



JACS JOURNAL

JEWISH ASSOCIATION OF CULTURAL SOCIETIES

www.jumpingjacs.org.uk

ISSUE 62 - PESACH 2018

CHAIRMAN'S MESSAGE

Welcome to the latest edition of our Journal, so capably put together by Angie Feuer.

This is the last Chairman's article that I will be writing, as I have resigned from this very onerous responsibility, and have handed over the baton to Per Simonson. He was voted in unanimously at our recent Chairmans/Executive meeting, having shadowed me for the past two years, I will give him every support that I can, and I know that you will continue to support him as you have me.



At the same meeting I was appointed President as our previous President, Maurice Franklin had died after serving us for many years, and I will do my best to continue to give your new Chairman the same support as was given to Maurice.

I will continue with Barbara to organise our Eastbourne break, which this year is from Monday 6 May to Friday 10 May.

Despite the efforts of Per and myself we have not been able to save one of our most successful branches - Northwood and Pinner. I would like to thank Joe and Valerie Melnick for the many years that they have devoted to running a wonderful club.

I realise that members are getting older and we are finding it difficult to recruit younger members.

Our programmes are attractive, and would be of interest to a younger age group. I am not ruling out that many of us in the 80s/90s are fully capable of running the branches, so please encourage your friends to come and join this wonderful organisation.

In conclusion, Barbara and I wish you a Happy and Kosher Pesach, and we look forward to continuing our relationship."

*Harold Newman MBE
National Chairman JACS*



WHAT DO U KNOW?!!

When the Duchess of Sussex and her mother, Doria Ragland, spend Christmas with the Queen at Sandringham for the first time this December, they will encounter one of the Royal Family's more bizarre traditions, reports the Sun. On arrival, and before they leave, they will be asked to weigh themselves on a pair of antique scales. According to royal expert Ingrid Seward, everyone in the Royal Family is weighed in this way at Christmas. The tradition apparently dates back to the reign of King Edward V11, and is designed to ensure that guests are 'well fed'.

Another titbit concerning Michelle Obama and her spouse in the early years of their

marriage. She admits it was not all Mills and Boon as in bed one night, she saw him staring at the ceiling, looking troubled. Was he dwelling on their relationship, she wondered. 'Oh', he said, 'I was just thinking about income inequality.'



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A big *Thank You* to all of our advertisers, your support is very much appreciated.

Thinking of joining JACS but would like some questions answered before you do?

Speak to **SHEILA LEVITT** - our National Secretary.

Her phone number is:

020 8954 6434

She'll be happy to help you!

WEBSITE

WWW.JUMPINGJACS.ORG.UK
The web master is Sharon Doron who can be contacted directly on sharondoron@gmail.com

JACS - NEXT ISSUE

The Journal is printed in time for **Pesach** and just prior to **Rosh Hashanah**. Please let us have your articles in good time.

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If it is worth publishing it must certainly be worth making that phone call, right?

JACS Clubs

Beehive Lane	Northwood
Borehamwood	Southgate
Brighton and Hove	Stanmore
Bushey	Stonegrove
Chigwell & Hainault	Sutton
Gants Hill	Westcliff
Harrow Mosaic Reform	Weybridge
Mill Hill	Woodside Park

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EDITOR'S MESSAGE

I achieved one of my long standing ambitions on Saturday 22nd September 2018, when I took my place on the stands at Barnet Football stadium. The last time I actually saw a football match was when I was 20 years of age (some 60 odd years ago), and went with friends to view Watford. On that occasion we were not seated but participated in the proceedings from the sidelines, and I remember I squawked vociferously – “Come on Watford”! which surprised everyone I was with as they thought I was so demure.

For those who do not know the setting at Barnet FC is really splendid. The grounds are surrounded by covered stands and the pitch is in perfect condition – green and lush. Unfortunately Barnet (the Bees) were not the ‘bees knees’, and played in a lack lustre fashion as did their competitors AFC Fylde, so the conclusion was one all, with plenty of missed opportunities on both sides.

That got me thinking How often do we not do something due to expense, fright, uncertainty, putting off decisions etc etc. Would we be happier if we give in to our inclinations – in other words: ‘a little of what you fancy does you good’? These missed opportunities could open the way for something which you couldn't

envisage - a broadening of the soul/mind perhaps when you take up learning about art, fashion etc. Using our G-d's own gifts is integral to our psyche, and then we can benefit by being a more rounded personality, and incidentally help others by so being.

I have now succumbed on two counts – first of all by curiosity. I had to revisit a football stadium in order to see if the magic and excitement was still there. It was (albeit in moderated form!, but then I am much older!.) Secondly, it taught me that one should follow ones inclinations as this is extremely satisfying. That is to say – as long as they don't affect anyone else adversely.

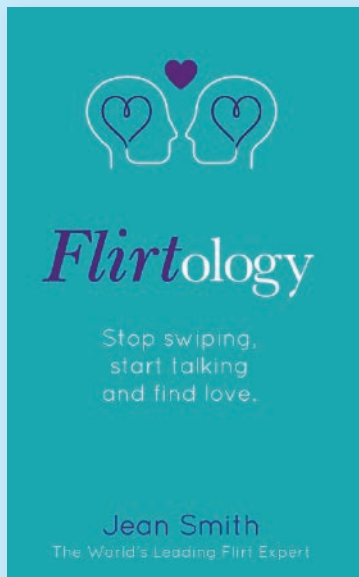
With this in mind I have now researched and purchased an easel and a new framed picture/print of an original painting (haven't gone mad on the expense), which takes pride of place in my lounge. Do I need this? No. But for years I have had this fancy at the back of my mind which I have not acted upon, and now I have achieved something which whenever I view it brings a smile to my face. This surely cannot be bad!!

