



**Melbourne
Hebrew
Congregation**
ק"ק שארית ישראל

DESTINY

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חג כשר ושמח

Dear Friends,

I hope this finds all of you safe and well. We are living in challenging times. In but a short period, the world has changed drastically from the one that we are so familiar with. COVID-19, or as it is better known, the Coronavirus, has altered the fabric of our social structure to an extent that few can recall.

While the world has focused its efforts on dealing with the physiological manifestations of the virus, the psychological impact on humanity cannot be underestimated. People are frightened, worried and anxious. Individuals, who seldom gave much thought to the deeper philosophies of life, are suddenly questioning the why's of the universe. Although Houses of Prayer are closed, people are turning to clergy and religious philosophy for guidance and reassurance. Fortunately for us, Judaism has much to say about the current situation.

History repeats itself. Although Humanity has not encountered this specific virus on such scale before, it has, over the course of history, had its experiences of illness and plague. Granted, society has evolved over time, as have illnesses, but many of the lessons learned from previous outbreaks are still pertinent today, to us in our current situation.

It is interesting, that the plague of Coronavirus has struck in the lead up to Pesach, when we spend so much time discussing plagues and the other calamities that befell ancient Egypt. I believe that many of the lessons of the Exodus story are specifically relevant to each and every one of us in our current situation.

RABBI'S REPORT



KINDNESS

/kin(d)nəs/ **noun**

1. Loaning someone your strength instead of reminding them of their weakness.



Celebrating Erev Passover Seder
with the Guttman family, 2019.

Every year, for over three thousand years, Jews of all varieties have come together to celebrate Seder night. It's an amazing phenomenon that continues to this day.

But, ask yourself: what is it that we actually do on Seder night?

In the Haggadah we read: In every generation a person is obligated to view themselves as if they personally left Egypt. In other words, we spend the Seder night trying to re-live the Exodus: both the slavery and the freedom. It's remarkable that for over three thousand years, Jews have not only not forgotten the Exodus, but have tried to actually re-live it – regardless how far away in time they are.

Judaism does not view the Exodus story as simply an ancient event. It considers it to be of ongoing relevance that teaches us a great deal. Its lessons continue to be so important that we try to relive the events in order to experience their lessons.

Among the many things we do at the Seder:

We eat bitter foods to actually feel some measure of the bitterness experienced by others and we eat the bread that our forefathers ate at the time. Empathy and understanding of another's sufferings, transform once we feel their pain ourselves.

We discuss in depth, our ancestor's travails, challenges and subsequent redemption. We are not just remembering; we're trying to experience these things ourselves.

We relive the forlorn feelings our ancestors experienced, and their hopes and prayers for Hashem's salvation. We remind ourselves that although things seem dark and grim, Hashem does have a plan for us; this is not simply chaos.

We sing Hallel and songs of gratitude. We remind ourselves about all the good things that we do have and the things we should appreciate and be grateful for – even when times are challenging.

This year, our Sedorim may be somewhat different due to the circumstances we're in, but that shouldn't affect the lessons we learn.

To the contrary: let's all engage the Seder with a renewed feeling of: In every generation a person is obligated to view themselves as if they personally left Egypt.

If I may humbly suggest: spend some time examining the Haggadah and finding the lessons that apply to our contemporary situation. There are indeed, many.

As we near Yomtov, I wish you and your families a Chag Kosher Vesameyach.

May Hashem watch over and protect us all, as He did for our ancestors in Egypt and may we speedily see redemption from the current challenges.

Warm regards,

Rabbi Ephraim Lever

Top: Rabbi Lever with Rabbi Daniel Rabin @ [Spot On Cafe](#) in Ripponlea.

Image: Painting courtesy of artist [Joshua Yeldham](#) & Scott Livesey Gallery, Melbourne

Below: [Rabbi Lever addresses the COVIDA-19 Issues affecting M.H.C Congregants.](#)



illuminate

[verb]

to supply or brighten with light; enlighten spiritually or intellectually; make clear; bring to the fore.



REPORT FROM THE PRESIDENT

Dear Friends,

Every email or article or newspaper that one reads now seems to deal or touch on with the same topic, the incredible change to our lives wrought by the COVID-19 pandemic.

Obviously the COVID-19 virus has had such a global impact that it cannot do anything except take centre stage in our lives. As much as we wanted our Melbourne Hebrew Congregation to remain unaffected, as you know, every aspect of life is now highly regulated so as to prevent the spread of the virus, with synagogues having no special exemption.

Synagogue services are now on hold, as public gatherings are currently prohibited in Victoria. The Rabbi's visits to members in hospital can't proceed nor can the various programs about which, the Rabbi spoke during the High Holy Days last year, which have temporarily been frozen since late February.



That is not to say that there is no activity. The Shule team is calling members to ensure that anyone who needs spiritual assistance or other help that we can provide is able to talk to someone. We have made contact with all of the Bar Mitzvah boys as well and their families as with those families looking at celebrating their daughters' Bat Mitzvahs and are putting in place alternative Bar Mitzvah and Bat Mitzvah dates. Whilst the Shule Seder has been cancelled, the Shule has been offering a DIY kit where the Seder food items have been sourced and packed in addition to a "run your own Seder guide".

- The Wednesday night shiurim are continuing to be run using Zoom.
- A class on "how to observe a yahrzeit without a Shule" is in preparation
- A series of short educational classes is also being prepared
- Weekly offers of aid and support are being made to members as well as the wider community through C Care with which our Shule has a very close collaboration.

If you need our assistance with how to use Zoom, just call the Shule or email us and one of the team will get back to you to assist you.

It is in these difficult times that, we recognise that many of our members may have been significantly financially impacted by COVID-19. We trust that our members will work with us, and we ask that those who are in a position to continue to make fee payments to please do so. We need your financial support more than ever at this time, urgently, and for those members who need assistance please reach out to us. Please contact Shani Burnie at mhc@mhc.org.au

I wish you a chag Pesach kasher vesame'ach. In addition, may you and all of your family stay healthy and safe through these very trying times.

Kind regards,

Stephen Stern

President - MHC





"Remember that the Lord took you out of the bondage of slavery. Remember is a biblical mandate that had never seemed important to anyone else before the Jewish people came on the scene."

- Thomas Cahill



Wishing you a wonderful, peaceful Shabbos, full of brocha and kedusha.
- Rabbi Ephraim Lever



Just as Hashem shone the light of redemption upon our ancestors thousands of years ago, so too May He Shine it upon us.

Wishing you a Chag Kosher Vesameyach.

- Rabbi Ephraim Lever

Happy Passover 2020



חג כשר ושמח!

kevarim.com

Rabbi's Report

President's Report

Shabbat Messages

Births; Birthdays; Wedding Anniversaries; Deaths; Yarzheits

Yom Ha'atzmout & Yom Ha'zikaron Commemorations

Purim Parades Stack-Up

M.H.C Noticeboard

Editor's Message by *Geoffrey Weinberg*

Who was Vilna Gaon? by *Rabbi Ari Kahn*

Passover Videos and Recommended Books

The Passover Seder Cheat Sheet

The Miracle of the Red Sea in our Lives by *Rabbi Benjamin Blech*

Passover & Jewish Destiny by *Rabbi Benjamin Blech*

Celebrating Together while Apart: Gabe Miller's bar mitzvah with words by *Liora Miller*

From One Generation to the Next by *Andrew Cashmore & Alana Rosenbaum*

Mazal Tov Gallery

In Conversation with Childbirth Educator, Birthwell Birthright's *Tanya Strusberg*

How We Got Cyber Smart with *Lisa Rothfield Kirschner*

The Power of Imagination: *Alexander McKenzie's* Magical World

Kinderlach: In the Playground

Performer & Booker *Emily Ulman's* ISO-aid

How Do You Deal With Adversity? with *Vanessa Steinberg*

From Skeptic to Teacher: My Journey with Healer *Tanya Levy*

Caught Out At Sea: Antipodean Artist *Graeme Altmann*

Finders Keepers: Heirloom Jewellery with *Emma Levy*

Why Art Matters with Interior Stylist *Lisa Gole*

Collecting Cornucopias with Antique Dealer *Graham Geddes*

Home Is Where the Art Is: with Art Curator, *Vicki Finkelstein*

Seder on a plate: Traditional vs. Modern

8 Days of Pesach Meal Ideas

Sasha Feldman's Vooscht & Eggs for breakfast

6 Quick Insight for Your Pesach Sedar

What's On Your Seder Table in 5780?

Joan Nathan's Matzo Ball Soup Recipe: How-To-Tutorial via YouTube

Elizabeth Kurtz's Braised Short Ribs with Tomatoes and Mushrooms

Passover Wishes Message Board

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DESTINY EDITOR: Stephen Stern; VANESSA STEINBERG; Tanya Strusberg; Triple J; Emily Ulman; Sebastian White

Geoffrey Weinberg

WORDS & DESIGN

Vicki Finkelstein

WEBSITE EDITOR

Rabbi Yossi Salamon

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Proud brother Spencer Freeman welcomes sister Esther Juliet to the family



April:

Mark Maller
Inna Kulawiec
April Grodski
Manny Shaw
Toby Pomeroy
Alexandra Besen
Robert Mense
Marli Isaacs
Harry Hart
Roger Weinstein
Tull Roseby
Honey Curtis
Olivia Merenstein
Sara Kowal
Eytan Ulriel
Luca Morris
Thomas Danos
Allegra Gorog
Anthony Aisenberg
Harry Levy
Dion Verstandig
Adrian Kister
Riley Rogers
Dean Gild
Mary Rettig
Anthony Pratt
Lily Gean
Martin Susskind
Hayley Rose
David Kobritz
Rebecca Burd
Benjamin Anderson
Daniel Krause
Debra Knoche
Zoe Diamond
Joshua Leighton
Keith Rubenstein
Ben Krasnostein
BBL Enterprises, Barry Landau
Bambi Gandel
Jack Hart
Abigail Glowinski
Irene Beder
Jenny Meltzer
Chloe Bursztyn
Lewis Cohen
Romy Bursztyn
Paul Birman
Nadja Cowan
Amber Givoni
Samuel Chrapot
Bianca Burd
Gil Grinberg
Daniel Baron
Michael Roth
Roselyn Jaffe
Samson Adams
Sylvia Urbach
David Thurin
Sam Zuchowski
Ashleigh Zuchowski
Shlomo Eidelson
Jeffrey Herscu
Jessica Mense
Linda & Ian Gandel
Steven Gandel
Judith Ravech
Abbey Adams
Hunter Isaacs
Arianne Rose
Riley Hart
Joel Bornstein
Joshua Somerville

May:

Rohan Davis
Sue Selwyn
Saul Etyngold
Ora Kayser
Philip Rishel
MilaRotstein
Judi Rotstein
Liora Miller
Simon Grodski
Susie Friedman
Ron James
Mark Unger
Paul Millet
Greg Pinkus
Lauren Thurin
Peter Szabo
Amanda Jolson
Tally Stern
Linda Dessau AC
Linda Gandel
MonicaShalit
Janice Levy
Graham Lasky
Ian Katz
Monique Vertes
Ross Smith
Belinda Rotstein
Bradley Majtlis
Gilda Korman
Camille Eckhaus
Eddy Etyngold
Daniel Kulawiec
Andrew Levy
Benjamin Pask
Daniel Knoche
Andrew Levy
Ian Collins
Fiona Leighton
Ellie Bursztyn
Louis Glowinski
Thea Zimmerman
Susan Krongold
Amanda Miller
Nathaniel Adams
Nicci Grace
Jodi Sherr
Toby Lipton
Nicki Isaacs
Anna Serry
Marc Unger
Romy Cohen
Koby Gean
Arki Rettig
Jess Flicker
Ruth Yaffe
Charles Goldenberg
Andrew Thurin
Danielle Krongold
Jennie Rogers
ShaneGild
Adele Abramovich
Simon Feldman
Jack Micmacher
Barry Jupp
Cassandre Wittner
Selwyn Blackstone
Richard Machet
Lindy Gorog
Nicole Spigelman
Ned Levy
Tomer Golan
Melvyn Korman
Geno Hubay
Lothar Prager

May cont.:

Lisa Pomeroy
Leonard Kipen
Pauline Gandel
Jake Zukerman
Susie Guttman
Michael Shaw
Simon Yaffe
Guy Blashki
Simon Yaffe
Madison Lipton
Hudson Wail
Allan Greenfield
Leora Hart
Joshua Bernshaw
Jordy Klein

June:

Priya Zmood
Darren Blankfield
Martin Ravech
Naomi Harrison
Natalie Sheezel
Zahra Jacobs
Avi Bernshaw
Julian Segan
Louise Segan
Aaron Kulawiec
Madeleine Roth
Chloe Davis
Jarrod Herscu
Ethan Abramovich
Jay Klooger
Amanda Mandie
Joshua Rotstein
Justin Tempelhof
Dalia Miller
Brucha Weinberg
Daniel Leighton
Judi Korman
Lochie Port
Frank Suss
Pam Bursztyn
Ruby Cowan
Ariella Greenfield
Eden Cohen
Damon Krongold
Hinda Rosenbaum
Aaron Eidelson
Julie Guttman
Sharon Rishel
Rosalie Jager
Lachlan Eliau
Andy Miller
Julie Cohen
Lisa Pinkus
Leah Flicker
Lisa Pomeroy
Richard Eckhaus
Gregory Shalit
Finn Rogers
Sam Rishe
IJarrod Zuchowski
Harry Unger
Lorraine Fabb
David Majtlis
Jonathan Klein
Tania Guttman
Chloe Levy
Andrew Rotstein
Josh Smith
Nate Zukerman
Asher Grodski

June cont.:

Byron Davis
Marc Blackstone
Hugo Krasnostein
Aviva Bornstein
Dean Kobritz
Amy Goldenberg
Richard Berman
James Degen
Steven Baron
Vanessa Gandel
Blake Wurzel
Danielle Opat
Sylvia Urbach
Nicole Hoffman
Melissa Kayser
Emma James
Amy Eliau
Lana Zuchowski
Jackie Bursztyn
Wayne Lasky
Jazmin Eckhaus
Emma James
Barbara Landau
Daniel Friedman



Yom Ha'Atzmaout flag parade at Sholem Aleichem College, Elsternwick.



