

ISSUE 11 • SEPTEMBER 2020 • ELUL 5780

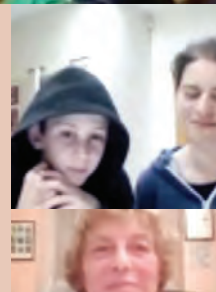
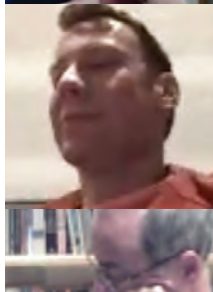
# THE GGS JOURNAL

NEWS AND VIEWS FROM GOLDERS GREEN SYNAGOGUE



## INSIDE THIS ISSUE

- GGS Shines in Extraordinary Year: Photos and Reflections from Lockdown
  - The Year in Pictures: GGS as normal, from Sukkot to Purim
- Rosh Hashanah Messages from Chief Rabbi Mirvis, Rabbi Belovski and the Fromsons





# CONTENTS

## THE GGS JOURNAL

### GOLDERS GREEN SYNAGOGUE

41 DUNSTAN ROAD, LONDON NW11 8AE  
0208 455 2460 OFFICE@GGSHUL.ORG.UK

OFFICE HOURS: MONDAY-THURSDAY  
9:30-15:00; FRIDAY 9:00-11:30

RABBI DR HARVEY BELOVSKI  
RABBI@GGSHUL.ORG.UK

RABBI SAM FROMSON  
RABBIFROMSON@GGSHUL.ORG.UK

REBBETZIN HADASSAH FROMSON  
HADASSAH@GGSHUL.ORG.UK

WWW.GOLDERSGREENSHUL.ORG.UK

### 04 LEARNING FROM LOCKDOWN

In his Rosh Hashanah message, Rabbi Dr Harvey Belovski considers how the experience of lockdown plays to the community's broader objectives

### 06 CHIEF RABBI'S ROSH HASHANAH MESSAGE

Chief Rabbi Ephraim Mirvis recognises the extraordinary response of Jewish communities across the UK to the coronavirus crisis

### 07 PULLING TOGETHER

Rabbi Sam and Rebbetzin Hadassah Fromson reflect on the existential awakening the pandemic has triggered in many families

### 08 GGS SHINES IN EXTRAORDINARY YEAR

While COVID-19 led to unprecedented challenges, it prompted a new wave of volunteering and digital programmes, bringing out the best in the community

### 16 THE YEAR IN PICTURES

Up until the lockdown, from Sukkot to Purim, the year had been as busy as ever and we know normality will gradually return to Golders Green

### 18 NAOMI ROSE, 1924-2020

Maxine Dewhurst looks back at the extraordinary contribution made to the GGS community by her mother, Naomi Rose, who passed away in January 2020

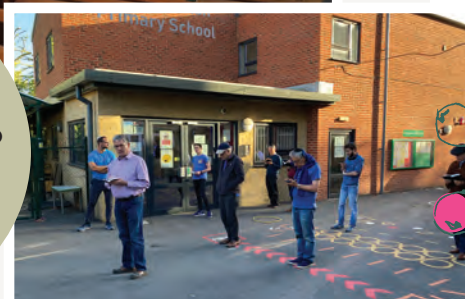
### 19 GAVIN LIGHTMAN, 1939-2020

Daniel Lightman pays tribute to his father, Sir Gavin Lightman, who passed away in March 2020

## GGG JOURNAL LITE

In what has been an unprecedented year, you might notice the GGS Journal has lost a little weight. We've condensed the magazine to save costs and bring you a more concise digest of the extraordinary year we have all lived through. We hope you enjoy reading this edition, and look forward to an exciting year ahead as we continue the journey back to our new normality, and look to resume many of the programmes and services that make GGS shine. Shana tova!

LAST SERVICE  
BEFORE LOCKDOWN,  
MARCH 17 (ABOVE) AND  
THE FIRST SERVICE  
AFTER REOPENING,  
JULY 5 (RIGHT)



"WE KNOW  
THAT GGS WILL  
NOT ONLY  
SURVIVE BUT  
THRIVE"

# WELCOME

I won't sugar coat it; this has been a tough year, or rather a year of two halves. Golders Green Synagogue went into 5780 with Julia Chain steering the ship while I was on maternity leave. Julia was so efficient that she practically achieved a year's worth of projects in four months, from overseeing a new security system and resurfacing the front of the Shul to launching the Mental Health Awareness Shabbaton in January.

It had been a wonderful start to the year; a record number of mini Golders Greeners were born, we had an inspirational Yom Tov season, membership was continuing to grow, we received planning permission to redevelop the ladies' gallery and our wonderful rabbinic team was going from strength to strength, with exciting plans for the spring season. This was to

kick off with a fabulous Purim programme, which had involved months of planning.

I will never forget the day we realised none of it – or very little of it – could happen. As the world and systems we took for granted rapidly unravelled as a result of coronavirus, we had to make decisions for the Shul that would previously have seemed unfathomable. Stopping Kiddushim, suspending services, closing the nursery – it was a sleepless, adrenaline-fuelled three weeks, as we reshaped ourselves again and again to fit the new reality.

We limped into Pesach, physically and emotionally drained. Those terrible death figures dominated April, climbing higher and higher every day. We were held together as a community, but it was a dark, terrifying time. I dreaded opening my

email in case another member or friend was ill; another urgent call for tehillim.

But in the midst of all this, a counter attack was being launched, based on the pure Chesed and resilience that underpins GGS. Thanks to our incredible volunteers and rabbinic team, we fought back. Pesach parcels were delivered, Tzedakah was distributed, every vulnerable member was contacted. We learnt Torah together, we sang together, we learnt from and entertained one another online for months on end.

Then, slowly, the lights started to come back on. On June 15, our long silent building burst into life as Little Goldies Nursery reopened. On July 11, we held our first Shabbat service in four months. The many people who led and supported our community during this time are far too numerous to thank, but we are so grateful to everyone for making GGS a shining beacon in the darkness.

And here we are, starting the new year with a Yamim Noraim season that is so off-script it's both exhilarating and nerve racking to plan. There are still many unknowns, but what we do know is that GGS will not only survive but thrive. This year has shown us for who we are: deeply kind, deeply committed, adaptable, and with an unshakeable sense of humour. 5781? Bring it on.

NAOMI VERBER

CHAIR, GOLDERS  
GREEN SYNAGOGUE

The GGS Journal is edited by Joel Clark (joel@joelsclark.com)

Layout and design by Natalie Samuelson (natalie@natalie-charlotte.com)

To place an advert in the next edition of the magazine, please contact the Shul office.

Cover image: Members of Golders Green Synagogue participate in virtual programmes on Zoom during the coronavirus lockdown, March-July, 2020.



# LEARNING FROM LOCKDOWN

IN HIS ROSH HASHANAH MESSAGE FOR 5781, RABBI DR HARVEY BELOVSKI CONSIDERS HOW THE EXTRAORDINARY EXPERIENCE OF LOCKDOWN PLAYS TO THE COMMUNITY'S BROADER OBJECTIVES

**F**or the first time in many years, Rosh Hashanah falls on Shabbat and Sunday this year. We will celebrate the first day of Rosh Hashanah with prayer and song, but without blowing the shofar. Long ago, the sages worried that our enthusiasm to perform the mitzvah of shofar would lead us to transgress Shabbat by transporting it to its destination, so they confined the practice to weekdays.

