sources of Nchas for Grandparents.

But very few travel as far as Wads Grandma, Frances Ayrton to get the sort of nchas you get for travelling all the way New York to see both your granddaughters represent Maccabi GB at the JCC Maccabi Games.

Northwood Synagogue members, Naomi and Rachel Ayrton were both selected for the swimming team. Both are dedicated swimmers, training six times a week with Hillingdon Swimming Club. Naomi was looking to build on her success at from the 2011 European Maccabi Games in Vienna where she won gold for the 100m and 200m Junior Freestyle. Rachel had her eye on the 100m Breaststroke, an event she contested at county and regional level in 2011 and 2012, as well as the 400m freestyle where she was club champion in 2011.



The nchas for Grandma started at the opening ceremony, where all the athletes in the Maccabi GB team came in to a cheering packed stadium. 1,500 athlete representing 36 delegations ready to compete in 12 different sports.

The swimming started at 9.00 a.m the next day. The competition was tough, with strong delegations from Los Angeles, Philadelphia, Washington and New York. But it was not long for before Grandma had delights from both grandchildren when they picked up 3 medals between them, a gold, a silver and a bronze.

The joy carried on all week in the pool with Naomi picking up 2 gold, 2 silver and a bronze medal. Rachel won 3 gold and a silver medal. Of course there were also some near misses. Naomi was 6th place in the 50m freestyle, with only 0.28 of a second covering 2nd through to 6th place. Rachel's 4<sup>th</sup> place in the 100m freestyle, missed out on a medal by less than a second. But overall the nchas



kept coming all week, with both the girls making new Jewish friends from all over America and on the day of Caring and Sharing when all competitions stop and all the children take part in local charity projects.

So where will Grandma Frances get her next 'fix' of nchas from?

Well, the girls have already been selected for the swim team at World Maccabi Games in Israel next year, the third biggest sporting event on Earth with 70 international delegations!

So maybe 'next year in Jerusalem'!





# The AL Fund

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E-Mail: info@ezervhatzalah.org.uk

Dear Member

The recession of recent years has had an international effect; no community or sector was left untouched. But perhaps harder hit than almost are breadwinners of large families in Israel, who have difficulties making ends meet in the best of times. It is not unusual for children of these large families to go to bed hungry, or wear shoes a few sizes too small! Many employers are unable to pay regularly since they are facing financial difficulties themselves, and they optimistically promise weekly that 'things will soon be better, hopefully'. Meanwhile, fathers unfortunately contend with utility companies threats of halting their gas and electric supplies midwinter. They receive politely veiled warning letters from the banks, and live with the constant stress that accompanies an unstable financial situation. These people do not have the means to pay for basic necessities such as dental care for themselves or their children, clothing, shoes, and unbelievable as it may sound in 2012, many of them constantly live with empty fridges and larders.

In an attempt to assist those hit by the recent recession, several community representatives have established the AL Fund to provide for these poor, undernourished families.

Rabbi A, the founder of the fund relates what the final catalyst for the establishment of the AL Fund was:

It was shortly before the holiday season when this fine man was out shopping for his family at the local supermarket. The store was exceptionally busy, as would be expected at that time of the year. Large numbers of local residents were rushing around, filling their trolleys with seasonal goods for their families. Having collected all the items he needed, he waited patiently in the line to pay for his purchases. He waited and waited, and soon began to wonder who was holding the queue up. It was a busy day, and he had no time to waste.

The caring man decided to move over from his place in line to investigate the cause of the delay, and was deeply upset at what he saw. A young local resident was standing there, his face red from humiliation. He was being ordered to return the items from his trolley back onto the shelves, since his credit card was declined.

Assessing the situation, this man rushed over to the cashier, and quietly indicated to him that he would settle the bill. The poor man's face lit up with gratitude, having been saved the shame of coming home to his large family empty

handed. He assured his anonymous benefactor that he would repay him... one day... when he is able...

The two men engaged in conversation until the pitiable situation was clarified.

It had been several months already that his wages had been irregular. Some months he received nothing at all, and some months his employer made a token payment, assuring him that the back payments would be received soon. The job market was not kind to new workers either, so finding another job was not an option.

This incident occurred just a short time after the Mumbai Massacre, in which Rabbi Aryeh Leibish Teitelbaum, a close personal friend of Rabbi A, was murdered. Rabbi A decided to name the fund in the memory of this pure, kind hearted soul who was renowned for his special understanding of every human being, and generous assistance for those in need of support.

And thus, the AL (Aryeh Leibish) Fund was born.

The fund provides basic nutritional staples such as bread, meat and fish on a regular basis. The fund also focuses mainly on providing food in the holiday seasons, specifically before the holidays of Passover and Sukkot, thus easing the financial burden at a time of great expense.

Now that the holidays of Rosh Hashana and Sukkot are approaching, we are relying on your support more than ever. Hundreds of families in dire need in Israel are relying on us to provide them with the basics needed to get them through the holidays. We cannot do it without you! We are in desperate needs of funds, in particular now before these financially stressful times. These needy families view the donations as deliverance from G-d's angels themselves.

We can be those heavenly angels sent to lay their empty tables in their times of greatest need.

May those worthy donations bring all supporters protection from all accident and misfortune, bringing them all blessings, with health, tranquillity and a long life.



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# Board of Deputies Report

## Allan Solomon (Deputy for Watford)

The Board has been very active in the last few months, of necessity. The atmosphere of hostility to Israel, for example, seems to be gathering momentum in the United Kingdom, especially among the Christian churches. One need only mention the Quakers, Methodists, Presbyterians and now the Anglicans. Needless to say, the Board's executive has met with the senior administrators of these organisations, starting with the Quakers, whom they met in February, and most recently with the Anglicans in July. This last meeting was to discuss the Anglican EAPPI (Ecumenical Accompaniment Programme in Palestine and Israel). EAPPI takes visitors on trips to the West Bank. It is grossly one sided, seeing almost nothing of the Israeli side, as are the pre-trip briefings. Unsurprisingly meetings addressed by returnees have often turned out to be inflammatory with anti-Semitic innuendos being very common.

In addition the BDS (Boycotts, Divestment and Sanctions) movement seems to be gathering momentum among British organisations, with the Co-op being only the latest to join in this unjust economic war against Israel. Recently the Co-op decided to extend their boycott of settlement goods to include companies that profit from

settlements in the West Bank. The Board, through the Fair Play Campaign Group (FPCG) met with the Co-op and submitted a statement to them in opposition to this, which was rejected. Through FPCG the Board has mobilised people to sign up to the Co-op and attend regional meetings to speak out against the Co-op's decision (which is being read out at each meeting) and to oppose further motions. At the regional Coop meetings that have taken place this tactic has been extremely effective. Activists have been present to challenge the BDS narrative and there is clearly upset and frustration both from ordinary Co-op members and from officials at the politicisation of the organisation by BDS campaigners. We are also supporting a campaign to 'Shun the Co-op' until they change their policy. Fortunately the BDS campaign seems to have had little effect on UK-Israel bilateral trade. Figures released early in 2012 showed that Israel was the United Kingdom's largest trade partner in the Middle East, with bilateral trade between the two nations amounting to £3.75 billion (\$6 billion) in 2011 – up 34% from the preceding year. Matthew Gould, Britain's ambassador to Israel, said the figures demonstrated that the effect of boycott

movements on trade between the U.K. and Israel was minuscule.

This report has concentrated on Israel, for as we well know, events there have repercussions here. Europe has also seen its share of anti-Semitism, manifested in the football fans attending Euro 2012, even though there are few Jews in the countries concerned (especially Poland and Ukraine, nearly all having been murdered by the Nazis with the enthusiastic collaboration of the natives. And although, as a Brit. I glory at the fantastic results obtained by the Home GBR Team, there still remains the sour note of the refusal by the IOC to allow a minute's silence to commemorate the murder of the 11 Israeli athletes in the Munich Olympiad of 1972, although such silences have been held during other Olympiads for other similar events. This can only be ascribed to the inherent anti-Semitism of the IOC.

