

# Keeping In Touch

## THE MAGAZINE FOR JEWISH SENIORS



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NO. 120

Nissan 5779



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## Welcome to the latest edition of *Keeping In Touch* magazine

Firstly, thank you to everyone who responded to our survey, I was happy to learn that readers found *Keeping In Touch* interesting as well as informative. I took on board your feedback and have included film reviews and travel pages and aim to cover innovative Israeli stories as often as possible. I'll even throw in a sports article when I can.

This edition introduces you to Jason Sandler, 10th President of JewishCare, uncovers artist Wendy Sharpe's Jewish heritage and celebrates the creation of an organisation established for the benefit of people living with a disability.

I also pay tribute to a couple of old European Jewish quarters that I was lucky to have visited earlier this year. Also included are health tips as well as the latest news from JewishCare and Burger Centre plus our regular pages covering book reviews and what's on.

For our Russian readers there is a translation of My Aged Care Update providing information about Comprehensive Assessments.

*Keeping In Touch* is published three times a year - if you know someone who would like to receive this free publication, please contact JewishCare, and they will be added to the mailing list.

While *Keeping In Touch* tends to concentrate on information for older members of the community, JewishCare as an organisation supports community members of all ages and from all walks of life. If you know of anyone who needs a helping hand, please phone FirstCall on 1300 133 660.

Enjoy.

Elise Hawthorne  
Editor

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# Q & A with Jason Sandler

Elise Hawthorne



Jason Sandler

I recently had the honour of interviewing Jason Sandler, 10th President of JewishCare for *Keeping In Touch*.

**Q. Firstly congratulations on your new role as President of JewishCare. How did you first get involved with this well-respected not-for-profit organisation?**

A. For many years my involvement with the community was my annual donations to various Jewish charities and attending charity events. I started thinking that I wanted to do more and that indeed I had an obligation to give back to this community that has given me so much. It was fortuitous that I received a phone call from a good friend who was on the Board of JewishCare to let me know that they were looking for a new Treasurer. The opportunity to join the Board came just at the right time, and I jumped on it. I didn't have a true understanding of the work that JewishCare does, but through my involvement over the last few years, I have come to appreciate what an incredible and crucial organisation it is. I have been genuinely amazed at the huge contribution JewishCare makes to our community.

I have now had the privilege of working with JewishCare for over three years, and in that time I have had the opportunity to work with a committed and passionate Board, management team, staff and volunteers who care deeply about people in our community. It has been inspiring to work with our past President, Allan Vidor, and with our incredible CEO, Claire Vernon. Allan made an immeasurable contribution to JewishCare in his time on the Board and left the organisation in great shape, with a rejuvenated Board of Directors. Claire continues to inspire through her commitment and leadership, and it is a privilege to work with her. Along with the staff, who are so passionate and work tirelessly to make a difference, and the management team, we hope to continue to serve the needy in our community.

**Q. What is your vision for JewishCare and what goals would you like to achieve?**

A. JewishCare has evolved over its 80-year history from being a Jewish organisation that welcomed and looked after Jewish immigrants to become a major provider of services for vulnerable members of our community. My vision is for JewishCare to continue to provide outstanding assistance to people in our community and for the organisation to continue to evolve to meet community needs.

I want the community to understand the breadth of services that JewishCare offers and for JewishCare to be front of mind when people are in need. There is a dedicated team of over 200 staff and 500 volunteers who care deeply about our community. Anyone can pick up the phone to get help, and be supported through tough times. JewishCare service levels are outstanding and we have staff who are engaged, passionate and love their jobs.

It is vital that JewishCare can continue to provide support to our community in perpetuity and to do this we need to be financially sustainable. This applies not only to JewishCare but to our community organisations as a whole and to that end we want to continue to build capital in our foundations so that they can sustain our operations into the future.

**Q. How will your background as a chartered accountant and as the Chief Financial Officer for private investment firm TDM Growth Partners impact on your role as President?**

A. My background is in finance and management, and one of my motivations was to be able to bring these skills to a charity such as JewishCare. I have had many years of experience working in organisations across many areas so I hope I can bring my experience to the table at JewishCare. TDM is a high conviction and highly concentrated investment manager where people and culture form the core of everything that we do. JewishCare is all about people, so I believe that we share similar values. At TDM, we also have a strong community focus, so I have the full support of the business as I take on this important role.

**Q. How does your Jewish faith influence your work?**

A. I feel passionate about being part of the Jewish community. I went to a Jewish school and now enjoy the Jewish school community via my children. Being part of our Jewish community is meaningful to myself and my family. It was always important for me to adhere to strong Jewish values and impart these values to my children. This connection with our community influenced my decision to become involved with JewishCare.

**Q. What do you owe your parents and when did your family come to Australia?**

A. My parents gave my three brothers and me a wonderful upbringing full of love and respect and strong values centred around family, work ethic and community. I will be forever grateful to my parents for deciding to bring our family to Australia in 1993. It was a huge decision to uproot all of us from our comfortable life in South Africa and move to Australia – an experience that I share with many people in our community. My dad was a dentist and had to requalify after practising for almost 20 years. His hard work paid off paving the way for successful immigration. Having children of my own, I can appreciate how difficult this decision must have been and what a risk he and my mom took. They did it for us, and we now have the incredible privilege of living with our families in this

great city. I am also grateful that my parents were able to send me to a Jewish school. This gave us an excellent education and, more importantly, connection to our wonderful community. All of this ultimately inspired me to find a way to give back and serving JewishCare has been one of the best decisions I have ever made.

**Q. Do you have any work/life balance tips that you could pass on to our readers?**

A. I think the first step is to find something you love doing for work. I love my job, so I don't think about it in terms of work-life balance. I think the key is to be present in each moment – whether it be at work or home. I once had the privilege of learning a very valuable lesson on this from a great mentor. He talked about the concept of compartmentalisation – dividing your day into manageable pieces and focussing on one thing at a time. If you can successfully compartmentalise your life and give your full focus and attention to one thing at a time, then you will achieve that balance. So for me, this translates to being at home with my family and ensuring I am 100% focused on being with them at that moment. When I am at work or participating in other commitments, the same rule applies. I strive to apply these principles to my life, and I feel like I have achieved balance even if almost every minute of the day is taken up.

**Q. Who would you invite to your dream dinner party dead or alive and why?**

A. Tough question but I would have to say, Nelson Mandela. This is probably clichéd but being able to speak to a man who had such great leadership skills and was filled with such compassion and understanding of his fellow man would be a great privilege. His ability to forgive and move forward constructively is inspirational, and I am sure he would have some incredible stories and experiences to share from his life.

**Q. What would your superpower be?**

A. Sometimes I wish I could slow time down just a little bit so I can appreciate special moments with my family for just a little bit longer. Other than that, I am a fitness fanatic so I would love to have the power to continue to get fitter and stronger as I age.

