

# SOUL SPORT

December 2014

**SHAUN TOMSON**  
Surfing Life's  
Waves

**ALI BACHER**  
A Cricket Pioneer

**THE MAKING  
OF AN IDF  
SOLDIER**

Dennis Hanover  
Legend Of Israel

**Jonathan  
Kaplan  
EXCLUSIVE**



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## Letter from the Publisher



Summer is underway and the opportunity to kick out with some healthy, vibrant and fresh outdoor sports time. At the other side of a good workout, jog or spin is a compound effect releasing the body, but also firing up the energy levels that feeds mind, soul and spirit.

In essence that's what Soul Sport is all about. Holistic, rounded and all inclusive – combining sport, health and soulful inspiration.

Soul Sport strives to capture the heights of sporting performance of SA Jewish sport's achievers and possibly even more importantly the stories that lead up to those successes - that being the maximum effort invested that realizes dreams.

The Talmud presenting life's lessons from the ancient and wise sages of Israel speaks about the formula to achieving higher than ordinary success. It does so by prescribing one to go further than the level one is accustomed to. In other words going beyond our comfort zone. A fundamental principle every accomplished athlete will attest to, but just as relevant when applied to others spheres of our lives - personal growth and reaching for our best!

He has been hailed across the rugby globe as the supreme referee of his generation. We are delighted to feature Jonathan Kaplan as our lead story in this year-end edition.

I am particularly thrilled to feature the story of Highlands Park F.C. which many regard as the finest soccer team ever produced in SA.

My father the late Jorge Santoro Herrmann was the mid-field playmaker at Highlands after coming from Brazil to play in SA. I grew up with tales and legends of a team that dazzled with a brand of soccer not seen before. Highlands had a strong Jewish connection from management to players to spectators and location.

With this, our third and most spectacular release thus far, a pause to reflect and express gratitude for the magnanimous praise Soul Sport has received from across the community.

Thank you to our readers for your continued support. It's not every Jewish community that has such a rich depth of sporting accomplishment to capture as we do. We've also found a deep appreciation by you for the unique spiritual insights offered up in Soul Sport.

Soul Sport could simply not be produced without the support of our advertisers and a big thanks goes out to them. Our skilled contributing writers have set the bar very high in this smashing edition with phenomenal, cutting edge and outstanding features.

From Soul Sport we wish you a driven, motivated and empowered 2015 and as always just one request – Please send us your feedback to [soul-sportsa@gmail.com](mailto:soul-sportsa@gmail.com)

Best wishes  
Ilan Daniel Herrmann

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Artist: Alby Mavimbela



# Scrumming with Jonathan Kaplan



Jonathan Isaac Kaplan, born on the 7th of November 1966 in Durban is proudly Jewish and proudly South African. He is hailed across the international rugby scene as a referee of the highest quality and distinction. Kaplan has reached the pinnacle of achievement earning the admiration and respect of spectators, players, coaches and administrators the rugby world over.

A stellar career has seen a record 70 internationals, 107 Super Rugby matches and 161 Currie Cup games making him the game's most prolific match official.

Amongst many other accolades he holds South African refereeing records for most Rugby World Cup appearances (13) over 4 world cups, 1999, 2003, 2007 & 2011 and is the only referee to have won the award as South African Referee of the Year for four years in succession from 2003–2007. Kaplan announced his retirement from the game in early 2013 but his last game in charge was the 2013 Currie Cup final, his 6th.

**Soul Sport caught up with Jonathan Kaplan to get the inside story of the man, his career and his thoughts and views on a host of other issues**



**What school did you attend?**

Carmel College in Durban and King David Linksfield at age 14 I was in Standard 7

**Did you study after school?**

Yes I received a bachelor of social sciences degree, with majors in economics and psychology from UCT and a postgraduate degree in marketing management from the University of South Africa

**Is your faith important to you?**

Very much so. I am proud of my heritage, my Jewishness and my people, even though I'm not observant as such

**Did you come from a sporting or rugby driven family?**

Quite the contrary my family wanted me to find a career in a professional sphere, which would offer a secure livelihood. That said they did encourage and accommodate the direction I chose to go in. My family and in particular my mom have been greatly supportive

**Tell us about your family?**

I'm single and most my family, siblings etc. are in Toronto, Canada

**Did you start off wanting to be a referee?**

No, I was into rugby from the youngest age and enjoyed playing alot. I started out as a player playing barefoot rugby in Durban and played subsequently in other forums. But refereeing stood out as my area of strength. I'd already started refereeing in 1984 in my matric year at school