However, in spite of all these difficulties, we must continue to be vigilant and I am satisfied that the Board, with its new and rejuvenated executive, will continue to fight for the rights of the Jewish communities here in the UK, and abroad. I, for one, am proud to represent Watford as Deputy, and to be part of that effort.

## Making your occasion special

Whilst the retail sector has been hit hard over the past few years, the demand for balloon decorating has never been higher. Therefore, with over 20 years balloon decorating experience, through card and gift shops, Gary decided to develop this side of his business and has involved his team in this expansion by sending his staff from his shop in Borehamwood on a comprehensive balloon decorating course.

Weddings and Bar/Batmitzvahs, together with a host of other events, continue to be celebrated with a function and everyone wants to make their hall look either sophisticated, fun, exciting, themed or all of the above. Balloons are so adaptable which means the hall can be decorated to meet all needs without breaking the bank.

With three qualified balloon decorators plus a number of other shop based staff capable of filling all your balloon needs, means we never have to refuse business or worry that any decorations will not meet our own high standards.

The worldwide shortage of helium is making life very challenging for most balloon decorators with suppliers increasing prices and adding on surcharges on a weekly basis. Thankfully we have been able to keep one step ahead due to a number of contacts built up over many years. We are also constantly coming up with new and innovative ideas for balloon displays with air rather than helium.

Please contact Gary or Juliette on 020 8953 6458 or email: [enquiries@scottsballoons.co.uk](mailto:enquiries@scottsballoons.co.uk) for further information. [www.scottsballoons.co.uk](http://www.scottsballoons.co.uk)

**Balloons By  
“Scotts”**

## **will it be a sweet new year for all jewish families?**

In most of our communities there are families who have a child with a life threatening illness. From Cancer to Muscular Dystrophy, these families face high levels of stress and anxiety and it is our responsibility to be there for them. At Camp Simcha, our vision is that no Jewish child, wherever they are in the UK, should have to suffer serious illness without our support. We believe that the best way to improve quality of life for the sick child is to change the life of the whole family including siblings, often the forgotten sufferers.

### **JESS'S STORY**

In February 2010, 7 year old Jess was diagnosed with a brain tumour. She has endured surgery and years of chemotherapy and radiotherapy. Her parents, Jane and Mark, watched their daughter change from a bundle of energy into a shadow of her former self.

Jane and Mark contacted Camp Simcha and our Big Brother and Sister volunteers quickly became part of Jess's life and that of her sister Mia. They visited Jess regularly and took her to parties and outings, providing respite for Jane and Mark, whilst their dedicated Family Liaison Officer provided them with 24/7 practical and emotional support.

The whole family came on special Camp Simcha Retreat



where they met many other families who really could understand and the children had the time of their lives. One evening straight after chemotherapy, Jess and Mia went with Camp Simcha to the X Factor concert at Wembley where she met all the stars. When we spoke to her a few weeks later, Jess didn't even remember the treatment she had that day – all she could think of was meeting her heroes.

### **CAMP SIMCHA HELPS ALL MEMBERS OF THE FAMILY FEEL BETTER, STRONGER AND MORE ABLE TO COPE**

All Camp Simcha's services are provided free of charge to families from all sectors of the Jewish community. We receive no government funding and rely on the generous support of the community. If you know of a child or family that could benefit from Camp Simcha's help, please do not hesitate to contact us on 020 8202 9297 or for further information visit our website at [www.campsimcha.org.uk](http://www.campsimcha.org.uk).

### **HELP US MAKE TOMORROW'S TREAT MORE IMPORTANT THAN TODAY'S TREATMENT**

To support our services please visit [www.campsimcha.org.uk](http://www.campsimcha.org.uk) send a donation to "Camp Simcha," The House, 12 Queens Road, London, NW4 2TH, or contact us at [office@campsimcha.org.uk](mailto:office@campsimcha.org.uk).

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# Israeli Tribe Tour

Scott Michaels



Ten months ago, I was faced with the dilemma of which Israel tour to go on. After looking through most of the tours and exploring all the possibilities I finally chose to go with Tribe for Israel tour 2012.

This was going to be my second time in Israel, so I was very excited. We started off the tour in the desert where we visited the tomb of David Ben-Gurion, the first Prime Minister of the State of Israel. We also hiked many challenging routes through the desert, and on one hike in particular myself and a few others had to stretcher another one of the tour participants down a mountain in 40 degree heat, now that wasn't easy!

The most painful part of the tour was eating the Red Savina Habanero, the second hottest chilli in the world, measuring a whopping 600,000 on the Scoville scale. Whilst I was desperately tipping water down my throat to try and control the burning, the tour guide kindly told me that water would not help and offered me cucumber instead. These cucumbers were miracle workers easing the sting of the potent chilli.

Our visit to Sderot, the town targeted by rockets fired from Gaza, was very moving and in points quite scary. We were standing in a place surrounded by bomb shelters, listening to the stories of the people who lived under fire day in and day out. This was very inspirational, it made me realise how lucky I am in that where I live I do not have the same threats they do.

Next we took a coach journey up north towards Tel-Aviv where we visited many museums detailing the events in how we gained and kept the state of Israel, these included the tank museum, the ammunitions museum and independence hall. These places made it very easy to actually feel like we were in 1948 and reliving the declaration of the State of Israel.

Our climb up Masada was not easy, but just the view from the top made it worth it. I have already been to Masada with my school in year 9, but this time it was a whole lot better. The first thing we did was daven shacarits, in the same place our ancestors did all those years ago. After learning about what happened on this mountain top we progressed to the southern side, this is rarely done by tour groups as it is a long walk. Once we'd reached the tip all we could see were other mountains, nothing very exciting. This was until our tour guide shouted, and shouted and shouted. Well actually he only shouted once, but the echoes of the mountains made it seem like he was shouting forever, it was sensational.

After our trip into Eilat and the Dead Sea, we made the very long journey up north to the Golan Heights. The war against both Syria and Lebanon was made very clear up here, as on the outsides of many roads lay abandoned homes and tanks. One early morning at around 3am we set off to watch the sunrise at Mount Arbel. At the summit everything could be seen, the Kinnerit, Tiberius, Tzefat and many other places. As

the sun slowly rose over the Kinnerit we davened Shacarits, never before have I truly seen the power of HaShem.

After the north we made our way down to the holiest city on earth, Jerusalem. On route we went to a very unique place, Dialog in the Dark. This museum is in complete darkness and clearly illustrates how blind people live in day to day life. So we finally pulled up at our hotel in Jerusalem, as we had camped the night before, the sight of a bed was pleasing to see. The following morning we made our way through the old city of David where we saw the original city walls over 3000 years old. We then made our way along the pass (which is now underground) that Jews thousands of years ago would have made, from the Mikvah to the temple.

Later on in that evening we davened Friday night at the Kotel. This was probably the highlight of the tour for me as it really made me feel Jewish and spiritually connected. We then ate and took the long walk back to the hotel. During the last week we visited Yad Vashem along with Har Herzl. Both these places were very moving and inspirational as it showed me what others gave up for what I now have. We then went into the Kotel tunnels where we prayed at the holiest point on earth for the moment, rocks that lay only 90 foot away from where the holy of holies once stood.

The last activity was sensational - a helicopter ride over Jerusalem. It was a whole new experience seeing the Temple Mount and other holy places from above. Our last destination was the Kotel again at 3am just before we drove to the airport. As I said my final prayers and bowed down a bird pooed on my arm from above, some said this was a very holy sign, others did not.

This trip has been very inspirational for me. I now feel a lot more connected to my Judaism and why being Jewish is so important. The friendships I have made I will keep for a very long time, however I feel that this tour made me realise exactly what has been given up to enable us to have the State of Israel, and for that I am truly grateful.



