

February 2019

# UNITY News



## Leadership Letter

*From the Desk of Charles Kaufman  
President, B'nai B'rith International*

**Dec. 23, 2018**

Dear Brothers and Sisters,

Has anyone asked you, "What does B'nai B'rith do?" Well, of course they have. So now when you ask someone to join or donate to B'nai B'rith, here's what you say:

***"During the past 175 years, B'nai B'rith International has served as first responders to Jews and others in peril. As an NGO at the United Nations, we fight anti-Semitism and advocate for a secure Israel. We sponsor and manage nonsectarian senior housing for thousands of residents in 38 cities and do advocacy work with senior issues; and we provide aid throughout the world in response to select humanitarian and natural disasters. Locally, we meet a variety of unmet needs."***

That's it. Maybe you can shorten it further. Now go practice it. Make it your New Year's resolution to use this description to get people to join or donate to B'nai B'rith. Why? Because we are an organization that makes an impact on the Jewish world like no other organization. **How do I know?** Because I just returned from Israel and non-Jewish leaders involved in Israel-Greece-Cyprus relations — people outside the organization — told me, "We learned what we do" from the example set by B'nai B'rith.

**How do I know?** Because when we visited the very top officials of the **Jewish Agency**, the **World Zionist Organization**, the **Bureau for World Jewish Affairs and World Religions** in the Israel Ministry of Foreign Affairs and the **Minister of Energy** they **ACTUALLY ASSIGNED US** work to do. That's trust. That's what a reputation delivers.

**How do I know?** Because when we can sit down with **Benjamin Netanyahu** and U.S. Ambassador **Nikki Haley**, they want to do more than give us a photo opportunity. They want to know our thoughts on work done at the United Nations and in fighting BDS. They are interested to know how we read situations, conflicts. Again, that's what a reputation delivers.

As you know, B'nai B'rith is an organization of many moving parts, and I'm pleased to report that your staff and elected officers are producing great results. Our role as first responders continues throughout Europe and Latin America and in U.S. communities. Most recently, I was pleased to see so many programs with our volunteers serving in

**News and Programme from First Unity Lodge**

many ways on Christmas Day. On the fundraising front, we have recently secured a couple of corporate dinners. “Giving Tuesday” donations grew by more than 30 percent over last year; and we’re in the midst of conducting a phonathon of past donors. We have more work to do and need your financial support to do much more than we already do.

**B’nai B’rith Europe** is planning an informative program on Jan. 21 in Berlin on the heels of fall lodge programs in Dusseldorf, Antwerp, Antibes, Nice, Marseille, France; Geneva; Lvov, the Ukraine; and, among other places, Copenhagen. BBE reports new members in these communities and in Warsaw and Bucharest.

**SVP Scott Knapp** reports that about 25 “nextgen” professionals will attend a YLN conference Feb. 1-3 in Fort Lauderdale. And activity abounds in Omaha, Fort Worth, Denver, New Jersey, South Florida and elsewhere.

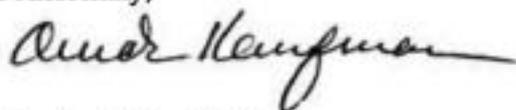
**Irving Silver**, chair of the B’nai B’rith Foundation of the United States, tapped **Eric Book** of Morgan Stanley in Los Angeles, and one of our three U.S. Leadership Council executive board members, as the BBFUS vice chair. He and the expanded 20-member foundation board were elected recently during the group’s first conference call.

Online engagement is on the uptick with the B’nai B’rith Barristers group (Facebook) and, notably with the BBIinnovate group on LinkedIn. Search these sites for important and worthwhile networking opportunities. *And if you don’t use social media, you’re missing a great deal of B’nai B’rith’s story.* Jump on!

**Portugal update:** We are looking at the **third week of June** for a meeting of the BBI Executive Board and the International Council of B’nai B’rith. You won’t want to miss visiting this great Jewish heritage city. Meanwhile, our programming will be terrific. Details to come. For now, circle that week in June.