Have a wonderful Pesach with family and friends

Angela Feuer
Editor



HOW TO MASTER THE ART OF FLIRTING



Tips from Jean Smith, author of Flirtology

Eye contact is the best way to gauge someone's interest. It is a good sign if they make it a few times and accompany it with a small gesture like adjusting their clothes!

Open with 'What do you think of X?', where X is something you are both experiencing – music, painting, wine, friends. This creates an 'us' and is open ended.

#Self-disclosure, finding common interests, and asking and answering questions are the crucial principles for conversation.

#Schmoozing! Try 'I haven't had a conversation this interesting in ages. Would you like to meet up again over a glass of wine to carry it on?'

Hang on to their every word by eye and gesture. Never fails!!

Last but not least a tip from your editor – be confident in yourself – that is very attractive.



HERE'S AN ODDITY FOR YOU...

On the 1st of April 2019

We are all 2019 today – today the whole world is the same age.

Today is a very special day.

It happens only once every 1,000 years.

Your age + your year of birth = 2019.

This is true for everyone.

It is both strange and inexplicable. Try it and see.

It will not happen again for another 1,000 years.

So..... **HAPPY BIRTHDAY** everyone !!



AROUND THE BRANCHES

THE PHOENIX HAS RISEN...

Northwood JACS could be considered unique due to the fact that when other JACS clubs have faded away they do so and nothing takes their place, but Northwood 'like the phoenix' has risen again, and hopefully under the chairmanship of Joyce Davis, will flourish and go from strength to strength.

Joyce joined the JACS organization three years ago, and is a relative newcomer to the group but has come 'to the aid of the party' so to speak when she agreed to take on the chairmanship of the Northwood group after Joe Melnick and his team decided they have been serving long enough and would reluctantly give up their posts. We, the hoy paloy, at Northwood are very grateful that such a competent lady has offered her services and hope that other individuals will support her.

A little about Joyce – she is 83 years of age and born in May 1935 in London. She was evacuated at the beginning of the war and must have had it quite hard as her father went into the Army, and her mother and grandparents went to live in Leeds. She joined them at the age of seven and then went to Allerton Secondary Grammar School and from there to Leeds College of



Commerce. In her teenage years she was active on Charity committees raising money for Leeds Jewish charities.

At 22 years of age she returned to London and met her husband, Gerry, in the following year. Like my husband and I she married in 1959 and had two children. She worked as a Personal Assistant to several firms in London during this time. Howard, her oldest child, is now 56 and Martine, her daughter is 51 – similar ages to my offspring! Her son is a businessman although he has a degree of Chartered Surveyor, but does not practice this. Martine, is what one would call 'a window box gardener' and has her own business which is Balcombe Street Window Box Company, and for those who are interested you can find her on her individual website.

In the children's formative early years Joyce volunteered to help with the cubs – mainly because her son wanted to join! And she did her cub leader training with Harold Newman, no less! She also

sported a very natty uniform too when she became a cub official.

Joyce is a member of Mill Hill United Synagogue but in her own words ... 'does not attend regularly'. On the hobbies side she used to go swimming regularly, but has cut down on sport as she is so busy with her life. Her husband, Gerry, sadly passed away in 2016 after 57 years of happy marriage, and of course he is much missed by all the family. Joyce's main pursuits are reading and listening to most types of music, especially jazz. Additionally she has been actively involved with Harrow U3A for about 20 years now, and several years ago was joint treasurer of that organization.

As to the 'new Northwood' – Joyce, after many negotiations behind the scenes, took her first meeting as Chairman of Northwood JACS on January 16 2019. She is still in need of a Vice Chairman, Secretary and someone to assist the Treasurer. JACS Northwood has now a volunteer who is overseeing the refreshments and several people have been helping serving tea. Per of the executive, has been helping the programme organizer Marion Franses so that Northwood which was a viable and vibrant branch would not disappear.

Please offer your services to a gutsy lady and her helpers in their efforts to keep this branch going.

*Ah yes, divorce; from the Latin word meaning to rip out a man's genitals through his wallet.
Robin Williams*

THE JACS CHANUKAH PARTY

On Thursday afternoon, 6th December, a full house attended our annual Chanukah Party. We all looked forward to be entertained and to enjoy homemade soup, large salt beef sandwiches, latkes, coleslaw side salad, and fruit salad and ice cream and we were not disappointed. Paul Ross the singer provided the music and songs and our Rabbi Singer enlightened us about the festival of Chanukah before each of the tables lit the candles of their menorahs.

Our Chair, Gloria Rones who organized this event thanked her committee of helpers with all of our members agreeing.



TV sex is rarely realistic; I mean, who really knocks all the breakfast crockery off the kitchen table?
Carole Midgley

SOUTHGATE JACS LEADS THE WAY...

A double event was celebrated in the Schlindler Hall on the 5th December 2018. First the annual JACS Chanukah party and secondly the fortieth anniversary of the Inaugural meeting of the Jewish Association of Cultural Societies 'JACS'. Over 90 people were in attendance. Special guests from the JACS Executive committee were the vice-chairman Per Simmonson, and the treasurer and his wife, Mr and Mrs Sam Kuperberg.

The celebrations began at 1 pm and our entertainer, William Smith, started with a selection of songs to sing along and dance to, with chit chat in between, putting us all in the party spirit. William entertained us for over one and a quarter hours with verve and enthusiasm.

The executive vice-chairman, Per Simmonson then spoke of the start of JACS forty years ago, stating that Southgate branch was one of the original clubs, mentioning progress over the years and his hopes for the future of the total organization.