# Mazeltov!

Wads News has pleasure in introducing our members due to be honoured at Simchat Torah

**Barry Freed** has been a member of Watford Synagogue since 1978, he has served on the board on various occasions and over the last 30 years enjoyed running many events, including shul Quiz Suppers, charity nights and even the legendary fundraising 'pram races' that took place in Watford town centre, around the pond, during the 1980's. Recently Barry together with his beloved Gillian, celebrated their 41<sup>st</sup> wedding anniversary. They enjoy their two grandchildren Lucian & Justin, along with their children Marcus & Lauren and son-in-law Neil.

Barry says, "Beresheet means 'in the beginning' and it is an honour to serve as Chatan Beresheet for Watford Synagogue. I look forward to reciting the blessing over the beginning of the Torah, when we read the section dealing with the creation of the



universe by G-d, and the creation of the first human beings.

"Simchat Torah a time for *simchah* (joy/celebration). I look forward to joining you for the celebration. Thank you to the board for their kind honour, and may our entire community be blessed with joy, light, prosperity and good health."

**Bernice Katz** and her husband Raffi joined Wadss seventeen years ago shortly after her daughter Miriam came to the kindergarten at the shul, taught by the wonderful Miriam Leperer and Sharon Stanton z'l. they never looked back and their son Daniel soon followed in his sister's footsteps.

Bernice tells Wads News, "I have enjoyed being part of the warm and welcoming community that is WADS and watching our children progress from kindergarten to chedar, brownies, bar and bat mitzvah and

youth group; as well as taking part in supper quizzes, matzo rambles, book club evenings, the interfaith days etc, making great friends



on the way. As a legal secretary training to be a legal executive, I don't have a lot of spare time but being part of the newly formed care group is one way in which I can help in the shul.

"I am delighted and honoured to have been asked to be Eshet Chayil and am looking



forward to being the 'Queen of Sweeties!'

**Rabbi Ephraim Levine** was born in Lambeth in south London where he lived until the age of six. He and his family then moved to Forest Gate which at the time was a more Jewish community which had several shuls within walking distance. West Ham shul, was to become the family shul (and later his first post!) It was here that he acquired his love for community shuls

Returning home from Semicha in Israel, Rabbi Levine worked with his parents in the family business, a kosher delicatessen. The Jewish community had declined over the years and when the rabbi of our shul left, he officially took on the position as minister. I was there for four years before it officially closed in 2004. Having married in 2002, he and his wife, Rochel, moved to Edgware where they lived for two years. In 2003 Rabbi Levine began working in the Kashrut Division of the London Beth Din where he continues to work today.

In 2006 Rabbi and Rochel moved to Watford to take up the current post. Rabbi Levine



adds, "Together with our four sons Rochel and I feel we have arrived somewhere that has become our home."

**Rochel Levine** was born in Paris and is one of eleven children. She is the fourth oldest and the second girl..

Rochel comes from a family of teachers. Her father is an English professor and her mother is a French teacher so it naturally follows that Rochel was a high school teacher in Paris. Her particular talent is youth education.

Rochel introduced the Wads Cheder Club in September 2010 . This innovative group is open on a Monday night instead of the usual Sunday morning and children are welcomed with a healthy snack as they arrive straight from school.

Both Rabbi Levine and Rochel are touched and honoured to be recognised by the community and look forward to celebrating with everyone at Simchat Torah.

## Wads News caught up with two charities with

# **THE SAM KEEN FOUNDATION**

The Sam Keen Foundation has become many things. It is a charity, a lifeline for countless victims of cancer, a fitting tribute to a remarkable young man and a remarkable achievement by a very committed community.

Many of you reading this will have known Sam personally and will therefore know what a special person he was. For those of you not fortunate enough to have ever met him, Sam Keen was one of those rare people who was instantly likeable. He never met anyone who didn't subsequently become a friend and always had a kind word or a joke ready when he saw you.

Tragically, while studying at university in Liverpool he discovered a mole on his back which would later be diagnosed as malignant melanoma. He endured cancer for seven years, with dignity, great courage and a total lack of self pity. Undergoing over twenty operations to remove tumours, Sam endured chemotherapy, radiotherapy, gamma knife brain radiotherapy and several cutting-edge experimental melanoma drugs. On the final night of shiva, Sam's wife Ali, whom he had married just seven weeks before he passed away, announced that the family would be channelling all of their efforts and emotion into setting up The Sam Keen Foundation.

We could never have imagined then what the Sam Keen Foundation could achieve in less than a year.

Countless people, some who knew Sam and others that just wanted to support the cause began raising money in

whatever ways they could. Some donated to the fund online, some got involved in fundraising and others even

testing a new drug which it is hoped will be the successor to the current drug of choice for treating malignant melanoma –

to reach. This remarkable achievement is thanks entirely to this remarkable community and other friends and family.

We have been absolutely overwhelmed by the love and support that we have received and we cannot thank Rabbi Levine and everyone at WADS enough for that.

We now look forward to seeing what the Sam Keen Fellowship can achieve at The Royal Marsden Hospital, under the direction of Professor Gore. But, whatever the results, we are already extremely

grateful to everyone who has contributed both financially and with their time and effort and we look forward to celebrating only happy times with you all for many years to come.

For more information on the Sam Keen Foundation, please visit [thesamkeenfoundation.com](http://thesamkeenfoundation.com).

organised events themselves.

We've had people climbing mountains, cycling seemingly impossible distances and running marathons, we've had football matches, cinema screenings and many more besides. Perhaps the largest event that we held was our Summer Soirée at The Grove Hotel in Watford. It was a remarkable event made possible, in no small measure, because of the hard work and commitment of Sue Fisher, Sam's former boss at the Estate Agency where he worked, Preston Bennett.

We had a fish buffet, drinks, comedian Bennett Aron and two auctions at which the top prize was dinner with Hollywood star Danny DeVito. But the highlight of the evening struck a more serious note. Professor Martin Gore, Medical Director of the Royal Marsden Hospital announced the creation of the Sam Keen Fellowship which would fund a newly created research position. The Sam Keen Fellow, in collaboration with some of the world's other leading cancer research institutions, will begin the process of developing and

Ipilimumab.

This is research that could have saved Sam's life and it was his wish that others not suffer from Cancer as he had. It is with that in mind, that the family feel that there is almost certainly no more fitting tribute to Sam than a body of research that could ease the pain of others.

At the most recent count of our fundraising total, we were closing in on £130,000 – well beyond our fundraising goal of £100,000 and a figure we had thought it would take us years



# connections close to Wads Members' hearts



A FUND OF PANCREATIC CANCER UK

Nicola Blake was the daughter of Carolyn and Paul Linton and sister to Tanya Crown.

She was a Brownie at WADS, went to WADS chedar, had her Bat Chayil at Watford, was married by Barry Lerer and continued to attend services after her marriage to Dan. She became a teacher. Joshua their son was only 3, when she died aged 33 in November 2010.

The committee of Nicki's Smile is made up of her husband, mother, sister, brother-in-laws, sister-in-law, cousins and close friends who many will recognise in the photograph and who have links to WADS.

We wanted to share some exciting news with you. In little over a year, Nicki's Smile has managed to raise an astonishing £300,000! This is of course thanks to your incredible support and we are truly grateful.

When we set up Nicki's Smile one of our key aims was to fund research into early diagnosis of pancreatic cancer. We are delighted to announce that due to your overwhelming generosity, we have already been able to award a research grant of £150,000 to a pioneering study with the aim of identifying pancreatic cancer earlier.



The study, led by Dr David Tuveson, will include a focus on pancreatic neuroendocrine cancer and has two aims. The first is to create a model that can produce circulating blood proteins similar to CA19-9, which is the main tumour marker used in the clinical management of patients with pancreatic cancer. The second is to use this model to look for novel diagnostic biomarkers (measurable substances that are indicative of disease or infection). The overall goal is to develop these biomarkers as a test for pancreatic cancer detection and treatment monitoring.

The research will be conducted in collaboration with Professor Martyn Caplin,

who was Nicki's consultant. He holds the position of consultant in gastroenterology and hepatobiliary medicine and lead neuroendocrine clinician at the Royal Free Hospital in London. The work will commence in August and will be based at Professor Tuveson's new laboratory at Cold Spring Harbor, New York with close links to the team staying in Cambridge who are completing the first part of the work.