Finally, I am delighted to report the appointment of **Millie Magid** of New York, a real estate business owner, as chair of the B’nai B’rith Council of UN Affairs. **Joe Harari** of Panama City, Panama, a long-time chair of the UN Affairs Council, has accepted the position as chair emeritus. Millie and her husband, Larry, have participated in UN missions. I know she will bring great energy and grow participation within the UN Affairs Council, particularly in the New York area. She will work in conjunction with David Michaels, our UN and Interreligious Affairs Director and his assistant Oren Drori. Finally, on behalf of the executive board, I wish all of you and your families a very happy 2019. As for the rest of 2018, please remember BBI in your end-of-year donations

Fraternally,



Charles “Chuck” Kaufman  
President  
B’nai B’rith International

[www.bnaibrith.org](http://www.bnaibrith.org)  
[ckaufman@bnaibrith.org](mailto:ckaufman@bnaibrith.org)

## The Plight Of Minority Religions In The Middle East Unity Lecture presented by Jeremy Havardi

**Jeremy Havardi** is the Director of the London Bureau of International Affairs. He meets with many diplomats and is a staunch advocate of Israel and Jewish communities. He has written several books and his interests centre on human rights, civic and political freedom of religion and belief. His lecture focused on the plight of many minorities, persecuted for their beliefs and faith. These include Copts, Bahai, Yazidis, Mandaean, Christians, Ahmadiyya and of course, Jews.



The Coptic church is an ancient branch of Christianity, centred mainly in Egypt. Islam is the state religion and sharia law is the main source of legislation. Although President El-Sisi has expressed support for the Copts, they are nonetheless subject to intimidation and attack, with poor police response or protection.

The Bahai faith teaches the essential worth of all religions, and the unity and equality of all people. Established in 1863, it initially grew in Iran and parts of the Middle East and now has its headquarters in Haifa. In Iran, gatherings are severely restricted, higher education and senior official employment opportunities are denied to the Bahai. State policy encourages hatred and intimidation with many arrests and murders. The persecution extends to the Yemen. Iranian Christians fare no better, suffering similar discrimination and violence. Jews in Iran are also second-class citizens but, despite the inequality, they can maintain a communal life with caution.

In the Koran the Mandaean or Sabians are described several times as 'People of the Book' alongside Jews and Christians. Occasionally, they are called 'Christians of Saint John'. They are pacifist. In Iraq their situation is critical. They are victimised, subjected to violence and afforded no police protection. The Syriac Christians in Iraq suffer similarly to the Mandaean. They experienced mass displacement after the Ottoman genocide and since then, have been afflicted by rape, forced marriage and attack.

Yazidism is a pre-Islamic, native religion of the Kurds. The plight of the Yazidis in Iraq is now well-known. ISIS has killed, abducted, forced conversion and forced slavery on thousands in a vicious genocide campaign.

The Ahmadiyya emerged from the Sunni but are rejected by other Muslims and forbidden by the Saudis to go on Hajj. State-backed persecution in Pakistan has disenfranchised them and they are vulnerable to blasphemy charges and in Egypt and Algeria to arrest and jail.

In Saudi Arabia, Wahhabism is a strictly orthodox Sunni Muslim sect whose influence extends throughout the Muslim world, encouraging and financing many extremist movements and the implementation of sharia law. Apostasy is a capital offence and other faiths are prohibited. The Shi'ites also experience discrimination.

Christians have also suffered persecution in Bethlehem and Gaza, with fire-bombing and enforced veiling of women.

There are now no Jews in Libya or Algeria due to expulsion and pogroms.

In all these areas, the minorities have been decimated, as people try to escape from persecution, intimidation and violence. Strong states promote systematic violence and hatred while vulnerable minorities are prey to extremists in weak states which cannot or will not protect them. Ideally, the West should highlight the abuses and freeze the assets of the perpetrators. We must speak out, demand and celebrate fundamental human rights.