# Renowned Artist Wendy Sharpe - her story

Elise Hawthorne



Wendy Sharpe

Bursting on to the Australian art scene in the mid-1980s, award-winning artist Wendy Sharpe has gone on to stamp her mark in the art world as an artist of high regard, her work held to critical acclaim. Wendy's awards, major commissions, prizes, residencies and exhibitions are nearly too numerous to list. Her paintings housed in the collections of prestigious galleries, her works are highly collectable. It is important to note that she has won the prestigious Sir John Sulman Prize, the much coveted Archibald Prize and the Portia Geach Memorial Award. Wendy is currently a finalist in the 2019 Dobell Drawing Prize with her *LADDERS TO THE SKY* gouache artist folding book, to be exhibited at the National Art School Gallery Sydney from 28 March- 25 May.

Not so much has been written about Wendy's Jewish ancestry. She is the only child of British parents who immigrated to Australia as Ten Pound Poms in the 1950s, settling in Sydney's northern beaches where Wendy grew up in the 60s and 70s. Wendy's mother Marjorie Boasman was born in Yorkshire, she wasn't Jewish, but Wendy's much-loved father, writer and historian Alan Sharpe was of Russian Jewish heritage. He hailed from London's East End; his parents were Ben Cohen and Elizabeth (known as Bessie) Cohen née Fishman. Sadly Ben died at a young age leaving

Bessie a widow with two young boys Alan and Ronnie. Bessie found it tough bringing up her children in 1930s London, so subsequently Alan was looked after by a relative and Ronnie was sent to live in an orphanage while Bessie went out to work. Eventually, Bessie married Dave Shapavitch who changed his last name to Sharpe; hence Alan Cohen became Alan Sharpe.

In the early 1900s, Wendy's grandmother, Bessie Fishman's Orthodox Jewish relatives fled the town of Kamenets-Podolski (now Kamianets-Posilsky), then part of Russia, now a city in western Ukraine. They were lucky to escape the pogroms, settling in London, alive yet doing it tough as refugees trying hard to survive in a foreign land.

Kamianets-Posilsky has a dark history, apart from the early 20th century pogroms, it is the site of the August 1941 Kamianets-Podilskyi massacre where the Nazis murdered almost 30,000 Jews (12,000 of local Jews and 18,000 Jews from Hungary, Czechoslovakia, Poland and Romania). Wendy's ancestors escape from their homeland is just one of many thousands if not millions of similar stories of chance survival or planned migration. No words can describe their bravery in the face of intense anti-semitism. Wendy is planning to visit Kamianets-Posilsky with her cousin Ruth Fishman in the latter half of the year to hopefully learn more about their family history.

Wendy's Jewish European ancestry is very much present in her everyday life; she has inherited her father's dark eyes and his love of history, the arts - his intellectual pursuits. Indeed she looks very much like her grandfather Ben Cohen, in her own words she said, "my Jewish identity is very much a part of who I am."

Wendy confesses to being a restless spirit, who loves to travel, often and to exotic places for artistic inspiration. With her partner artist Bernard Ollis, they live and work in Sydney and also in Paris, they have an apartment in Montmartre, where they live for part of each year. Wendy fell in love with Paris and all that is had to offer an artistic spirit such as hers after receiving the Dyason and Marten Bequest travelling scholarship and residency at the Cite Internationale des Arts studio complex in Paris in the mid-1980s.

Bernard and Wendy's joint exhibition *ELSEWHERE: travels through Morocco, Egypt, Syria, Iran and Central Asia* is touring regional NSW, showing in Dubbo and Port Macquarie in 2019 and Tamworth in 2020. With the 40th anniversary of Edward Said's book *Orientalism*, Wendy and Bernard critically reflect on travel and drawing as creative practices to help them witness and understand each other. Wendy has upcoming exhibitions planned for Brisbane and Perth, and will once again enter a painting in the Archibald.

Wendy was part of a group of leading Australian artists that visited the WW1 battlefields of France and Belgium, the culminating exhibition, *The SALIENT: Contemporary Artists at the Western Front* ends in March 2020, *Keeping In Touch* readers will be able to catch it at the Bank Art Museum Moree, 5 March – 29 April, and at the Muswellbrook Regional Arts Centre, 11 May – 30 June.

Wendy and Bernard's next adventure means that they will be Artists-in-residence on travel company Chimù's Arctic adventure, a charter cruise to the top of the world departing on June 23rd. In September, they will be taking part in Renaissance Tours' South of France - art, wine and music cruise where they will be leading the art segment of this trip of a lifetime. In October, Wendy will be travelling to Ethiopia with supporters of Hamlin Fistula Australia, drawing and painting their essential work with Ethiopian women, culminating in a fundraising exhibition in 2020.

Not everyone can be a successful artist, but many dream of trying their hand at drawing or painting. Wendy gives budding artists the following tips, "just start, don't censor yourself, attend art classes, buy cheap paper and draw ten drawings and don't care what they look like, you might not ever show anyone, but at least you've given it a try."

For a change of pace, Wendy is collaborating with poet Kate Forsyth, creating beautiful images to accompany Kate's words for a book coming out later in the year. Wendy says she still has much to achieve, including her dream of designing sets and costumes for the Australian Ballet or Opera Australia. She would be following in the footsteps of many great artists before her such as Sidney Nolan's set and costume design for *The Rite of Spring*, 1962. I for one hope her dream comes true, Australia's ballet and opera audiences could only be so lucky.

For more information visit: [www.wendysharpe.com](http://www.wendysharpe.com)



*Wendy Sharpe in her studio*

Grandmother Bessie used to sing a song from the old country, below is a snippet in Yiddish, Russian and English.

#### **Vi iz dus geseleh? (Where is the Village?)**

Yiddish: Vo iz der gass? Vo iz der hoyz? Vo iz di maidel ich hob lieb?

Russian: Где эта улица, где этот дом, где эта девушка, что я влюблён? Где эта улица, где этот дом, где эта барышня, что я влюблён?

English: Where is the street? Where is the house? Where is the girl I love?

# Innovative Israeli Technology

## Watergen Presented its World-Saving Technology to Dozens of UN Ambassadors

In early 2019, Israel welcomed a delegation of 30 UN ambassadors from around the world to learn about some of Israel's top innovations, and experience, first-hand, the country's main security challenges and concerns. During an event hosted by Tel Aviv University, one of the world's leading universities and Israel's largest, the ambassadors were able to hear about the fascinating technologies and discoveries developed in the land of milk and honey. Amongst them was Watergen.

Maxim Pasik, Executive Chairman of Watergen, the game-changing solution that uses humidity in the air to create clean and fresh drinking water, explained the severe water crisis the world is currently facing, and detailed how Watergen's trailblazing technology is helping to change this.

For years, Israel has led the way for many of the most advanced water technologies used around the world, from seawater desalination to drip irrigation. Watergen is a prime example of the incredible technology the country has to offer in the field of environmental solutions.

At the end of the exit hall, Watergen set up its medium-scale atmospheric water generator, the GEN-350, so participants could directly try and taste the water produced from the company's system. The generator, which has a built-in 200L water reservoir and a water treatment system that keeps the water fresh, can dispense both cold or ambient temperature water. Following Maxim's presentation, guests were also invited to taste the water and received bottles that they could fill up directly from the GEN-350 generator.

What's next for this innovative company?