The lighting of the candles, followed which was undertaken by our very special guests Rabbi Michael Stansfield and his lovely wife Carol – which as the Rabbi said 'was a truly double act'. Rabbi Michael spoke of the miracle of the oil, and disaster nearly struck on the realization there was only one match! Everyone held their breath but



success was achieved – a miracle in itself!!

High tea was served and the feedback from the members of their appreciation and enjoyment has been overwhelming. For this I, Dorothea, thank you all and may JACS Southgate continue to be the success it is and grow even more.

Your Chairperson - Dorothea



*Home is where you come to when you've got nothing better to do.
Margaret Thatcher*

JOHN ASHMELE, TOASTMASTER, AT JACS, HARROW ON 22 JANUARY 2019



I'M OFF ON AN OCEAN CRUISE

What is middle age? Is it 50 years plus or older, and when does middle age constitute old age?

It is a well known fact that people are now living older and well into their 80's and 90's, and the general population are now getting more 'mature'. Signs of this are noticing how much younger work colleagues are (if you are still in work!) and checking for grey hairs and wrinkles.

I have been looking at clues to identify middle age, and although one could say I am now reaching 'old age or mature age (which sounds better) I seem to have the middle age syndrome in that I am taking an interest in soft furnishings, spending money on decorating rather than clothes and visiting garden centres for enjoyment. Plus the fact that in common with many middle aged friends of mine I am now embarking on cruising which judging from the predominance of the cruisers having grey hairs, it is a case of 'waiting for G.d!' But I have found out that, in common with 52% of adults, I think being middle aged or older means knowing what one wants out of life, being more opinionated and not caring what others think. Have you got more assertive as you have become older?

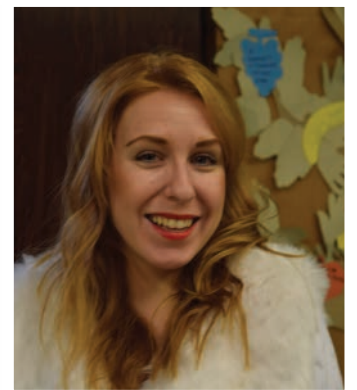


*Nobody does self-deprecating humour better than I do.
Donald Trump*

RICHARD FURNIVAL JONES, FORMER MANAGER OF HARRODS' FOOD HALLS TALK AT JACS, HARROW AND CHANUKAH CANDLE LIGHTING BY RABBI KATHLEEN MIDDLETON ON 4 DECEMBER 2018



HOLLIE-BLUE SINGING AT JACS, HARROW ON 18 DEC 2018



*The chains of love are never so binding as when their links are made of gold.
US jurist Royall Tyler*

OFF WITH THE OLD, IN WITH THE NEW AT NORTHWOOD



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hospital with a heart

I suppose true sexual equality will come when a general called Anthea is found having an unwise lunch with a young unreliable male model from Spain. John Mortimer

LEST WE FORGET...

On 18th November my friend and I attended the Ajax Annual Remembrance Ceremony and Parade which took place at the Cenotaph, Whitehall, and celebrated 100 years end of the First World War. For the first time Ajax had an education seminar at 8 Northumberland Avenue which we attended prior to my friend going on the march and for myself – cheering at the sidelines! The education seminar was well patronized and many children took part in constructing poppies which were remarkably life like!



When we arrived near the Cenotaph I took my place on a seat which had an excellent view of the proceedings and was fortunate enough to sit next to Mr Bernard of Edgware who showed me his Legion d'honneur from France which he received for his involvement in the liberation of France. He also explained all the other medals decorating his uniform too. He is 92 years of age and told me he has his birthday in March and has actually marched with Ajax 66 times! But this year he is looking to take it a bit easier!

In the JACS Journal of Pesach 2017 I note that I included details of Jack Freedman of Sutton who has also obtained this high honour. More recently however I received a very nice phonecall from Shirley Gibbons of Edgware whose letter you can read below, and who sent me the following communications about her relatives – Captain M Isaacs who received the Military Cross, and also her father Michael Gibbons who received the Legion d'Honneur, a very courageous story.

MICHAEL JULIUS GIBBONS DFM, CHEVALIER OF THE LEGION OF HONOUR

My father Michael Gibbons was born in 1924, took an engineering apprenticeship and volunteered for service in the Royal Air Force at aged 18.

He initially served as a flight engineer in bombers, and then in 1943 he was posted to Topcliff in Yorkshire. From

there he was transferred to Special Duties with the famous 138 Squadron based at Tempsford in Bedfordshire. The missions he took part in as flight engineer flew low, "hedgehopping" beneath enemy radar and without protective escort. Their task was to drop supplies to the French Resistance and later to drop spies as part of the highly classified Special Operations Executive. In the early hours of D Day, in June 1944, they dropped 20 French SOE Agents near St Nazaire in France. These agents blew up

installations and were successful in diverting German troops away from Normandy and the D Day invasion.

In all he completed 48 missions and flew 254 hours over enemy territory. On 17th December 1943, my father's 19th Birthday, his aircraft came under attack from enemy fire. The aircraft lost one of its starboard engines and Dad's job was to adjust the propellers and redirect the fuel, whilst the pilot tried to dodge the Germans in low cloud. They managed to get their aircraft



Tempsford Barn
'Gibraltar Barn' is near to the end of one of the runways of RAF Tempsford, Home of Sq. 138 and 161 (Special Operations) one of the most secret RAF airfields during WW2. From this base flew various of the SOE most heroic agents both male and female. For many this was the last time they stood on friendly soil.

back over the Channel, but the fuel supply was running low and they were unable to land due to thick fog.