**Has being on the road as a referee been difficult or disruptive for you?**

No question, travelling is a massive and weighty issue. The lifestyle a referee leads is hectic and unstable due to the frenetic schedule across all sorts of distances

**Did this motivate your retirement?**

To some extent. I also realized we or I am not here for ever and there are things I want to accomplish that requires time and investment, so I needed to make a hard decision

**Did you have role models growing up?**

I have not really been one to pick a role model in the conventional sense. I prefer to scratch the surface and get to know the person before evaluating my perspective. I don't see a value in having a role model based on superficial criteria. But I have definitely taken bits and pieces along the way from many people and enriched myself through doing that

**What are your hobbies?**

Road Running is a big passion of mine. I recently competed in my 56th marathon. I have a collection of bonsais around the house. I'm also a Horse racing enthusiast, I co-own a few racehorses and to date have had 65 winners.

My bulldogs might be classed as a hobby but are more like a part of the family.

**It's been said by those in the know that your greatest strength as a referee was how you let the game flow.**

It probably is. I think my strength lies in my ability to read a game. Its about planning and understanding what is at play before the game starts and then executing with precision on match day. This gives the players a better game because by being better aware of the dynamics you can allow the game to go it's natural course. Everyone wins, the players, the fans, even the networks. I found my approach worked to the point that I could see the players begin to trust my judgment. Some of the refs on the circuit at the moment do not have the trust of the players and hopefully that will come with experience.

**What do you think are the vital keys to your success as a referee?**

I had a simple philosophy on the game. It's a combination of judgment, flair and nerve. Judgment is the ability to see right from wrong, the good from the bad. Flair is the color you add to the picture, which allows players to express themselves and which is very important. And nerve. This is something you can't teach a person. It is the ability to withstand pressure in a cauldron environment and I had plenty of that

**The most memorable games/moments of your career?**

There are a couple but one that stands out is the New Zealand vs Australia test in 2000. It was my 7th test match and without a doubt one of the greatest test matches ever. It was decided dramatically in the last moments as New Zealand conceded a penalty with seconds to go and I had to make a decision on their home turf, which would decide the outcome. I'm happy with how I handled that and got it right under enormous pressure.

Another was when my brother David played his only game for the Sharks. I was on touch that day and my dad and other brother were in the stands watching the game. Definitely a memorable game from a family point of view.

**The best team you've refereed?**

Internationally it would probably be the All Blacks during the Richie McCaw era. I refereed them many times during those years and they never lost. Their consist-



# What the experts say about Jonathan Kaplan

## Heyneke Meyer

To make it to the top in any job takes a lot of hard work and dedication, and for that you have to take off your cap to Jonathan Kaplan. He is the most experienced Test referee ever and someone all South Africans, not only in the rugby fraternity, can be very proud of.

## Francois Pienaar

Jonathan Kaplan has refereed with distinction. I have rated Jonathan Kaplan as the best referee in the world for quite some time. He's bright and reads the game well. Usually teams are exhausted when Jonathan is in charge as he allows the play to flow.

## Nick Mallet

I wrote a forward to his book. He has been the best Referee of his generation and a huge credit to SA rugby.

## Naas Botha

Jonathan was a fantastic referee and deserved his achievement - people need to realize life is fair but it will never give you an opportunity that you don't deserve. He was the best of the best. He was an outstanding communicator and he let the players play the game while he controlled the game. He was a referee that allowed players to express themselves on the rugby field and never imposed himself as the most important person on the field.

## Jake White

I have known Jonathan for many years, dating back to my school coaching days and him refereeing during that time. He has made a massive contribution to SA Rugby and is still regarded to this day as one of the best referees of all time.

ency is the stamp of their greatness. Domestically it would have to be the Blue Bulls from 2002 to 2010 because again the consistency and sort of brand of rugby they produced was good over a long period which means more than any one game wonder.

**The Rugby code seems to be a very gentlemanly one. Your comment.**

I have a fair amount of criticism of the ins and outs of the game on the part of administrators and some of the laws, but here I must give credit. The spirit and way people treat each other in rugby is a huge strength of the game and one that I guarded closely in my time at the top.

**Do you think we'll see another Jewish Springbok?**

The next Jewish Springbok will more than likely come from a school with a rich rugby culture. The King David's while outstanding educational institutions lack the depth of rugby offered at 'rugby schools'.

**You refereed the inter King Davidian rugby open game last year. How do you rate the standard?**

It was great for me to go back to my roots and where it all started. The enthusiasm and passion were there but the standard leaves much to be desired. There's lots of room for improvement.

**Your thoughts on Heyneke Meyer and his overall team selection?**

I think he's got it about right. I'd probably opt for a few changes but on the whole the team is playing well and they're looking good as we lead up to the world cup. There is still



much work to be done but the basis for a successful world cup is there.