I've always found the rabbis' behavioural insight fascinating – the occasional and exciting trumps the familiar and frequent and even with the best intentions, mistakes are inevitable.

This obscure concern is predicated on two powerful constructs, both of which are in sharp focus as we move from a year of anguish, uncertainty, economic worry, and sadly, for many, tragic loss.

The first is how important spiritual life is to each of us, whether we engage daily

or just occasionally with the Shul and Jewish practice. The enthusiasm the ancient rabbis detected for blowing the shofar is mirrored by our thrill as Rosh Hashanah approaches, just as it is when Seder night and other special occasions are on the horizon. And we have all recently experienced an unwanted taste of the converse – deep sadness and frustration during the lockdown when our beautiful Shul was closed, mourners couldn't say kaddish and we were unable to gather on Shabbat and Yom Tov.

The second is the importance of Shabbat: however central blowing the shofar may be to the Rosh Hashanah experience, Shabbat is still more fundamental. The rabbis even find an allusion in the Torah to the shofar's disappearance. While in one place (BeMidbar 29:1), Rosh Hashanah is referenced as 'Yom Teruah' (a day of blowing), in another (VaYikra 23:24), it is called 'Zichron Teruah' (a remembrance of blowing). 'Yom Teruah' refers to Rosh Hashanah on a weekday when we actually blow the



shofar; 'Zichron Teruah' to Rosh Hashanah on Shabbat when we do not, merely remembering it in our liturgy (Rosh Hashanah 29b).

During the lockdown, I was interviewed by a *Sunday Times* journalist about the re-awakened interest in Shabbat observance he noticed among his friends. He said that people found it 'reassuring' amid the anxiety and uncertainty of the pandemic.

I said that it's understandable that people retreat into the familiar in times of stress, reaching inside themselves for comfort. I also suggested that while people are at home for long stretches, it is easy to lose a sense of the passage of time, as days and weeks merge into one. Shabbat provides a much-needed separation between work and rest, which somehow seemed more important than ever during the long weeks of lockdown. And for a rabbinic family, not attending Shul (most Shabbat mornings I had finished davening long before we usually start at GGS) and being unable to host guests for an extended

period, have recalibrated Shabbat for us in positive ways.

I sense that lots of us feel transformed by the experience of lockdown. I have gained numerous insights about myself and our community that I hope will long remain. Many of them feed into the broader goals of our remarkable community

"I SENSE THAT LOTS OF US FEEL TRANSFORMED BY THE EXPERIENCE OF LOCKDOWN"

as it pushes into the next stage of its development. We've learned to think differently about each other – Zoom and isolation are great equalisers, something we will bear in mind as we consider our inclusion policies. We've learned to survive without lavish kiddushim

and waste, which plays into our sustainability strategy. We've missed our children, our seniors and just being together in simple, meaningful ways. Spurred by an extraordinary year, I feel the enormous privilege of working with our talented rabbinic and lay teams to make GGS an even bigger draw for people of all ages and types, melding the familiar and frequent with the occasional and exciting.

Vicki and I, together with Michali and Yoav, Tehilloh, Dovid Chaim, Tomor Chemdoh, Rochel Tiferes, Shmuel Yosef and Moshe Simcha, wish you a healthy, transformational and meaningful 5781.

**RABBI HARVEY BELOVSKI**



Pat, Helpline caller

**"When I needed advice about end of life care for my husband, they were there"**

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

**When you need help, call 020 8922 2222 or visit [jewishcare.org](https://www.jewishcare.org)**

**JEWISH CARE**

Charity Reg No. 802559

# THE CHIEF RABBI'S ROSH HASHANAH MESSAGE 5781

As I reflect on an extraordinary year, my first thoughts are with those whose lives were tragically cut short by the coronavirus. May their memories be for a blessing and may their families find comfort in their sad loss.

My heart goes out to the many whose health, whether physical or mental, has been affected, and to those who are facing severe financial hardship or crises in their personal relationships. The restrictions on social interaction, abrupt changes to our routine and the grip of deep uncertainty have dramatically impacted the fabric of all of our lives in ways that we could never have imagined.

In the years to come, while many will admiringly recall our resilience and forbearance during these most trying of times, ultimately the success of our response to this pandemic will be judged not by how we felt, but by how we acted.

The Torah portion of Nitzavim, which is always read immediately prior to Rosh Hashanah, commences with these words: "You are all standing this day before the Lord your God; your heads, your tribes (shivtechem), your elders and your officers".

In this list of national leaders, 'tribes' appears to be out of place. Mindful of the fact that 'shevet' also means 'staff' or 'sceptre', our commentators explain that the leaders of our people are being referred to according to the item that they carried that symbolised their role. In the same way as 'the Crown' refers to the monarch and 'First Violin' refers to an orchestra's lead musician, a person who leads is known by the instrument of that leadership.

The message that emerges is extremely powerful. You are defined by what you do. The essence of a person is measured according to what they have achieved. For this reason, we call community leaders 'machers' (makers). 'Macher' is a role that conveys respect, because the people who change the world are not the dreamers and thinkers; the people who change the world are the 'doers'.

On Yom Kippur, we read the book of Jonah, in which the prophet informs the inhabitants of Nineveh of their impending doom. In response, they fast and repent for their evil ways. The text captures that epic event in just a few words: "God saw their deeds". Their words of apology and



their fasting were merely steps towards a life-changing moment. What concerned God was not their protestations, but their actions.

This year, without any preparation whatsoever, every one of our communities was plunged into a crisis of unprecedented proportions. Your response has been simply magnificent. With our Shuls closed, our communities redoubled their creativity and their altruism. We have never known such an outpouring of compassion, such acts of selfless care for the vulnerable and such generosity in charitable giving.

I have no doubt that such action will remain at the heart of our COVID-19 response for as long as it takes us to overcome the dangers it presents to all of humankind.

As we commence 5781, may Hashem inscribe and seal each and every one of us in the Book of Life, good health, peace and fulfilment.

CHIEF RABBI EPHRAIM MIRVIS

"WE HAVE NEVER KNOWN SUCH AN OUTPOURING OF COMPASSION"

# PULLING TOGETHER

RABBI SAM AND REBBETZIN HADASSAH FROMSON REFLECT ON THE EXISTENTIAL AWAKENING THE PANDEMIC HAS TRIGGERED IN MANY FAMILIES

Elul is characterised by changes in our routine. We blow the shofar after Shacharit; we add 'LeDavid H' Ori' to our tefillot; Sephardim begin to say Selichot every morning.

The purpose of these changes is not to add ritual for the sake of it, but to trigger within us a realisation that we need to think, act, and pray differently. Rav Soloveitchik describes the sound of the shofar as the existential call to the soul; the noise which pierces our façade of control and snaps us out of our torpor. Chazal instituted these changes in routine to prompt us to change our frame of mind, break out of our day-to-day routine and make the decisions that will allow us to fulfil our potential, maximise our opportunities and build the world we wish to live in.