There was no choice but to bale out, Dad was ordered to go first as it was his birthday — but his first attempt to open his parachute failed. He gave another huge tug at the cord and glided to safety on British soil, landing in a muddy field and having to reassure a suspicious local farmer brandishing a shotgun, that he was indeed a British serviceman! Once reunited with his crew (who thought his parachute had failed completely) they learned that theirs was the only crew to return intact — many had perished that night due to the difficulty in landing in the heavy fog. To the end of his life my father felt profound sadness about the comrades lost both that night and in the dangerous missions they undertook, many of which had been compromised by betrayal to the enemy.

He finished his RAF career as an instructor and was later posted to Egypt to work in

codes and cyphers. In May 1945 he married Shirley Gilbey in the first UK Jewish wedding after VE Day. His reputation spread and in 1946 he was asked to join Mossad and to help establish the Israeli Air Force. By that time he was not only married but also looking forward to the birth of his first child, so regretfully he declined the offer. Throughout the rest of his life however, he maintained close links with Israel, particularly through the Maccabi movement.

To mark his courage and persistence in dangerous work of national importance, Dad was awarded the Distinguished Flying Medal (DFM) which was presented to him personally by King George VI. He was also recognised as a member of the Caterpillar Club — someone whose life had been saved by a silk parachute. He wore his medals and the Caterpillar Club badge and its famous tie with great pride and gratitude.

In more recent years, when details of the wartime

activities of the Special Duties Squadrons of the RAF were no longer shrouded in secrecy, he took part in several special commemorative services and was invited each year to participate in the Remembrance Day Ceremony at Tempsford Barn — the site of the departure point for the aircrew, the special agents and supplies. My mother and older brother are there today.

In the last few months before his death in April 2015, Dad was informed that his heroic wartime record was to be further recognised. He was to be awarded the highly prestigious French Legion of Honour. Sadly he did not live to be presented personally with his medal, but today we treasure it with pride, alongside his other awards and citations recognising his remarkable wartime record — and in loving memory of our family's great hero.

Captain M Isaacs

Gallantry Awards:

Military Cross

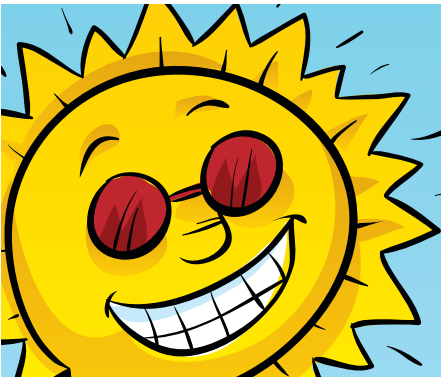
Instituted on 28th December 1914 the Military Cross (M.C.) is the third level military decoration awarded to Officers. This decoration was awarded to M Isaacs for an act or acts of exemplary gallantry during active operations against the enemy.

Campaign Medals:

Victory Medal

British War Medal

From a worldly point of view there is no mistake so great as that of being always right.
Samuel Butler



GOOD NEWS

- ❑ MAZAL TOV to Margo and Malcolm Leas who celebrated 60 years together on 5.8.18
Southgate
- ❑ MAZAL TOV to Vicky Griver who has had her 7th great grandchild Marcy.
Southgate
- ❑ MAZAL TOV to a perfect gentleman Wally Diamond who celebrated his 90th birthday recently.
Northwood
- ❑ MAZAL TOV to Terry and Alan Colin's great grandson's Barmitzvah in Jerusalem. (Benjamin Chaim Salasnk)
Northwood
- ❑ MAZAL TOV it's Angi Berg's birthday – guess which one?
Northwood
- ❑ MAZAL TOV to Joe and Valerie Melnick who are celebrating 60 years of bliss together.
Northwood
- ❑ MAZAL TOV to Terry Colin on her 92nd birthday, and to her husband Alan who celebrates his 91st birthday in May.
Northwood
- ❑ MAZAL TOV to Joyce and Sidney Abrahams who are celebrating their 60 years marriage.
Southgate
- ❑ MAZAL TOV to Joyce Davis who is celebrating her 84th birthday in May.
Northwood
- ❑ MAZAL TOV to Irene Berg who celebrated her birthday recently. She has joined the august group of 90's plus now!
Northwood
- ❑ MAZAL TOV to Leon and Yve Aspress who celebrated their 60th wedding anniversary, (he was the ex chairman of Coventry Road.
Gants Hill
- ❑ MAZAL TOV to Gloria and Tony Rones on their 55th Wedding anniversary.
Gants Hill
- ❑ MAZAL TOV to Shirley and Michael Appleby on their 55th wedding anniversary.
Gants Hill



A LIFESAVING LEGACY TO THE PEOPLE OF ISRAEL

Magen David Adom is Israel's only national medical emergency and blood service.

It is responsible for the primary healthcare for all of Israel's citizens, irrespective of race, religion or ethnicity. Remarkably, it provides this service as a non-governmental agency, dependant on funds from donors across the world in order to carry out its lifesaving work.

Magen David Adom UK is one of the largest providers of this funding. Each year, supporters contribute in excess of £5m to fund everything from bandages and blood bags to ambulances, stations and bloodmobiles. This figure is made up by the efforts of marathon runners, cake sellers, sponsored skydivers and pretty much everything in between. And critically, the ever-increasing number of people who remember Magen David Adom in their will play a significant part in ensuring that the medics, paramedics and 22,000 volunteers (Israel's largest volunteer organisation) have the tools they need to save more lives.