Although the subject was, by its very nature, depressing, Jeremy is an articulate and knowledgeable speaker. He gave us a broad and detailed picture, which was both thought-provoking and informative.

A large audience was privileged to hear this excellent and important lecture.

Thank you Jeremy.

**Hilary Sinclair**

## My Passion - Five members of First Unity Tell Us About What Makes Them Tick.

### OPERATIC MEMORABILIA AND AUTOGRAPHS

Most people know that I am an Opera buff, but my other passion is collecting operatic memorabilia, autographs, especially signed photos of operatic singers and conductors. I first started cutting out pictures of musicians in magazines and newspapers in Israel, where I grew up, from the age of 10.

But it was in the early 70s that I began a more serious collection. Every collector, be it of stamps, Dinky cars or beer mats is driven by two words. "Must have" so, sometimes I did the craziest things in an effort to get an autograph on one photo or sometimes several. The cure for such a craze (and one can be cured) comes with age. As you get older you tend to lose the enthusiasm a little.

Over the past 45 years, I have managed to collect over 3000 signed photos. also a great deal of individual autographs and other, so called "cigarette cards", related to opera - especially the beguiling LIEBIG cards.

Over the years I have met many opera singers and have been in personal contact with quite a number. I have learned a great deal about opera and the people who are involved. I have amassed many anecdotes, some funny ones some less so.

I have built up an impressive operatic library with many books signed by the author and I read three operatic magazines - the British *Opera*, the American *Opera News* and the German *Das Opernglas*. All in all, in spite of all this madness – "Je ne regrette rien"!

**John Horwitz**

### KNITTING

My mother taught me to knit when I was about six years old but I found it rather boring until I fell in love with a complicated Fair-Isle design when I was 16. Since then I have always had some knitting on the go, but it must have some integral interest.

I seek out new and unusual yarns and patterns, especially when on holiday. I love putting together the colours and the textures in a design. I find it soothing and therapeutic and a good channel for my nervous twitching. If it takes five hours to knit up a £5 ball of wool which fails to come up to expectations, I am well-known for my willingness to rip and re-knit for another five hours or so.

This has been called "patience" or "perfectionism", but for me, I get twice the therapy—10 hours instead of five for the same cost! After much practice, the repetitive action has become semi-automatic, so the nervous twitching can keep going in front of the television, or on a long journey, or even while reading a book propped up in front of me.

It has been suggested that I should sell my work, but an item can take well over 50 hours to produce, excluding the cost of materials. So, when I give a knitted gift, it is given with my time and effort and as a token of love.

**Hilary Sinclair**



## FOOTBALL - ARSENAL

Since the age of eight, I have been watching and supporting The Arsenal. At times I have endured agony. Other times I have been ecstatic. It's been a roller coaster ride; but part of my life for nearly 69 years.

The future doesn't look too bright under their present ownership and business model, but whatever happens I shall remain a passionate fan, even if Arsenal don't win any more trophies in my lifetime. Meanwhile..... "Come on you Gunners!"

**Charles Bieber**



## MY ALLOTMENT



There I was already dressed up and ready to go to the allotment when I realised it was Sunday evening and in front of me an audience who wanted to hear what I do there. So I told them how the seed of an idea grew on me after eating delicious tasting vegetables from my daughter's garden. When I started the plot, it was in a bad state, but the enthusiasm was there to clean it up and start planting.

I had to learn about the all-important rules of the allotment and its facilities; gain advice from family and friends as to what I should grow (and through trial and error my answer was - basic fruit and vegetables which have no additives and are far superior in flavour to what we buy in the supermarket) and the challenges of the weather in these extreme times. It has also improved my health and well-being without having to pay hefty gym charges. I also explained my time and motion study into how I make all these jams etc. and stock up the freezer with soups and fruit desserts to last the whole winter because I can't waste anything.