Kindergarten students at Sholem Aleichem College, Elsternwick.



Thrilled mother of the bride, Barbara Zmood under her daughter Lauren's chuppah to handsome groom, Marc Freeman.

April:

Klein, Jonathan & Jordy
 Selwyn, Sue & Novy OAM, Barry
 Slade, Mary & Graham AM
 Port, Tania & Gavin
 Sormann, Antony & Yvette
 Maller, David & Deanna
 Cohen, Beverley & Cohen OAM, Eric
 Pomeroy, Dug & Lisa
 Pomeroy, Mark & Clare
 Davis, Rohan & Monique
 Collins, Ian & Robyn
 Fink, Gavin & Lauren
 Aisenberg, Michael & Liliane
 Thurin, David & Lisa

May:

Grace, David & Debbie
 Gild, Shane & Andrea
 Prager, Sandra & Lothar
 Wurzel, Damien & James, Emma
 Frank AM MBE, Lillian & Frank, Richard
 Lasky, Graham & Michele
 Winfield, Susan & Henry

June:

Givoni, Don & Adele
 Korman, Melvyn & Judi
 Kutner, Eddie & Helen
 Kulawiec, Daniel & Inna
 Unger, Mark & Yasmin
 Lipton, Alida & Shane
 Rotstein, Richard & Belinda
 Bursztyn, Tim & Romy
 Roth, Sonney & Emily
 Krause, Irene & Harry
 Nissen, Robyn & Andrew
 Besen AO, Marc & Eva
 Prager, Judy & Wail, Simon
 Glowinski, Louis & Huguette
 Rubinstein, Joachim & Sue
 Dunne, Georgia & Julian
 Blackstone, Selwyn & Linda
 Grodski, Simon & Lindsay
 Yaffe OAM, Leonard & Yaffe, Ruth
 Zuchowski, Sam & Lana
 Unger, Harry (z'l) & Zita



King David students getting wiggy



Mt.Scopus kindergarten students play Purim games



Pirate pals, Zac Feldman & Ethan Small, Sholem Aleichem



Hila Abrahamov & Elijah Majzner @ Sholem Aleichem kindergarten



The King David Junior schoolteachers sparkle



Yarzheit List

April:

Mr Peter Szabo
Mrs Linda Yaffe
Mrs Rosalie Maller
Mrs Lorraine Jupp
Mrs Ada Kornhauser
Mrs Annette Goldin
Mr Paul Cowan
Mrs Fay Rubenstein
Mrs Estelle Gilbert
Mr Sam Gance
Mr Greg Pinkus
Mrs Barbara Zmood
Mr Russell Harrison
Mr Ray Finkelstein
Dr John Rotstein
Mrs Anne Korman
Mr Graham Slade AM
Mr Marshall Segan
Capt Henry Leighton
Dr Jerome Maller
Mrs Barbara Rozenes
Mr David Maller
Mrs Rosalie Maller
Mr Ron James
Mrs Suzi Sherr
Judge Martin Ravech
Mr Michael Klooger
Mr Jonathan Ravech
Mrs Leora Givoni
Mr Michael Roseby
Mrs Celina Widawsk
Mrs Pauline Wrobel
Mrs Zofia Kipen
Mr Leonard Kipen
Mrs Liliane Aisenberg
Mrs Aviva Bornstein
Judith Ravech
Ms Linda Dessau AC
Dr Myron Rogers
Mrs June Davis
Ms Loraine Fabb
Mrs Linda Yaffe
Dr Sam Birman
Dr Harry Unger
Mrs Linda Herscu

Mr Anthony Pratt
Mrs Fiona Geminder
Mrs Heloise Pratt
Mr Ron James
Ms Tracey Wasbutzki
Mrs Debbie Edwards
Mrs Susan Winfield
Mr Nathan Kayser

May:

Mrs Barbara Zmood
Mr Dion Abrahams
Mr Barry Levy
Ms Janice Levy
Mr Stephen Mandie
Mrs Evie Danos
Mr Maurice Smith
Mrs Danielle Opat
Mr Richard Rogers
Dr Harry Perelberg
Mr Nathan Kayser
Miss Lindy Zielin
Mr Keith Fine
Mr John Shalit OAM
Mr Gregory Shalit
Mr Ross Smith
Mr Mark Adams
Mr Dug Pomeroy
Mr Michael Klooger
Mr Alan Adams
Mr Gregory Shalit
Mr John Shalit OAM
Mr Norman Faifer
Mrs Karen Korn
Mr Keith Fine
Mr Dion Abrahams
Mr Trevor Korn
Mr Ian Raizon
Mr Rohan Davis
Dr Louis Glowinski
Mrs June Davis
Mrs Paule Eckhaus
Mrs Lana Zuchowski

June:

Mrs Ruth Yaffe
Mrs Bella Hirshorn
Mrs Liz Gild
Mrs Hinda Rosenbaum
Mrs Riva Hines
Mrs Lily Zamel
Mr Michael Shaw
Mrs Rita Reichman-Kowal
Mr Barry Goldenberg
Dr Howard Goldenberg
Mr Aaron Eidelson
Mrs Pauline Wrobel
Mr Henry Miller
Mrs Lillian Frank AM MBE
Mrs Riva Hines
Mr Alan Synman OAM
Mr Joe Bursztyn
Mr Simon Kessel
Mrs Helen Majtlis
Mr Gordon Silverman
Dr Geoffrey Cohen AM
Mr Richard Rogers
Dr John Rotstein
Mr Keith Rubenstein
Mrs Jennie Rogers
Mr Geoff Cashmore
Mrs Jenny Blakeley
Mrs Lili Birman
Mr Norman Faifer
Mr Isaac Lesh
Mr Martin Susskind
Mr Richard Rogers
Mr Harry Krause
Mrs Debbie Faifer
Mr Michael Gild
Mrs Rosalie Jager
Mr Michael Beder
Mrs Monica Shalit
Capt Henry Leighton
Mrs Annette Goldin
Mr Bill Majtlis
Mrs Judy Mote
Huguette Glowinski
Mrs Linda Blackstone
Miss Lindy Zielin
Mrs Ruth Scheuer

Mr Selwyn Blackstone
Mr Jack Librach
Ms Linda Dessau AC
Mr Henry Wynne
Mr Anthony Goldberg
Mr Thomas Danos
Mrs Millie Micmacher
Mr Joe Bursztyn
Mr Garry Stock
Mrs Silvia Piorun
Mr Dug Pomeroy
Mr Mark Pomeroy
Mrs Janet Green
Mr Dean Nagel
Mrs Candice Apel
Mr Steven Baron
Mr Maurice Smith
Mr Ross Smith
Mr Raymond Gilbert
Mrs Hinda Rosenbaum
Mrs Claire Pask
Mrs Jill Diamond
Mrs Debbie Grace
Mr Garry Stock
Mrs Esther Barton
Mrs Estelle Levy
Mrs Judi Korman
Dr Phillip Piorun
Mr Joel Bornstein
Mrs Ruth Yaffe

Tragedy has once again affected our community, in the terrible experience of loss felt by the 2019 – 2020 bush fire victims. Proudly, Victoria's Jewish community were and are there to assist the community and our country. Noble intent, and dedication to Tzedakah and Tikun Olam, by the 'amazing' organising committee clearly helped to uplift people's lives from the point of devastation and despair. Thank you to the MHC members who lead and who helped to deliver an impactful mitzvah, in such a meaningful way. Y'Shekoach for helping and also for making us very proud. – MHC.

The generosity of Jewish Victorians has resulted in over \$3Million being raised for the *Victorian Jewish Bushfire Relief Appeal*, as announced at the Jewish Community Council of Victoria (JCCV) Plenum on Monday evening. Ian Davis, representing the Organising Committee of the Appeal, outlined the benefit of a unified response, bringing many Jewish organisations together, maximising our reach and make a real difference in the lives of rural Victorians impacted by the devastating bushfires. Davis emphasized that no administrative fees were being deducted from the funds raised, and that all funds were in the process of being allocated to best assist tangible outcomes for devastated communities.

A priority has been to ensure the funds directly assist members of the rural community in the recovery phase where an urgent need existed. Many meetings with senior members of leading aid organisations and personal visits with community groups have resulted in the Allocations Committee, chaired by Carol Schwartz AO, directing funds to Blazeaid Inc; Gippsland Emergency Relief Fund; Foundation for Rural and Regional Renewal; Foundation for National Parks and Wildlife; and The Man from Snowy River Bush Festival to boost morale and business opportunities of families in Corryong.

A \$1million donation to the St Vincent's de Paul "Back to School" program, which directly helps students from bushfire affected regions receive new school materials, computers, clothing and counselling support to assist with the physical and emotional challenges to commence the new school year, has been a major recipient of the funds. A visit to the Sacred Heart School in Corryong was inspirational for both the Organising Committee and the school community.

Principal of Sacred Heart School Corryong, Zoe Nugent wrote to the Organising Committee, "Thank you for coming to our beautiful little town and stopping to visit us. Your donations and your absolute wish to be of service has been humbling and treasured."



The Victorian Jewish Bushfire Relief Appeal has enabled students to attend school camps and encourages a positive school experience, according to Andrew McKenzie, General Manager Marketing and Fundraising St Vincent de Paul's who also presented at the Plenum. He emphasized that St Vincent's focus is helping to alleviate and move people out of disadvantaged circumstances, and this clearly resonated with the Organising Committee, David Smorgon OAM, Ruth Alter, Fiona Geminder and Ian Davis.

McKenzie's first hand feedback after visiting Bairnsdale and towns in the East Gippsland area, informed the large audience including many Jewish communal leaders, that real lives were being enriched and supported by the efforts of the Melbourne Jewish community and this was acknowledged and appreciated by the recipients.

The Jewish values of Tzedakah and Tikun Olam were clearly underlying the generosity and delivery of assistance to those in need. Jennifer Huppert, President and Judy Fetter, Executive Director JCCV were working closely with members of the Appeal Operational Committee to ensure a seamless process for local and international donors to the campaign, noting it will close on 15th March.



at the left is a copy of his original manuscript.
 עם ראשון אי דשבת, שנת ת"ת"ס — נולדו יום י"ג חשוון תשנ"ד סוכות תשנ"ה. זה תא"ר אליהו הגאון
 The only original copy of the Great Genius, Rabbi ELIOHU, known as the "WILNER GOAN"
 Born the 13th day of NISAN 5480, and passed away the 19th day of TISHRE 5558.

Who Was Vilna Gaon? by Rabbi Ari Kahn

Elijah ben Solomon Zalman, known as the Vilna Gaon (genius) or Elijah of Vilna, or by his Hebrew acronym HaGra or Elijah Ben Solomon, was a Talmudist, halakhist, kabbalist, and the foremost leader of misnagdic Jewry of the past few centuries.

Born: 23 April 1720, Nisan 15, the first day of Passover in Sialiec (Syalets), some 300 kilometers south of a larger, more famous city that in the minds of many would forever be associated with this particular child: Vilna. This child would later be known as The Gaon (genius) of Vilna.



The Gaon descended from a long line of illustrious scholars, some of whose commentaries annotate the law's codified in the Shulchan Aruch.

The Gaon was a great Talmudic scholar, and equally described as a math loving, star gazing mystic.

Such is the esteem held for The Gaon, a museum, dedicated to his genius was established by the Lithuanian Ministry of Culture in 1989 and commemorated on the 200th anniversary of his death in 1997.

The Vilna Gaon museum (*pictured above*) focuses on the Jewish history, and culture, as well as presenting sacred, modern and traditional art and historical materials in the museum.



Jennifer Blakeley & Eleanor Wertheimer toast l'chaim to good health & happiness.



Siblings Tara & Zac Cashmore take a moment to take in the breathtaking views atop Jerusalem, on a trip to Israel with their family in January 2020 to commemorate Zac's bar mitzvah the month after in Melbourne.



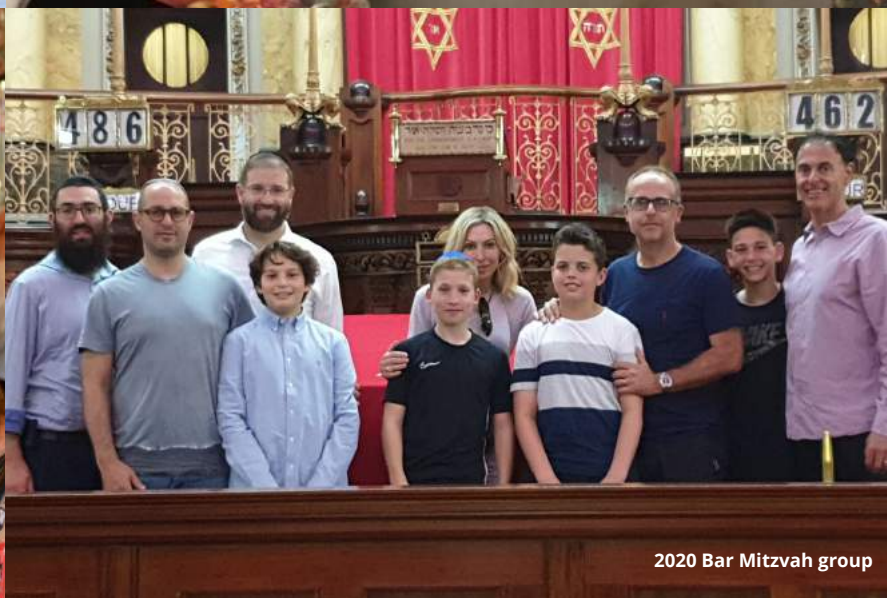
Geoff Cashmore blows out his milestone 80th birthday candles.