# JCA The Choice Foundation, a Force for Good

Elise Hawthorne



Andrew and Taryn Boyarsky

**L**ate last year, Andrew and Taryn Boyarsky joined forces with Jewish funding body JCA to set up JCA The Choice Foundation to provide grants for organisations looking to create projects and programs for the benefit of people living with a disability and their families. This inspiring Foundation strives to give all people more choice in how they want to live their lives.

Recently Taryn said, “our mission is to have a strong, inclusive community where every member can contribute, by ensuring that a person with a disability has the same opportunity to reach their potential as anybody else. Our Foundation aims to fund programs for all members of our Jewish community, both children and adults.”

Taryn went on to say, “we want to support innovative or expanded programs and projects that assist and enhance the lives of people living with a disability in our community”

This year JCA The Choice Foundation are looking to fund projects that enhance disability services in a museum, enable vocational training through an aged care facility for people with a disability,

provide educational programs for learning support through schools, offer employment opportunities through organisations, as well as aiming to providing additional social and respite opportunities.

As an organisation, JCA The Choice Foundation takes a proactive approach to its commitment to the community. All projects and programs it supports will be sourced via JCA Member Organisations. There are three ways to get involved, all accessible to Keeping In Touch readers:

- Contact JCA The Choice Foundation if you have an idea or project in mind that falls within its mission;
- Put your hand up to volunteer;
- Make a donation to help JCA The Choice Foundation achieve its goals.

JCA The Choice Foundation aims to be a strong, positive force within the Jewish community, providing ongoing funding and support to those with a disability.

JCA The Choice Foundation, I salute you.

*For more information visit:  
[www.thechoicefoundation.org.au](http://www.thechoicefoundation.org.au)*

# Old European Jewish Quarters

## Elise Hawthorne

On a recent family trip to Europe, I made sure to include visits to the old Jewish quarters in Vienna (my dad's home town), Venice and Barcelona. The lives of Jewish people who lived in these cities was at times extremely tough. The word ghetto originated in Venice; it is the name of the area, the Venetian Ghetto, Jews were compelled to live on this tiny island from March 1516 until the French invasion of the city in 1797. Jews were not allowed to leave this area after dark, literally locked in for their safety.



Venetian synagogue



Vienna: a model of the medieval synagogue at Judenplatz, Vienna circa 1400

Vienna has a long history of Jewish inhabitation. In the Middle Ages, Vienna was home to one of Europe's largest Jewish communities; renowned rabbis taught there. As is the case with the majority of other European cities and towns, Jews were at times murdered, tolerated, outcast, and also able to live in relative peace.

The Ancient Synagogue of Barcelona (Sinagoga Major de Barcelona) located in the centre of Barcelona, is described as one of the oldest synagogues in Europe. After many centuries of use for other purposes, the building re-opened as a synagogue and museum in 2002. No congregation prays regularly at the Sinagoga Major, but it is used for festive occasions.



Sadly I didn't have the opportunity to visit the Alteneu Shul (Old-New Synagogue) in Prague, in the Czech Republic, which dates from the 13th century, which is proposed to be the oldest active synagogue building in Europe.

Visiting these places was a bittersweet experience, knowing the hardship and at times terror that Jews who worshipped within these synagogues had to endure for the sole reason of being Jewish was heartbreakingly. I honour their memories.

# Solo travel

People choose to embark on solo travel for many different reasons. Solo travel offers a sense of freedom, and encourages a willingness to meet people and form new friendships. This is where small groups that incorporate solo travel for seniors can be ideal, because you are bound to meet like-minded, intrepid individuals.

Solo travel might offer a brief escape or change of scenery. Many people today find themselves in relationships of care. Perhaps an illness keeps your partner from travel, or their needs take a substantial toll on your own. Sometimes, a brief escape can provide the refreshment you need so that you can return to your life with a renewed sense of your own self. This can be very beneficial, particularly when relationships of care are long-term.

Or, different again, a holiday as a single might be your first step in a new life. Your circumstances may have changed, and a recent bereavement, a relationship break-up, or an empty nest might leave you wondering about your next steps. Taking these steps alone can be intimidating. A guided tour in a small group setting of likeminded people might provide just enough support for you to spread your wings and rediscover who you are.

Odyssey Traveller has summarised the steps for you to take in order to make your dream a reality.

1. Think about what you want
2. Research destinations, and don't forget to take the season, and any visa requirements into account
3. Talk to your friends and family. They may have advice or experiences to share with you.
4. Chat to our staff, by phone or email. We can help allay any concerns or nerves you might have
5. Visit your GP for a check-up and advice on your physical fitness
6. Book your tour. This is the scariest step, and once done, the rest will fall into place
7. Get prepared. Start walking or join a gym if your tour requires a moderate fitness level.
8. Research the countries you will be visiting. Read the books we recommend on our tour readings lists.
9. Purchase the clothing and equipment you will need, and – for shoes in particular – wear them in
10. Make arrangements for the care of your family or pets in your absence. Short-term respite might be an option, or family members and friends could help out while you are away
11. Pack. Writing a list can be helpful.
12. Make your way to the airport, and hop on the plane. Once you reach your hotel, you will meet the other members of your tour, along with your experienced guide. Activities usually commence the very next day.

For more information visit: [www.odysseytraveller.com](http://www.odysseytraveller.com)



## The Kabbalah Tour of Israel welcomes solo travellers

Visit Israel with a friendly group of like-minded travellers of all ages. Start off by experiencing an authentic festival of Tabernacles, Sukkot in Jerusalem, then travel around Israel visiting key sacred sites such as the mystical city of Tsfat, along with spiritual desert springs; learning Kabbalah and meditation with some of the best teachers in the world, and gain insights into other cultures such as Bedouin wisdom. Dr Orna Triguboff will be leading this unique tour of Israel (20-30 October) accompanied by guest teachers and musicians.

For more information visit: [www.neshamalife.org](http://www.neshamalife.org)



Exploring Georgia © Dr. Bruce Cameron



# Working & Reading is Good for Your Health



**Did you know....?**

**Reading Daily Can Reduce Mortality Among Men: Findings From a Cohort of Community-Dwelling 70-Year-Olds**

A study conducted by researchers at Hadassah Hospital Mount Scopus in Jerusalem examining the effects of various actions on longevity conducted over a time span of 18 years, found that study participants who read every day lived longer. The findings show that 83% (vs. 61% among those who do not read daily) live beyond the age of 78. The phenomenon was clearly diagnosed only in men. Conducting the research were Professor John Shatsman and Dr. Jeremy Jacobs, Department of Geriatrics at Mount Scopus.

Another long term study by researchers at Hadassah Hospital of men and women since the 1920s suggested that working after retirement was associated with living longer. The participants joined the study at age 70 and were tracked for 14 years by gerontology researchers from the Hadassah

After controlling for individuals' health at the beginning of the study, the researchers found that whether a person was still alive after 12 years was strongly associated with whether they had been actively working or were fully retired. Among the 1,000 people studied, those who continued to work at age 70 and beyond were 2.5 times as likely to be alive at age 82 as those who had retired and were not working at the beginning of the study.