This grant demonstrates Nicki's Smile's commitment to funding the best quality research across the world. Although Professor Tuveson is based in the US, the results will be of benefit to all patients whether in the UK or elsewhere. This could provide a great step forward in driving early detection and therefore potentially improved prognosis and treatment.

This year

- Dan carried the Olympic Torch in memory of Nicki
- Matt Hersch cycled from Land's End to John O'Groats
- XL Group have chosen Nicki's Smile as their charity for 2012-2015
- We held a Magic Evening
- Our launch dinner was in November and Maureen Lipman was our keynote speaker
- Many group events such as school fairs, Quiz suppers, BBQ's, coffee mornings
- Many individual events such as half marathons, giving HUGS in Edinburgh



## Save The Date

We are excited to announce our next event 'The Nicki's Smile Supper Quiz' at Hasmonean Girls School, 2-4 Page Street, Mill Hill, NW7 2EU on Sunday 18th November 2012. The event starts at 7.30pm, food will be provided by The Aviv restaurant and the highly respected company QuizQuizQuiz will run proceedings. The evening will finish at 10.30pm and tickets are only £25 per person.

Please do spread the word about the work of Nicki's Smile to all your family, friends and contacts in hope that we can continue to grow and raise much needed funds.

Please visit [www.nickissmile.com](http://www.nickissmile.com)

Follow us on Twitter (@nickissmile) for more information.

Thank you for your continued support.



# A Sack of Grain And Some Shoes For A Few Jews

## Stephen Newman

I'm growing older. I seem to spend as much time looking back as I do looking forward. I give thanks that I enjoy a free and happy life surrounded by my family. When I remember, I remind myself to be grateful for what I have.

Not too long ago, Bonny and I did an 'endurance tour' of Colorado, Nebraska, Wyoming, Montana and Utah. To our surprise, according to the car rental company when we returned the vehicle, we had driven around 4000 miles. We had visited cities and ski resorts, towns and hamlets, Yellowstone, Grand Tetons, Custer and Grand Mesa National Parks. The wild life and landscapes are images that are forever in our memories. The sheer beauty of those unspoilt, wide open spaces and the fresh air in every breath, contributed to the experience. How fortunate we are to have the good health and ability to make such a tour. This is true freedom. It is freedom to make choices about how we live.

Our holiday started in Denver, Colorado but before we arrived, we spent two days with friends in Chicago. These are relatively new friends who have a different view of freedom and who treasure it as much as we treasured those wide open spaces. I need to go back one more year to explain how we met them, floating down the Danube.

We decided to take a more leisurely tour of Central and Eastern Europe on a Danube hotel boat which would follow the river from Budapest through Hungary, Croatia, Serbia, Romania and finally going overland across Bulgaria to Istanbul. Far less strenuous than

our American odyssey, we figured we would be able to see a fair bit of Jewish life in each country and we were not disappointed.

The first day saw us inside Dohany Street Synagogue in Budapest. It claims to be Europe's largest synagogue. Having visited Budapest many times I have seen the building emerge from underneath its scaffolding to stand proud in a part of Europe where the lights never quite went out for the Jews but it was close. There is a poignant memorial on the banks of the Danube



outside the parliament building in Budapest.

On the river bank are several pairs of life size bronze shoes – just shoes. They mark the spot where the Nazis threw Jews into the river and shot them. Hungary resisted persecuting its Jews for a period during the war but its resistance was not sustainable. Those shoes seemed left there by people who no longer needed them, cast in bronze for eternity.

Later, we moored in Pecs, Hungary, on a very hot day. We overheard another couple ask the guide where the old synagogue was in the town. We asked to join them and set off together.

The Pecs synagogue is not one of Hungary's great Jewish buildings. It is a run-down provincial shul, in need of repairs and more urgently, in need of a few more people who were a little younger than the survivors of the 39-45 conflict who seemed to keep the shul going. This synagogue was a reminder of

how things were, indeed, how things are for Jews practising their faith in different countries under different political and economic circumstances. Here, freedom has a different meaning.

Stopping for a drink after the visit, Stephen and Bonny of Watford became friends with Freda and Izaak Krebrenov, now of Chicago. The friendship which started in the first few days of our holiday lasted for many meals, many drinks, many synagogue visits and many miles down the Danube into Bulgaria and Istanbul. The more we talked, the more we had in common. Both my grandmothers came from Latvia. The Krebrenovs came from Latvia.

Emails and New Year greetings flowed in both directions and one year later, when we booked our American holiday, we flew to Chicago first, to see them.

As a 'twenty something' when I was in B'nai B'rith, I supported the Campaign for Soviet Jewry. I raised money, I protested. Apart from a few isolated events like meeting Anatoly (now Natan) Scharansky, it was difficult to see an end result. I would like

to say I was an activist who protested every week at the Soviet Embassy. I wasn't. In those days, freedom for me was being able to drive my car, socialise and be seen in places. I did my bit but it also was a great way to meet people, including the girl friend who became my wife! I'm not sure I connected protests in London with doing something of true benefit for Soviet Jews fighting for their freedom.....that is.... until Bonny and I came to Chicago.

Sitting in a restaurant with Freda and Izaak, one year after meeting them, I learned more about what they were doing while I was protesting, socialising, building my life, getting married, developing my career and raising a family. They were young chemists in Latvia working in a factory. Life was work. Work got them bread, vegetables and sometimes meat and heating. They had little or no money. They applied to leave Latvia (then Russia) but were refused and threatened by the authorities. They got engaged and somehow managed a civil



# Olympics Schmollympics

## Clive Walters



wedding. To have flown in the face of the authorities and to have organised a chuppah would have been dangerous to all involved as they were effectively banned. As they reapplyed to leave, the police warned them of the consequences of their actions and they were watched and intimidated.

During this time, the Russian grain harvest failed. People were starving and the Soviet authorities had no option but to approach the US and Western Governments to ask for grain. This was a pivotal moment. The US government offered grain in exchange for Jews.

Freda and Izaak were luckily put on a list and departed for the USA to start a new life. They got married (again) under a chuppah in Chicago!

If only a similar deal could have been made during the war to save casting those bronze shoes in Budapest!

As the new year begins, my thoughts turn to Freda and Izaak. Greetings have been exchanged with them again and we will see if they feel like joining us next Summer on a holiday somewhere.

I don't think we will be viewing canyons and steaming geysers, or photographing bear or moose. I don't think we will be drifting down a river watching the world go by. But we will cherish the freedom we enjoy and the freedom Izaak and Freda struggled for – their right to live as they want.

For Jews everywhere, whose lives are oppressed and threatened by others, may this New Year be the gateway to freedom for them and may they be inscribed with us in the Book of Life

I am reliably informed that following the recent Olympic Games serious consideration is being given by the Olympic Committee to introducing a number of future activities more suited to the Yiddish speaking Jewish communities who have consistently lobbied over the years for their traditional sports to be recognised at Olympic level.