Armed with aprons, hairnets and gloves, our 2020 Barmitzvah group came together last month to learn about disadvantage in our community and what they are able to do about it. 210 freshly cooked and nutritious meals were packed by our group and distributed to people experiencing hardship in our community. Becoming a Barmitzvah does not only mean rights, it means responsibility too.



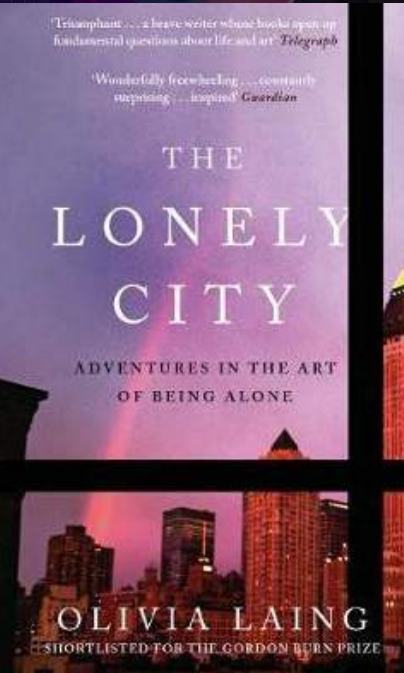
Daniel & Lauren Cashmore enjoying Geoff Cashmore's 80th simcha.



2020 Bar Mitzvah group



Visit from Ilim College, muslim girls school from Dallas, Victoria



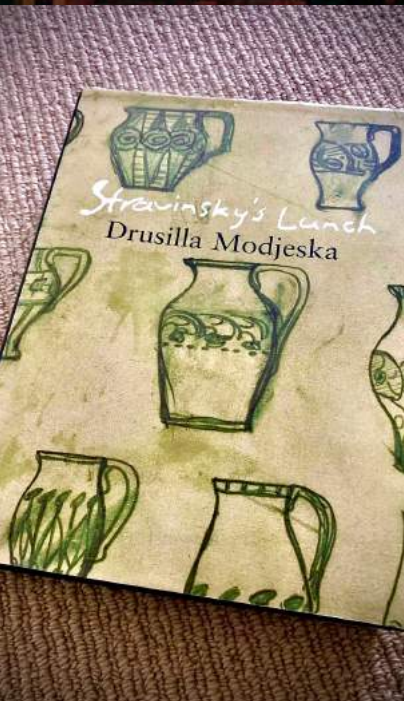
How Art Can Ease Social Distancing: The Art of Solitude by The Finkelstein Files

When my dear girlfriend moved to New York City, a failed relationship in her wake, she was hit by a bout of loneliness. The feeling struck in crowds, with friends and alone on street corners, looking in at brightly lit interiors. To cope, she took to the company of art and found that rather than an ailment, solitude can spur creativity, introspection and connection.

From Edward Hopper to Andy Warhol, she discovered loneliness behind the lives and ouevres of great artists. The art of being alone can give us unexpected warmth in the shared chill of solitude. Sometimes, beholding loneliness parsed into fine art, is companionship enough.

In our current circumstance, it is more important than ever to embrace solitude. To guide us through this, I tend to navigate to art. With the ability to articulate experience words cannot, let art grace our experience of collective isolation. Loneliness is a longstanding theme in art. This is in part due to the artist's life, spent confined to the studio. It is also however, because loneliness is inherent to human existence. From the city to the country, to the boisterous and shy, loneliness does not discriminate.

"[Art]... does have a capacity to create intimacy; it does have a way of healing wounds, and better yet of making it apparent that not all wounds need healing and not all scars are ugly." - Olivia Laing, 2019.



Stravinsky's Lunch by Drusilla Modjeska

I'm not a great re-reader - there's always too many new books to discover. However, this one seemed to call to me from the shelves of our study and is just what I needed in these strange and uncertain times when we're all asking, in our own ways, what it's all about.

The very different stories of artists Stella Bowen and Grace Cossington Smith; their individual quests and need to create, and the entanglement of this with life, is what most in the arts (and let's face it, particularly women) are struggling with right now, when the studio is home and home is the studio.

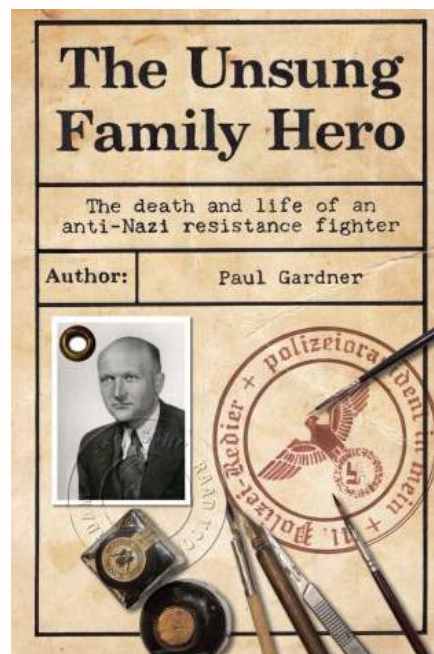
We need to try and remember that no matter how hard it is, it's worth getting.

[BUY HERE](#)

The Unsung Family Hero: The death & life of an Anti Nazi Resistance Fighter by Paul Gardner

During these challenging times, why not immerse yourself in a good book? Paul Gardner's new book about his mother's cousin Gerhard Badrian has been reviewed as: "...a gripping story of how extraordinary times converted ordinary people into heroes." - The Hon. Michael Kirby "...a powerful, absorbing story of a man of flesh and blood who was an authentic hero...a fine piece of work which is a valuable addition to the field of Holocaust literature." - Geoffrey Zygiel.

J-Wire Cost is \$39 incl postage. Contact Paul by email: pgardner@bigpond.net.au or by phone (03) 9578 4724 or 0412 275 623





"In the midst of all the turmoil that surrounds us, it's wonderful to share in a simcha! A big Mazal tov to Gabe Miller, and his entire family for celebrating his Bar Mitzvah. Gabe is the grandson of Natalie & Henry Miller and Karen & Martin Susskind. Mazel Tov to the entire family and may you all share in many more joys and simcha's to come.

As you could imagine, due to COVID-19 precautions, it was a different celebration than originally planned, but it's inspiring to see people so dedicated to their Judaism that despite the challenges involved, they find a way to make things happen." - Rabbi Lever



Celebrating Together While Apart : Gabriel Miller bar mitzvah in the era of COVID-19 *Written by Liora Miller*

My nephew, Gabe's barmitzvah was scheduled for the end of March. Invitations were sent in January. Plans were made; but a phenomenon changing the world thwarted them.

How do you celebrate a barmitzvah in the new age of Coronavirus? Firstly, un-invite almost all the guests. Cancel the venue, caterer, decorations and DJ. And then focus on what really matters: liaising with the Rabbi about bringing forward the event as soon as possible – that would be on his Hebrew birthday, on Monday 23 March. Invite only essential family (9 days ago in Australia we were still allowed to have a gathering inside although encouraged to distance from each other): grandparents, uncles, aunts and first cousins – twenty in total. Twenty of us dispersed in the vast space of the shul. We dressed in our best to pay respect to the event. And it was beautiful and unique. Gabe leyned with confidence and delivered a thoughtful dvar torah so apposite on the meaning of sacrifice.

And we are sacrificing as my nephew stated. School is being dispensed on-line. Almost everyone is working from home if they are lucky enough to still be employed. Early this week it was reported that in Australia, over 1 million people became unemployed overnight. Small businesses and big businesses are closing their doors, some of them permanently. Visits to older parents and grandparents are done from a distance or via Facetime. There are restrictions on our purchases. Dispensations are being sought from Rabbis for Pesach seder's over Zoom as families plan to conduct mini-seder's of their own.

Personal sacrifice confronted me as I looked around the shul, seeing my children in the same space as their grandparents for the first time in two weeks. Knowing it would be many weeks until they shared the same space again. The simcha was remarkable for its simplicity, for at its core it was about a boy, coming of age, surrounded by those who loved him most. And the surrounding of him, our nearness (albeit not too near) felt almost overwhelming. A few weeks ago, I would not have been burdened by this reaction. We took proximity for granted. We took so many aspects of our lives for granted: raucous Shabbat dinners, enjoying the company of others, a quiet hug. We all knew that we had shared something extraordinarily special, indeed it is likely to be the simcha most remembered of all the family simcha's.

In a few short minutes we would be forced apart, into our own spaces, not knowing when that space could be shared once more with our loved ones. Older sons and daughters allowed brief visits with their elderly parents; shopping left at the kitchen table, snippets of conversations exchanged, aware of the time spent in each other's company, & aware that it must draw to a close too soon. I want to cling to these moments, because they are fleeting moments now, breathe them in to draw upon later at home when I describe the visit to my children, the grandchildren who must keep their distance.

"Wisdom comes to us when it can no longer do any good."

So wrote Gabriel García Márquez in 1985 in *'Love in the Time of Cholera'*. Celebrating the barmitzvah in this manner was a wise choice. May we continue to make wise choices and not allow Marquez's words to be the outcome of this crisis.

About the Author

Liora Miller is a project manager at an independent school in Melbourne Australia. She is the co-founder and managing editor of jewishwomenofwords.com.au - a blog-zine for Jewish women of all ages to write, reach out and connect.

Above: Gabe Miller celebrates his bar mitzvah @M.H.C, March 2020

Middle: Martin Susskind, Gabe & Quentin Miller.

Below: Hannah, Quentin, Gabriel, Amanda & Zach Miller.

The Miracle of the Red Sea in our Lives:

Words by Rabbi Benjamin Blech

בע"ה

How God lets us know that the events of our lives are not haphazard coincidence.

It is one of the most dramatic stories in the entire Torah. It is the conclusion of the Exodus story and the reason why Passover is celebrated not just on the day our ancestors left Egypt on the 15th of Nisan but also a week later coinciding with the miraculous event at the Red Sea.

We do not need Cecil B DeMille's recreation of the scene in his classic film, The Ten Commandments to be awed by the incredible display of divine intervention and justice. The Egyptians, having been frightened by the deaths of their firstborn into granting the Hebrews freedom, changed their minds when they heard that one idol remained near the Red Sea – an idol preserved by God precisely in order to give the Egyptians a false sense of hope and to pursue the slaves they regretted freeing. It was God's plan to have the Egyptians catch up to the Hebrews.

Escape seemed impossible. It was then that a seminal moment in Jewish history took place – a moment responsible for our miraculous survival even as it brought to an end the lives of our oppressors. The sea split for our ancestors and they crossed it on dry land. No sooner did the pursuing Egyptians follow with their horses and chariots than the waters suddenly returned to their torrential strength and drowned them.

The story is far more than simply a tale of national salvation. There is an aspect to it that our sages recognized which makes it relevant in our own lives. The way the Egyptians died reveals a system of God's justice remarkable not only for its fairness but also clearly alerting us to divine intervention.

God could have punished the Egyptians in many different ways. But He specifically drowned the Egyptians – because of all their brutalities the most inhumane was their previous drowning of Hebrew babies.



Measure for measure, those who drowned others had to themselves be drowned. That is one of the most important messages of the splitting of the sea. In Hebrew it is referred to as midah k'neged midah – our actions are repaid in similar manner. That is how God lets us know that the events of our lives are not haphazard coincidence. What we do unto others comes back to us, either as punishment or repayment.

The Passover story itself has yet another illustration of this principle, this time for good. According to the Talmud it demonstrates how the concept of measure for measure is biblically applied for reward even as it serves for ideal retribution.

Miriam, sister of Moses, deserves special recognition for the role she played in saving the life of her brother. Miriam couldn't leave the banks of the Nile after her mother left her brother floating in a basket. She did not know what she could possibly do. She only knew she could not leave. She had to wait – perhaps there would be some way she would be able to be of help. That is what made possible her remarkable meeting with the daughter of Pharaoh, her advice to have the baby nursed by a Hebrew midwife, and the subsequent story of Moses being saved and then raised in the palace.

It was not until many years later that there was a measure for measure sequel. Miriam was smitten with leprosy during the journey of the Jews in the desert. Instead of moving on, the entire camp of Israel waited until Miriam again became ritually pure. God himself, the Divine presence, the ark of the covenant, the priests, the Levites, the Israelites, and the seven clouds of glory all waited for Miriam—a rather impressive waiting list. Why? As fitting reward for the time that Miriam waited. And while that good deed took no more than an hour, repayment lasted for seven days because measure for measure for good rather than as punishment always exceeds in great measure the action warranting compensation.

History has many messages. The past has much to teach us. But what Judaism is most anxious for us to be sensitive to is the profound recognition that in due time the Hamans who plot to hang Mordechai are themselves hung on those very gallows. The Egyptians didn't just die; they drowned, in order for us not to miss the link between crime and punishment.

The measure for measure concept is all relevant in our own lives as well. I have witnessed many times how “what goes around comes around.” I have seen divine payback – not just cruelty being punished with cruelty but with the same “packaging,” with similarities so eerily similar they couldn't possibly be coincidence. I have observed acts of kindness and goodness finding reward after time in ways that clearly reference them.

Is it possible that upon reflection you too might find a sequel to the story of the Red Sea in your own life as well?