Since the establishment of Hadassah's first hospital on Jerusalem's Neviim Street (Street of the Prophets) - a gift of the Rothschild family in 1918 - the Hadassah University Medical Centre has expanded to include two University hospitals in Jerusalem - located on Mt. Scopus and in Ein Kerem. The flagship of Hadassah, the Women's Zionist Organisation of America, the two hospitals have 1,000 beds, 31 operating theatres, nine specially oriented intensive care units and five schools of allied medical professions, owned and operated in collaboration with the Hebrew University.

Hadassah's extensive network of satellite services provides community health care programs, specialised outpatient clinics and services in several city neighbourhoods and nearby towns, as well as consultation clinics in the centre of Jerusalem and Tel Aviv.

# Prepare for Longer, Better Lives

Australians are being asked to take a free online Life Check on a new website as the federal government continues rolling out its *More Choices For A Longer Life* measures, supporting Australians to live longer, better lives.

"Taking a Life Check means having more choices for a longer life," said Minister for Senior Australians and Aged Care Ken Wyatt AM. Life Checks have been carefully designed to help your health, wealth, work and social wellbeing."

"This is one of the best New Year's resolutions you can make in 2019, and it's something to tell your friends about because spending a few minutes taking a Life Check could make a lifetime of difference."

Ten million Australians aged 45 and over can now access free advice to plan and take positive steps towards better health and greater security. "We should be aiming to live well to 100 or more," said Minister Wyatt. "We're already living 25 years longer than we did a century ago and we owe it to ourselves, our families and the nation to live the best we can."

The average Australian life expectancy is now 82.5 years, and it is projected by 2050 there will be more than 40,000 centenarians. The online Life Checks cover four areas that research has shown are keys to our wellbeing: health, work, finance and social life.

Two Life Checks are available, for people aged 45 to 64 and for those aged 65 and older, with the results and recommendations available via email in an easy-to-read format.

Social and community connections are also essential for healthy ageing, with engagement through some form of work, volunteering or community activities giving people a strong sense of purpose. Life Checks aim to provide Australians with a clear picture of how they are currently tracking and how they can prepare for the next stages in their lives.



To take a Life Check, visit [www.lifechecks.gov.au](http://www.lifechecks.gov.au)

# Jene Screen

Preventing cancer in the Jewish community



**One in 40 Jewish people have a fault in the BRCA1 or BRCA2 genes and are at increased risk of ovarian, breast or prostate cancer.**

**JeneScreen is a new online BRCA genetic testing program offered to adult members of the Jewish community in Sydney.**

**You are invited to participate! Please visit [www.jenescreen.com.au](http://www.jenescreen.com.au) to find out more.**

Proudly supported by Murdoch Children's Research Institute, Prince of Wales Hospital, Wolper Hospital and Ovarian Cancer Australia:



# The Jewish Suicide Prevention Strategy

## The Power of Grass Roots Community Initiatives



Mum for Mum North Shore Volunteer Mental Health First Aid Training

### Melissa Miller, JewishCare

Last year, the latest statistics on suicide in Australia were released. They revealed that 3,128 Australians lost their lives to suicide in 2017. That is over eight people a day. A person dies by suicide in Australia every 3 hours. Unfortunately what these numbers show is that suicide is a growing public health concern for all Australians.

The Jewish Suicide Prevention Strategy (JSPS), initiated by JewishCare with the involvement of a committee led by Isabelle Shapiro, was established in 2017 to educate, engage and empower community members and raise awareness and reduce stigma on this issue. The JSPS is guided by the LifeSpan Framework developed by the Black Dog Institute's **WHOLE COMMUNITY APPROACH** to suicide prevention.

Startlingly, Australian men aged over 85 have the highest suicide rate in Australia, and more than double that of teenagers. The older someone is, the greater the risk of suicide. Overall among both males and females suicide rates were higher in older age groups. Mental health problems are under-diagnosed and under-treated in this population, often misattributed to ageing or poor physical health.

Part of the JSPS is rolling out free Mental Health First Aid Training to community members. These have always included Youth and Standard Mental Health First Aid Training however now include the newly created Older Persons Mental Health First Aid (OPMHFA). This 12-hour course teaches participants

how to provide mental health first aid to the older person. This is the help provided to someone who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The OPMHFA training was launched last year, and every training that has been offered has been filled to capacity with front line workers in aged care facilities, as well as family, friends, carers of older people looking to gain skills to deal with potential issues that may present.

The Older Person MHFA Course aims to train the community to respond appropriately as early as possible to older people developing mental health problems, rather than wait for a mental health crisis before taking action. The change is happening slowly; people understand that it is OK to talk about suicide and what supports are available. A more compassionate, mentally literate and open-minded community is a result of this initiative. We will only reduce the suicide rate when we make a lasting and concerted commitment to do so.

If you would like to be involved in this initiative please email: [familyandfriends@jewishcare.com.au](mailto:familyandfriends@jewishcare.com.au)

The JSPS would like to acknowledge anyone who has been impacted by suicide. If you are struggling or know someone who is, there is help out there. To get help 24/7, phone Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467. If you or someone you know are in immediate danger, phone 000 for emergency services.

# News and Events

## *celebrating the good news*



### 2018 Annual General Meeting and Farewell to Allan Vidor

After twelve years on the Board of JewishCare and more recently eight as President, Allan Vidor stepped down from the Board. From his earliest involvement, Allan emphasised collaborating with other organisations, be they Jewish or from the wider community. His dedication to the work of JewishCare was second to none.



### Thank you Shirli Kirschner

After six years on the Board of JewishCare and time as joint Vice President, Shirli Kirschner stepped down as a Director after the completion of the Board's succession plan. Her passion and commitment to JewishCare will be missed.



### Chanukah Event

A special event held by JewishCare's Aged Services featuring Joanna Weinberger and Rabbi Chaim Koncepolski.



# News and Events

## *celebrating the good news*

### Annual White Ribbon Day Men's Breakfast

A n informative breakfast event with guest speaker Dr Michael Salter, senior lecturer in criminology, Western Sydney University.



### Volunteer end of year event

A big thank you once again to all of JewishCare's amazing volunteers.



### Mazel tov

T hree delighted Print35 employees were the recipients of a fabulous gift from JewishCare CEO Claire Vernon to acknowledge their 25 years of hard work and dedication.

# My Aged Care Update

## Comprehensive assessment with an ACAT

Comprehensive assessments are provided by a local assessor from an Aged Care Assessment Team or ACAT. If you have been referred for a comprehensive assessment, a member of an ACAT team will contact you. They will arrange a time to visit you at home and talk to you about your current situation. Let the assessor know if you have any communication difficulties so they can arrange any special assistance you need for your assessment. The assessor, usually a nurse, social worker or other health care professional, will ask you a few questions to ensure your and their safety when they visit.

### You need a comprehensive assessment by an ACAT to work out if you are eligible for:

- a home care package
- residential care in an aged care home
- residential respite care
- short-term restorative care
- transition care
- other services that you need.

### Preparing for an assessment. It's useful to have the following ready for when the assessment takes place:

- your Medicare number
- a copy of any referrals from your doctor
- any information provided to you that you may want to discuss with the assessor
- your GP or other health professional contact details
- information on any current support you receive.

You can ask a family member, carer or friend to be with you during the assessment. Read more about your rights during an assessment.