If all printers were determined not to print anything till they were sure it would offend nobody, there would be very little printed. Benjamin Franklin

A recent legator decided that he would like his legacy gift to sponsor the ground floor courtyard at MDA's new National Blood & Logistics Centre in Ramla. Work on the development has already begun. It is being funded through a three-way partnership between the Israeli Government, American Friends of Magen David Adom and Magen David Adom UK. The project will safeguard Israel's medical emergency infrastructure and blood supply against population growth, terrorism, cyber-attack and natural disaster.

As the project develops, the legacy lives on. By leaving a gift to MDA UK in his will, the donor has planted a seed that will save lives for generations to come.

Leaving a gift in your will is one of the most valuable and lasting ways you can support

Magen David Adom. It is also very tangible. Friends, family and loved ones can see your gift and the incredible, vital lifesaving services it provides, for many years to come. Later this year (5-10 May 2019) MDA UK is organising its second legacy mission. This provides an opportunity to see first-hand the difference a legacy to MDA has on the people of Israel. The trip has been organised to coincide with Yom Ha'atzmaut, ensuring participants are in Israel at the most exciting time, attending some of the many celebrations that take place across the country.

For more information on leaving a legacy to Magen David Adom UK, the upcoming legacy mission or the new National Blood & Logistics Centre, please contact the office on 020 8201 5900 or email rachelcohen@mdauk.org.

YOM HA'ATZMAUT LEGACY MISSION 2019

 **MAGEN DAVID
ADOM UK** *Legacy*

MAGEN
DAVID
ADOM UK  SAVING
MORE
LIVES
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Sunday 5th – Friday 10th May 2019

Each year, legacies to Magen David Adom are directly responsible for saving the lives of thousands of people in Israel.

This year, Magen David Adom UK is delighted to offer an incredible FREE* 5-day legacy mission to Israel. The trip will coincide with Yom Ha'atzmaut and the spectacular air force flypast. You will also visit some of Israel's most beautiful sights and learn about the lifesaving work of Magen David Adom, Israel's only national medical, emergency and blood service.

To take part in this historic mission call Racheli on **020 8201 5900** or email [**rachelcohen@mdauk.org**](mailto:rachelcohen@mdauk.org)

*Terms and conditions apply

Registered Charity No. 1113409

Rimes wot we rote...

SELECTIVE PLAGUES

Moses pleaded in vain with Pharaoh:
“Let my people go”

So the Lord smote the Egyptians
with frogs...
croaking, orange footed,
mellifluous, chordal, melodious,
bulging orange eyed,
complex “sounders” with
green mottled skin
blue “under bellied”
stick thin legs, and
Adam’s apples ballooning necks

“Let my people go”

But the Lord sent swarms of flies
buzzing and humming...
black bat wings...
whizzing...
and orange pin heads with
black mid lines
“whizz, whizz”
stick legs
and stick antennae

“Let my people go”

But behold
The hand of the Lord
was upon the cattle:

The “bobbly” lambs with their
sweet little jumps
up on their hind legs
to reach for their
mummies’ protective backs, in-between
frolicking on green and grey rock hillsides

And upon the “harrumphing”, stubborn
camels with their patterning of
two humps bearing,
in the desert sand dunes

And what of the horses
neighing, whinnying, and
elegantly trotting with
quicksilver agility
some jet-black coated
with a brilliant polish

And the cows
“moo-ing” contentedly?

Did these animals of Egypt only
deserve to die in a grievous murrain?

So again the request was heard:
“Let my people go”.

And again the Lord was forced to send
hail, and fire mixed with the hail
popping on water.
And the sky seemed to fall
like an upended volcano
expelling lava through
the earth’s crust.
And even the birds
which were caught in the hailstorm
were pitifully wondering
what had befallen them?


But then Cecil B de Mille
took on the aura
of the Israelites’ Messiah:
The Red Sea was parted
accompanied by
a whirlwind of coppery fire
and mesmerising music.

And Moses cried out to the Lord:
“Who is like unto thee?”

By Rosemary Wolfson

*Isn't it nice to think that tomorrow is a new day with no mistakes in it yet.
L M Montgomery*

ONCE UPON A DREAM



Once upon a dream there were two bluebirds
Each one had a special song to sing.
They couldn't think of words to match the music
But every note was like a breath of spring.
The harmony and chords were there to relish
They sounded like a soft symphonic theme.
I never knew what happened to those bluebirds
Perhaps I'll meet them once more in a dream.

And if there ever were to be an encore
Of melodic notes that constitute a song
Those feathered friends would be
There to remind us
To sing your cares away
Your whole life long.

David Rand - Southgate



MRS MAY'S CABINET

Mrs May declares 'I am unanimous.'



The Royal Mint have released a new 50p to commemorate Brexit!



PROTECTING THE FUTURE OF OUR JEWISH COMMUNITY



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- Report
- Donate

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www.cst.org.uk

Registered charity in
England and Wales (1042391)
and Scotland (SC043612)

I tried to drown my sorrows, but the bastards learnt how to swim.
Frida Kahlo

I AM STRUGGLING TO MANAGE, WHAT SHOULD I DO?

So many people find themselves in this position ... frustrated, worried, desperately needing help following a worsening of their condition or even their initial diagnosis of disability. The fear of no longer being able to manage essential everyday tasks such as cooking, washing, dressing etc. eating away at their sense of wellbeing. Much of the problem being that they don't know what they don't know! And so don't even know what questions they should be asking to find ways to avoid becoming dependent on others, let alone who they should be asking these of.