Some of the main events under consideration are:

- 1. THREE DAY EVENTING** - Teams of 150 guests and a Toastmaster compete by celebrating a Simcha for 72 hours limited to only three portions of chopped liver and a water ice.
- 2. QUEENSBURY RULES BOXING** – Contestants (preferably called “sonny or kid”) must have lived in the Kenton area for 30 years and enjoy wearing shorts and a gum shield.
- 3. EGG AND ONION RACE** – Run over the 400 metre hurdle course, entrants must race eating a large plate of egg and onions and 6 tea matzos.
- 4. THE MODERN BRENTATHALON (AKA BRENT CROSS-ATHALON)** – Involves visiting a shopping mall 6 times over a 2 day period using only a Sinclair C5 and four carrier bags.
- 5. THE MARATHON BROGES** – Contestants run round the track for 26 years 385 days not speaking to each other wearing a permanent scowl on their face.
- 6. SCHLEPPING THE NACHES** – Involves winning any kind of race and emotionally embracing any watching mishpocha, chevra, landsmen or machatonim. (Proudest competitor wins).
- 7. SYNCHRONISED CHALLA PLAITING** – Precision dough weaving event. Competitors may choose their own musical accompaniment and nose clips may be worn.
- 8. 110 METRES KNADELS** – Like the 110 metres hurdles, but contestants must balance 2 large knadels on their shoulders during the race.
- 9. SHVITZ, SHPRITZ AND KVITCH** – Similar to the hop, step and jump, this event involves running on the spot until you shvitz, cooling off with a cold water shpritz and giving a loud kvitch of ecstasy afterwards. Shissels provided. Loudest kvitch wins.
- 10. POLE VAULT – (LITVAKS NOT ELIGIBLE)** – Not to be confused with pole “gevalt” where pole accidentally gets stuck up jumper’s nose. (Finsbury flop is not allowed).
- 11. WAVING THE SHMATTA (SUNDAY EVENT)** – Contestants wave old clothes vigorously before giving them away to jumble sales or bazaars.
- 12. 4 X 100 “MEATERS” VORSHT BATON RELAY** – Teams of 4 race using a Blooms vorsht as a baton (a Vienna may be used in emergencies only).
- 13. BENCH PRESS BEEF** – In this weightlifting event, competitors gain 3 white lights only when they have consumed 4 pressed beef platzels whilst bench pressing a 200lb crate of new green cucumbers.
- 14. 50KM “SAYCHEL” RACE** – Mountain bikes only. Competitor with most common sense wins.
- 15. PUTTING THE CHOLENT** – Involves putting a cholent in the oven overnight and then throwing it as far as you can in the morning.
- 16. THROWING THE BAGEL** – Similar to throwing the discus with finger jerk technique all important. Anyone positively tested for smoked salmon and cream cheese will be disqualified.

# 28<sup>th</sup> Watford Brownies

Just over twenty five years ago my dear friend Liz Maykels , who at the time was running Brownies in Watford Shul, asked me to come into her Brownie meeting to do some badge testing. A couple of weeks went by and again I received a phone call from Liz asking me to again help run the Brownie group. I tried to explain that I had never been a Brownie in Dublin, where I grew up, and knew nothing about the movement but with much credit to Liz's skills of persuasion I swiftly found myself back at Shul, helping out with the meetings. Within a few short weeks of this, Liz left to take up a teaching position and so I became Brown Owl of 28<sup>th</sup> Watford Brownies.

Twenty five years have passed with goodness knows how many girls joining our unit, coming not only from Watford but also many surrounding areas including Luton, Croxley Green and Elstree. A lot of them have grown up, been to university, got married and are now sending their own children to me to become Brownies. In fact, my daughter Wendy has now become a Brownie leader in Manchester and we hope to do a combined camp before I retire.

I started taking Brownies away on camp about twenty two years ago staying in all sorts of places.....cockroaches and ghastly washing facilities come to mind!! As the years went by we moved onto more modern campsites which provided us with everything we needed. One place even bought us a large freezer so we accommodate all of our Kosher food. I can recollect many wonderful and extremely funny stories about camp.....for the Brownies it was definitely having a flour fight after pizza making and many midnight feasts! Not only do we as leaders take much joy in our role but the friendships that have evolved between the Guiders are still going strong today.

I have very much enjoyed planning the meetings, all the crafts and activities and at the same time, hopefully teaching the girls some new skills. I fondly remember a lovely Brownie with special needs whose parents still to this day talk about how her time with us gave her independence, confidence and believe it or not, leadership skills! All of which will stand her in good stead for her future life.

Tuesday evenings are filled with activities including crafts, badge work, fundraising for Jewish Child's Day, baking, decorating the Shul for various Yomtavim, parties to celebrate Chanukah and Purim plus a whole variety of fun things. As you can imagine, we cover a great deal in a short time.

I have reached the age (something that ladies do not divulge) where I will step down as Brown Owl and become Assistant Brownie Guider. This is purely an official procedure but in fact I will not be changing anything at all in Brownies. Our recipe works.

I would like to take this opportunity to give an enormous thank you to Gina Collis who not only keeps our finances in ship shape order but is a huge help in running Brownies. She really is a star!

I will remain.....in the eyes of the children,

Brown Owl

Lorraine Myers



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**Wishing You All a Happy New Year**



# Wads visits Beth Shalom



In March this year WADS visited Beth Shalom, The Holocaust Centre in Nottinghamshire. It came to be in 1995 by two non-Jewish brothers, following their visit to Yad Vashem. Dr. Stephen Smith with his brother, Dr. James Smith said at the time “*We realised early on in our planning of the Centre that we should not even attempt to direct what visitors should think, feel or say. We wanted visitors to draw their own conclusions.*”

Upon arrival, the Watford group was ushered into the central hall to watch an opening clip about the Holocaust and the museum's beginnings. They then toured a mock house, school, kindertransport train, street with Jewish businesses, and a hiding place.

Next, survivor Simon Winston spoke of his experiences and how he managed to find some peace in his new homeland, eventually settling in Nottingham. The second part of the moving experience was the exhibition The Journey that vividly showed what the Holocaust was all about. The Journey is the first exhibition of its type to be built in the UK, solely for the teaching of the Holocaust to primary-aged children. The Journey tells the story of Leo, a fictional German-Jewish boy living in Berlin during Nazi rule. His story unfolds in a series of rooms, which not only detail Leo's experience but also those of other children who lived during the Holocaust and survived. Their stories are at the heart of the permanent exhibition.

## Some thoughts and feelings from our visit.

### **David Walters**

My main interest was to hear the speaker and I was not disappointed. Simon Winston was born in Poland in 1938 and he and his immediate family survived the hell of Nazism in the most trying circumstances. Thanks to the foresight and courage of his father he, his brother and parents avoided the concentration camps and lived to be some of the few survivors of the Holocaust. He described how they hid from the Nazis for almost three years and lived on raw vegetables dug from the farm

where they hid with the help of the farmer. He and I are about the same age and all the time that he spoke I could not help thinking that it could have been me. This was the highlight of a visit that left me with a lump in my throat and difficult memories of that time.

As we left there was a pile of stones in the memorial garden that had been there and added to by visitors since we added our stones to it 15 years ago. It has grown substantially since then and once again Heather and I placed two more stones to the pile.

### **Patricia Burleigh**

The innovative introduction of the horrors of that time, programmed for children, was amazing. I am grateful that such a course is available to the young generation.

The lecture was emotionally interesting, and that Simon Winston should be so quiet in his story telling of what he had suffered and survived, surprised me.

The walk through the rest of the museum - well, I could have spent several days there - so much to read and digest. The long bus ride home was a bonus, as it gave me time to slowly contemplate on all I'd heard and seen.

### **Rabbi Levine**

So what did the trip do for me? The Holocaust was undoubtedly the most terrible event to strike the Jewish people in our times, possibly of all time. We cannot fathom the ways of the Almighty or begin to understand why His chosen people suffered in unimaginable ways. Yet here we are 70 or so years later flourishing as G-d's chosen people and still committed to Him faithfully.

That we are here means we have a job still to do. Every Jewish child that is born is an entire victory over those who tried to destroy us. Every connection we make with our Judaism and our Jewish community strengthens us as the Jewish people and ensures our continued existence. To me, Beth Shalom wasn't the story of a people almost wiped out, but the amazing story of how in every generation the

Almighty saves us from their hands. Just like a squeezed olive produces fine oil, a 'squeezed' Jew produces ever strengthened faith in G-d and continues to grow stronger.

But...this is not the way we want to become stronger. We should all cry out that enough is enough! G-d should 'wipe away the tears from off all faces and remove the reproach of His people from the whole Earth' with Mashiach's coming speedily – ***this year in Jerusalem!***

### **Ronnie and Phillipa Jacobs**

It was a moving reminder of the past and the sad continuing relevance today, not only to us Jews but also to the many situations in the world since which have been subject to some form of genocide. The educational process undertaken by the centre deserves a lot of praise. Just think--this was all set up by non-Jews.