From One Generation to the Next

Words by Andy Cashmore, Alana Rosenbaum & Vicki Finkelstein

Over four generations, one Melbourne family has had its fair share of Bar Mitzvahs. Vicki Finkelstein shares some family memories of the men of the Cashmore clan spanning four generations. The year is 2004 - the Cashmore men are assembled at the dining-room table to discuss their Bar Mitzvahs, and it's the most senior of them, John Cashmore (1915-2012), who initially dominates the forum. The four generations sit in chronological order, John at one end, followed by his oldest son Geoffrey (b.1938), his oldest grandson Michael (b.1964) and his oldest great-grandson Andrew (b.1991), who had just recently celebrated his own Barmitzvah.

In a largely immigrant Jewish community, post-Holocaust, it was indeed a rare occurrence to have four generations standing on the same bimah, let alone four men who share the same name, and were born in the same country. "It was really something for us all to be up there together," recalled John.

Flashback close to a century ago, the year is 1928 and 13-year-old John Cashmore leaves his own bar mitzvah party for a spin on his brand new bicycle. The problem is it's Shabbat, and the Orthodox rabbi who had introduced him into manhood just hours earlier catches a glimpse of his young charge violating the Sabbath while careening through the streets of Caulfield. "He looked at me and said, 'That's a very nice bicycle John' - he was very diplomatic that one." John remembers his bar mitzvah in intimate detail - right down to the knickerbockers he used to wear to rehearsals and the cricket matches with his religion coach behind Melbourne Hebrew Congregation in Bourke St. The reverend won every game. We're not exactly sure why, or how he did... he was a great old stick. "To celebrate my bar mitzvah, we had 30 people at home for afternoon tea. I couldn't find a single photo of it."

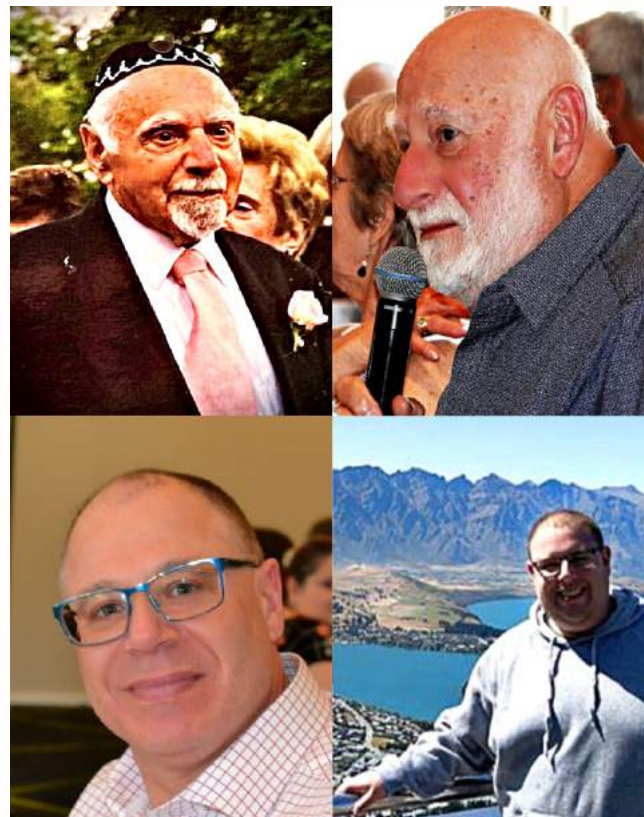
The discussion then turns to the eccentric Geoffrey, who reflects on his own Barmitzvah at the Melbourne Hebrew Congregation in 1951. With a whisky tumbler in one hand and the stub of a cigar in the other, Geoff holds court. "The bar mitzvah was part of growing up. Over the years you knew it was something you were heading towards. "The teacher who helped me prepare my bar mitzvah was very strict. If you came unprepared you were told to get your act together and that a little bit more practice was needed thank you very much." "After my bar mitzvah, we had a lovely afternoon tea at the communal hall upstairs at Melbourne Hebrew Congregation. The years have seen great change. Boys these days seem to have a lot more learning to do. In our day it was more or less the parashah (Torah portion) and a couple of prayers and that was virtually the extent. But now they seem to take over a fair amount of the actual service."

At an opportune moment, the third generation, Michael, shares his memories. His Barmitzvah was in 1977 at the Melbourne Hebrew Congregation. "My bar mitzvah was advertised madly in the Jewish News and the Melbourne Hebrew Congregation newsletter because I was a seventh-generation direct descendant of its founder. The shul was packed because of the event's historical significance and I was overwhelmed. "It didn't make it any easier as my voice was also breaking, I was overcome by emotion and I was height-challenged and had to stand on a box on the bimah - and I was unprepared. Six weeks before my bar mitzvah I had to learn a new portion. It was a simple mistake, my bar mitzvah fell on a Rosh Chodesh (new month) and no-one had realised when they first looked at the date. It was a big day and I'm glad I got through it."

Growing restless and impatient, it is finally time for the great-grandson to share his recent day and the significance. Breaking with tradition, Andrew Cashmore had his Barmitzvah at Temple Beth Israel in front of a packed congregation of over 300 people. "When I started my bar mitzvah learning, I only knew a few letters of the aleph-bet. I had to learn it from scratch, and in Year 7 I started at a new school (The King David School). Before my barmitzvah, I found the study annoying and frustrating and at several points, I wanted to quit. But I continued, and basically found it more enjoyable as the weeks passed by. To me, it meant fulfilling history's work and taking part in a tradition of the Jewish people. I had a reception at Riva in St.Kilda. I think the highlight of the day was my dad's speech - he gave me some tips for life and mentioned some things he would never want to hear me say, like 'I'm calling from the police station.' He also gave me advice on my responsibilities as a Jew."



Above from left: Michael, Andrew, Geoff and John Cashmore at Andrew's bar mitzvah, May 2004.



Above clockwise from top left: John, 1991, Geoff, 2018, Michael, 2018 and Andrew Cashmore, 2020.



Right: Michael Cashmore, pictured in 1850; his long-serving term as M.H.C's President established a legacy of association for generations of Cashmore's to come..



Lauren & Hannah Cashmore



Ari & Samuel Cashmore



Pat Cashmore at husband
Geoff's 80th birthday celebration



Emily, Zac &
Tara Cashmore



Simon Joseph & Rachel Cashmore



Freda & Harold Cashmore

The 5 Most Important Things to Know About Passover

by Rabbi Benjamin Blech

Our greatest contributions to the world summarized in five words: memory, optimism, faith, family, and responsibility.

Scholars have long wondered why Jews who number less than one quarter of one percent of the world – as Milton Himmelfarb memorably put it, "The total population of the Jewish people is less than a statistical error in the annual birth rate of the Chinese people" – have had such a profound influence on almost every field of human endeavor.

What accounts for the remarkable fact that in the 20th century, Jews, more than any other minority, have been recipients of the Nobel Prize, with almost one-fifth of all Nobel laureates being Jewish?

Perhaps it all goes back to the very beginning of the birth of our people and the Passover holiday that we will shortly be celebrating. Passover conveys five major concepts that became our mantras for how to lead successful and productive lives.

They are the five most important things to know about Passover, and to incorporate into every day of the rest of the year. Because we've absorbed them into our national psyche for the thousands of years since the Exodus, we've been privileged to fulfill in great measure our prophetically mandated role to become a light unto the nations.



"They are our greatest contributions to the world and can be summarized in five words: memory, optimism, faith, family, and responsibility"

- Rabbi Benjamin Blech

The Importance of Memory

The Irish Catholic writer Thomas Cahill was so overwhelmed by how the Jewish people literally transformed the world that he authored what proved to become an international bestseller, *The Gifts of the Jews*. One of the major gifts he credits to Jewish genius is the invention of the idea of history.

"Remember that you were strangers in the land of Egypt." "Remember that the Lord took you out of the bondage of slavery." Remember is a biblical mandate that had never seemed important to anyone else before the Jewish people came on the scene. It was the Passover story that initiated a commitment to memory.

Henry Ford was famous for his belief that "history is bunk." The Ford motor company is also famous for producing the Edsel. And both were probably equally stupid blunders. History is the only way we can learn from the past. History allows us to grow by standing on the shoulders of giants. Make a mistake once, and you're human. Never learn from what happened before, and you're brainless. That's why it's so important to heed the famous words of George Santayana that "Those who do not learn from the past are condemned to repeat it."

Memory links our past to our future. It turns history into destiny. We know how horrible it can be to live without a personal memory of events that preceded. For an individual we have a name for it that fills us with terror: Alzheimer's. It is a disease we fear perhaps even more than death because it leaves us living corpses. Strangely enough, we don't have a similar word for the condition that describes ignorance of our collective past. Knowing what came before is almost as important in an historic sense as it is in a personal one. Only by being aware of our past as a people can our lives become filled with purpose and meaning.

***Memory links our past to our future.
It turns history into destiny.
Learning to treasure it was the first step
in our climb up the ladder of greatness.***

- Rabbi Benjamin Blech

The Importance of Optimism

To study the Passover story in depth is to recognize that the most difficult task Moses had to perform was not to get the Jews out of Egypt, but to get Egypt out of the Jews. They had become so habituated to their status as slaves, they lost all hope that they could ever improve their lot.

Without hope they would have been lost. The true miracle of Passover and its relevance for the ages is the message that with God's help, no difficulty is insurmountable. A tyrant like Pharaoh could be overthrown. A nation as powerful as Egypt could be defeated. Slaves could become free men. The oppressed could break the shackles of their captivity. Anything is possible, if only we dare to dream the impossible dream.

In the story of *America's Great Seal*, a particularly relevant chapter is the imagery suggested by Benjamin Franklin in August 1776. He chose the dramatic scene described in Exodus, where people confronted a tyrant in order to gain their freedom.



The 5 Most Important Things to Know About Passover

by Rabbi Benjamin Blech

"Pharaoh sitting in an open Chariot, a Crown on his head and a Sword in his hand, passing through the divided Waters of the Red Sea in Pursuit of the Israelites: Rays from a Pillar of Fire in the Cloud, expressive of the Divine Presence and Command, beaming on Moses who stands on the shore and extending his hand over the Sea causes it to overwhelm Pharaoh."

The motto he suggested, words based on the Passover story, inspired George Washington and the founding fathers of the American colonies to rebel against their British oppressors: "Rebellion to Tyrants is Obedience to God."

It was the biblical record of the Exodus that enabled the spirit of optimism to prevail for the followers of Martin Luther King in their quest for equal rights, because they were stirred by the vision of Moses leading his people to the Promised Land. It was the hope engendered by recalling how God redeemed our ancestors that allowed even Jews incarcerated in Auschwitz to furtively celebrate the Festival of Freedom and believe in the possibility of their own liberation.

That optimistic spirit, based on our own miraculous history, is the second great gift we have given to mankind and defines our identity.

The Importance of Faith

A pessimist, it's been said, is someone who has no invisible means of support. Jewish optimism is rooted in a contrary notion, a firmly held belief that we are blessed with support from above by a caring God. And that faith in a personal God gives us faith in ourselves, in our future and in our ability to help change the world

The G-d of Sinai didn't say "I am the Lord your God who created the heavens and the earth." Instead, he announced, "I am the Lord your God who took you out of the land of Egypt, the house of bondage." The God of creation could theoretically have forsaken the world once he completed his task. The God of the Exodus made clear He is constantly involved in our history and has a commitment to our survival.

The Passover story conveys that history is not happenstance. It follows a Divine master plan.

Thomas Cahill credits the Jews not only for monotheism but for this additional groundbreaking idea of a Divine being with Whom we share a personal relationship. This, he points out, is key to Western civilization's concept of personal accountability, conscience and culpability for ourselves and the rest of the world.

The Passover story conveys that history is not happenstance. It follows a Divine master plan. It has a predestined order. "Order" in Hebrew is "Seder" – and that is why the major ritual of Passover is identified by that name. Coincidence is not a Jewish concept. Coincidence is just God's way of choosing to remain anonymous. Faith gives us the certainty that whatever our present-day problems, history moves in the direction of the final messianic redemption. That is what has always motivated us to believe in progress and to participate in tikkun olam, efforts to improve the world.

The Importance of Family

Passover taught us yet another major truth: the way to perfect the world is to begin with our own families. God built his nation by commanding not a collective gathering of hundreds of thousands in a public square but by asking Jews to turn their homes into places of family worship at a Seder devoted primarily to answering the questions of children.

It seems all too obvious. Children are our future. They are the ones who most require our attention. The home is where we first form our identities and discover our values. More even than the synagogue, it is in our homes that we sow the seeds of the future and ensure our continuity. No wonder then that commentators point out the very first letter of the Torah is a bet, the letter whose meaning is house. All of the Torah follows only after we understand the primacy of family.

The world may mock Jewish parents for their over-protectiveness and their child-centered way of life, but they are the ones chiefly responsible for the extraordinary achievements of their progeny.

At the Seder table, the children are encouraged to be the stars and their questions are treated with respect. And that is the first step to developing Jewish genius.



THE PASSOVER SEDER

CHEAT
SHEET

בע"ה

1 KADEISH * קַדֵּשׁ

We begin the Seder with Kiddush recited over a full cup of wine, just as we do at the beginning of Shabbos and festivals. We drink wine while reclining, to highlight our status as free people, part of a royal nation.

Throughout the Seder, we drink 4 cups of wine which correspond to the 4 stages of our redemption from Egypt. Our national redemption from Egypt was a gradual process; so too, our personal redemptions from our own struggles and limitations must come in stages. You usually can't stop a bad habit cold turkey; you need to make a plan to change gradually, and in a sustainable and healthy way.



DRINK THE 1ST CUP OF WINE FOR KIDDUSH



2 UR'CHATZ * וּרְחָץ

Wash your hands without reciting any blessing.

According to Jewish law, we are required to wash our hands (without a blessing) before touching any vegetable that was dipped in water. We therefore wash our hands now before touching the Karpas that will be dipped in salt water.



3 KARPAS * כַּרְפָּס

Eat a vegetable (e.g. potato, radish, celery, cucumber) dipped in salt water.