### What happens during a comprehensive assessment?

When the assessor arrives at your home, they will ask if you agree to have the assessment. The assessor will have a copy of your client record. This includes the information you gave to the My Aged Care contact centre. They may also ask for your permission to talk to people who support you, such as a family member or carer. For assessment for some services such as residential care, home care and flexible care the assessor will ask you to complete an Application for Care form.

### The assessor will ask questions about:

- what support you already have and if that will continue
- your health and lifestyle and any health concerns
- how you are going with completing daily tasks and activities around the home
- if you have problems with your memory

*For more information please contact home support Jewish care on 1300 133 660  
Monday – Thursday 9am-5pm, Friday 9am-4pm*

## **Работа группы по оценке потребности пожилых людей в уходе (ACAT)**

Если вам требуется помочь по хозяйству, или вы задумываетесь о проживании в доме престарелых, в первую очередь, вам может понадобиться пройти бесплатную оценку у представителя группы по оценке потребности пожилых людей в уходе (Aged Care Assessment Team, ACAT)\*. Сотрудник ACAT обсудит с вами вашу ситуацию и определит, имеете ли вы право на получение субсидируемых государством услуг для пожилых людей.

### **В каких случаях требуется оценка ACAT?**

Вам понадобится оценка группы ACAT (ACAT assessment), если у вас комплексные потребности в уходе и вы хотите:

- получить доступ к уходу за пожилыми на каком-либо уровне Пакета услуг по уходу на дому (Home Care Package);
- получать услуги в рамках программы адаптационного ухода (Transition Care Program);
- получить услуги временного ухода в доме престарелых (respite care);
- переехать в дом престарелых.

Вам понадобится оценка потребности в уходе на дому (Home Support Assessment), если вы находитесь на начальном этапе и имеете потребность в уходе как пожилой человек, и хотите получить доступ к этим услугам через Программу помощи на дому Австралийского Союза (Commonwealth Home Support Programme), включающую в себя питание и транспорт.

### **Каким образом проводится оценка ACAT?**

Работник вашего местного отделения ACAT – как правило медсестра, социальный работник или иной работник системы здравоохранения – назначит время визита к вам домой (или в больницу) и поговорит с вами о том, как вы справляетесь с каждодневными задачами. Для оказания поддержки при проведении оценки, вы можете попросить члена семьи, друга или того, кто ухаживает за вами, присутствовать при этой встрече.

Работник ACAT возможно попросит разрешения побеседовать с вашим врачом и обсудить историю болезни перед тем, как встретиться с вами. В случае вашего на то согласия, это будет зафиксировано сотрудником ACAT.

Если вам нужен устный переводчик, мы можем помочь вам посредством Службы устного и письменного перевода.

Позвоните по номеру тел. 131 450 и попросите переключить на номер 1800 200 422\*.

### **Дополнительная информация**

Если Вам нужна дополнительная информация, пожалуста звоните в JewishCare по телефону 1300 133 660.

Наши часы работы:

Понедельник -Четверг - 9:00-5:00

Пятница - 9:00-4:00

# Destination Fun

Elise Hawthorne

On a perfect Sydney summer's day a group of Russian seniors, supported by JewishCare staff and Phil the trusty bus driver set off on an adventure, destination Dolls Point in Sydney's south. Members of JewishCare's Russian Friendship Club for seniors look forward to their weekly get-togethers. They enjoy communal lunches, discussions centred around the topics of the day, birthdays and High Holiday celebrations, generally enjoying each other's company in a friendly and welcoming atmosphere.

This group sometimes heads to Redfern for bingo mornings and also venture further afield, visiting picturesque parts of Sydney such as Cromwell Park adjacent to Malabar Beach and a particular favourite picnic spot at Doll's Point. Sometimes it is hard for seniors to get out and about so JewishCare's support by arranging these social gatherings is like gold for these spritely senior citizens.

Each Monday this group of lively seniors hailing from ex-Soviet Union countries meet up at a community centre in downtown Waterloo in the heart of Sydney. For a yearly membership fee of \$5 and a weekly donation of \$1, this community club offers seniors a chance to catch-up with friends.

For more information contact Olga Tourtchina on 8305 8049



Прекрасным Сиднейским летним днём группа русских говорящих пенсионеров в сопровождении сотрудников организации JewishCare и надёжного водителя Фила (Phil) отправились в путешествие, в южную часть Сиднея, с пунктом назначения Доллс-Пойнт.

Члены JewishCare программы Waterloo/Redfern Project для пожилых с нетерпением ждут своих еженедельных встреч. Им нравятся вместе иметь ланч, обсуждать насущные события недели, праздновать дни рождения и отмечать важные праздники в дружественной и радушной атмосфере.

Эта группа иногда утром направляется в Redfern, в общественный центр, где можно поиграть в бинго, или отправляются посетить живописные части Сиднея, такие как парк Кромвел (Cromwell), смежный с Мэлбэр-Бич (Malabar Beach) или особняк любими места для пикника в Доллс-Пойнт (Doll's Point). Иногда пожилым людям трудно выйти из дома, поэтому эта программа, организованная и осуществляемая при поддержке организации JewishCare, это как глоток воздуха для многих членов.

Каждый понедельник эта группа приятных пожилых людей, родом из разных стран, собирается в общественном центре района Ватерлоо в самом сердце Сиднея. За каждый членский взнос \$5 и еженедельное пожертвование \$1, эта программа даёт пожилым людям шанс встретиться и общаться с друзьями.

Для получения дополнительной информации о программе JewishCare свяжитесь с Ольгой Турчиной по телефону (02) 8305 8049

# Funding Success for MS Researchers



Alice Saul

**T**wo multiple sclerosis (MS) researchers at the University of Tasmania's Menzies Institute for Medical Research have been awarded funding from MS Research Australia to continue their exceptional work in this field.

Ms Alice Saul, pictured, has been awarded a postgraduate scholarship for three years, and Dr Yuan Zhou gained a travel award for one year. Ms Saul said she was pleased to be able to explore further her research into the effects of diet on MS.

"Many people with MS modify their diet or use an MS-specific diet, but there is a low evidence base that what is eaten has an impact on the disease, progression and symptoms.

"I will examine the role that diet has for people living with MS by working with the AusLong Study – an internationally unique group of people who were recruited soon after they had initial symptoms suggesting they would develop MS," Ms Saul said.

It is hoped that this research will make a significant contribution to those living with MS by providing dietary advice that can enhance their quality of life. In the future, these results might also help to design diets that may be used by people with MS to improve their disease course.

Dr Zhou will also be working to demystify an aspect of MS.

"The prevalence of MS is much higher in females than males, with three-quarters of all people with MS being women," Dr Zhou said.

"This travel grant will support me to work at Harvard Medical School and the Broad Institute to assess possible genetic explanations for the difference in MS between females and males. The findings will potentially lead to personalised points of intervention and treatment by gender."

Dr Matthew Miles, CEO of MS Research Australia, said the organisation was pleased to be supporting these two exciting research projects.

"We are dedicated to accelerating research that improves the lives of people living with MS. Studying how diet and gender impacts the disease will be an important link to better treatment and intervention."