This year has seen a more drastic change to our personal and communal routine than we could ever have imagined. Our hearts and prayers are with everyone who has lost loved ones, with those recovering whose health is still fragile, and with the many who have and



"WE HAVE MISSED HAVING A HOME FULL OF GUESTS, MISSED THE EVENTS WE PUT ON AND MISSED TEACHING TORAH IN PERSON"

continue to experience financial hardship because of the COVID-19 pandemic.

At the same time, these events have triggered an existential awakening for many – a realisation that life is more fragile than we could have ever imagined. A YouGov poll in July found that people have confronted their own mortality by writing wills and purchasing life insurance. Others are making plans to relocate to a more rural life, and many are cherishing the extra time with family that working from home affords.

Now is our moment – as a family and as a community – to reflect. When we hear the sound of the shofar, what decisions are we committing to change?

For us as a family, we have missed having a home full of guests, missed the events we put on and missed teaching Torah in person. However, we have thought more deeply and more carefully than ever before about how to care for the vulnerable, how to be together as a family and support one another when we are stressed, and how to inspire ourselves and others without our familiar rituals.

We pray that this Rosh Hashanah the community is blessed with a year that is sweet and healthy and that together we can inspire each other to hold tight to the messages we've taken from this time.

RABBI SAM AND REBBETZIN HADASSAH FROMSON



# GGG SHINES IN EXTRAORDINARY YEAR

WHILE THE COVID-19 CRISIS LED TO UNPRECEDENTED CHALLENGES,  
IT PROMPTED A NEW WAVE OF VOLUNTEERING AND DIGITAL PROGRAMMES DELIVERED VIA ZOOM,  
BRINGING OUT THE VERY BEST IN OUR COMMUNITY

**F**or Golders Green Synagogue, as for all communities around the world, the Jewish year 5780 has been dominated by the extraordinary and wide-ranging impact of COVID-19.

From the painful but necessary decision to suspend all services, educational programmes and social events throughout the lockdown to the colossal efforts to support those in need throughout this time, the pandemic has impacted GGS in ways that no one could have anticipated.

It is fair to say that the challenges of coronavirus and lockdown have brought out the very best in our community. While our building had to be closed for several months between March and July, and was only able to reopen with strict hygiene and social distancing measures in place, an army of volunteers has supported those in need throughout this time. Many newcomers stepped up to help, showing the true spirit of the GGS community in helping one another.

When services were suspended on March 17, the rabbinic and executive teams moved quickly to transfer as many services and programmes as

possible into the virtual world. From weekday services and shiurim to book clubs, coffee mornings, quizzes, magic shows and comedy shows, there seemed to be almost no limits to what could be achieved in either a live format via Zoom or pre-recorded on our GGS YouTube channel.

Of course, there can never be any substitute for meeting, davening and learning together in person, but digital programming proved to be a great source of strength, support and entertainment for many people through very difficult times. While services have now resumed, social and educational programmes will continue to be offered on digital channels in the future and exciting opportunities will lie ahead, even when we eventually return to normality.

In the pages that follow, we look back at some of the highlights of the digital programme and we include recollections from congregants who have been impacted by the pandemic in different ways. On behalf of the whole community, thank you to everyone who so willingly stepped up to help in many different ways during this time. May it be a healthy New Year for all.

**"THE CHALLENGES  
OF CORONAVIRUS  
AND LOCKDOWN HAVE  
BROUGHT OUT THE  
VERY BEST IN OUR  
COMMUNITY"**

## VOLUNTEERING BOOMS IN LOCKDOWN

We are a community that has always valued and understood the importance of volunteering. From hosting tea parties for older members to delivering honey cakes at Rosh Hashanah, we have an active and involved group of volunteers. I have always appreciated the support of our volunteers, but the consideration and empathy shown during lockdown has really been something to behold.

**"WHEN YOU GIVE  
OF YOURSELF,  
YOU WILL ALWAYS  
RECEIVE IN  
RETURN"**

I would like to take this opportunity to give a special vote of thanks to Julia Chain, Rachel Clark and Jacqui Zinkin, without whom, I would have been unable to deliver the level of additional support our community required during these testing months.

On the news that we would be entering a period of lockdown, Julia immediately set up a COVID-19 volunteering group. With Pesach on our doorstep, Julia liaised with Kasher Kingdom to organise deliveries of food for the community, including special packages to those who would have otherwise gone without. Rachel put together an army of volunteers to pick up shopping and necessary supplies for those shielding, and Jacqui started a challah run every shabbat, ordering and distributing fresh challot to anyone self-isolating or unable to get out due to illness.

Without these three extraordinary women, I would not have been able to coordinate the Yom Tov phone calls that allowed us to identify those in need, and then continue to keep in touch with these individuals. We have been able to provide real and valued support to people during the most extraordinary of circumstances, and I am so proud of what we have achieved.

I want to finish with the words of a volunteer who said: "I knew that I'd be helping someone, but I didn't realise how much I would get out of it myself." The beauty of volunteering is that it is a two-way street: when you give of yourself, you will always receive in return. As we move forward into a new and uncertain reality, I urge anyone who has some free time to join our volunteer group. Your efforts will always be appreciated.

Wishing you all a safe, happy and healthy New Year.

**SUSAN FREIBERGER, VOLUNTEER COORDINATOR  
(SUSAN.FREIBERGER@GMAIL.COM)**



**• WORK AVENUE •**  
Creating Employment - Growing Business

**SHANA TOVA FROM US TO YOU**

**Have a Safe & Happy New Year**

**Work Avenue: Empowering People to Earn a Living**

**Contact us for \*\*FREE\*\* Employment & Business Advice**

theworkavenue.org.uk  
reception@theworkavenue.org.uk  
020 8371 3280

Registered Charity 1164762





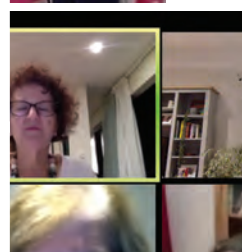
### LIVE NOTICES

GGs Chair Naomi Verber broadcasts the pre-Shabbat announcements, live from her home



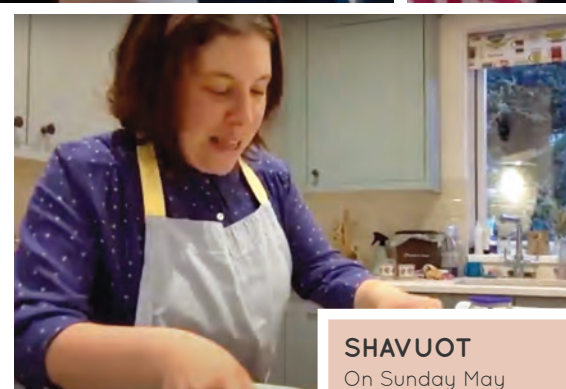
### DESERT ISLAND DISCS

A long-time fan of the Radio 4 show, Joel Clark seized the opportunity of lockdown to create a community version, inviting special guests to share their perspectives on different festivals and experiences, and of course their music. We started during Chol Hamoed Pesach with Eveleen Habib, Rebbetzin Hadassah Fromson and Guido Rauch who shared a wonderful mix of recollections and music associated with Pesach. In the week of Yom Ha'atzmaut we were joined by a group of former GGS stalwarts now living in Israel - Joyce and Alan Mays, Gideon Shaw and Alex Cohen. As lockdown began to ease in June, Helen Freedman, Richard Verber and Rimon's acting headteacher Jane Elliott shared their experiences of the challenges and highlights of these extraordinary months. Many more brilliant castaways are no doubt hidden within the community - we look forward to inviting them to the show!