The salt water reminds us of the salty tears the Jews shed in Egypt from their backbreaking labor. The word "Karpas" is also reminiscent of Joseph's special "Kesones Passim" (tunic made of fine wool) which was dipped in blood, as Karpas is dipped in salt water. Joseph's brothers' jealousy of this special tunic was what instigated the Jewish people's journey down to Egypt in the first place.



DON'T EAT MORE THAN A K'ZAYIS OF KARPAS*



WHEN YOU SAY "HA'ADAMAH" HAVE IN MIND THE MARROR (BITTER HERBS)

* We eat less than a k'zayis (olive-sized) piece of the Karpas vegetable, to avoid the need to say an after-blessing (Borei Nefashos). We do not want to say an after-blessing on the Karpas because we want its initial blessing (Ha'adamah) to also cover the Marror (bitter herbs). We don't want to make a new blessing on the Marror because it is a halachic dispute whether or not Marror requires a blessing; Marror is so bitter that it might not be considered an edible food, and therefore might not require its own blessing.

4 YACHATZ * יַחַץ

Break the middle Matzah from the 3 Matzos on the Seder plate. Leave the smaller piece, and hide the larger piece for the Afikoman which will be eaten later.

Breaking the Matzah symbolizes the broken spirit and bodies of the Jews in Egypt. It also symbolizes the fact that we sometimes need to break parts of ourselves (such as bad habits or negative thinking patterns) in order to rebuild ourselves into someone bigger and better.



5 MAGGID * מַגִּיד

In this lengthy part of the Seder, we tell over the story of our exile and redemption from Egypt. The Sages encourage us to flesh out the story of the Exodus and make it very real and alive for ourselves and for our families. We focus not only on our redemption from Egypt long ago, but also on our future redemption which we hope and pray will come very soon. Throughout all the generations, God has stood by us to protect us from our enemies, and that is how the Jewish nation continues to survive today.

The Haggadah opens with the Four Questions and includes many more curious stories and facts. We encourage all questions at the Seder, because questioning is the best way to learn.



DRINK THE 2ND CUP OF WINE AFTER MAGGID



6 RACHTZAH * רְחִיצָה

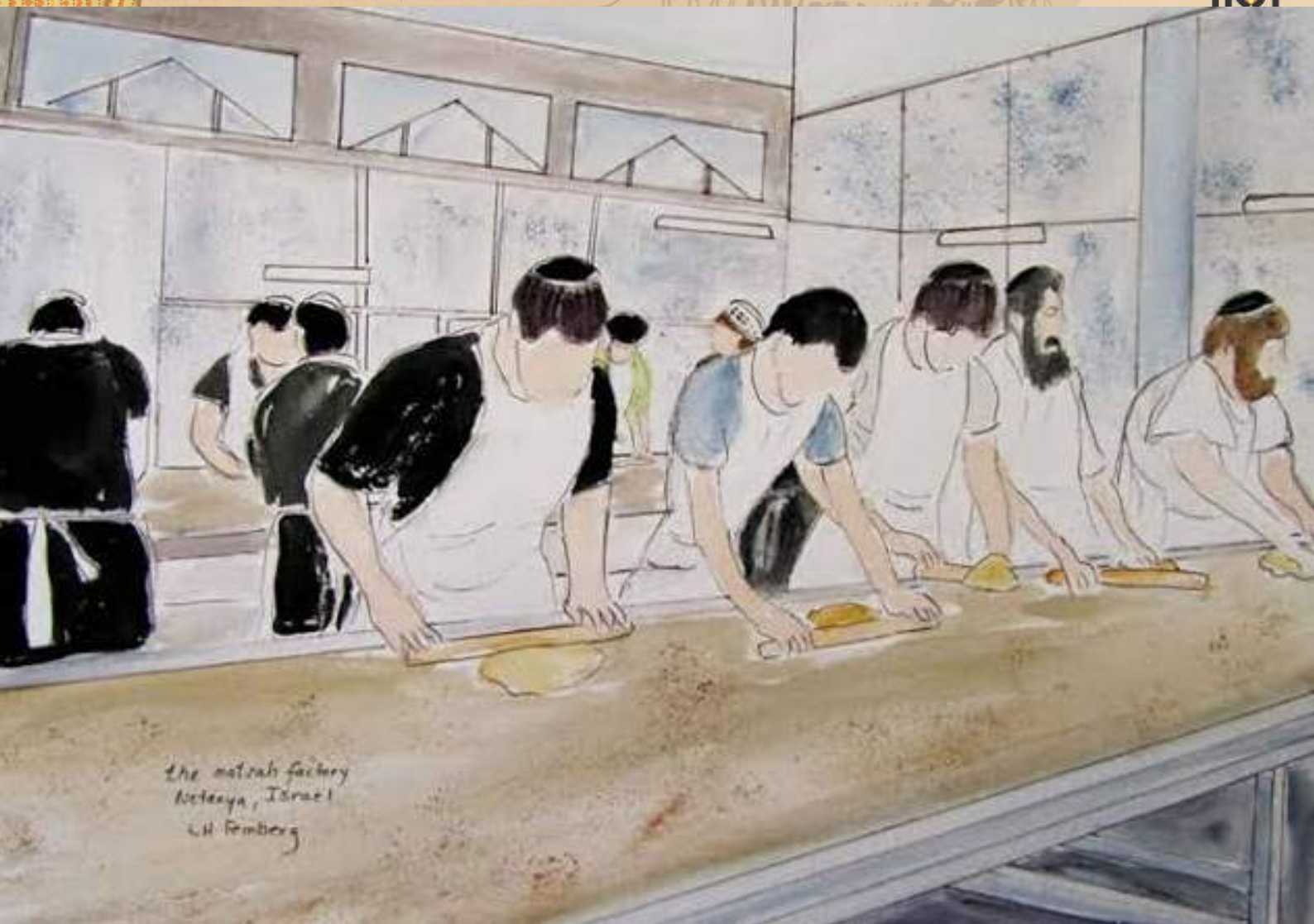
Wash your hands in preparation for eating the Matzah. Recite the blessing "Al Netilas Yodayim" as you would any time before eating bread or Matzah.



7 MOTZI * מוֹצִיא

Recite the blessing "Hamotzi" over the Matzah. In this blessing we thank God for the food we are about to eat, and recognize that He is the Source of our sustenance.

המוציא לחם
מן הארץ



the matzah factory
Netanya, Israel
L.H. Feinberg

NCSU

Passover & Jewish Destiny

by Rabbi Benjamin Blech

It's been noted that more Jews observe the Passover Seder than any other Jewish ritual. It is a powerful affirmation of our collective kinship in a historic moment that allowed for the birth of our people. With Divine aid, we went from slavery to freedom. The Seder permits us to remember and to give thanks. It is our opportunity to reflect upon the miracles of our past. It is our tribute to history.

But the very first Seder of our people makes clear that this is not its major message. Remarkably enough, the Jews in Egypt were commanded to celebrate the Seder on the very night before their departure and deliverance. They were not yet free. Nevertheless they ate the matzah and the bitter herbs and they fulfilled the required rituals. Clearly they were not celebrating an event which had already occurred but rather demonstrating their faith in the inevitability of a Divine promise they were anticipating.

The Passover Seder began with an emphasis on destiny, not history. The first Seder took place not after the Exodus but before it. It was a Seder not of gratitude for what was but of hope for redemption yet to come. The Passover Seder began with an emphasis on destiny, not history; on the future, not the past. And that is what makes Passover so relevant from generation to generation.

Even as we retell the story of old to our children we make clear that its purpose is meant to resonate with us as a harbinger of hope. "In every generation they rise up against us to destroy us but the holy one blessed be he saves us from their hands" – just as the Almighty did then against our ancient Egyptian oppressors. It is the only certainty of history. God always comes to our aid. He may be depended upon, unlike any other temporary political alliances or allegiances. History has a preordained plan – an order, or as it is expressed in Hebrew by the word Seder.

The Seder of history has a preordained conclusion. The story of our redemption from Egypt is but a prequel to the final redemption of messianic fulfillment. So certain are we of this for the future that we ask our children, those who will surely be the beneficiaries of this Divine promise, to open the door for Elijah at every Seder to welcome the prophet whose assigned task is to announce the coming of Messiah.

And by eating matzah at the Seder we make a stunning declaration about the way in which we see this come to pass. It is counterintuitive. It goes against the common proverbial assumption that "history doesn't change overnight." But it is the method of historic change utilized by God himself – and incorporated by way of symbol into the Passover holiday. Redemption, as illustrated by the matzah, came speedily and unexpectedly. They did not even have time to let their bread rise. Suddenly, in the blink of an eye, Israelite slaves were free.

Our ancestors were told that at the very first Seder, before they left Egypt, to sit "with their loins girded, with shoes on their feet, with traveling sticks in their hands" ready to begin their journey. Only faith that God would fulfill his promise made it possible for them not only to believe, after 210 years of bitter oppression, their salvation was near but that its implementation was but a matter of moments away. Matzah demonstrates the speed of Divine intervention.

Human progress may take centuries. The matzah demonstrates the speed of Divine intervention. Indeed, the rabbis long ago told us to be attuned in particular to dramatic historic changes that came about in unprecedented and seemingly incomprehensible speed. The haste of events is one of God's chosen ways to indicate his direct and personal involvement.



Matzah symbolises hope, especially this year.

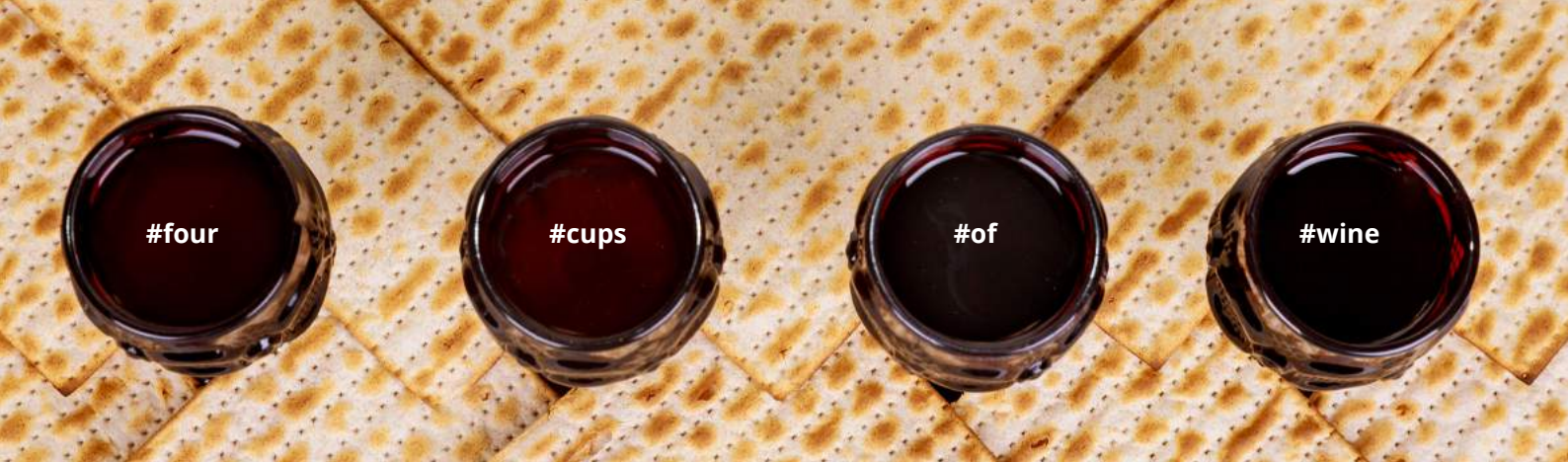




Image courtesy of Angela Gallo



BEING PREGNANT AND GIVING BIRTH: DURING COVID-19

"Pregnancy can be a time of anxiety for many people at the best of times. These are not normal times. Globally, we are facing challenges that we've never had to face before. It is a scary time for all of us.

That being said, if you are pregnant and reading this, I want you to know ONE very important thing: you are not alone.

I know that you are probably feeling very overwhelmed right now. There is a lot of confusion out there and not a lot of answers. I want to reassure you that support is available for you and your partner. I can provide you with comprehensive, evidence-based childbirth education (live online – group and private sessions are available) and I will be ensuring that the class includes the most up-to-date information about the coronavirus and its impact on pregnancy, birth and your baby.

Lamaze Childbirth Classes – new live online format!

If you are feeling overwhelmed, please reach out to me. I am here to listen and to provide support. Remember – you are NOT alone. Lamaze Childbirth Classes – new live online format. My #1 priority is the health and well-being of all my clients and their babies.

My #1 priority is the health and wellbeing of all my clients & their babies.

Classes will be run over two LIVE Zoom sessions of 4 hours each, with a break in the middle. I will also record the sessions so that clients can watch them back in their own time to review the material.

All my resources and additional handouts are already in an online format, so clients will have access to all of that additional information as well.

In addition, I will be posting you a special little gift for bub in the mail! As a small business owner myself, I fully understand that these are financially tough times for many of us, and therefore, I have decided to reduce the cost of my classes by 20% in order to make them accessible to as many people as possible.

Wishing you a safe, healthy and empowered birth!

Birth Doula Support

If at all possible, I will support you at home in early labour, until you feel ready to go to hospital. I will provide labour support if you are having a home birth (with a qualified midwife) and pending hospital approval, I will continue to support you in hospital throughout your labour.

In circumstances where I am unable to provide in-person support, I will be available via phone, text, FaceTime, WhatsApp or Zoom in order to provide you and your partner with virtual support.

Going home with a tiny new baby can be overwhelming and that's why we devote a significant part of our course to newborn care and early parenting.