# Kindertransport Fund Launched on 80 Anniversary of Transport

Cathy Laurence, JewishCare



Cathy Laurence, Restitution Officer

In December 2018 JewishCare received notice from the Claims Conference that a new fund was being launched in the New Year for those survivors who were affected by the Kindertransport from Germany, Austria and Czechoslovakia to Great Britain.

The Claims Conference stated that, "The fund is intended to acknowledge the suffering of Holocaust survivors who endured unimaginable trauma in their childhoods, encompassing a range of experiences that included separation from parents, living in hiding with the terror of being caught, privation and abuse in ghettos and even the horrors of concentration camps, where very few children survived."

The Kindertransport fund opened on the 1 January 2019 with the forms made available a few weeks later. Even though some survivors were provided small payments in the 1950s under different compensation programs, this will not preclude applicants from receiving this payment.

The fund is open to Jewish Nazi Victims who met the following criteria at the time of transport:

- They were under 21 years of age, unaccompanied by their parents, and took part in a transport that was NOT organised by the German Government in order to escape potentially threatening persecution by German forces;
- They were transported from somewhere within the German Reich or from territories that had been annexed or occupied at the time;
- The transport took place between 9 November 1938 and 1 September 1939 or was approved by the German authorities after 9 November 1938 but before 1 September 1939.

Applications must be submitted by survivors, not heirs. However, if an eligible survivor passes away after an application form is received and registered by the Claims Conference, the surviving spouse is entitled to payment. If there is no surviving spouse, the child(ren) of the eligible child survivor is entitled to the payment. Payments will not begin until after July 2019.

If you or if you know of anyone who wishes to apply for this fund or any of the existing Claims Conference restitution funds, German Government Ghetto funds, Austrian Pflegegeld nursing allowance or Polish Pension, please call Cathy Laurence (Restitution Officer) at JewishCare on 02 8305 8026 to make an appointment between Monday and Thursday or email: [c.laurence@jewishcare.com.au](mailto:c.laurence@jewishcare.com.au)

Applications are available from JewishCare - all life certificates for the Article 2 pension and ZRBG can be verified at JewishCare.

# Public Education Foundation

## Warren Hurst, JewishCare

When David S Ratner died, he bequeathed a generous amount to JewishCare. His Will stipulated that these funds be used to provide scholarships to deserving Jewish school children who are financially needy. The Will proposed that such students receive the scholarship over multiple years during their schooling, on the proviso that they apply themselves appropriately to their school work.

JewishCare determined that the most appropriate way to distribute these scholarships was to engage with an organisation with expertise in this area. The Public

Education Foundation is a not-for-profit organisation supported by the NSW Department of Education that is dedicated to providing life-changing scholarships to young people in public education. David Friedlander, LLB, BComm, LLM is the current Chair of the Board.

The Foundation supports students in public education with particular educational needs or talents – students who without extra help will struggle to reach their full potential, focusing on removing the barriers to achievement created by social and economic disadvantage, and on acknowledging and rewarding excellence. JewishCare has engaged with the Foundation to support eligible Primary School students from years 1 – 6.

Claire Vernon CEO of JewishCare said, “We are very thankful to David Ratner for his generous bequest which enables us to work with the Public Education Foundation to help young students to reach their potential.” The Foundation works with the school, usually the principal, to ensure that the scholarships are given to eligible and deserving students.

The first four students, who will be supported throughout their primary schooling have been identified and are now receiving financial support on an annual basis.

Another great example of JewishCare working with the community to improve people’s lives.



# Burger Centre Continues to Foster Meaningful Partnerships

**Bronwyn Elbourne, The Burger Centre**

**B**urger Centre offers a diverse range of activities for older people to continue to feel connected with the community with a strong sense of purpose and fulfilment.

"Strong partnerships are key to our ability to continue to offer diverse programs to support individuality, choice and community connection," says Bronwyn Elbourne, Burger Centre Manager.

"We are delighted to continually strengthen our partnership with Central Queensland University which enables us to provide podiatry services on site each week at no cost to our customers."

This wonderful program enables the Centre to support access to innovative and up-to-date podiatry services, further allowing wellness for its customers while supporting 3rd-year podiatry students, under supervision from industry experts, gain valuable clinical practice with senior members of the community. This intergenerational approach is welcomed by all who have participated in the last three years as both the students in their early adult life and seniors have thrived on the opportunity to exchange ideas, cultural differences, life experiences and valuable life lessons.

"So often seniors feel they have to forego a social day out due to an appointment, by having this program onsite, we can offer the opportunity of both without having to forgo either, and with the bonus of transport, morning tea and lunch all available without fuss," states Elbourne.

A new partnership that Burger Centre is thrilled to announce is its recent certification as provider of the well-established and research-based Music and Memories program©. This program has been operating overseas for many years and was made possible via the JCA 10 x 10 funding program whereby three organisations were invited to present their program to 100 young adults from the Jewish community.

"It was most rewarding and heart-warming to have been able to show this program to future leaders of our community and for them to not only understand but support, through their donations, the establishment of this program for the Burger Centre, the only Jewish community seniors group offered this opportunity. It is a testament to the depth of compassion that our Jewish youth demonstrate and the value that they place in supporting programs that ensure our seniors continue to have opportunities for enjoyment and fulfilment," said Elbourne.

The Music and Memories program© enables many to simultaneously enjoy their own music choices, as loud or soft as they wish, through the use of MP3 players (using iPod's and headphones) while in a social setting. "It is truly inspiring to witness the joy of one tapping away to the Beatles while the gentleman next to them is conducting a symphony," said Elbourne.

This new program will further complement the broad array of live music performances held each year at the Centre and further complement their concert series outings to the Sydney Conservatorium of Music.

*Bookings are essential for the Podiatry program, it is open to all Burger Centre customers. To learn more about the full range of programs on offer contact the Burger Centre on 02 8345 9147 or email: [info@burgercentre.com.au](mailto:info@burgercentre.com.au)*



# SOCIAL CONNECTION & WELL BEING

- State of the Art Facility
- Volunteering Opportunities
- Music & Memory Program<sup>©</sup>
- Hydro Cise
- Dementia Specific Programs
- Dance For Parkinsons<sup>©</sup>
- Outings
- Live Entertainment
- Tai Chi
- Guest Speakers
- Fully Equipment Art Studio
- Social Worker
- Morning Tea
- 2 course Lunch
- Theme Days & Events
- Celebrating Chagim



To find out more, call us on 8345 9221 or email [info@burgercentre.com.au](mailto:info@burgercentre.com.au)

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Centre



Your key to independence  
[www.burgercentre.com.au](http://www.burgercentre.com.au)

# Laughing Matters

## Smiling is infectious

By Spike Milligan

Smiling is infectious  
You catch it like the flu  
When someone smiled at me today  
I started smiling too  
I walked around the corner  
And someone saw me grin  
When he smiled I realised  
I had passed it on to him  
I thought about the smile  
And then realised its worth  
A single smile like mine  
Could travel round the earth  
So if you feel a smile begin  
Don't leave it undetected  
Start an epidemic  
And get the world infected.