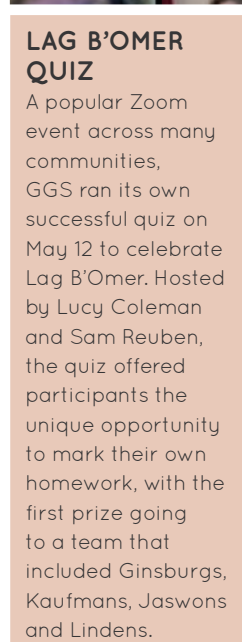
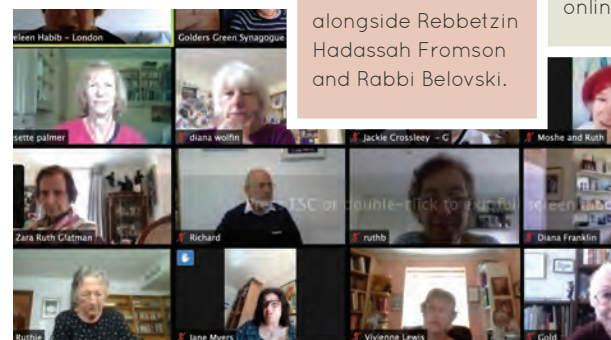
### COFFEE MORNING

A coffee morning on Zoom? Why not? At the suggestion of several members, a regular coffee morning was established and became a popular feature of the programme. With a number of hosts (who had the added benefit of neither having to offer coffee and cake nor clear it up), each morning had a particular theme, including books, music, experiences of lockdown and hobbies. Thank you to Eveleen Habib, Ruth Bronzite, Dina Kaufman, Sue Gessler, Sara Goodman and Diana Wolfen for hosting - we hope this tradition will continue, either online or in person.



### SHAVUOT

On Sunday May 24, we kicked off a three-day Shavuot programme with a Cheesecake Bake-off. Hosted by Lucy Coleman and Joel Clark, the programme previewed the very best baking talent in Golders Green, with Tanya Sher, Esther Freedman, Caroline Levey and Rachel Clark. This was followed by a Generation Sinai learning event for parents and children the next night and a virtual Tikkun Leil the night after that, featuring guest scholar Professor William Kolbrener alongside Rebbetzin Hadassah Fromson and Rabbi Belovski.

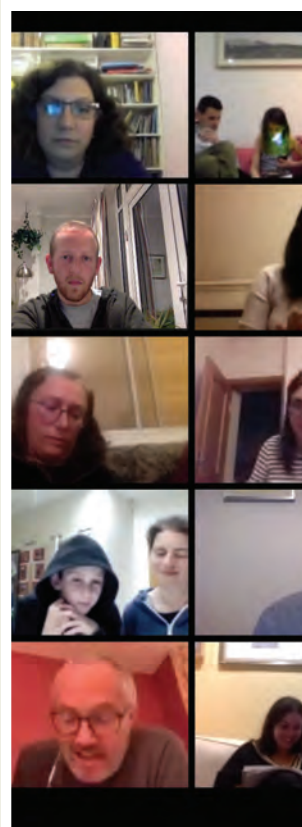
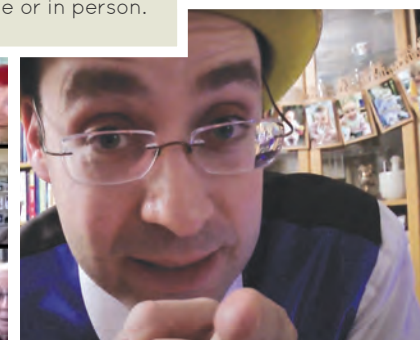


### LAG B'OMER QUIZ

A popular Zoom event across many communities, GGS ran its own successful quiz on May 12 to celebrate Lag B'Omer. Hosted by Lucy Coleman and Sam Reuben, the quiz offered participants the unique opportunity to mark their own homework, with the first prize going to a team that included Ginsburgs, Kaufmans, Jaswons and Lindens.

### GREAT BENJINI

The Great Benjini entertains children with a pre-recorded mini-show on YouTube.



### SUSTAINABILITY

In the absence of a special Shabbaton that had been planned for this summer to address and reinforce our communal commitment to sustainability, a fascinating Zoom panel was convened on June 28. Featuring Nigel Savage, CEO of Hazon, Talia Chain, founder of Sadeh Farm and Steven Wilson, CEO of the United Synagogue, the event yielded constructive insights on the realities of climate change and the practical steps that can be taken at a communal and individual level.

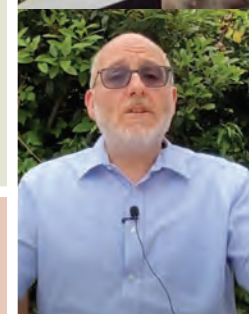
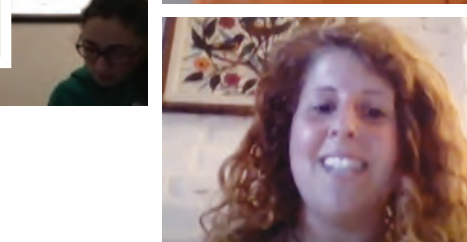
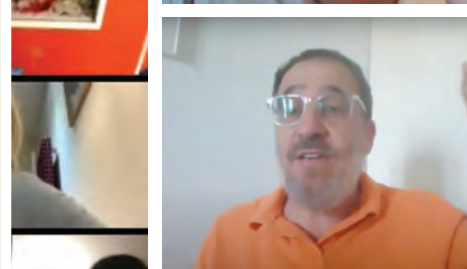
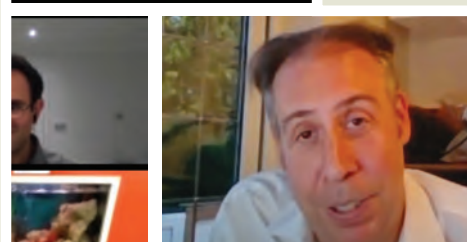


### ADON OLAM

The Scott family lift the Shabbat spirits early on in lockdown with their own recorded rendition of Adon Olam.

### VE DAY

As the country paused to remember VE Day on May 8, GGS held its own special commemoration the night before. Chaired by Julia Chain with contributions from Ethel Goldstein, Lillian Hochhauser, Ruth Glatman and Rob Ginsburg, the programme combined poignant recollections of the war years with music and archive footage of VE Day itself.



### E-SERMONS

While the suspension of Shul services might have done for the Shabbat morning drasha, our rabbinic team posted a sermon on the GGS YouTube channel every week during lockdown. While they might not have been able to spot anyone drifting off in person, they could eagerly track their online viewing figures to gauge success.