Finally, I gave our audience a challenge – I love to try out new and unusual recipes. I have many preserving books, old and new with surprising recipes and the internet also, so I handed out samples and challenged them to work out what were the ingredients of a cake and an unusual jam – but if you weren't at the meeting then you will have to try my cakes and jams to work out which ones I chose.....

Happy digging.

**Henny Levin**

## FREEMASONRY

As B'nai B'rith is open to Jews of all persuasions, so Freemasonry is open to all who believe in a Supreme Being. BB also adopted its "strap line" of "Brotherly Love, Relief and Truth".

In England, Grand Lodge is the largest donor to charities after the National Lottery, distributing about £34 million per annum. I have been a Mason for fifty years; I love it!!

**Tony Sinclair**



## New Years Eve Party

There was a great buzz of chatter, laughter and companionship as 36 of our BB members gathered at the home of Hilary and Tony to schmooze and sip freshly heated mulled wine. Supper followed at 9pm with a delicious plateful of sole goujons, vegetable pie, baked potatoes and ratatouille.

It was great fun and challenging to be presented with a word search game to keep us occupied. Henny's novel idea involved the finding of all the surnames of Lodge members. This kept us busy for a long time as well as adding to the sociable atmosphere. *(If you could not make it to the party but would like*



*to solve the word search it is on the following two pages).*

Next we were served desserts, home baked cake with raspberry coulis, fruit salad and whipped cream, followed by hot teas and coffee with chocolate mints.

We spent a little time mingling and chatting and before we knew it we were watching the Big Ben countdown to midnight and the exciting fireworks, not only on the TV but even those live and noisy ones outside our windows. The champagne duly arrived

and proved very welcome.



The evening finished with Auld Lang Syne and lots of good wishes for 2019. All our thanks go to Hilary and Tony for hosting the event and also to Hilary, Jo and Henny for their cooking, baking and



planning.

**Marion Summerfield**

Allenstein	1
Bieber	1
Bruckner	1
Bacharach	1
Budd	1
Coren	1
Ehrenwerth	1
Fine	1
Fineberg	1
Foreman	1
Friend	1
Gilbert	1
Gilbey	1
Gould	1
Green	1
Guryck	1
Heath	1
Horwitz	1
Jacobs	1
Lewin	1
Lewis	1
Nathan	1
Natoff	1
Phillips	1
Power	1
Sassoon	1
Saunders	1
Sinclair	1
Summerfield	1
Tyrell	1
Usiskin	1
White	1
Wilder	1

M	N	B	V	C	X	Z	L	K	J	H	G	F	D	S	A	P	O	I	U	Y	D	N	
A	L	F	E	N	S	T	E	I	N	T	R	E	T	W	Q	B	M	S	I	W	E	L	S
K	H	F	H	M	C	Y	S	V	X	R	E	R	E	D	L	I	W	A	G	N	M	E	I
Y	F	D	R	C	B	R	N	B	O	Q	E	T	W	S	C	V	U	S	I	S	K	I	N
Q	X	C	E	J	E	V	O	M	B	O	L	G	E	J	H	G	F	D	S	A	L	F	C
H	I	M	N	A	J	L	F	I	L	A	D	E	S	B	R	U	C	K	N	E	R	L	
F	R	P	W	E	C	L	Y	I	Q	W	E	R	T	Y	I	O	P	C	S	S	E	A	
F	I	N	E	B	E	R	G	H	S	A	V	H	C	A	R	A	H	C	A	B	Z	M	I
O	R	I	R	C	A	V	X	T	R	E	G	M	O	S	K	U	D	B	M	I	Y	M	R
T	A	Z	T	S	I	K	D	A	W	H	I	C	R	E	F	C	T	Y	I	E	E	U	B
A	S	U	H	E	A	T	H	V	M	K	Y	A	E	I	E	A	C	S	V	B	W	S	K
N	Y	A	E	R	K	U	I	R	W	B	S	N	C	F	B	T	H	X	E	R	D	E	
J	A	V	R	K	Y	E	M	C	E	R	E	N	A	D	G	N	E	E	R	G	U	A	
X	B	E	T	I	H	W	L	Q	D	B	Y	U	H	B	D	C	I	A	C	Z	U	W	Q
W	D	U	S	M	X	T	Y	U	V	C	R	E	S	H	U	I	W	F	G	S	R	C	D
S	A	U	N	D	E	R	S	H	J	E	B	N	K	L	B	E	I	C	R	V	N	M	
A	S	D	R	E	N	J	B	I	Y	Q	U	O	V	C	H	S	L	E	T	V	I	Y	O
S	F	Z	T	I	W	R	O	H	T	F	B	V	S	E	G	B	N	U	E	A	C	B	E
S	Y	I	P	E	D	C	W	S	A	C	N	A	M	E	R	O	F	B	R	K	G	H	
O	X	V	Y	U	I	O	A	A	G	U	K	L	M	Y	K	L	N	R	U	Z	W	K	O
O	B	C	B	R	E	S	J	X	H	Y	E	K	L	N	S	W	E	I	Z	L	I	L	P
N	A	T	H	A	N	G	L	E	U	T	F	V	M	P	O	W	E	R	T	I	E	X	
S	R	E	Z	L	S	P	I	L	I	H	P	U	E	J	K	C	N	R	F	U	A	S	
F	A	B	U	L	O	U	S	E	W	Q	U	B	C	G	O	U	L	D	V	S	U	J	G