# Jewish Given Names from the Animal Kingdom

**Introducing chabad.org an American website whose mission is clear...**

**Utilise internet technology to unite Jews worldwide, empower them with knowledge of their 3,300 year-old tradition, and foster within them a deeper connection to Judaism's rituals and faith.**

**Here is a taste of some fun facts recently gleaned from this informative website.**

## **Sheep**

Rachel, which means 'ewe,' is the name of Jacob's second (and most beloved) wife. There is also the Yiddish male name Shepsl, which literally means 'lamb,' but may very well be a diminutive form of Shabtai, which means 'born on Shabbat' and has nothing do with sheep.

## **Lion**

When Jacob blessed his sons, he compared several of them to animals. Judah is likened to a lion. For this reason, Yehudah (Judah) is commonly paired with Aryeh (Hebrew for lion) and Leib (Yiddish for lion). Another common combination is David Aryeh Leib since King David was a descendant of Judah and the first of a long line of Judean kings. This name also appears as Leon (yes, back in the middle ages Leon was a Jewish name) and Leibel, the diminutive form of Leib.

## **Wolf**

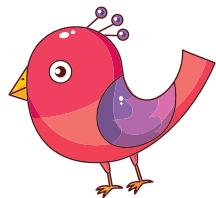
Jacob compares his youngest son, Benjamin, to a hungry wolf. Ze'ev is Hebrew for wolf, and volf is Yiddish. Put it all together and you get Binyamin Ze'ev Volf, or Velvel (or Volva) in the diminutive.

## **Fish**

Unique among Jacob's grandchildren were Joseph's sons, Ephraim and Manasseh, upon whom Jacob conferred the status of sons. In his blessing to the duo, he expressed his wish that they "multiply like fish." Thus, we have the name Ephraim Fishel (Yiddish for 'little fish'), but not Manasseh Fishel. (It's also interesting to note that Joshua, a scion of the tribe of Ephraim, is identified as the son of Nun, which is Aramaic for 'fish.') Another somewhat common pairing is Yerucham Fishel. Fishel is a reference to Joseph, whose sons were compared to fish. Joseph was an orphan, and Yerucham means 'is granted mercy.' The names can therefore be seen as a reflection of the verse in 'You the orphan is granted mercy.'

## **Bird**

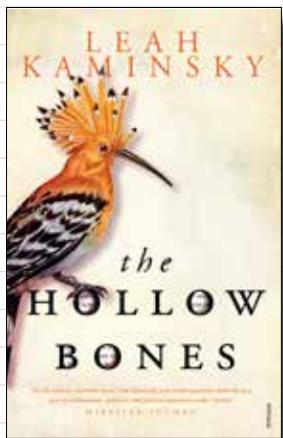
Tzipporah was the wife of Moses. Her name means 'bird.' The commentaries explain that just as the blood of a bird purifies a home that is covered in leprosy, Tzipporah cleansed her father's home from idols. Alternatively, just as a bird is admired for its beauty, so was Tzipporah admired for her loveliness. This name is often shortened to Tzipah (in Yiddish) and Tzippy (in English and Modern Hebrew). There is also the name Feigel or Feigeleh, which is Yiddish for 'bird.'



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# There's Nothing Like a Good Book

Compiled by Elise Hawthorne



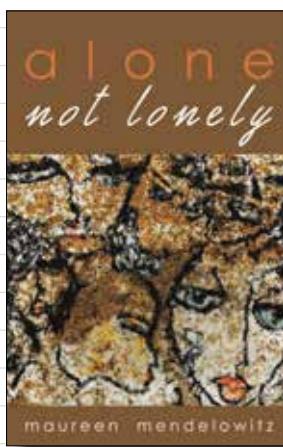
## The Hollow Bones

Penguin Random House Australia \$32.99

By Leah Kaminsky

Berlin, 1936. Ernst Schäfer, a young, ambitious zoologist and keen hunter and collector, has come to the attention of Heinrich Himmler, who invites him to lead a group of SS scientists to the frozen mountains of Tibet. Their secret mission: to search for the origins of the Aryan race. Ernst has doubts initially, but soon seizes the opportunity to rise through the ranks of the Third Reich.

While Ernst prepares for the trip, he marries Herta, his childhood sweetheart. But Herta, a flautist who refuses to play from the songbook of womanhood and marriage under the Reich, grows increasingly suspicious of Ernst and his expedition. When Ernst and his colleagues finally leave Germany in 1938, they realise the world has its eyes fixed on the horror they have left behind in their homeland. A lyrical and poignant cautionary tale, *The Hollow Bones* brings to life one of the Nazi regime's little-known villains through the eyes of the animals he destroyed and the wife he undermined in the name of science and cold ambition.

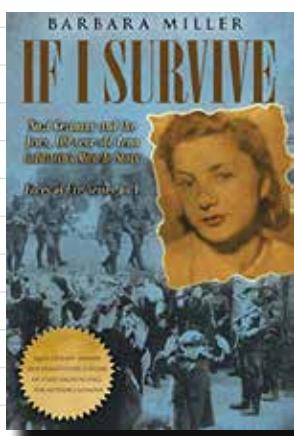


## Alone Not Lonely

Ginninderra Press \$28

By Maureen Mendelowitz

Maureen Mendelowitz' book *Alone Not Lonely* follows the success of her first novel *The Rock*. Placed in South Africa, it tells of the madam and the maid, their personal traumas, how they come to understand each other, and their interdependence. She writes of the injustices, social ills, undercurrents of rebellion and political upheaval that affected all walks of that society's lives. Focussing on the universal violence against women, the story is raw and cruel, but it is also about heart and, ultimately, about survival.



## If I Survive:

Nazi Germany and the Jews, 100-year-old Lena Goldstein's Miracle Story

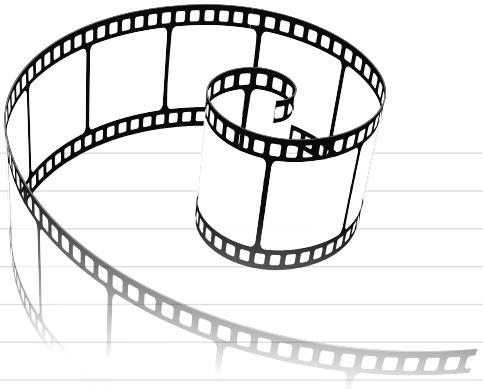
Barbara Miller Books \$24.99

By Barbara Miller

Lena Goldstein kept saying to herself "If I Survive" because death stared her in the face every day in the Warsaw Ghetto in Poland. She saw her family killed by the Nazis around her, one by one and kept thinking "It's my turn next." Her parents were taken to Treblinka Death Camp. By a series of miracles, she not only survived but turned 100 years old on 31 January 2019 in Sydney and is one of the last surviving witnesses of the Holocaust. Lena's compelling account of her life, which author Barbara Miller tells based on interviews with Lena and her diary, makes for riveting reading.

*If I Survive* is available at the Sydney Jewish Museum, via Amazon or via: [www.barbara-miller-books.com](http://www.barbara-miller-books.com)

# Movie Time



## Sometimes Always Never

March release

Able to blend charming gruffness and winning affability with just the raise of an eyebrow, Bill Nighy has long proven himself one of Britain's best character actors, and now he stars alongside Sam Riley and Alice Lowe in this stylish and heartfelt comedy-drama about a tailor searching for a lost son.