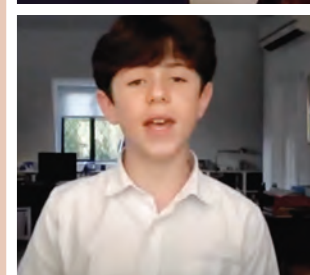
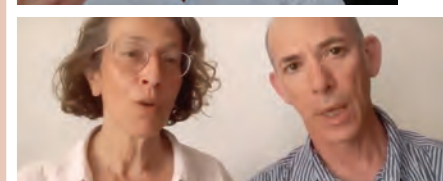
### POLDENS PESACH

The Polden family wish the community Chag Kasher V'Sameach with a Pesach rendition of *Any Dream Will Do*.



### COMMUNITY KABBALAT SHABBAT

For all of its strengths, Zoom certainly cannot be said to create the perfect ambience for communal davening. Weekday Maariv continued virtually throughout lockdown, in addition to Hallel on Rosh Chodesh, Chol Hamoed and other holidays, and Kabbalat Shabbat on several occasions. But a cacophony of sound created by Zoom davening was not to everyone's taste. So when asked to lead davening on June 26, Guido Rauch instead took it upon himself to organise a very special Kabbalat Shabbat, with choral contributions from several families, and a beautiful Dvar Torah from Elisha White who was celebrating his Bar Mitzvah that weekend. It was one of our best attended virtual events and created a lovely communal atmosphere.





## LIVING IN LOCKDOWN

Looking back on my experiences since March 18 when I 'locked down', there was total disbelief as to how my life was changing. No trip to Israel for Pesach with my family, so the enormity of making Pesach seemed overwhelming in the circumstances. Seder alone, without children, grandchildren or friends. All the normal things that we take for granted suddenly not possible. And the realisation that I was going to spend a long time alone, in my flat, seemed just unbearable. And this virus that was beginning to devastate people's lives and the realisation that our country, our world, could do nothing about it.

And then a coping mechanism kicked in. My neighbours (three ladies) met regularly in our car park each afternoon – therapy or support? Our community – our leaders and volunteers – communicated, supported and helped. Those older (than me) members who were perhaps less used to new technology and even more isolated were contacted and knew that they were not alone because we did not know if the supermarkets would run out of food; we knew nothing and panic could have set in.

I am grateful for the technology that ensured we could get together for prayer, for the wonderful programmes that were so successfully created for our members, and also in the wider community giving us access to talks, music, museum tours, concerts; a new world opened for those that wanted.

"I LEARNT MORE, STUDIED MORE AND EXERCISED MORE DURING THIS TIME THAN PREVIOUSLY"



I learnt more, studied more and exercised more during this time than previously. I mourn those who have passed away, not necessarily through the virus; I miss going to Shul and being visibly part of the community. But my overriding feeling is one of being grateful for many good things and the hope that life will return to a new normal.

EVELEEN HABIB



**Leket Israel**  
The National Food Bank

**For many,  
it's time to go back to work.  
For others, it's a new reality  
of not having enough to eat**



**£54= a hot meal a day  
for 18 families of four people**

**As the need is growing, please help us  
to feed even more fresh, rescued food  
to Israel's most vulnerable**

Donate at : [notalone.leket.org](https://notalone.leket.org)  
or contact: [clare@leket.org](mailto:clare@leket.org)

## LIVING WITH THE UNCERTAINTIES OF COVID-19

As the memories of our enforced separation recede into a grey mist, I feel that I must write share some recollections.

The nightmare began in mid-March, when Avram was clearly unwell. Upon calling the Hatzola Ambulance Service, the dedicated volunteers, they took the decision out of my hands, and transported him to hospital. At that point I had the feeling that I might not see him again. From that night I did not see him until the beginning of May, bar a five-minute interlude while he was being transferred to another hospital.

He tested positive for coronavirus and pneumonia and was taken up to the 10th floor of the hospital with all the other virus sufferers. Our son arrived to support me. We received a phone call at 4am with this news and were told that if he did not respond they would not resuscitate him or put him on a ventilator. At this point the harsh reality of the situation really hit us.



"THE LOVE, PRAYERS AND SUPPORT FROM FAMILY, FRIENDS AND COMMUNITY CANNOT BE OVER-EMPHASISED"

From then on, the lack of information about his condition and progress or otherwise was a truly agonising period for me and my family. It is a terrible thing to feel that you have lost control of a situation and are living in a vacuum of pain and fear of what might be.

The love, prayers and support I received from family, friends and the wonderful Golders Green community cannot be over emphasised. This support enabled me to free some of the tensions building up day after day and feel I was not alone, although I was isolated for a full six weeks.

A light touch to all this drama was a five-minute meeting with Avram as he transferred to a second hospital. Seeing us dressed in full personal protective equipment (PPE), he declared his love for me in a most dramatic tone over, over and over again.

That short interlude gave us the feeling that at least we had seen and spoken to him – even if this would have been the last goodbye. When I reminded him of this interlude recently, he had no recollection of this at all! In fact, he has no memory of his long stay in hospital.

Since returning home to the fold, his progress has been remarkable. We have recently celebrated his 86th birthday, a birthday I never expected him to see.

ANN SHAPIR

⚡

# Every life tells a story.

Whether someone led an ordinary life, or an extraordinary one, we think their story is worth preserving. Visit [www.hesped.org](https://www.hesped.org) to contribute to this online treasury of eulogies or to be inspired by the lives of others.

# WORKING IN ICU DURING COVID-19

I am currently working in the intensive care unit (ICU) at the Lister Hospital in Stevenage. At the height of the pandemic, the workload of the unit had doubled. Every available ventilator in the hospital was in use and anaesthetic machines had been turned into ventilators.

As junior doctors, our on-call hours doubled, similarly for the consultants, and the workload for the nurses skyrocketed as we were trying to support our patients through an illness that was causing failure of multiple organs. All we could do was to try to support these organs and give the body a chance to recover. Sometimes it did and sometimes it didn't. Almost 50% of our patients admitted with COVID-19 died.

In what was a very stressful time, there are certain memories that will always stick with me. The sad memories. The distress of the families who couldn't come and see their relatives to say goodbye. I remember calling a son to say his mother had died, after his father had died a few days before.

The happy memories; the patients who survived against the odds. Taking a patient outside to get some fresh air for the first time after two months in hospital and watching tears of joy as he saw the sky, then two days later he got his voice back. The first question he asked me was: "what the hell is going on in the world?"

I will always remember the teamwork as we tried to get through each day, finding the joy in the little things, especially the nurses who helped me celebrate my birthday in full PPE.

ELEANOR ZINKIN

"I WILL ALWAYS REMEMBER THE TEAMWORK AS WE TRIED TO GET THROUGH EACH DAY, FINDING JOY IN THE LITTLE THINGS"



THE SANDLER FAMILY  
AND HOMESCHOOLUK  
WISH THE GOLDERS  
GREEN SHUL  
COMMUNITY A  
HAPPY AND HEALTHY  
YEAR AHEAD

WWW.HOMESCHOOLUK.COM

# A PATIENT'S PERSPECTIVE

I spent more than 30 years working in the NHS as an anaesthetist and for most of that time I cared for gravely ill patients in the intensive care unit and operating theatre. None of that, however, prepared me for my own critical illness, the sheer loss of any sense of wellbeing and the depths of helplessness and despair into which I descended during my encounter with coronavirus.