'Our Lamaze classes are a family affair! So proud of my gorgeous kiddos who agreed to help out their crazy mum to make this video!'
- Tanya xx

[WATCH here](#)



WHAT MOTIVATES YOU:

The families I work with. Being a part of someone's life as they are preparing for the birth of their child is absolutely momentous and something I feel deeply honoured and called to do.

HOW DO YOU 'PAY IT FORWARD' IN YOUR CAREER:

I passionately believe that no woman should be denied quality childbirth education or birth support because she can't afford it. I joined Birth for Humankind as a volunteer doula several years ago and provide free doula support to women in need whenever I can.

As we develop Lamaze Australia, it is an organisational imperative that we develop scholarship programs that will enable women from underserved communities, including Aboriginal and Torres Strait Islander women to access scholarships in order to train and certify as Lamaze childbirth educators. That way, culturally and linguistically diverse educators will be able to positively impact Australian families who currently have little or no access to antenatal education.

WHEN YOU WERE LITTLE, WHAT DID YOU WANT TO BE WHEN YOU GREW UP:

Ironically, in a school yearbook from Grade 1, there is a quote from me that says; "when I grow up, I want to be a very rich lady." Yeah - well that hasn't happened, ha ha! I was crazy about the arts and theatre pretty much all through my school years and I did go on to work professionally in the performing arts for almost 12 years. I would never have guessed that I would end up ditching my passion for the arts and instead become a birth worker!

WHAT IS YOUR DEFINITION OF PROFESSIONAL SUCCESS:

I've never been motivated by fame, fortune or the accumulation of wealth/material goods. So for me, none of these things are how I would measure success. I also believe that we should not let others define our success. To me, professional success is when you have been able to grow a business or an organisation while being consistently true to your vision and goals. Personal integrity and honesty are huge values for me and I prioritise these above all else.

WHO OR WHAT INSPIRES YOU:

Birthgiving women inspire me. I never tire of witnessing the immense power and strength of women as they are birthgiving their children. It's truly awe-inspiring.

WHAT DO YOU DO FOR SELF-CARE:

Doula work can often be really intense work. I am on call 24/7 for clients until they go into labour and then I am often working for long hours at a birth. If a labour becomes complicated, it can also be very intense emotionally. I cannot show any visible anxiety or stress to my client and so I have to internalise it until I go home. Self-care is not an optional extra for doulas, it is essential for our mental health and well being. Burnout is a real issue in our profession, with the majority of doulas bowing out of the profession within three years. To maintain my sanity, I debrief with doula colleagues regularly. I treat myself to massages, regular manicures & pedicures and several times a year I spend a day at the Peninsula Hot Springs for a total "me" day.

WHAT PODCAST(S) ARE YOU LISTENING TO?

I am a total podcast junkie! Some of my recent (and long time) favourites include; *The Teacher's Pet*, *The Drop Out*, *This American Life*, *The Longest Shortest Time*, *TED Talks Daily*, *Eyes on Gilead*, *The Scummy Mummies*, *Who the Hell is Hamish*, *Root of Evil: The True Story of the Black Dahlia*, *Serial*, *Chernobyl*

WHAT ARE THE 3 WORDS YOUR COLLEAGUES WOULD USE TO DESCRIBE YOU:

Motivated, Compassionate, Honest



Tanya Strusberg

**CURRENT ROLE:**

Founder, birthwell birthright and Co-Founder of Lamaze Australia

A LITTLE ABOUT ME:

I am the founder of birthwell birthright and the co-founder of Lamaze Australia. I am a Lamaze Certified Childbirth Educator (LCCE) and birth doula and in 2015, I was inducted by Lamaze International as a Fellow of the Academy of Certified Childbirth Educators (FACCE).

In 2016, the birthwell birthright Lamaze Childbirth Educator training program was launched. To date, over 90 people from across Australia, and internationally have participated in one of our training programs. It is incredibly exciting to see Lamaze develop here in Australia, with home-grown passionate educators, teaching the gold-standard of childbirth education.

In October 2017, I was honoured to be inducted to the Lamaze International Board of Directors – the first non-North American to serve the board in the organisation's 60-plus year history. I am now in the process of establishing Lamaze Australia, a not-for-profit charity organisation dedicated to promoting a natural, healthy and safe approach to pregnancy, childbirth and early parenting.

In my spare time, I volunteer with Birth for Humankind as a doula, providing free birth support for women in need including young mums, refugees and asylum seekers.

I am also the proud mum of two children; my son Liev and my daughter Amalia.

HOW HAS YOUR JEWISHNESS IMPACTED YOUR CAREER:

Although I am not particularly observant, I have always felt Jewish in my soul. I am sure that my sense of Jewishness and Jewish values have played a significant part in how I work and run my business. I had my children in Israel and trained to become a Lamaze childbirth educator there too, so Israel, Judaism and my career as a childbirth educator and doula are oddly intertwined! I also work out of a Jewish co-working space which I just love. I'm really in my comfort zone being around "my people". I am so inspired by my fellow co-workers and being in that space really motivates me.

WHAT IS YOUR GREATEST PROFESSIONAL ACHIEVEMENT?

A couple of things have been incredibly meaningful for me. Launching the first Lamaze childbirth educator training program in Australia, which subsequently led to the development of Lamaze Australia, the first international affiliate of Lamaze International, which I co-founded with my colleague Leslie Arnott. Also, joining the Board of Directors of Lamaze International, the world's oldest and most respected childbirth education organisation. Based in Washington D.C., I was the first non-North-American to join the board of directors in their 60-year history. I am currently serving as Secretary-Treasurer.

WHAT WAS YOUR BIGGEST MISTAKE AT WORK AND WHAT DID YOU LEARN FROM IT?

As a sole business owner, you get used to wearing multiple hats (actually, all the hats!) but it's important to admit that you're probably not equally good at everything! Accounting is not my forte, and as my business started to grow, I realised that I simply couldn't manage that aspect of my business effectively if I continued to do my own financials. I finally enlisted the support of a bookkeeping service and a great new accountant who was much more attuned to my business and it was one of the best decisions I have made.

WHAT ARE YOUR THOUGHTS ON FAILURE:

I try not to see things in binary terms such as "success" and "failure" and instead, I like to view my professional life as much more of a continuum that has ups and downs and bumps along the way! None of us ever get it right 100% of the time and I honestly believe that it's our biggest screw-ups that teach us the most and help us to do better in the future.

WHAT WAS THE LAST EXPERIENCE THAT MADE YOU A STRONGER PERSON:

About a year ago, I was asked by a client to be her doula for the stillbirth of her son. It was, without doubt, the single most challenging experience of my life. It was heart-wrenching and really haunted me for a long time. The family also asked me to be the celebrant at their son's memorial service, which in some ways was even more challenging than the birth, as I was painfully aware of the need to keep it together in front of their family and closest friends. That experience not only made me a stronger person, it made me a better doula and childbirth educator. It also made me acutely aware of that invisible, and sometimes very fragile line that connects life and death.

"Giving birth should be your greatest achievement not your greatest fear." ~ Jane Weideman

Giving birth is a not-to-be-missed experience. Savour your pregnancy, look forward to meeting your baby and trust that your body will do exactly what it was designed so well to do. Like countless generations of women before you, you can give birth with confidence, joy and deep satisfaction.

Melbourne women and their partners can now benefit from the world's most established and respected, evidence-based childbirth education program.

Founder of birthwell birthright and co-founder of Lamaze Australia, Tanya Strusberg is also a member of Lamaze International's Board of Directors (and the first non-North American to serve the board in Lamaze's 60-plus year history).

As Australia's leading and most experienced Lamaze Certified Childbirth Educator, Tanya is also the director of Lamaze Educator training in Australia and to date, has trained over 100 Lamaze childbirth educators across Australia.



Reaching out to pregnant women who may need support now: [CLICK here](#)

Tanya is also a DONA International trained birth doula and offers doula support. We passionately believe that all pregnant women and their partners should be able to access the highest quality of independent childbirth education, giving them the information, tools and skills needed to help them give birth with confidence.

Going home with a tiny new baby can be overwhelming and that's why we devote a significant part of our course to newborn care and early parenting.

Connect with Tanya:

Email: tanya@birthwellbirthright.com

Phone: 0422 067 985

Website: www.birthwellbirthright.com

<https://www.facebook.com/birthwellbirthright/>

<https://www.instagram.com/birthwellbirthright>

<https://www.linkedin.com/in/tanyastrusberg/>

Tanya Strusberg LCCE, FACCE

Director, birthwell birthright

Lamaze International Board of Directors

Co-founder Lamaze Australia

Lamaze Certified Childbirth Educator & Program Director

CAPEA - accredited Trainer & Birth Doula

Founder of Melbourne Birth Professionals



Tanya taking time out enjoying nature in Black Rock



Right: Tanya is a proud mum to Amalia, 9 & Liev, 10 Brighton, Melbourne

Joan Nathan's ^{בע"ה} Matzo Balls

Joan Nathan, the Jewish cooking maven, shares her matzo ball recipe with Melissa Clark.

Credit: Craig Lee for *The New York Times*

Joan Nathan's Matzo Ball Soup

SERVES: About 15 matzo balls

TIME: 1 hour 15 minutes, plus 3 hours' or overnight refrigeration

For children (and arguably most adults), the most welcome Passover dish is chicken soup with matzo balls.

My matzo balls, neither heavy as lead nor light as a feather, are al dente, infused with fresh ginger and nutmeg.

I like to freeze them, and the soup, in advance....[CLICK HERE](#)



[#matzo brei pancakes](#)



[#almond semolina tea 'cake'](#)



[#matzo_brei_benedict](#)

HOW TO MAKE POACHED EGGS AND VOOSHT.

SERVE: 4

TOTAL TIME: 10 MIN

INGREDIENTS

8 x large 600gram eggs

A shtickel of margarine

250grams of Hungarian kosher salami

1/2 cup of non-dairy milk

Salt & pepper to taste

DIRECTIONS

Crack your egg into a bowl or onto a saucer....

Bring a pan of water filled at least 5cm deep to a simmer.

Place the voosht on the base of the frypan.

Whisk the eggs with your milk substitute or tip the egg into the pan if you prefer your eggs poached.

Cook for 2 minutes then turn off the heat.

Lift the eggs out with a slotted spoon and drain on kitchen towelling paper. Get your voosht and your egg and place them on a plate. If you would like some extra flavour, add some herbs or seasoning such as pepper or salt).



Mit a giten appetite!

Recipe given by: Sasha Feldman, aged, 10.



#roasted red peppers



#flourless honey cake



#smoked salmon & Avocado passover salad



BRAISED SHORT RIBS WITH TOMATOES AND MUSHROOMS

Make this in the crockpot or on the stove top, it's super simple, make-ahead friendly and full of flavor. I actually make it all year round. For the crock pot method, just place everything in the crock-pot and cook on high for 7 - 8 hours. Skim off the fat before serving. I do miss the browning of the meat and all the flavor that adds but you cannot beat the ease of making it in the crock-pot. Feel free to add carrots or parsnips to this too.

Ingredients

- ¼ cup extra-virgin olive oil
- 1 onion, chopped
- 2 tablespoons fresh chopped garlic
- 5 lbs. bone-in short ribs (silver tip roast or french roast)
- 1 lb button mushrooms, sliced thick
- 1 x can diced tomatoes, with juice
- 1 cup red wine
- 1 cup beef broth
- ½ teaspoon dried thyme
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Garnish: fresh parsley, optional

Method

Heat oil in a large stockpot over medium-high heat. Add onion and garlic and cook until softened, about 4 minutes. Add meat and brown on both sides, about 6 minutes total.

Remove meat.

Add mushrooms, tomatoes with juice, wine, broth, thyme, salt, pepper & stir, scraping up browned bits from bottom of the pan.

Bring to boil and add meat back to pot, reduce heat to simmer & cook, partially covered 3 to 3 ½ hours, until meat is very tender.

Serve warm with pan juices.

Best made a day or two ahead of time.

Scrape off fat, before reheating and serving.

Serves: 8 adults



#voosht&egg



בע"ה

#matzahbrie benedict



#boiled gefilte fish



#fig&egg_caesar salad



#crispy_skin_salmon



#matza ball_soup

From Skeptic to Teacher: My Journey with Tanya Levy

Words by Vicki Finkelstein

"I was born into a large traditional Jewish family. I received private schooling, enjoyed constant family support and industrious parents who balanced charity work and careers. My father, was a Pharmacist in Fitzroy Street, St. Kilda, Melbourne's home to many less fortunate, So I spent time among prostitutes, drug addicts and the homeless. This was a lot to take in as a youngster, but I learnt to recognise our shared humanity, seeing all people as deserving of respect and compassion.

Graduating from Monash University with a bachelor degree in business and marketing, I was working my way up the corporate ladder. Life was comfortable. Work, Money, Gym, and Socialising.

Then a bizarre meeting changed it all. A woman approached me and told me that her Italian grandmother was a psychic and she carried a message for me from my deceased mother.

WHHHHAAAATTT!!!!!!

Somewhat skeptical, I met with this wise old Nonna, a complete stranger, who communicated uncanny truths that connected me with my late mother. My life immediately changed. This experience awoke in me a desire to do what this woman did, and she gifted me the opportunity of mentorship, and as a result joined healing and meditation circles.