Sharp of both suit and vocabulary, Nighy (*The Bookshop*), is winningly deadpan as Scrabble-obsessed Merseyside tailor Alan, whose eldest son Michael stormed out of the house after

a particularly heated round of the popular board game, never to return. Years later, Alan and his other son Peter (Sam Riley) continue the search while trying to repair their own strained relationship.

Working from a witty and astute script by veteran screenwriter Frank Cottrell-Boyce (*The Railway Man*, *Goodbye Christopher Robin*), Liverpudlian director Carl Hunter deploys a vivid visual style and striking production design to capture the shifting moods of a family who know plenty of words but struggle to communicate.



## Red Joan

June release

In a picturesque village in England, Joan Stanley (Dame Judi Dench), lives in contented retirement. Then suddenly her tranquil existence is shattered as she's shockingly arrested by MI5. For Joan has been hiding an incredible past; she is one of the most influential spies in living history.

Cambridge University in the 1930s, and the young Joan (Sophie Cookson), a demure physics student, falls intensely in love with a seductively attractive Russian saboteur, Leo. Through him, she begins to see that the world is on a knife-edge and perhaps

must be saved from itself in the race to military supremacy. Post-war and now working at a top secret nuclear research facility, Joan is confronted with the impossible: Would you betray your country and your loved ones, if it meant saving them? What price would you pay for peace? Inspired by an extraordinary true story, *Red Joan* is the taut and emotional discovery of one woman's sacrifice in the face of incredible circumstances. A triple score-worthy supporting cast includes Jenny Agutter and Tim McInnerny.

# Out & About

## Gett: The Trial of Viviane Amsalem

17 April 7pm

Emanuel Synagogue, 7 Ocean St, Woollahra

Gett is a contemporary exploration of divorce and long-term relationships occasionally broken by lighter moments. It is also a rare insight into the rabbinical court and its treatment of women. Viviane is refused a gett; a Jewish divorce which can only be given by a court of rabbinical judges and with the consent of her husband. The exhausting and absurd hurdles Viviane is forced to endure, and the anguish caused by not being able to start a new life, do not stop her.

Winner of Best Film at the Jerusalem Film Festival, 2014, winner of the best film Ophir Awards (Israeli Oscars) and screened in Directors' fortnight in Cannes 2014 to critical acclaim, this film is riveting. This is part of a series of films presented by Plus61J and Emanuel Synagogue.

Members \$10, non-members \$15. *For more information call: 02 9389 6444 or visit: [www.emanuel.org.au](http://www.emanuel.org.au)*



*Gett: The Trial of Viviane Amsalem*



## Sydney Film Festival

5 - 16 June

Various venues around Sydney

From 5 June to 16 June, the 66th Sydney Film Festival brings the world's best new films to Sydney. Over 250 films from the four corners of the globe will screen alongside a public program of free and ticketed talks and parties that will enrich the Festival experience. The first titles in this year's program will be announced on the 3 April, with the full festival program to be revealed in May.

*For more information visit: [www.sff.org.au](http://www.sff.org.au)*

## Limmud-Oz

15, 16 & 17 June

RoundHouse, UNSW, Anzac Parade, Kensington

Limmud is an annual community-wide conference and festival celebrating Jewish learning, culture, thought and creativity for adults, children and teens. The program features high-profile international and presenters, journalists, analysts, academics and performers speaking on the following topics: arts and culture; Israeli and the Middle East; history; society and politics; and text and tradition.

*For more information call 02 9381 4000 or visit [www.shalom.edu.au](http://www.shalom.edu.au)*



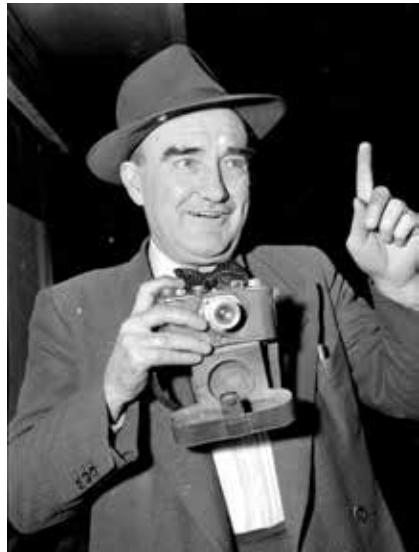
## **Brunch with the Birds**

**23 May, 9:00 am - 11:00am**

*Foundation & Friends Terrace, Royal Botanic Garden Sydney, Mrs Macquaries Rd, Sydney*

Did you know that the Royal Botanic Garden is home to over 20 species of birds? Join Volunteer Guide Jenny Pattison for a magical morning bird watching in the heart of Sydney and learn about the beautiful birds that inhabit the Garden. Species may include Tawny Frogmouths, White-necked Herons, Chestnut Teals, and the rather shy Buff-banded Rail. The tour will conclude with brunch on the Foundation & Friends Terrace. Don't forget to bring your binoculars! Cost: \$30 or \$25 Foundation & Friends Members.

*For more information call 02 9231 8182  
or visit: [www.rbgsyd.nsw.gov.au](http://www.rbgsyd.nsw.gov.au)*



## **Street Photography 1930s - 1950s**

**Now - 21 July**

*Museum of Sydney, corner Phillip + Bridge Streets, Sydney*

From the 1930s to the late 1950s commercial street photographers swarmed Sydney's streets photographing everyday people in candid full-length portraits as they quickly passed by or stopped to pose. Taken against the vibrant background of the city streets, these photographs captured candid moments in the lives of millions of people, from uniformed servicemen and women to postwar migrants exploring their new city and young couples out for a day in town.

*For more information call 02 9251 5988  
or visit: [www.sydneylivingmuseums.com.au](http://www.sydneylivingmuseums.com.au)*

*John McGeorge street photographer  
©State Library of NSW*

# Upcoming Events

While JewishCare is well known for the help it provides directly to people in need, whether they are elderly, or have a disability, mental health issues or whether they are facing a crisis, JewishCare also stages events to educate and raise awareness about important issues facing our community. Most events are held at JewishCare, 3 Saber Street, Woollahra.

**Yom Hashoah commemoration: 2 May**

**Yom Ha'atzmaut celebration and Victory Day commemoration: 9 May**

**Yom Yerushalayim celebration: 2 June**

*For more information contact JewishCare, phone: 1300 133 660*



Registered provider

Consumer Directed Care

# Contact

**FirstCall JewishCare 1300 133 660**

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You can follow us on    (JewishCareNSW)

3 Saber Street Woollahra NSW 2025  
PO BOX 647 Bondi Junction NSW 1355

## North Shore

Room 2 / 177 Rosedale Street  
St Ives 2075  
Phone 9488 7100

## The Burger Centre

(a partnership between JewishCare and Montefiore)  
120 King Street  
Randwick 2031  
Phone 8345 9147

## **JewishCare acknowledges the financial assistance of the below organisations**

The Commonwealth and New South Wales Governments

Jewish Communal Appeal

Conference on Jewish Material Claims Against Germany

Chai Foundation

The generous people who have donated their time and money to JewishCare