### **Gill and Barry Freed**

We first visited the Holocaust Centre shortly after it opened in 1995 and the centre has expanded considerably. Since then the core purpose of educating non-Jews and teaching generations about the horrors of the Shoah and genocide has to our minds made this such a special, inspiring project by the amazing Smith family.

It is difficult to put into words the fears the realisation of those very strange sinister years. None of us visiting were old enough to fully understand the fears that a mother or father must have gone through in Germany or the rest of Europe – walking in a street where you walked freely for years before, a knock on your door, a scream, the uncertainty to what you may wake up to the next day, would your own family be safe.

Some of this was '*brought to life*' and revealed in the different sections of the centre.

Once again we experienced a moving and worthwhile trip. The talk by Simon Winston, reliving his personal trauma, made this such a memorable visit.

# Social and Fundraising

## Clive Walters

The new committee members are pleased to announce the following programme of events which we hope will offer something of interest to all members of the community:-

### **Sunday 9<sup>th</sup> September 2012 - 12.30 to 3.00pm**

WADS Barbecue – A great fun event for all the family to be held in the synagogue garden. Delicious food, bouncy castle and face-painting for the kids.

Ticket prices :- £15 Adult, £7 Kids aged 8-12, Under 8's Free  
contact Toria Maze - toriamaze@gmail.com

### **Sunday 21<sup>st</sup> October 2012**

Question Time – The return of this highly popular event chaired by our own Sir Leigh Lewis in the synagogue hall. Panellists will include Margaret Hodge MBE MP for Barking, Richard Harrington MP for Watford, Stuart Nagler JP DL a member of the Police Authority and former Mayor of Hertsmere and two other prominent panellists.

Starts at 7.45pm Ticket price £7.50 pp including refreshments - contact Barry Freed & Clive Walters - barry.freed@sky.com cawaltersuk@yahoo.co.uk

### **Saturday 15<sup>th</sup> December 2012**

We will be holding a Melavah Malkah at the Shul and our guest speaker for the evening will be Clive Lawton.

Clive came along to Watford some years ago and we look forward to this visit in December. We can promise you an extremely interesting evening. He is the executive director of Limmud, chair of development charity Tzedek and a former head teacher of King David high school in Liverpool. Also a regular contributor to the Jewish News.

### **Sunday 3<sup>rd</sup> February 2013**

WADS Quiz Supper – Our annual Quiz Supper is a much anticipated fixture in the social programme with stimulating questions, good food and fun guaranteed. Venue TBC either the Synagogue Hall or Park Inn Hotel in Watford. Starts at 7.45 for 8.00pm

Ticket price £15 ( includes supper) - contact Julie Woolf - jandrwoolf@aol.com

### **Saturday 23<sup>rd</sup> February 2013**

Purim Event for Young Marrieds – Toria and Adam Maze are kindly opening their home after the Megilla reading for an impromptu evening with a Purim theme.

Refreshments provided. Ticket Price - £5 - contact Toria Maze - toriamaze@gmail.com

### **Tuesday 26<sup>th</sup> March 2013**

Communal 2<sup>nd</sup> Night Seder – The Social and Fundraising Committee are organising second night Seder in the Shul Hall next Pesach. As always, the second night Seder presents an opportunity for synagogue members and their families to join together as a community to celebrate Passover.

Contacts Clive Walters Barry Freed - cawaltersuk@yahoo.co.uk barry.freed@sky.com

### **Sunday 7<sup>th</sup> April 2013**

Holocaust Evening – The committee will present an evening in the synagogue hall dedicated to the memory of the Holocaust with guest speakers. Ticket Price £5

Contacts Toria Maze toriamaze@gmail.com Barry Freed barryfreed@sky.com

### **WADS Golf Society**

A number of members of the community already play golf together socially on a regular basis usually on a Sunday morning, at courses local to Watford. As a result, the Social and Fundraising Committee have formed the WADS Golf Society and cordially invite any members of the community to join. High handicappers or those just starting out in golf are most welcome. Once a year, we will organise a WADS Charity Golf Day in aid of a cause close to the WADS community and those members who feel able are more than welcome to participate. The first Golf Day will take place next year in April or May.

Contacts - Clive Walters cawaltersuk@yahoo.co.uk Barry Freed barryfreed@sky.com

The Committee really hope that you will find something of interest in the above programme and you should not hesitate to get in touch with the main contacts mentioned or indeed Carolyn Silverman the Synagogue Secretary or myself as Chairman of the Committee.

Clive Walters 07836 558637 Carolyn Silverman 01923 222755

Wads Social & Fundraising committee:

Barry Freed  
Toria Maze  
Mark Stuart  
Clive Walters  
Julie Woolf

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# Cassiobury Junior School, May 2012

Dear Rabbi Levine and Mrs Silverman

Thank you for taking time for us to go to the Synagogue. I have learned a lot about Judaism for our RE. I really enjoyed coming to the Synagogue and meeting you. I didn't know that in the Torah you read right to left and the Torah is kept in an Ark.

Your Sincerely  
Krisha Patel  
BPS



Dear Rabbi Levine and Mrs Silverman,

Thank you for letting us visit the Synagogue and spending your time on us and teaching us some new Jewish words. Thank you for the donuts, I loved it. Thank you for telling all those things, I didn't know what most of them meant yet.

Yours sincerely

James Irvine



I have never been inside a synagogue before, but I found it really interesting and I would like to go there again. Thank you for your kind hospitality and the orange juice.

Yours sincerely

Jessica

Dear Rabbi Levine and Mrs Silverman,

Thank you I really enjoyed coming to the Synagogue and I learned a lot about Judaism. I found the speech about the Torah very interesting! And my favourite part was when you opened the Ark and told us about the Eternal light. Your Torahs were very beautiful. It's interesting that Jewish people write right to left. Thank you for the speech it was lovely.

Yours sincerely

Jaynaya high Mealla



I found the Ark very interesting. Thank you for opening the Ark so that we could see what was in it.

Also you showed us real Torah scrolls inside the Ark!

I hope to come back soon!

Yours sincerely,  
Nicholas

Dear Rabbi Levine and Mrs Silverman

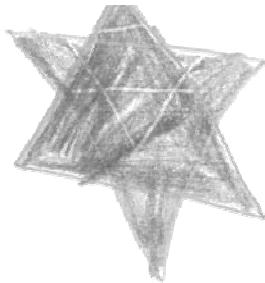
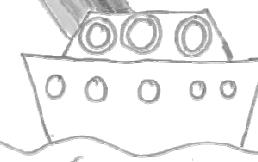
Dear Rabbi Levine & Mrs Silverman,

Thank you for letting us come to the Synagogue and teaching us more about Judaism. The visit was very interesting. The interesting part for me was looking at the Ark.

Thank you also for answering all our questions as we did have a lot. I learnt a lot of new things that I didn't know about, it was very useful. Thank you also for giving us orange squash, it was very nice.

yours sincerely

Sarina 5PS

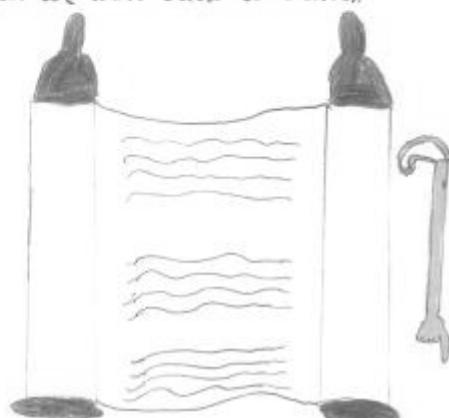


I would like to say thank you for letting us come to the Synagogue. It was very interesting. Also you answered all of our hard questions.

I really enjoyed looking at the interesting things you showed us like the Torah which was really shiny. I learned quite a lot from you. I am very grateful for you giving up your time for us to visit the Synagogue.