As part of celebrating 50 years of enabling people with physical disabilities or impaired vision to live independently in their state-of-the-art developments of



mobility apartments, Jewish Blind & Disabled are now very excited to be taking all their expertise and knowledge to people living in the wider community for the very first time.

Their 50 years of experience mean that they are well aware of the many aids and adaptations, as well as benefits and grants, that can make a world of difference to people's ability to manage for themselves. And Jewish Blind & Disabled's Independent Living Advisor will now be able

to visit people in their homes and make tailor-made recommendations that could make all the difference. And where specific aids are not affordable they may even be able fund their cost, with the recipient keeping them for as long as they are needed.



To find out more about Jewish Blind & Disabled in general please go to www.jbd.org or to request a visit from their Independent Living Advisor please email ila@jbd.org or call 0208 371 6611 x 613.

RICHES

What do riches mean to you? Money, power, possessions like art or property, antiques.....

These have never come my way. I have not had the desire or indeed ability to acquire more than the necessities for a reasonably comfortable life.

But through sheer good fortune I have acquired a lovely family, and especially, up to now, ten great grandchildren, aged from 5 months to Bar Mitzvah. Each one is a

character, unique, beautiful, funny, loving and affectionate. Not to mention clever and amazing. They are boisterous, full of chat; the boys love football and swimming, chasing about on bikes and scooters, the girls the same but also enjoy acting and singing, and all, whether siblings or cousins, are very close to each other.

To see them developing and to enjoy their hugs and kisses is to be rich. Who could possibly ask for more?

Terry Colin, Northwood

FOOD FOR THOUGHT

THE MAGIC OF FIGS



I am a devotee of figs ... and even have a fig tree in my garden which produces copious numbers of these fruits but sadly too tiny and too hard to eat. Despite this whenever I have an opportunity to sample them on holiday or from the supermarket locally I am there, and devour them as soon as possible. There is something so sybaritic and succulent about figs and I know I am not alone in my 'obsession' (for want of another word).

What has been overlooked in the Mediterranean diet debate is the role of figs. They grow throughout the Mediterranean region and are high in omega 3 fatty acids, which are proven to be of benefit to cardiovascular health.

Some years ago there was an extensive Greek epidemiological study into why male Cretans, despite being noted for their heavy smoking and alcohol intake, survived into advanced old age. The answer was the fig/omega 3 cycle; the Cretans eat the picked figs; some figs fall to the ground which the goats eat, resulting in goat meat, goat milk and feta cheese being high in omega 3; the chickens eat the scraps so are high in omega 3, as are the snails who eat the chicken droppings. Humans complete the cycle by eating the fowl and so it goes on...

Contrary to popular belief too many figs do not affect ones intestinal tract! I can vouch for

this on my recent holiday in Tuscany where I held the world's record (at least at our villa!). So there you have it ... Figs are good for you on many counts!

Also according to legend, Cleopatra allowed herself to be bitten by an asp smuggled to her in a basket of figs so she could join Marc Anthony in death, so we are definitely in good company even though Cleo came to a sticky end...

ANOTHER FINGER LICKING CHICKEN RECIPE

A Mary Berry classic dish which I have concocted many times and it is always good.

Serves 6, cook for 35-40 mins.

6 chicken legs, about 200g (7oz each, skin on.)

Marinade

6 tables tomato ketchup

2 tables tomato puree

2 tabsp grainy mustard

3 tabsp Worcester sauce

2 tabsp runny honey

1 garlic clove crushed

Place all ingredients for the marinade in a bowl and stir until combined. Add chicken legs and toss to coat, using your hands to cover them really well in the marinade. Cover bowl and place in fridge to marinate for a minimum of 30 mins.

Preheat oven to 220C/425F/Gas mark 7 and line a roasting tin with baking paper.

Place marinated chicken legs in the lined tin, skin side up in a single layer, and spoon over the remaining marinade from the bowl. Roast in oven for 35-40 mins until sticky and golden and cooked through.

Pour the juices into a jug and serve hot with the juices poured over.

My ignorance of science is such that if anyone mentioned copper nitrate I should think he was talking about a policeman's overtime. Former Archbishop of Canterbury, Donald Coggan



LETTERS TO THE EDITOR

Dear Angela,

✉ I have read the latest magazine from cover to cover and feel that this issue is the best one ever – it is full of interesting topics – especially Helen Stone's manuscript. Around the clubs was lovely to read and I felt Tatler's dinner party ethics was most original.. The whole issue was very interesting in content and you have surpassed yourself! Usually I award you one gold star but this time you have attained TWO GOLD STARS!! Well done.
Sincerely, Dorothea Baker – Southgate

Dear Angela,

✉ We thoroughly enjoyed the latest edition of JACS magazine. A very good and interesting read.
Best wishes, Jill and Alvin Barnett – Northwood

Dear Angela,

✉ Well done. We don't know how you do it...
Jean and Wally - Northwood

Dear Angela,

✉ Magazine was very good and informative. Keep up the good work.
Mark Haftel, Northwood

Letter to the membership from JACS Northwood

COMMITTED

After much soul searching, our committee, most of whom have served together for up to 24 years, is disbanding. Only two fairly recent members are remaining.

We have worked together, in perfect harmony, for all these years, but as most are in their advanced eighties, and a couple in their nineties, it is inevitable that we have to pack it in and hang up our boots, so to speak. Each member had a specific job, all of which have been regularly carried out in an efficient, kindly and businesslike manner, and our branch has been very successful as a result.

Our programmes have been varied, interesting, and yes, cultural. Our teas are delicious, produced and served by an enthusiastic, good natured catering team. We enjoy two excellent parties each year, equally excellent outings, and our members queue up to celebrate their birthdays and simchas by donating teas on the appropriate week.