These two sheets contain all the names of our members written in any direction. Can you find them all??????

N E W Y E A R Q U I Z 2 0 1 8



*Since the New Year's Eve party, I have had numerous requests for the Savoury Marrow Bake recipe that we served. Here it is. It's very simple to make. I hope that you enjoy it. Henny*

## **SAVOURY MARROW BAKE**

### **Ingredients**

100gm plain flour  
 1 tbs baking powder  
 1 tsp caster sugar  
 1 tsp salt  
 50gm grated parmesan or hard cheese  
 1 tbs minced fresh parsley  
 ½ tbs chopped fresh oregano  
 1tbs chopped fresh basil (*I used dried mixed herbs instead of fresh ones*)  
 4 eggs  
 125m olive or vegetable oil  
 1 onion chopped  
 450g marrow or courgette

### **Method**

Grate the marrow or courgette, lay flat between two tea towels to soak up the moisture

Preheat the oven to 180C/Gas 4/350 F.

In a bowl combine flour, baking powder, sugar, salt and herbs.

In another bowl beat together eggs, oil and onion and fold into dry ingredients.

Fold in the marrow/courgette.

Turn into a greased and greaseproof lined baking dish 20x30cm and bake for 30-35 minutes or until golden brown and set.

Cut into squares when cooled.

Enjoy.

### **LETTER TO THE EDITOR**

Dear Brothers and Sisters,  
 In the same way the Festivals come around each year, so do the fruits and vegetables that grow and mature on my allotment



which I pick to make Jams and chutneys. Many of you have donated £2.50 per jar to the BBUK charities for the pleasure of enjoying them for which I thank you and I still have a lot more if you would like some as it was a bumper year in 2018.

In order to continue my labour of love, I need jam jars, especially those of the 425gm size. It's never too early to start saving them, especially if you can take off their original labels before giving them to me.

Many thanks and I hope that you enjoy the fruits of my labour.

Henny Levin

## Northwick Park Gardening Group Story

c/o Mrs Geraldine Auerbach MBE and Lenz Haring

It all started in 2016 when I apportioned a small patch of my own garden for each of my four grandchildren as their very own. I provided logs, pebbles and small bits of artificial grass to start them off landscaping. I even found a few ornamental hedgehogs and cats at the charity shop to populate their gardens.

Once they had decided on their levels, paths, lawns, animal homes etc, I took them to the garden centre to choose some plants. They chose pansies, campanulas, clematis and lobelia and they were all excited by their creativity.