I would also like to say thank you to Mrs Silverman who gave us a drink before we went back to School. You were very kind.

yours sincerely  
Amina Hanif



Dear Rabbi Levine and Mrs Silverman

Thank you for letting us come and see your Synagogue. I learnt a lot of interesting facts, like the first Jewish person was Abraham. Thank you for letting me look at the Torahs (and you have a lot of Torahs.) Thank you for letting us see the yad and the Ark. Thank you for the lovely orange squash, and thank you again for having the year groups. I hope we weren't any trouble.

Yours  
Sincerely  
Joe 5PS

I am writing to say that I give many thanks for inviting me to your Synagogue.

I liked seeing the Torah scrolls they were really fascinating. Also I liked seeing the stained glass windows and their colours were really nice.

Could you also thank Mrs Silverman for providing lovely drinks

Yours sincerely  
Charlotte Yates



Dear Friends

I am delighted that, at the beginning of the New Year and the start of the new triennium, we have a new team of Honorary Officers all of whom are enthusiastic about their portfolios and have hit the ground running. I look forward to working with them during the next three years to face the challenges and opportunities confronting us.

One can also only be enormously heartened by the unprecedented interest that the community has shown in the Board during the election period. In addition to having a host of new synagogues and organisations represented on the Board, we had more Deputies standing for Divisional elections than ever before and we are privileged to have elected Deputies of an extremely high calibre to the Divisional Committees. All this is good for the Board and good for the community that it represents.

The Board's mission is to promote the welfare and vitality of the community of which we have good reason to be proud. Our increasing dynamism over the last few decades has confounded the prophets of gloom. With record numbers of pupils at Jewish schools, with institutions such as Limmud, the Jewish Film Festival, Book Week and the Jewish Music Institute to name but a few, the community is an example to others in the Diaspora of how to integrate into one's host community while retaining one's own identity and vitality.

At the same time we face increasing challenges and the Board's mission is also to lead the defence of the community on these. Living as we do in a pluralistic and tolerant democracy, our rights to carry out our religious practices should never be in doubt. In fact, however, in the last few years threats have emerged both in this country and in Europe against some of our practices; principally Shechita and Brit Milah. It would not be fair to attribute these to antisemitism, but nevertheless their effect could seriously jeopardise our way of life. The latest attack at the time of writing, of course, comes from Germany on Brit Milah. The Board is at the heart of a cross-continental initiative approaching German ambassadors and lobbying parliamentarians whilst trying to ensure that, here in the UK, the community speaks with one voice which

is both cogent and rational. I am pleased to say our representations have been well received and we have been able to punch beyond our weight. At some future date we may need a grass roots campaign and here the Board will look to the community to play its part, whether in lobbying MPs or in engaging in the media debate generally.

Above all we have to face the continual attacks on Israel which are now coming from the media, the unions, academia and the churches - the latest being the decision of the Church of England Synod to endorse EAPPI, a grossly unbalanced programme taking people to the West Bank without showing them the Israeli side of the conflict. We must not fall into the trap, however, of branding all critics of Israel as anti-Semites. On the contrary, I see from conversations with senior churchmen that many of them regard themselves as firm friends albeit critical ones of both Jewry and of Israel. Often they are unaware of the unfortunate antisemitic overtones of the debate instigated. Our task is therefore to confront the antisemites, expose them and ensure that Israel's case is made effectively to the moderates. Again this is something which must be done in a calm and rational manner, and it falls to all of us to engage with our Christian neighbours to form relationships through which we can express our views. With the support of the community the Board will be ideally equipped to do this in the year ahead. How successful we will be one cannot say at this point but it will not be for want of trying.

Wishing you all a very happy and healthy New Year.

Warm wishes,

Vivian Wineman  
President

The Board of Deputies of British Jews  
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e: info@bod.org.uk w: www.bod.org.uk



CST: working together with Jewish communities  
CST is the Community Security Trust, a charity that provides security for Jewish communities throughout Britain; ensuring that we are all able to lead the Jewish life of our choice.

CST is also available - 24 hours a day - for those of us who are unfortunate enough to suffer, or witness, antisemitism.

CST is part and parcel of our communities, drawing upon a long and proud tradition of British Jewish self-defence. Security can only be done with the help, cooperation and participation of the members of our community, its leaders and institutions.

We need to share responsibility, together. This means contacting your local CST and asking what role you can play with our local security teams.

It means understanding why we do security and cooperating with our local teams. It means contacting CST if you happen to have information that you think may be of use to us, or to the Police.

Sharing responsibility also means trying to keep a healthy balance between keeping calm and being aware of the physical threats that unfortunately do exist.

Since last Rosh HaShana, three separate terrorist plots against British Jews have been revealed. One concerned Golders Green and Stamford Hill, two Jewish neighbourhoods in London; one concerned Broughton Park, a Jewish neighbourhood in Greater Manchester; and the other concerned two British synagogues. Then, we have the dreadful shootings at a Jewish school in Toulouse; and, from Iran, appalling state-sponsored antisemitism and terrorism against both Jews and Israelis.

Our enemies do not distinguish one type of Jew from another; and they are targeting both large and small communities. CST's work is therefore sadly necessary, but we should be determined to keep a sense of perspective about the situation.

Today, our community is largely able to express its Jewishness in whatever way it wishes. That can be religious, cultural, political, charitable, sporting or whatever sort of Jewish life you do, or do not, wish to have. Our community is, on the whole, successful and well integrated into the rest of society. We have come a very long way indeed since the newly arrived immigrant generations of the late 19th and early 20th centuries.

Antisemitism and the threat of terrorism most certainly do not define our lives as British Jews. At CST, we want to keep it that way. This is why we work so closely with synagogues from across our Jewish communities; and it is why Police and Government encourage our efforts. CST can, however, only be as strong as the communities we serve. We need you to play your part: by reporting suspicious and antisemitic activities to us; and by joining our local teams or helping to fund our work.

**Thank you and Shana Tova.**

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# Recipes by Denise Phillips

www.jewishcookery.com 01923 836 456



## Turkey and Pomegranate Salad With Honey Mayonnaise

The ingredients in this recipe will appeal to the whole family and make an ideal colourful buffet main course for Yom Tov or Shabbat lunch. Roasting

turkey drumsticks is an economical way of making a meal for when extra guests come round. The recipe uses apples, pomegranates and honey which all have symbolic connections for a forthcoming year of good fortune and luck.

Preparation Time: 25 minutes Cooking Time: 40 minutes  
Serves: 6- 8 people

### Ingredients

900g cubed turkey (white or brown meat)  
1 lemon – sliced  
4 garlic cloves – peeled and finely chopped  
100ml white wine  
2 eating apples –cored and sliced  
300g frozen garden peas – defrosted  
2 tablespoons fresh mint – roughly chopped

### Honey Mayonnaise

100ml mayonnaise  
1 tablespoon honey  
2 teaspoons Dijon style mustard

1 teaspoon lemon juice

Pinch of salt

Garnish: 50g walnuts  
75g pomegranate seeds  
75g dried cranberries  
Baby gem lettuce leaves

### Method

- 1) Preheat the oven to 200 C/ 400 F/ Gas mark 6.
- 2) Place the cubed turkey in an ovenware dish. Add the lemon slices, garlic and season well with salt and pepper. Pour over the white wine.
- 3) Cover with foil and bake for 30 minutes or until the meat is cooked.
- 4) To toast the walnuts, place on a tray and bake at the same time as the turkey for 10 minutes or until just golden. Remove and set aside.
- 5) When the turkey is cooked, discard the cooking juices and leave to cool.
- 6) Make the mayonnaise by combining all the ingredients. Set aside and refrigerate until ready to use.
- 7) Add the apples, peas, mint to the turkey mixture.
- 8) Stir the mayonnaise into the salad and mix well.

To serve the stylish way: Arrange the baby gem lettuce around the edge of a large round plate. Transfer the chicken salad to the centre of the plate, top with the toasted walnuts, pomegranate seeds and dried cranberries.