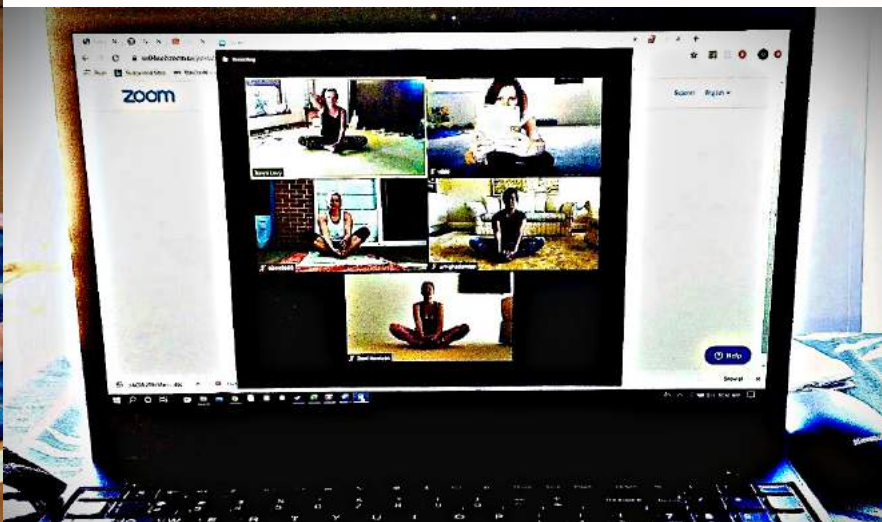
I soon left the Corporate world and travelled to India, embarking on a spiritual quest to understand myself, my purpose and our unseen mysterious world. This involved meditation practices, training in the healing arts, developing my intuition, understanding wellness and yoga teacher training. After being abroad for almost 4 years, there arose in me a burning desire to share my experiential knowledge with family and friends.

Over 25 years later, I now have two teenage boys and have dedicated myself to yoga, self-development, wellness and helping people. I am passionate about empowering people to be their best selves; learning to create healthy habits in support of a healthy work-life balance.

The last 25 years I have been studying under Shandor Remete` and Ema Balnaves, learning the art of Shadow Yoga and the Nrta Sadhana (Dance of Shiva). I have studied and practiced numerous meditation techniques including T.M., and Vipassana. I am a certified Psych-K facilitator and CyberScan practitioner. Qualified as a Reiki Master, Sheichim levels 1&2, Touch for Health levels 1&2, Crystal Light Balancing, Colour and Sound Therapy, Zenith Colour Healing, and Intuitive Healing. I have also been mentored in Shamanism, crystals, Australian Bush Flower Essences, and Doterra Essential oils.

Currently, I teach Shadow Yoga and Nrta Sadhana. I also run meditation and self development classes, facilitate intuitive healing sessions and wellness programs, host international and local retreats, lead solstice and equinox rituals, and teach self-empowerment courses. I am a specialist in stress management, using techniques to reprogram the subconscious mind. My practices sometimes include Cyberscan, which supports the immune system and allows users to achieve their optimum health. I lecture in the corporate arena, teaching employees to address and decrease their stress to lead more balanced lives."

As told to Vicki Finkelstein, March 2020





Address your stress

I wake up every morning. I look out the window, the sun is shining, the sky is a magical blue colour. But deep within something doesn't feel right. Then I remember the situation we are in. I feel the pit of anxiety rising in my body, my mind reels as it searches for answers and formulates new questions. The face of fear of the unknown is looking down on me. An under-lying stress blankets my mind, body, soul and life.

These are definitely challenging times we find ourselves in. I would like to address your stress of fears at this time. Our mind is filtering this experience and determining the way we respond to it. Right now we can either see this as a terrible experience or we can view it as a growth opportunity. Which one we choose is up to us. We are the architects of our world. We may not be able to choose what is happening in the world at the moment but we can definitely choose how we respond to it.

Mindfulness

This is a unique opportunity for us to learn to become mindful. To look at our body, mind, emotions, thoughts and feelings. Are they positive? Do they serve us? Are we looking for the problems or searching for the solutions? What is the motivation for our actions, behaviours and thoughts? Are we externally or internally motivated? Being mindful we act in the present moment. We respond to life rather than reacting to it. We are empowered with choice.

When we are mindful we are engaged in the present moment and can choose how we engage and respond to life. The only place we can make change is in the present moment, so learn to be mindful and take control of your actions, thoughts and behaviours. Having a point of focus or goals right now is very helpful. I use yoga and meditation to sharpen my awareness and to be engaged in the present moment. What activities can you choose to be more mindful i.e. making tea, brushing teeth, gardening.

Get to know your mind

Our mind filters each and everything in our lives and determines how we will respond to it. Our 5 senses take in every experience. We then filter this through our beliefs, experiences and perceptions and determine if it is a positive or negative situation. If you believe what is in front of you is negative or stressful, then we send a message to our CNS to prepare the body for this experience. The CNS then floods the whole body with chemical messengers which tells every cell in the body that something out there is stressful or a threat and to shut down and protect.

The result is our minds don't function optimally as do all the systems of the body. Adrenaline is pumping through our body and we are reacting to everything. If the mind believes that the experience in front of us is positive, based on our thoughts and beliefs we have a very different response. Sending a message to the CNS, which then floods the blood stream with positive, growth messengers, which communicates to every cell and system that there is a positive experience at hand and everyone should relax, open and expand. Here our body and mind are

Tanya Levy,

+61(0)407332212

tlevy70@gmail.com

www.inpurpose.com.au



WHITE LOTUS
YOGA CENTRE

THE NEXT
COOL THING
WILL BE
BEING
YOUR SELF.



Above: Painter Alexander McKenzie in his Sydney studio, 2019.

Right: Alexander McKenzie, *Through the Rivers, Through the Waters*, 2015, Oil on Belgian Linen, 153 cm x 244 cm

The ideas and symbolic narrative that form the basis of Edo Period Japanese Gardens are the starting point for this series of paintings. Following an anti clockwise direction, the viewer is led through the paintings encountering obstacles and symbols that are designed to reflect an individual's life, both spiritual and temporal, as was done in traditional Edo Period garden design.



Alexander McKenzie, *Tourist and Traveller*, 2015 Oil on Linen, 153 cm x 153cm

The Power of Imagination: Alexander McKenzie's Magical World *by The Finkelstein Files*

As a teenager, Alexander McKenzie quit art college after just three months. "Actually, I stormed out," says McKenzie, now one of Australia's most commercially successful artists, whose exhibitions continually sell out, with paintings highly prized by private collectors in Britain, the US, Hong Kong, Europe and Australia.

Though principally known as a landscape artist (nine-time finalist in the annual Wynne prize), his unflattering portraits - of actors Richard Roxburgh and Toni Collette, playwright Andrew Upton, musicians Richard Clapton and Sarah Blasko, and fellow artist McLean Edwards - have been finalists in the Archibald Prize in six of the past 11 years.

But back to the teenage McKenzie in 1989. Having earlier decided to become an artist when he was 11, and tested his parents' patience by "wrecking the house and walking paint throughout the place", McKenzie enrolled to enhance his advanced drawing and painting skills. "But the teaching was more expressive, more conceptual," recalls McKenzie, 47. "When the lecturer told me my drawing was too representational, and that I should draw with my left hand, I dropped everything." Fortunately, at the bus stop, he spotted an advert for the Julian Ashton school, Australia's oldest art school, dedicated to traditional skills. Unable to afford the full-time course, he became the first recipient of "the garbage scholarship": it was his job to prepare the studios each morning and clean them every night.



In August 2018, McKenzie's first major survey opened near his home and studio in Cronulla. Featuring 42 of his most significant works, mainly drawn from private Australian collections, it charts his progression from precocious teenager to middle-aged maturity. Its title, *The Adventurous Gardener*, comes from a typically enigmatic name McKenzie gave to a painting. What does it mean? "The gardener is the protagonist, a metaphor for God," McKenzie explains. "God is in all of my paintings over the past 10 years, but not (seen) in the paintings...part of the clipped, ornate details in contrast to the wilder parts of the landscape."

Though much has been made of McKenzie's mimicry of the Dutch Masters ("I still use lead white paint, rabbit-skin glue as preparation for linen, traditional underpainting techniques"), he lists his principal influences as British artists like Stubbs, Constable and Turner - but more pertinently Symbolists such as the Swiss Arnold Böcklin and the Belgian James Ensor.

There's an obvious difference: McKenzie's core works don't feature human figures. The survey shows his work going through several seismic changes. In his youth, he painted "en plein air", carrying his French easel to capture the real light embracing the real landscape.

His epiphany came "around 15 years ago" when he started painting what he calls "imagined landscapes" in his studio. It wasn't a conscious transition, he insists. "I started to conceive paintings in my head. They would arrive as an image, partly based on memory and partly on inspiration. Often, 'I'd wake up and draw a thumbnail sketch the size of a postage stamp, which is the painting - fully formed, in colour, and with all the details.'"



Above: Alexander McKenzie, *More Than Many Sparrows*, 2019, Oil on Belgian Linen, 200cm x 350cm

McKenzie's work is distinguished by its technical proficiency, inspired design and execution. His paintings exemplify virtuosic paint handling with sharply observed detail and dreamy sfumato.... McKenzie considers art as a medium between the visible and the invisible. He eschews allegorism in favour of implied narrative. He allows the mood and season of his landscapes, and the objects within them, to speak to the viewer directly."

- Vicki Finkelstein, Antipodean Art

Did he dream each painting? He doesn't want to over-analyse it, he says, for fear of interrupting the creative process. "But I have hundreds of thumbnail sketches based not on real landscapes, but those in my head."

Another artistic change came in 2013 when the Australian War Memorial called. He wasn't being asked to become one of the nation's long, illustrious line of war artists. But he was being recruited to paint a diorama depicting the 1918 Battle of Semakh, on the edge of the Sea of Galilee, when Australia's light horseman charged at dawn against a combined Turkish and German army. That huge diorama - which entailed McKenzie travelling to modern-day Israel to experience the battle scene at dawn - "changed my colour palette and enabled me to work on a much larger scale."

Recent works - such as *More Than Many Sparrows*, (above) the one new work in the survey - require plenty of wall space. Three of his Archibald portraits also feature in the retrospective. But not the one of Toni Collette, which shows her dressed in black holding onto an upright yellow life raft. "She wasn't thrilled when I turned up at her house with an inflatable boat," McKenzie recalls. "She never could quite wipe that scowl off her face."



Over Sea, Over Land, (detail), 2019, Oil on Linen, 150 x 197cm, [P.O.A](#)

In Alexander McKenzie's view of the landscape, spirituality is paramount. It is a place of contrasting emotions: you feel alive and, at the same time, aware of your own mortality. His desire to forge a biblical connection, regardless of how miniscule, is significant, purposeful and filled with a longing to eschew the incidental, and instead, stamp our souls with belonging amidst confusion amidst the world.

Award-winning master landscapist McKenzie has exhibited extensively with over 20 solo exhibitions in both Australia and the United Kingdom since 1996. He is a five time finalist in the Archibald Prize for portraiture at the Art Gallery of NSW, a seven time finalist in the Wynne Prize for Landscape painting and has been in numerous group exhibitions including the Blake Prize for Religious Art, The Gilchrist Fisher Award London, ART London, The British Art Fair, The Glasgow Art Fair, Dublin Art Fair and the Auckland Art Fair. Contact: concierge@antipodeanart.com for enquiries on the artist.



How We Got Cyber Smart

by author Lisa Rothfield-Kirschner

Back in the day, discussion about children's safety was usually focused on stranger danger, never accepting a lolly from someone you didn't know and to pop into the neighbourhood safety house if you felt unsafe. Bullying was dealt with by parents telling children to 'just ignore them' and TV or 'screen time' (as we know it now) mainly revolved around Neighbours, Home and Away and Young Talent Time.

Things have changed so much and it's hard to keep up. it's so important to keep children safe not only in the real world but also online. The online space changes so rapidly and it's hard to keep up, with online gaming, social media, video/movie streaming and more that our children are experiencing.

Q. Help us to understand the problem of cyber safety as you see it?

A. Children now have access to devices from a young age with most schools championing a 'BYOD' (bring your own device) policy from Grade 4. It seems that these days everyone is connected, kids are getting online earlier and earlier and there are predators out there that can connect to your children through those devices.

They can literally be in their bedroom without you knowing about it.. It's not only in your own home where they may be at risk online; your children may be spending time at friends' or grandparents' online and not always supervised. Unfortunately, wherever there are children, predators are looking to exploit, groom and harm the vulnerable.

This is more serious than many people think and the rate of cyberbullying, stalking, harassment against children is alarming with 1 in 4 children aged 8-12 who completed the eSafety Commissioner's Youth Digital Participation Survey showed experiencing unwanted contact and content while online. These are real issues that will come into your home without you even knowing about it.

As a mother of two young boys, who were becoming more connected and almost at the age where they will have their own device, I needed to ensure that they knew how to stay safe online. I also learnt that it's not always an easy topic to discuss with your kids. That's why it was incredibly important to me to write How We Got Cyber Smart, so that my children and other children can learn how to stay safe online and families can use it as a tool to open discussion.

Q. What information is out there?

A. In Australia, we have a dedicated esafety Commissioner, Julie Inman Grant who is leading the fight against harmful content and criminal behaviours online.

I encourage your readers to familiarise themselves with the good work that the esafety Commissioner is doing to educate, inform and lobby for better protection of our most vulnerable citizens (esafety.gov.au).

Q. What is How We Got Cyber Smart about?

A. It follows a story of twins Olivia and Jack who encounter an online bully when they're playing on their tablet which they received as a birthday present from their grandparents to share. The story shows how their parents handled the situation and educated the children on how to deal with the bully.

Q. Where can we buy How We Got Cyber Smart?

A. It's available in e-book or paperback format and you can go to: <https://howwegotcybersmart.com/#!/books> for the links to order it on Amazon Australia, UK and USA. It's also available from [Benns Books](#), Bentleigh.

Web: <https://howwegotcybersmart.com/>

Instagram: <https://www.instagram.com/howwegotcybersmart/>

Facebook: <https://www.facebook.com/howwegotcybersmart>

Email: contact@howwegotcybersmart.com

Twitter: <https://twitter.com/howwegotcybers1>



Lisa Rothfield Kirschner shows *How We Got Cyber Smart* on the shelf at Benn's Books, in Centre Rd, Bentleigh.