Grandson Lenz, 6 at the time, was captivated. Encouraged by his mum he planted seeds and propagated plants from the rest of the garden and tended them all daily. Soon his space was full and he was on the lookout for another plot to cultivate. Once he had filled up the next space we were on the lookout for pastures new.

We had noticed four inviting raised beds on the platform at Northwick Park Metropolitan Line Station that no one seemed to be tending.



Our approaches to the station staff were received with considerable enthusiasm. The Area Manager, Tracey, said they would love us to do something and they could even provide some funds. She asked the station supervisors to do all they could to help us. So, we created the **Northwick Park Gardening Group** and approached some local garden centres. All were glad to help in some way – donating compost and plants.

In the summer of 2017, armed with our tools and donations, Lenz and grandma Geraldine, with the help of Michael my gardener, set to work on the first bed. Lenz was in his element, helping with digging and raking and planning where the donated plants, and those from our own garden should go and doing all the planting.

The following week we went plant hunting to complete the task. We were after plants that could manage in full sun and in times of drought – which was quite fortunate as the day we started was the first day of the hottest period in June for 40 years! Lenz prefers perennials that will come up every year. But we did get some annual geraniums that like baking in the sun and give good colour. Lenz also loves conifers and we chose some slow growing ones that have interesting shapes and colours. He managed to plant them all.

Lenz on July 9<sup>th</sup> 2017, secateurs in hand examining the finished product.

Passengers were all smiles and very complimentary. One said how friendly it looked. Another remarked how nice it was to sit next to the lavender. We brought a spare hose for the project and connected it, so we could make sure the plants survived. Some passengers even offered to help by joining the group of volunteers and bringing some plants.

## An Unusual Experience

**O**n a fine Sunday evening last August, I was one of eight people, then completely unknown to each other, in a state of anxiety and anticipation. The common factor that united these strangers was that we all suffered from chronic pain and were preparing to attend a three-week residential course on pain management at St Thomas' hospital in London. Although the course started on a Monday, it was recommended that we should arrive on Sunday evening to get settled into our accommodation. Most of us stayed in a flat on the hospital premises where we each had our own room and use of shared bathroom and kitchen facilities – all fairly basic but adequate.

On the following morning the eight of us assembled at the INPUT unit in the large dining room/lounge where we were to spend much of our time over the next three weeks. We started to introduce ourselves and then the staff arrived and invited us into an adjacent large teaching room where we all sat round nervously. The staff introduced themselves: firstly, Erin the psychologist and leader of the team; then the two physiologists, Hannah and Sati; the two nurses, Aoife and Flora; and the two occupational therapists, Matt and Joe. Without exception they were all delightful and experienced people dedicated to helping us making our lives better. They emphasised from the beginning that they were not able to cure or relieve our pain but to enable us to achieve realistic goals.

Then it was the turn of the participants to introduce ourselves. We were a mixed bunch ranging in age from 23 to (nearly) 83 –that was me! Except for me, they all came from south London. We were various nationalities, colours and religions including a lady from the Ivory Coast whose primary language was French. We were six women and two men including one who had been involved in a catastrophic road accident that had completely changed his life. Our pain stemmed

from various sources. And here is the amazing thing – after three weeks of going through the course, listening to each other, helping and being helped physically and mentally, we had all become very good friends and a cohesive group. Our youngest member “Darling Dolly” is an expert photographer and she set up a group she called “Chronics at St Thomas’ “on Facebook and we are still keeping in touch with each other through that.

Our daily routine usually consisted of two psychology sessions, two physio sessions plus sessions with one of the nurses and one of the OTs. During these sessions we learned about the impact of chronic pain on our daily lives and we also learned about the “passengers” in our heads. These are voices telling you that you don't really want to go out for a walk “because it's cold”, or “you're tired”, or “sit down and have a cup of tea and do a crossword first”.

We have to learn to focus on what is really important to us and to try to overcome real fears, such as fear of falling. We were also encouraged to set realistic goals for ourselves in the evenings and over the weekends at home. This was where we all encouraged each other, and where we learned that many of us could actually do more than we thought we could, and that it was fear that was holding us back.