Administration of the group is efficiently organized by our superlative Chairman with enormous help from his dear wife Valerie, especially on the computer. The Chairman is also totally supported by a hard working trio, Vice Chairman, Secretary and Treasurer, and above all we have through all these years always been a Happy Band of Brothers (and Sisters) to quote somebody or other.

But tempus does fugit, I'm afraid.

We can only encourage a new committee to carry on the good work because the satisfaction you will get is enormous. We all wish you the very best.

Terry Colin, Northwood JACS

NOW THIS EDICT HAS BEEN DISBANDED AS THEY HAVE FOUND ENOUGH PEOPLE TO CARRY ON THIS WONDERFUL CLUB (EDITOR) MARVELLOUS NEWS FOR THE 60 ODD MEMBERS!

☎ Another very welcome phone call congratulating me on the magazine and saying how much she enjoyed the contents from *Estelle Burnside of Northwood*

✉ Dear Angela,
Once again many congratulations on the last edition of the JACS magazine.
Regards from Vicky Griver – Southgate

Dear Angela,
✉ It was lovely to chat to you knowing how well you produce the JACS Journal.

For many years four generations of my boys have marched in Whitehall. The previous Sunday we were invited to the yearly remembrance day held at the airfield at Tamsford. It is well attended with local people to keep the memory of lost aircrews. Many people travel from abroad to remember their lost relatives.

As to the first world war we started to research and found that my husband's mother was one of five sisters chaperoned by their mother who entertained the troops. The one brother was a Captain in the Army which was unusual in those days. He

served in France and received the M.C. – Military Cross for organizing massive burials under fire.

Thank you for your interest. At 92 please forgive mistakes.
Sincerely, Shirley Gibbons.

Dear Angela,

✉ The magazine as always was superb. A very good read – I don't know how you manage to keep to such a good standard. Thank you very much.
Gloria Rones, Gants Hill

✉ Angela – many thanks for the JACS magazine. What is there to say – the same high – if not higher standard of journalism. JACS are very lucky indeed to have you as their editor and massive contributor. It is very interesting, amusing, helpful and very consistent. You amaze me..... enjoy the rest of the Yomtovim.
Love Doreen Davis

MY FAMILY

Oh how I wish I had asked my grandparents about their home, a beautiful village called Stavishche, 74 miles north of Kiev in what was Russia, now Ukraine. They never talked about it at that time and I did not ask.

My grandson Daniel is an historian and he has the know how to find out about our family's history, in fact I now have found cousins in the USA I did not have any knowledge of. Some cousins left the Ukraine forty years ago and remember times gone bye. Daniel found my great grandfathers name on my grandparents tombstone and with help from a Ukrainian researcher found the village that they came from.

Stavische is surrounded by ponds, the name means lake. The villagers were able to catch carp and other delicious fish. It was an idyllic

area surrounded by forests and wild flowers. The estate was owned by a Benevolent Polish Count who allowed the local population to picnic in his exquisite gardens. Stavische was a mixed village of jews and gentiles artisans peddlers, Waggoners some desperately poor some very rich and others in between, some very religious Jews others less so. Everyone lived together in harmony until the pogroms when previously friendly gentiles turned on their Jewish neighbours. Many left, going to the USA the UK and other destinations. Sadly many were murdered



Daniel has unearthed letters written in yiddish begging for help. The brothers and sisters sent money home, just as today's immigrants do, nothing has changed

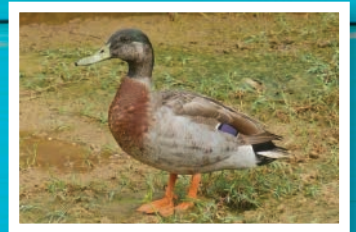
From Angela Kasin Northwood branch

If you want to discover your true opinion of anybody, observe the impression made on you by the first sight of a letter from him. Arthur Schopenhauer

WHAT'S HOT

IF IT QUACKS IT MUST BE A DUCK...

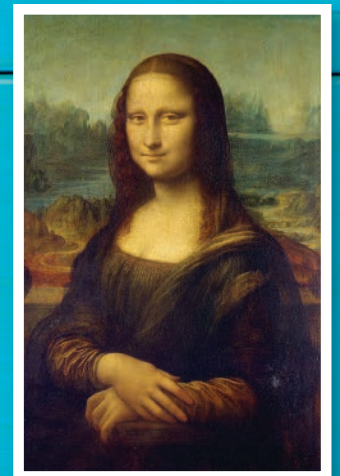
The remote Pacific Island of Niue has a new tourist attraction; a lonely duck, Trevor, named after Trevor Mallard, an MP from New Zealand (the nearest land mass) arrived on the coral stoll earlier this year, either blown there by a storm or carried over in a boat. With no wetlands or ponds on the island, Trevor lives alone in a puddle near the airport where he has gained celebrity status. The fire service has been topping up the puddle, but there are fears for Trevor's future now that the rainy season has ended. "It's the first duck Niue's ever had," said resident Mark Blumsky. "We're not really sure what's going to happen."



WHAT'S IN A SMILE

Mona Lisa's enigmatic smile has fascinated people for centuries, but now US scientists have concluded that it may have had a straightforward explanation which was an underactive thyroid gland! Many doctors and eminent scientists from the USA have come to the conclusion that the subject of Leonardo da Vinci's most famous painting – thought to be Lisa Gherardini, wife of a Florentine silk merchant – was suffering from clinical hypothyroidism, which would account for the 'yellowish discoloration of her skin, her receding hairline and her complete lack of eyebrows, as well as the slight swelling in her neck.' The mysterious smile may be 'representative of some psychomotor retardation and muscle weakness' – another possible symptom of an underactive thyroid.