## Beetroot and Apple Fudge Cake

To celebrate Rosh Hashanah the culinary way, apple cake has got to be on the menu. Beetroot is also symbolic at this time of year as it represents thoughts of prosperity and a life of good

fortune. Combining beetroot and apples subsequently fulfills a meaningful tasty experience.

Beetroot is a remarkably healthy and delicious vegetable. Beetroot gets their distinctive colour from betanin antioxidant pigments. Betanin also help the body make carnitine which is a nutrient that helps the body turn fat into energy. These nutrients have been shown to provide good sources of antioxidants and anti-inflammatory and detoxification support. In addition beetroot is high in vitamin C. If you are lucky enough to buy beetroots with their leaves, remove them, keep them and use like spinach – they taste amazing!

This cake is an unusual mix of ingredients but they merge well to produce a very moist recipe that is full of goodness. It slices easily and can be used as a dessert with chocolate custard or ice cream or for tea with thick cream.

NB: If you have a family member who says they don't like beetroot ~ don't tell them the ingredients as they will never know! they might change their mind on discovery!

Preparation Time: 20 minutes  
minutes Serves: 8 - 10

Cooking Time: 1 hour 5

### Ingredients

250g cooked beetroot – vacuum packed non vinegar  
200ml vegetable oil  
75g cocoa  
180g plain flour  
2 teaspoons baking powder  
250g caster sugar  
2 eating apples – peeled and cored  
3 large eggs  
2 teaspoons vanilla extract

Garnish: Dusting of Icing Sugar

### Method

1. Grease and line a 1 kg loaf tin with baking parchment paper.
2. Pre-heat the oven to 180 C/ 350 F/ Gas mark 4.
3. Whizz the beetroot and apple into a purée and add the eggs, and then the oil.
4. Mix the remaining ingredients in a bowl and add the beetroot purée mixture.
5. Bake in the preheated oven for about an hour and 5 minutes or until a skewer is inserted and comes out clean.
6. Leave to cool for 10 minutes before inverting onto a plate.

To serve the stylish way: Dust the plate with icing sugar.



## Date Quinoa

Gluten free, Parev

Quinoa makes an extremely unusual but versatile ingredient. It can be enjoyed hot, cold or warm which makes it perfect during the forthcoming Yom

Tovim.

It is the fruit of a leaf plant and classified as a seed. Originating from South America about 5000 years ago, the Incas people used it as their staple food, followed by potatoes and corn.

Before cooking, it should be thoroughly rinsed in a strainer under running water and drained to remove 'saponin' which has a bitter taste. Requiring barely 15 minutes to cook and using a ratio of approximately one part quinoa to 2-3 parts liquid, this is a very healthy quick fix ingredient.

For best results sauté briefly before adding the liquid.

Preparation Time 10 minutes Cooking Time: 15 minutes Serves: 6 people

### Ingredients

360g quinoa  
1 tablespoon olive oil  
2 cloves garlic – peeled and crushed  
900ml Hot vegetable or chicken stock  
150g fresh or dried dates – stone removed and roughly chopped  
1 tablespoon lemon juice  
2 tablespoons fresh parsley – leaves only  
Salt and freshly ground black pepper

### Method

- 1) Place the quinoa in a sieve and rinse well under cold water.
- 2) Heat the olive oil in a large frying pan and sauté the quinoa and garlic stirring continuously it starts to become translucent. This will take about 5 minutes.
- 3) Add the stock and dates. Cover and cook for about 10 minutes or until it is soft.
- 4) Stir in the lemon juice and parsley and season well.



## LEARN TO COOK - THE STYLISH WAY

Join Denise Phillips for a fun "hands-on" class, presented in my trademark simple but stylish manner. Enhance your love of food and add to your cooking repertoire:

Wed 12 <sup>th</sup> Sept	New Ideas For Yom Tov
Thurs 13 <sup>th</sup> Sept	Thinner Dinners
Wed 17 <sup>th</sup> Oct	Middle Eastern Vegetarian
Thurs 18 <sup>th</sup> Oct	Something Different With Chicken
Sun 21 <sup>st</sup> Oct	Simple Indian
Wed 14 <sup>th</sup> Nov	Show Off Dinner Parties
Thurs 15 <sup>th</sup> Nov	Chocolate Cooking
Sun 18 <sup>th</sup> Nov	Sushi & More
Wed 5 <sup>th</sup> Dec	Easy Buffet
Thurs 6 <sup>th</sup> Dec	Pasta, Pasta, Pasta
Sun 9 <sup>th</sup> Dec	Classy Canapés

## DATE ON A PLATE



This is a really successful format for meeting new people – six men & six women learn to cook a three-course meal, and then eat it!

Sun 9 <sup>th</sup> Sept	Age: 30 -45	Yom Tov Feast
Sun 14 <sup>th</sup> Oct	Age:45- 60	Marvellous Med
Sun 28 <sup>th</sup> Oct	Age: 30 -45	Halloween Special
Sun 4 <sup>th</sup> Nov	Age: 35 – 50	Fancy Fusion
Sun 11 <sup>th</sup> Nov	Age: 28 – 38	Turkish Delights
Sun 25 <sup>th</sup> Nov	Age: 40 – 55	Thai Banquet
Sun 2 <sup>nd</sup> Dec	Age: 50 – 60	Lebanese
Sun16 <sup>th</sup> Dec	Age: 35 -45	Chanukah Special

Venue : Northwood.  
Times : Weekdays 10am –1.30pm.  
Sunday : 6pm-10pm  
Cost : £65 including three course meal and all ingredients  
More info : [www.jewishcookery.com](http://www.jewishcookery.com)  
or [denise@jewishcookery.com](mailto:denise@jewishcookery.com)  
Or phone Denise on 01923 836 456

## The Gourmet Jewish Cook Book

Through her books, newspaper columns and master classes, Denise Phillips has gained a reputation as the doyenne of Jewish cookery. Her enticing and stylish recipes are an original blend of the old and new, delivered with passion and real knowledge. Now, in her eagerly awaited new book, 'The Gourmet Jewish Cook Book', she presents over 150 of the best of recipes from around the world, as well as fascinating background on the rich history of Jewish cuisine and customs over the centuries and countries of the world.



## *The Gourmet Jewish Cookbook* *Denise Phillips*



In this sense, Jewish cookery is arguably the first example of 'fusion' cooking, as it is a melange of the various local food and cooking customs of the countries that Jews have lived in and travelled through, these are then adapted for Jewish dietary laws, holiday rituals and symbolism. Whether you are entertaining with style, cooking for the family or planning looking for new twists on traditional dishes, this book will prove indispensable..... and you certainly don't have to be Jewish to use and enjoy it!



David Burke



Adam Woolf

Hello!

As most of you probably already know, our Tribe Leader Aaron recently left us for the greener pastures and lower stress levels of Barnet. We wish him well and now hoping to build on his successes, are none other than two of Watford's own youth who will continue to make an exciting and active programme for all ages.

We have already had our first event at the Tribe Football Frenzy back in June, and now we look forward to bringing you a programme bursting with ideas, including a Laser Quest event on September 2<sup>nd</sup>, a social lunch during Succot which is followed by a party for the post-bar/batmitzvahs, with much, much more, including trips to the Snow Centre on the 25<sup>th</sup> November, and our annual Chanukah on Ice rounding off the year!

Don't hesitate to get in touch with either of us, via Facebook or via phone - we can help you to get more out of the coming year's youth programme and ensure everyone enjoys themselves.

David Burke and Adam Woolf

### Programme of Events

Event/Activity	Date
Shabbaton Lunch - all children/youth	Shabbat in Sept
Party in the Succoth 12+	Saturday 6 <sup>th</sup> October 7.30pm
Action kids under 7's	Sunday 21st October
Snow centre/XC centre 11+	Sunday 25 <sup>th</sup> November
Watford Got Talent	Sunday 2 <sup>nd</sup> Dec (rehearsal)
Chanukah on Ice	Sunday 9 <sup>th</sup> /16 WGT With Tribe TBC





Shana Tova

To all our clients, we  
wish you a Happy &  
Healthy New Year

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