I fell ill on the afternoon of March 16, 2020 and spent the next 11 days locked in a state of debilitating exhaustion punctuated by periods of nausea, high fever and agonisingly painful shivering. Just when I thought I was starting to recover, my breathing deteriorated, my extremities turned blue and my thoughts became befuddled. My wife Dina, a GP, in a flash of inspiration born out of a lifetime of caring for the sick, started me on steroids, despite which I initially continued to deteriorate.

I was admitted to the Royal Free Hospital on Erev Shabbat March 27 and prescribed oxygen and antibiotics. Given my medical history, for reasons that defy logical explanation except for Dina's inspired intervention, I started to improve over the next 60 hours and by Monday midday, was breathing room air again without the need for supplementary oxygen. I was discharged home later that day, so debilitated that I couldn't walk across a room without help.

My sense of joy at having survived this vile illness was bolstered by the outpouring of support, love and concern from our friends in Dunstan Road. The kindness, the prayers and the avalanche of goodwill, even from people I barely know, lifted my convalescence in a way I could never have imagined and hugely accelerated my recovery.

Thank you.

ROB GINSBURG



"THE AVALANCHE OF GOODWILL LIFTED MY CONVALESCENCE IN A WAY I COULD NEVER HAVE IMAGINED"

# SUPPORT LONDON FOODBANKS

COVID-19 has impacted on so many aspects of our lives. For many, foodbanks have been a lifeline and your generous support has enabled them to continue their vital work as more and more people have faced difficulties and have turned to them for help.

As a Shul community, we have a tradition of supporting Homeless Action in Barnet and GIFT; they are just two of the foodbanks supported by Food Bank Aid North London. Food Bank Aid has been working since lockdown with 14 foodbanks across North London, from Stonegrove to Tottenham and beyond. They have been able to supply what is most needed – often a foodbank will have stock of certain foods and a shortage of others. Food Bank Aid sorts the donations it receives and then supplies the foodbanks with what they need most.

Thank you to everyone who has donated to this vital work and if you are able, please continue to do so.

LIZ MANUEL  
(LIZ@MANUELFAMILY.CO.UK)



# THE YEAR IN PICTURES



CHILDREN AT LITTLE GOLDIES NURSERY CELEBRATE PURIM IN MARCH, JUST BEFORE LOCKDOWN STARTED



REBBETZIN HADASSAH'S BNEI MITZVAH COURSE CONCLUDED IN 2019 AND A SECOND COURSE BEGAN ONLINE DURING LOCKDOWN



WHILE MUCH OF OUR EDUCATIONAL AND SOCIAL PROGRAMMES MOVED TO ONLINE CHANNELS WHEN LOCKDOWN BEGAN IN MARCH, THE YEAR HAD BEEN AS BUSY AS EVER UP TO THAT POINT AND WE KNOW NORMALITY WILL GRADUALLY RETURN TO GOLDERS GREEN AGAIN



MITZVAH DAY, NOVEMBER 2019 (ABOVE RIGHT) AND PURIM CELEBRATIONS IN MARCH 2020



THE ANNUAL QUIZ AND THE WINTER TEA PARTY, ABOVE, HELD IN THE LITTLNER HALL, WINTER 2019



# NAOMI ROSE, 1924-2020

MAXINE DEWHURST LOOKS BACK AT THE EXTRAORDINARY CONTRIBUTION MADE TO THE GGS COMMUNITY BY HER MOTHER, NAOMI ROSE, WHO PASSED AWAY IN JANUARY 2020

**O**n January 10, 2020 (13 Teves 5780), my mother Naomi Rose (born Joan Naomi Rabson) died peacefully. She was surrounded by one of her two children, three of her 16 grandchildren and their spouses, and a close family friend. She had spent the last three years of her life in Sage Residential Care Home, which had enabled many members of the family to spend time with her.

Naomi lived in Golders Green all her life. She was an only child, but her aunts and uncles, grandparents and cousins all lived nearby, creating a close family unit. Dunstan Road became her passion, and with her cousin Ruth, she attended Shul each Shabbat morning, from the age of about six.

Naomi attended Wessex Gardens Primary School, and North London Collegiate School, then in Camden Town. When World War II broke out, Naomi was 14. She was evacuated with her school to Luton, which was considered to be far away in those days. Her school-age wartime experiences included Andersen shelters in the garden, neighbours' houses being bombed to destruction, rationing (although her family were

somewhat cushioned by being bakers), and the knowledge (freely discussed by her family) of the dreadful state and fate of Jews in Europe. From the beginning of the 1930s her mother, Fanny Rabson, had welcomed Jewish girls fleeing Germany into her home, registering them as housemaids in order to facilitate their immigration. From 1939 onwards, the family took in refugee children, and Naomi remembered her mother and aunt walking up and down streets, knocking on doors with mezuzahs, and pleading with families to do the same. Renate Weg became part of the family, a little sister to Naomi. Thankfully Renate was reunited with her parents after the war.

In 1942, Naomi went to Girton College, Cambridge to read biochemistry, and subsequently worked for the Government Water Analysis Laboratory in Watford until the birth of her first child. As was normal in those days, she did not return to work but became a full-time housewife.

In early 1948 she had been introduced to Benjamin Rose, an ex-RAF Morse code teacher and a hard-working chartered accountant building a fledgling practice in London. In July they



"NAOMI WAS OF A RANK WE WILL NOT SEE AGAIN, LIVING THROUGH THE MOST CHALLENGING AND CHANGING TIMES"

became engaged and in November 1948, Ben and Naomi embarked on a happy marriage of 41 years. They became steadfast members of Golders Green Synagogue, involving themselves in adult and child education, cultural events, formal involvement in the affairs of the Synagogue, support for the officiants, and Naomi also supported the work of the Ladies' Guild and later the Ladies' Association. Both organisations benefitted from her hard work and loyalty. She was proud to be elected an Elder of the Synagogue, and was always keen to put forward her opinions.

Together with Ben, Naomi honoured education of all sorts as the pathway to excellence. She was an intellectual but she also loved gardening, sewing, knitting, baking and cookery. With Ben, and after his death, she supported many charities. She retained independence of thought all her life even though she was becoming increasingly frail. Naomi was of a rank we will not see again, living through some of the most challenging and changing times humans have experienced, and showing us values of morals, ethics, uprightness, integrity, and faith, which our family and those who knew her will remember.

# GAVIN LIGHTMAN, 1939-2020

GGG MEMBER DANIEL LIGHTMAN PAYS TRIBUTE TO HIS FATHER, WHO PASSED AWAY IN MARCH 2020

**B**orn shortly after the outbreak of World War II, my father was sent to boarding school at the age of two. He was given only the most rudimentary Jewish education. His parents had to hide the pigs they were raising before Chief Rabbi Brodie came for tea. He once tried to persuade the school priest he should take Communion, perhaps to see if this might appease the vicious anti-Semitic bullying to which he and his brother Stuart were subjected.