Q. Who is the book for?

A. The story is aimed at primary school age children. For younger children, parents can read it to them to prepare them and make them aware of the threats they could face later. Older children can read the story themselves and, there is an activity to do. The story centres on Olivia and Jack who are playing a basketball game online and encounter a person who says nasty things to them. The story is realistic and models positive parental behaviour to children whilst showing the emotions felt by Olivia and Jack when they encountered the cyber bully.

In addition, there is an activity to do with your children and suggestions for parents such as to be careful that if anything does happen online your children don't feel they are being blamed (a sure-fire way to close down lines of communication) It's also a terrific story for grandparents to read to their grandchildren so they become more aware too.

Q. Do you have any Internet Safety tips for our readers?

A. Supervision, supervision, supervision! Talk to your children regularly about what they're doing online. Build trust with them so if anything happens they will come and tell you straight away. Refer to the esafety Commissioner for a full list of tips or the back of *How We Got Cyber Smart*.

Q. Tell us about the Process of writing the book, and the amazing illustrations

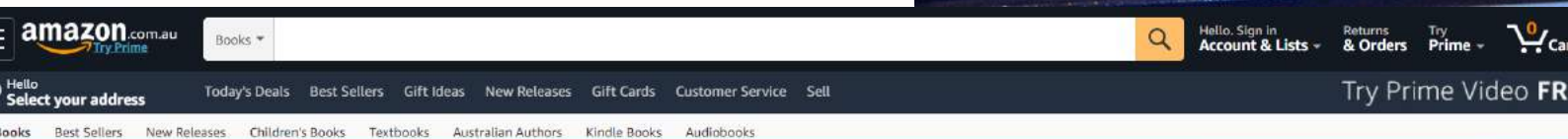
A. After becoming aware of the extent of the issues our children are facing, I wanted to do something that would help me have a conversation with my boys about online safety. I thought a story would be a great way to interact with them and so I did the first draft and read it with my boys. Their response was really positive and my husband made a comment about 'being onto to something really useful'.

From there the idea really took hold and my whole family got involved especially the boys who were always my most honest audience. I decided to make sure I did this properly and found a fabulous editor who shared my vision and was always enthusiastic (which is really important when you're writing and, re-writing, finding the right illustrator to make the characters come to life was probably the most challenging and eventually, we found the incredibly gifted Katarina Matkovic from Croatia to illustrate *How We Got Cyber Smart*. It was really a collaborative process with a lot of back and forth and she continued to amaze us with her talent and her patience.

[CLICK here to watch Southern Radio interview](#)
in Melbourne, February, 2020.



Talya shows her fave illustrated picture book



Amazon Best Sellers

Our most popular products based on sales. Updated hourly.

Any Department
Books
Children's Books
Computers & Technology
Entertainment & Games
Hardware & Robotics
Internet
Programming
Software

Best Sellers in Children's Books on Computer Entertainment & Games

#1	#2	#3
		
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Antipodean Artist Graeme Altmann: Caught Between Two Worlds

Altmann's images are often suffused with maritime and coastal themes, wild and uncensored in their raw power. The nephew of a seafarer, he once told me the tale as a young lad, he eagerly awaited the return of his beloved uncle upon the jetty on a blustery day – to discover that he had drowned and wouldn't ever be returning home. The motif of a levitating boat body, almost coffin-like in its sombreness, continues to bob hopefully in search of the end of its voyage – still seeking completion. Sometimes a lone figure is seen juxtaposed against the shadowy outline of a dog, a symbol of unerring fidelity and loyalty.



"The floating boat captures the sense of being caught between two worlds; where we are, and we feel we should be. This distance from our desires can be a good thing as it forces us to look inward and reflect upon what it is we are seeking and what makes us fulfilled."

- Antipodean Artist, Graeme Altmann.

As attentive as ever, artist Graeme Altmann takes the time to talk earnestly with my children - both who are well-versed in exhibition attending since they were older enough to step into spaces primed with pearls of paintings. My son enquires as to why he has painted the boats floating above the water, rather than upon. 'A good question', Altmann concedes.

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Left: Graeme Altmann, *Passages*, 2018, Oil on Linen, 137 x 137cm
Image courtesy of Andrew Curtis Photography.
Private Residence, Williamstown, Australia.

"Like many artists who are still practising after 30 years, my love for drawing and painting developed at a very early age. Techniques and styles were acquired and constantly experimented with before and after graduating from a fine art degree. I have always had a strong affiliation with the coast, it was where I was born and it is where I found a greater language to my work."

"I became fascinated by the power of the sea and the stories of others who have connections to it. The isolated man standing on the bow of a boat, floating in 'the in-between' has become an iconic form in much of my work. Gathering places of our coast as represented by the evidence of ancient indigenous middens are also a main feature of my current work."

- Antipodean Artist Graeme Altmann



Refuge, 2019
Timber, Copper
240 x 40 x 50
People's Choice Award
Montalto Acquisitive Sculpture
Prize,
Pied Hill, Victoria



Rabbit Boat, 2007
Bronze maquette



Lisa Gole Interiors is at the forefront of styling the best premium properties Melbourne has on offer for the discerning buyer. Sought after by high-end clientele, the Lisa Gole brand is synonymous with prestige and luxurious living.

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Why Art Matters...

After almost two decades immersed in the interiors industry, Melbourne designer Lisa Gole, continues to put her stamp on creating 'eye candy' interiors. And art is always her number one 'go-to' when creating her refined, eclectic style.

" Great art is my 'designer secret' for creating exceptional interiors. I always select a swag of art works for an empty house. it's a game-changer to turn the interior into a stunning home.

Never be afraid to use unto 70% of your wall space to showcase art. Adding an extra-large painting or montage of art works not only creates a striking visual statement but anchors the room.

I'm an avid traveller and my varied trips across the globe provides the cultural inspiration to infuse into my layered designs.

I am particularly influenced by Mother Nature based on either renderings, bold, graphic patterns and layered textures. It can work well with mono-chromatic schemes or when an infusion of colour is needed.

I always create a colour palette which works back perfectly with the artwork as a show stopper.

Life without would be awfully due ! Art matters to me because I love the wonder of it, the bewilderment of it, the whimsy of it..."

Right: Art work by Dale Frank





"My modus operandi is to merge style, serious function and a lot about well-being - everyone wants to feel good in a space. Always be faithful to your own taste; as nothing you like is ever out of style. I'd like to think my most valuable asset is a combination of perseverance, hard work and loving what I do."

- Lisa Gole

LISA
GOLE
INTERIORS

Sitting Area,
Private residence
South Yarra



Glass sculpture by New Zealand artist Galia Amsel



emma

emma levy
JEWELLERY DESIGN





As an interior designer, Emma Levy missed the crafting aspect within her chosen profession, and as such, was drawn to the design and manufacturing of jewellery.

Emma has always had a passion for jewellery and for sourcing beautiful and interesting pieces from her travels, with a special interest in tribal and bohemian styles.

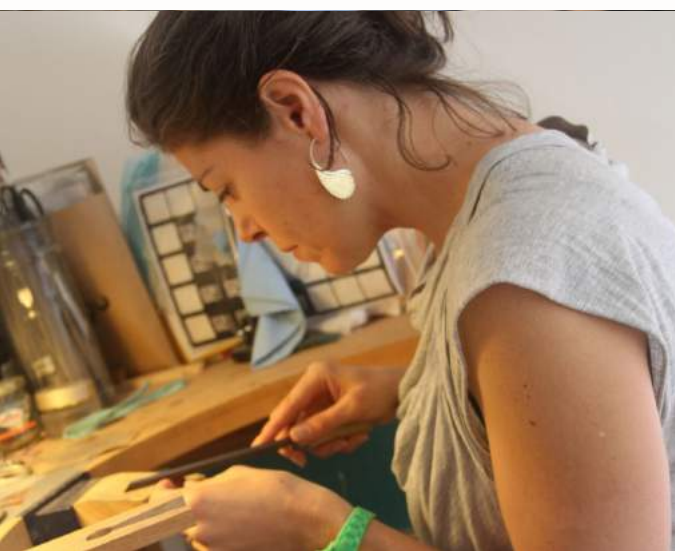
As a result of her design influences, Emma's jewellery has an industrial almost graphic quality, while the shapes and decorative aspects are very much drawn from ethnic styles.

Working mainly in gold, silver and copper, Emma also loves to incorporate leather and/ or suede into her pieces for contrasting texture and colour.

Based in her studio in Melbourne, Emma has a range of pieces, and sells on commission. Emma enjoys working closely with her clients to personalise the design to suit the individual. She makes one-of-a-kind pieces for special gifts and occasions.

Emma also does commission work, and gifts for those special occasions.

Contact:
Emma Levy Jewellery Design
 (+61) 0421 045 442
emma.jane.levy@gmail.com
www.emmalevy.com.au





*The "preciousness" of an heirloom lies in the meaning it held for the original owner. I hope that my pieces become precious or valued because the owner loves to wear them and therefore, they become part of the memory held of that person. Added to that, is the element of personalising a piece, whether that be a custom design, or including names, dates or initials - english or hebrew. * See the "aleph" pendant above - first letter of Hebrew name, with inset emeralds taken from a piece of family jewellery"*

- Jewellery designer, Emma Levy

WHAT IS HEIRLOOM JEWELLERY?

Heirloom jewellery is a meaningful object that belongs to a family and gets passed on through generations. Why do some pieces of jewellery turn into heirlooms? Their value and beauty are crucial factors, but more importantly, the story behind them is key. Heirloom jewellery is symbolic of love, accomplishment and family.

WHY ARE JEWELLERY HEIRLOOM TRADITIONS CREATED?

Heirloom jewellery traditions are almost invariably created on special occasions. Therefore, when you receive a memorable gift from a loved one you tend to value that object highly. This is because of the deep emotions attached to it.

That special significance is also what makes us want to give our heirloom items on to others. We hope that the future generations will cherish these symbolic possessions as much as we do.

In this way, heirloom jewellery creates a direct connection to our family history.

[Girl Twelve Collection](#) has been created by Emma Levy Jewellery Design specifically with a bespoke piece your bat mitzvah girl will treasure & wish to pass down for future generations to come.





Home Is Where the Art Is: with Art Curator *Vicki Finkelstein*

For without perspective, life would be awfully dull! It is our most expressive form of sharing. Art matters because it illustrates the human experience—the wonder of it, the bewilderment of it, and so much more. We would not be connected so deeply without the existence of art.

The arts matter because they help us see the world from different perspectives. They give us empathy and help us understand people, places, periods of history, and issues with which we may otherwise be unfamiliar. They comfort us and enervise us in celebration.

They are important because they can act as a catalyst for change...they can start a revolution! The arts ignite something in our brains that I can't explain, but I know it is essential for life.

"Art can transform thoughts and ideas and can take us to different times and places. Particular works create moments for reflection and provide an opportunity to pause "

- Tony Ellwood, Director, National Gallery of Victoria, April, 2020



Melbourne sculptor,
Bruce Armstrong, 2018
NGV's *Anthology of Strange
Creatures* exhibition [P.O.A](#)



South Australian sculptor,
Mike Nicholl's *Shielding* series, 2019,

blackwood timber, [P.O.A](#)



Melbourne, artist Helen Gory's
2019 *In My Room* exhibition,
Backwoods Gallery, [P.O.A](#)



Newcastle sculptor
James Drinkwater's
The Girl, 2018
Corten Steel
[P.O.A](#)



Above: Australia's music community and its fans are coming together virtually via the history-making [ISOL-AID](#).

On its first run, the streaming festival has delivered names like [Julia Jacklin](#), [Tamara & the Dreams](#) and [Jeremy Neale](#) into Instagram feeds. Before [ISOL-AID](#) went into its second weekend of live music, festival co-founder [Emily Ulman](#) talked Tim Shiel through their latest offerings. (PLAY above).

Last weekends lineup was lead by [John Butler](#), [Meg Mac](#), [GUM](#) and more. The lineup was filled out by a swathe of other local acts including [Bad // Dreams](#), [Hockey Dad](#), [Claire Bowditch](#), [Mo'Ju](#), [Moaning Lisa](#), [San Cisco](#), [Emily Wurramurra](#), [Tim Rogers](#), [RAAVE Tapes](#), [Donny Benet](#), [Sally Seltman](#), [Ella Hooper](#), [Mansionair](#) and many more.

"This project is different from our others ... we kept our cameras by our sides all summer and kept things simple and candid. Through troubling times, it's those little moments we found this summer, in our family, our friends, and our community, that reminded us: we're all in this together. Emily Ulman, performer & musical Booker, created online [ISOL-aid](#) in response to the cancellation of Musical festivals and performances across Australia." - [Musician Ben Lee](#)



Festival co-organiser [Emily Ulman](#) announced earlier this week [ISOL-AID](#) aims to hold an event every weekend while self-isolation rules remain in place, due to the coronavirus pandemic.

"It was born from a real sadness," Ulman told ABC Breakfast news this morning (April 3). "We just decided to use what technology and what we had at our means, so we decided social media and Instagram was the way to go...It was so beautifully received and so incredible for the artists as much as the audience, that we decided to keep going."





Can an Online Music Festival Ever Really Be Any Good?
One artist showed up post-bath, in a towel and dressing gown. Others played outside. One used a filter to become a talking pickle and performed with back-up dancers. The short answer, then, is yes. And it's on again this weekend





Comedian Vanessa Steinberg



Best way to get through Corona Virus and strengthen your immune system is to indulge in a spot of performance art. Best if you make it a cross between charades and an epileptic fit. Enjoy, [Vanessa Steinberg](#)

[WATCH 2018 Melbourne Jewish Comedy Festival performance by Vanessa HERE](#)

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