What will they think of next?!



CARRYING ON WITH THE MEDICAL THEME... EYE, EYE...

Leonardo Da Vinci had a rare vision disorder that explains his artistic genius, a study says. Professor Christopher Tyler of City University, London, studied self portraits attributed to Da Vinci and saw alignment of the pupils diverged. He stated that such misalignments are thought to be beneficial to artistic work. If you have a squint you are capable to using your eyes separately. This would have allowed him to depict 30 faces and objects and the depths of distant scenes. Well, what do you know?

ANOTHER ANIMAL TALE...

Wojtek, the Syrian brown bear who was adopted by Polish troops during the war, and fought alongside them against the Nazis, is to be immortalized in an animated film called A Bear Named Wojtek due for release on the anniversary of VE Day in 2020

As an orphaned cub, Wojtek was taken in by the Poles when they were stationed in Iran. According to legend, he was later enlisted as a private, so he could travel to Italy, where, during the battle of Monte Cassino, he carried crates of artillery shells to resupply the troops. In 1945 his friends left him (for his safety) in Scotland where he ended up in Edinburgh Zoo, and died in 1963.

Admit when you are wrong. The older you get the more frequently you'll have the opportunity.
Jennifer Finney Boylan

GET A DOMINO TATTOO

Domino Pizza company conceived an innovative promotion in promising 100 free pizzas a year for life to anyone who got themselves tattooed with its logo - but when 381 people took up the offer within four days the Russian company took fright! It abruptly announced that the deal was being withdrawn forthwith – can you blame them!!

A BOOKISH RETREAT

As a lifelong bibliophile William Gladstone often pondered how to share his many books with the public.

His solution was a residential library, the first and still the only one in the UK, and perhaps the world. Housed in a neo-Gothic building in the Welsh village of Hawarden, seven miles from Chester, Gladstone's library is a good place to read, write or just unwind. Besides being a library it is also a small hotel, and well worth a visit. In his 80's Gladstone took 32,000 volumes – the core of his present collection – here in a wheelbarrow from his home, Hawarden Castle, half a mile away. Many still bear his notes, including the damning verdict 'untrue, untrue, untrue' in a biography of his arch-rival Disraeli.

(Gleaned from The Week 2018)

A TIP FROM THE ROYALS ON HOW TO ECONOMIZE

The Royal family has not always been aware of the need to save money, rather than spend it. But even before Prince Philip came on the scene and made many changes to cut down on expenses at Buck House, Queen Victoria's staff, or perhaps her husband Prince Albert was on the ball. Spiralling costs at the Palaces made it essential to economize and thus it was decreed that loo paper at Windsor should be replaced with newspaper. It is not mentioned how long this innovation lasted A tip for the commoners perhaps?

COMING SHORTLY

A café chain where you can get free coffee in exchange for your personal data is planning to launch in Britain. Shiru, which operates on 20 university campuses in the US. Japan and India, treats personal information as currency. Customers hand over their name, gender, date of birth, phone number and education and career history in return for drinks. The café then sells the data to selected businesses. Will this trend catch on I wonder?

A SPECIAL PRESENT PERHAPS...

A kayaking tour of the East End might seem absolutely ludicrous but the area is home to London's oldest canal and it is possible to traverse its lengths on a very special tour. One sets off from Limehouse Basin and the tour takes you through the Docklands and the Olympic Park, past old brick warehouses and factories, quaint houseboats etc. At Three Mills Island you will see the chimneys of the world's oldest tidal mill, where gunpowder and later, grain was grown, powered by the Thames's ebb. You then navigate the rising waters of Old Ford Lock before finishing at the Crate Brewery in Hackney Wick. This is really something unique! The Secret Adventures Kayak Tour (secretadventures.org) costs £45pp

UNUSUAL WEDDING

The reception is to be held at Whoopi Goldberg's New York apartment, the cake will be flown in from Nashville. Both the groom, Filmore (owned by Goldberg's daughter, Alex) and his bride, Izzy, are FRENCH BULLDOGS. The couple met while their owners were working on Hillary Clinton's presidential campaign. Izzy will wear a dress created by her personal stylist, a former Christian Dior designer and Timothy White, known for his Hollywood Portraits will be the official photographer.

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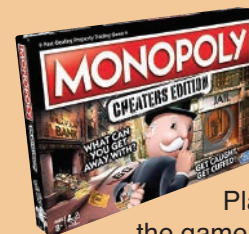
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THE CONCEPT OF ARCADES

In the 19th century there was no such thing as a cagoule to shelter one from the rain which could spoil an outing or holiday. The answer was to build arcades for the well-heeled, where they could shop, dine and stroll without ruining their attire! There were about a 100 at the peak and today only 20 or so survive.

Many of these are in Paris and harbor interesting little boutiques and elegant antique shops. I remember visiting Burlington Arcade in London where I frequented a Dolls House Shop selling hand made wooden furniture with my pocket money when I was 10 years old. Sadly these individual shops have now disappeared but BA still survives – albeit in a more corporate fashion, and it still creates its own magic as an antidote to faceless modern malls.

AND FOR THOSE WHO HAVE EVERYTHING...



After a company survey found that almost half of MONOPOLY

Players cheat, the game's makers decided to give the people what they want. MONOPOLY CHEATERS EDITION. You're dared to skip turns, and steal – but if caught you get handcuffed to the board. £22; www.thetoyshop.com

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Adam’s mother,
Tracy Field

Adam has been living
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