Brian Beckman, a university friend, remembers my father as "an outstanding student and a stimulus to me in my studies", and was gratified "to see him relate to the Jewish community through his association with the Jewish Society". He and Brian lost contact but subsequently bumped into each other in the street one Shabbat morning. To his immense surprise, Brian learnt that my father was en route to his aufruf at Dunstan Road.

My father met my mother, who came from an observant background and had been the head girl of Hasmonean High School for Girls, serendipitously: his aunt sat next to my mother's mother on the bus. When my grandmother mentioned that her daughter was proposing to study at UCL, his aunt arranged for my

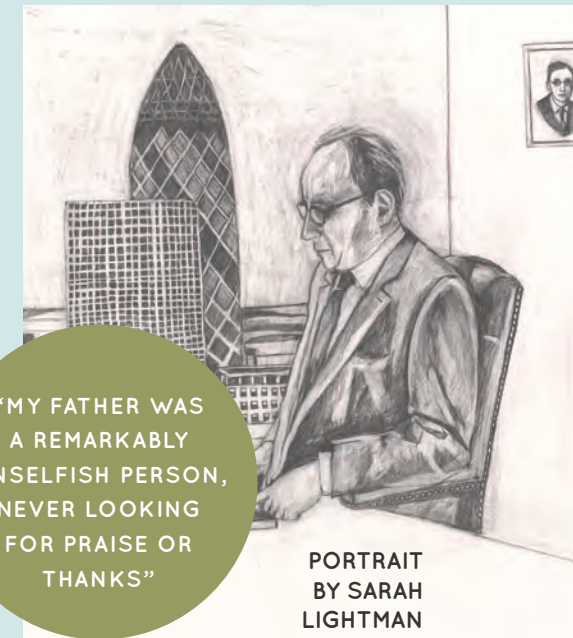
father to show her around the campus. My father enjoyed being exposed for the first time, through my mother, to the warmth of Jewish communal life, especially Shabbat and Yom Tov meals. He learnt Hebrew and attended weekly classes with Rabbi Abraham Levy, who became a close friend.

My parents were married at Dunstan Road in August 1965 by Rev Newman. My father subsequently became actively involved in Jewish educational charities and became a trailblazer in the Anglo-Jewish world, becoming the first High Court judge ever to insist on observing Shabbat. Fortunately, the then Lord Chancellor, Lord Mackay of Clashfern, a strict sabbatarian who neither worked nor travelled on a Sunday, was sympathetic to his religious needs.

Unlike some other Jewish QCs and judges of his generation, my father did not hide his Jewishness, but rather took pride in it. His is the only coat of arms in the Great Hall of Lincoln's Inn with a motto in Hebrew, Im Ain Mishpat Ain Shalom ("Without law, there can be no peace").

The tributes paid to my father after his death painted a consistent picture of an exceptionally kind and

"MY FATHER WAS A REMARKABLY UNSELFISH PERSON, NEVER LOOKING FOR PRAISE OR THANKS"



PORTRAIT BY SARAH LIGHTMAN

considerate man, generous with his time, his advice and his money (often donated in secret – he had no desire to publicise what he thought should be natural human generosity). More than 20 people described him as their mentor, or the greatest beneficial influence on their lives. It was observed that my father was a remarkably unselfish person, never looking for praise or thanks when he had done an act of kindness or of spontaneous generosity for another.

My father showed the same selflessness and care for others in his final months and years. He bore without complaint or rancour the vicissitudes of fate which meant that sadly his last few years were not free of ill-health, but instead were marked by increasing immobility, numerous medical appointments and the last six months fighting a cruel brain tumour. He did not seek others' sympathy but tried to find humour and fun even in unpromising circumstances.

His life was a kiddush hashem.



# SHANA TOVA U'METUKA

ELUL 5780

ROSH HASHANAH GREETINGS FROM THE MEMBERS OF GOLDERS GREEN SYNAGOGUE

## BERLIN

Shana Tova. Missing everyone so much. Love, Andrea, Adam, Alyssa, Seth and Sienna

## CHAIN

Julia and Benny wish everyone a happy, healthy and peaceful New Year

## CLARK

Wishing the whole community a happy, healthy and sweet new year, from Rachel, Joel, Annie, Jonah, Freddie and Reuben

## COHEN

Simon and Sharon, together with Avital, Sara, Itsy, Eli, Yishai and Batsheva, wish the whole community a Shana Tova and all the best for 5781

## COWEN

Wishing the GGS community a happy New Year. Stay safe and well, Allan, Sylvia and family

## CROSSLEY

I would like to wish my friends, family and all the Golders Green community a healthy, happy and peaceful New Year. Thank you for your wonderful support during these stressful times, Jackie Crossley

## EPSTEIN/LIGHTMAN

Wishing all a healthy, meaningful and sweet New Year, Felicia, Daniel, Gavriella and Yishai

## FENNER

Inger and Trevor send everyone best wishes for a happy, healthy and less stressful New Year

## FISHMAN/BERKOVIC

With gratitude to all those who helped steer the community through the last few months. Wishing everyone a healthy New Year, Sally, Jonathan, Avigayil, Eli and Yonina

## FREIBERGER

Wishing the kehilla a happy and healthy New Year and special thanks to the Rabbonim, the Executive and Covid Committee for supporting us and ensuring our safe return to Shul. Gillian, Malcolm and Jessica Freiburger

## GARCIA

Micol and Jonathan wish the community at Dunstan Road a Shana Tova, a happy and healthy sweet New Year

## GINSBURG

Rob, Dina, Avi, Yael, Elisheva and Aaron wish everyone a sweet, healthy, happy and prosperous New Year. K'tivah V'chatima Tova

## GLATMAN

The Glatman family wishes everyone a Happy New Year. Let us hope this year may be the start of peace in our time

## GOODMAN

To everyone who has kept the Shul and our community going through this very difficult time, we are enormously grateful. May the coming year bring only good health and happiness. The Goodman Family

## HABIB

Wishing the whole community Shana Tova and hoping that the new year will be a good one for us all, Eveleen Habib and family

## IRWIN

Shana Tova from the Irwin Family

## KAUFMAN

Happy New Year and well over the fast from Corinne, Jeremy, Hannah, Sam, Emma and David Kaufman

## KELLY

Wishing all Dunstan Roaders a happy 5781 in good health! Love from the Kelly family

## LEVERE

Shana Tova. With thanks to an amazing community for supporting each other through a tough year. Looking forward to a better year ahead. Love Emily, Daniel, Simeon, Jacob and Deborah

## LEWIS

Wishing our amazing GGS community a healthy and happy New Year. Thank you for supporting, informing, entertaining and educating us throughout this difficult time, Vivienne and Jeffery Lewis

## LINDEN

Keep calm and carry on Zooming! Wishing the GGS community a socially distanced but Chag Sameach, Joanna Linden

## MALINSKY

From those who we may have wronged – we ask forgiveness  
For those we may have helped – we wish we had done more  
From those we neglected to help – we ask for patience. To those who have helped us – we offer boundless gratitude. Le Shana Tova Tichatevu VeTichatemu, Meir and Yarona Malinsky