Each day was broken into sections with breaks for tea, coffee and lunch. Lunch was provided for us by the unit and I was relieved to find there was a fish and vegetarian option each day. Breaks and lunch time were social occasions when we really go to know each other.

The evenings were a little more difficult. We had to fend for ourselves and as the flats did not provide a communal sitting room we had to eat alone

*(Continued on page 12)*

(Continued from page 11)

in our rooms or go out for a meal. The kitchen did not provide any method of cooking other than a microwave so what I tended to do was to bring food from home for Monday and Tuesday evening and buy something from the local M&S food store for the other days. Most days we were so tired that all we wanted to do was to have an early night.

Not all the sessions were indoors. Attached to the unit was a large conservatory with a table tennis table and outside that a paved area for other games and pebble paths to practise walking on uneven ground.

A memorable day, which I think marked a turning point for some of us, was when the physios and OTs decided to take us to a local park. I was initially a bit dubious because I didn't know whether I would manage to walk that far, but I decided to give it a go. The staff, loaded with equipment including one of the OTs wheeling a bicycle, led us slowly to a delightful park with plenty of seats, wide paths and built-in table tennis tables.

Then the fun began. The physios set up the table tennis tables, and most of us had a go even if we hadn't played for years. Most moving to watch was the gentleman, who had been so badly injured in a road accident, and who was desperate to be able to ride a bike again. The physios got him started and, gradually gaining confidence he completed several circuits of the park – the joy on his face was wonderful. He said that the first thing he was going to do when he got home was to or-

der a new bike – and he did!

Meanwhile we still had to walk back to the unit, tired though we were. I held hands with one of my new friends, each using our walking sticks with our other hands: it was a companionable way of walking and helped us to realise that we could walk further than we thought.

Almost before we realised it, we were embarking on the last week of the course. Whilst we continued to learn new things, we were also summing up and reviewing our progress. We left with big hugs all round hoping that what we had learned on the course would help us in our daily lives. We were aware that at home with our routines of domestic life and responsibilities it would be difficult to keep, for instance, to an exercise regime. However ultimately it is up to each one of us to have our own aims and remember *"There is only integrity in doing or have done. Intention without action is useless."* It is also helpful to *"DO IT NOW"* rather than leave it for later.

So, was I glad I had done the course? Yes, despite having to be away from home which was difficult for both me and my husband, especially the evenings. In addition to the primary purpose of managing my pain, I had met and become friends with an amazing bunch of people who I would never have met in my ordinary sheltered NW Jewish life and I was privileged to learn something of a very different and much harder way of life as experienced by so many others.

**SYLVIA BUDD**

## ***FAMILY NEWS.....***

Mazeltov to Margaret Arenias on the marriage of a grandson in Israel.

In these cold winter months, we wish everyone who has not been well a speedy recovery



FIRST UNITY LODGE  
No. 2701

**The Board and Council have pleasure in inviting you to celebrate  
the installation of the**

**President, Board and Council**

**Sunday 24 March 2019**

**Annual General Meeting 8.00 pm**

The Installation will be conducted by  
**Sister Eve Swabe**  
(BBUK Monitor)

**followed by refreshments**

*Please reply by **14 March 2019** to the President: Doreen Natoff*

*Please indicate whether you require a lift to/from the AGM.*



Dear All

Attached are a few photos from the Kadima After School Club\* in Qiryat Gat taken at their celebration on the last night of Chanukah. The children also had activities the whole week because there was no school.

The total donated by you to the 2019 QG Chanukah Gelt Appeal was £2,041.00 and the following message was sent with a picture of the gifts ready for the children - "*Thank you all for making this an annual tradition, your contribution is very much appreciated.*"

*Please note, this time we have been asked not to put any photos with the children in on our website.*

Best wishes.

Eve Swabe  
Office Administrator