## MANUEL

Wishing all the community a Happy and Healthy New Year – Liz and Jeremy Manuel and family

## MORLAND

Claire and Paul Morland, together with Sonia and Joel, Juliet and Sam and Adam wish all our friends a healthy, happy and sweet New Year

## ROTH/GESSLER

Shana Tova u'Metuka! Wishing everyone in the community a happy, healthy and peaceful New Year. Benedict, Sue, Adina, Noam and Tamar

## SCOTT

We wish everyone in our fantastic community a particularly healthy New Year, with best wishes from Lisa, David, Jacob, Ella and Talia Scott

## SHAPIR

Many thanks to the wonderful Golders Green congregation. Wishing everyone a happy New Year, Ann and Avram Shapir

## SHAW

Shana Tova u'Metuka! To the wonderful Dunstan Road community, from Fabia, Stephen and family

## ULLMAN

Wishing all the community a happy and healthy year from Edith Ullman

## VAISBROT

Aura, Gabriel, Keren, Noam, Dan and Eitan wish the community a happy and healthy New Year

## WAIDHOFFER

Norman and Viviane Waidhofer wish the whole community a happy and a healthy New Year

## WITTE

Alan and Rosalind Witte wish you all a very happy and healthy New Year. Whatever you do, keep breathing

## WOOLICH

Wishing all the Dunstan Road community a happy, healthy and safe New Year, from Sara, Anthony, Rebecca and Helena Woolich

## ZINKIN

Wishing everyone in the Golders Green community a happy and healthy new year and well over the fast, love Family Zinkin



# ANNOUNCEMENTS

## MAZEL TOV TO:

### BIRTHS

- Sophie and Matthew Somers, on the birth of Benjamin
- Rachel and Joel Clark, on the birth of Reuben
- Abigail and Oliver Swerdlow, on the birth of Benjamin
- Amy and David Cohen, on the birth of Max
- Sarah Barth and Daniel Goldhill, on the birth of Talia
- Lindsay and Ali Owliaei, on the birth of Joseph

- Diana Wolfin, on the birth of a granddaughter
- Barbara and David Cohen, on the birth of a granddaughter
- Vivienne and Norman Waidhofer, on the birth of a grandson
- Gillian and Malcom Freiburger, on the birth of a grandson
- Emilie and Saul Morris, on the birth of a grandson
- Terry Sopol, on the birth of a grandson
- Caroline and Stephen Levey, on the birth of a grandson
- Dina and Rob Ginsburg, on the birth of a grandson

### BNEI MITZVAH

- Tamir Fengas
- Jemima Vaughan
- Freda Josephs
- Ariel Brettel
- Keren Akerman
- Rachel Reuben
- Elisha White

### ANNIVERSARIES

- Sara and Philip Goodman, on their 30th wedding anniversary
- Rabbi and Rebbetzin Belovski, on their 30th wedding anniversary
- Rabbi Lord and Lady Sacks, on their Golden wedding anniversary

### ENGAGEMENTS

- Shevi Kelly, daughter of Johnny and Natalie, to Oleg Gilberstein
- Joel Sopol, son of Terry, to Jamie Nematzadeh
- Svi Freedman, son of Stanley and Esther, to Joanna Hattab

### WEDDINGS

- Ronnie Cohen and Malka Levy
- Terry Sopol and Ruth Leveson
- Avigail Simmonds-Rosen and Daniel Lederman
- Juliet Morland, daughter of Paul and Claire, and Sam Gross
- Ilana Manuel, daughter of Jeremy and Liz, and Daniel Bratt
- Danielle Agami, daughter of Allen and Perla, and Dean Leslie

## WELCOME TO NEW MEMBERS

- Claire and Eran Akerman
- Jonathan Beckman
- Henry Blank
- Jonathan Briggs
- Ruth Bronzite
- Malka and Ronnie Cohen
- Oleg Gilberstein
- Hannah and Michael Goldin
- Yvette Green
- Kerrie and David Josephs
- Elisheva Kelly
- Max Krasner
- Margarida and Martin Kurzer
- Andy Lawrence
- Ian Levine
- Steven and Billie Lightstone
- Perry Schaffer
- Avigail Simmonds-Rosten
- Varda and Laurence Stone
- Emma and Nicholas Swerner
- Hadassah Wachsman
- Rachelle and Benjamin Waxman Sacks

## DEATHS

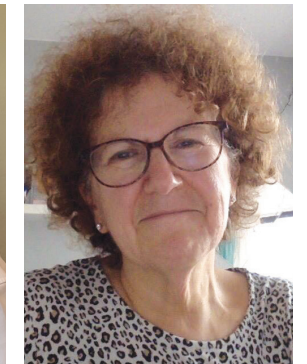
We send condolences to the families of the following members who have passed away:

- Mrs Helene Gilbert
- Mrs Davina Hool
- Mrs Myrna Jacobs
- Mrs Estelle Levy
- Sir Gavin Lightman
- Mrs Sheila Pentel
- Mrs Naomi Rose
- Mr Hyman Schaffer
- Mrs Hazel Sheldon
- Mr Geoffrey Silver
- Mrs Gillian Solomons
- Ms Valerie Spencer
- Mrs Sybil Spiegall
- Mrs Renate Treitel
- Mrs Georgia Waters

## WE WISH LONG LIFE TO OUR MEMBERS:

- Henri Stellman, on the death of his father
- Annabelle Gawer-Bendor, on the death of her father
- Allen Levy-Agami, on the death of his mother
- Dena Barasi and Natalie Broch, on the death of their mother

FROM LEFT: PETER KINKIN, ROBERT SCHAVERIEN, LUCY COLEMAN, AARON BENDOR, EDDEN NURIEL



## MAZEL TOV TO THIS YEAR'S CHATANIM AND NESHEY CHAYIL

**Chatan Torah**  
**Chatan Bereishit**  
**Eshet Chayil**  
**Junior Chatan Torah**  
**Junior Eshet Chayil**

Peter Zinkin  
Robert Schaverien  
Lucy Coleman  
Aaron Bendor  
Edden Nuriel



## How does Chai care?

"The sound of the shofar stirs different emotions in each of us.

Chai understands the whirlwind of emotions we each experience following a cancer diagnosis.

Throughout Covid, Chai's support has been a constant for us all, bringing a burst of colour and light into our lives when we need it most."

**The Chai Art Workshop Group**  
(Artist Linda Sharpe)

שנה טובה ומתוקה

For more information on our extensive range of specialised services and care across the UK, please call our Freephone helpline on **0808 808 4567** or visit **www.chaicancercare.org**

Chai Lifeline Cancer Care Registered Charity No. 1078956

**chai cancer care**  
together for 30 years





Bringing to your home 30 years of experience as one of  
London's leading Greengrocers

# Now Delivering to your Area

*All you have to do is order online - its that easy!*

**[www.leonsfruitshop.co.uk](http://www.leonsfruitshop.co.uk)**



**Telephone: 020 8455 3330**

**Email: [sales@leonsfruitshop.co.uk](mailto:sales@leonsfruitshop.co.uk)**

**Leon's Fruit Shop, 5 Russell Parade, Golders Green Road, London NW11 9NN**