**Your prediction for the 2015 World Cup?**

The All Blacks are the top side at the moment and I would have to plump for them - but you don't need to be a rocket scientist there. The Springboks probably have the best chance of upsetting them but are still somewhat off to being on par with them and need to improve in certain areas. Australia will always be dangerous so don't rule them out. England will be very tough at home and have also made great progress. My dark horse is Ireland who has made huge strides under Joe Schmidt who has transformed their approach.

That all said the World Cup from the quarterfinal onward is a knockout affair. In 80 minutes anything can happen on that stage. Hopefully we're in for a good tournament.

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# Surfing Life's Waves

By Ilan Herrmann



“We all live in a challenging sea and our attitude towards those challenges defines who we are, and how we live our lives. Our attitude about the present defines our future. Our attitude about the future defines the present. Our attitude defines how we see the world and how the world sees us”

- **Shaun Tomson**

It's a sport that is surrounded by a mystique just as the ocean upon which it is staged. Surfing icon Shaun Tomson's blue eyes seem to resemble the enigma of the sea and its currents. Deep and quiet on one hand, ambitious, warm and excited on the other. They reflect his passion for life but also hint at an intimate knowledge of its darker side about which when probed he readily shares

Shaun whose Hebrew name is Yochanan was born in 1955 in Durban and did his schooling at Clifton Preparatory and Carmel College. His family attended the Temple Shalom congregation.

Like a brand of swimwear he would one day invent named 'Instinct', Shaun's relationship with the ocean and its water were like oxygen - organic - as vital as the blood that flows through his veins.

Recalling a time he had been attacked and life-threatened by Hawaiian old-guards who felt their beaches were being encroached by this rookie new-comer and who wanted him gone,

Shaun decided to go nowhere because “I was willing to die for surfing.”

The Surf was a part of his upbringing. “It was a part of my life from my earliest memories. My father would take me by the hand down across the sand into the water, teaching me how to swim, body surf and lots of important lessons about life. “

The story begins earlier. His father Chony had returned from war torn Europe in 1946 having volunteered. At twenty-two he was an outstanding swimmer and was training for the Empire and Olympic Games of 1948 when tragedy struck. While body-surfing at Durban's South Beach he was attacked by a Zambezi shark, which nearly severed his arm off and almost killed him.

His Olympic swimming ambition ripped from him, Chony flew to San Francisco for extensive surgery and then to Hawaii to recover. He took well to the Hawaiian culture and would return many years later to introduce his son Shaun to it's exotic beauty and surfer's paradise.



Shaun Tomson driving through the unpredictable inside bowl at Sunset Beach, 1976.



Chony strongly encouraged Shaun's interest in surfing. In 1969, as Shaun was showing his grit as a junior surfer his father decided to give him a different kind of Bar-Mitzvah gift - a trip to North Shore Hawaii, the heart of world surfing!

That year happened to be the legendary winter of 1969 when it is said that the biggest wave ever ridden had been surfed by Greg Noll. Shaun was eyewitness to this mammoth wave and historic surfing moment. He teases, "we had the best view from an apartment five floors up. I still have Super 8 footage of that wave, but I'll never release it... the legend is worth more."

Back home in Durban Shaun continued surfing part-time, training on South Africa's hollow waves, such as Cave Rock, the Bay Of Plenty, and Jeffrey's Bay. He was already SA Junior champion and at 14 was able to compete at the highest level. In 1973 at age 18 he won the first of six consecutive titles in the Durban-held Gunston 500, the biggest international Pro event outside of America and Australia. No other pro surfer has so dominated a single event.

At 19 he'd just finished his SADF tenure and had university and a career in business in his sights when fate intervened. It was at the 1974 Gunston 500 where Australian pro surfer Ian Cairns, convinced Shaun to join him in Hawaii. His Bar Mitzvah trip of a few years prior still lingering fondly in his memory, Shaun took the bait. He would never look back! Early 1975 Shaun won the Hang Ten Pro Championships in Hawaii, and over the course of the year earned just over \$10,000 in prize money from various contests, far more than any other pro that season. He took his winnings and bought a ticket to Australia where he encountered the Aussie masters of surf, Peter Townend, Mark Richards, Mark Warren, Rabbit Bartholomew and of course Ian Cairns. Together the group returned to Hawaii and to North Shore. Surfing's most frightening place was Hawaii's Bonsai Pipeline where waves rose and crashed with wild ferocity and where to date the lives of more than twenty people have been taken in the Pipelines cruel, treacherous, fiery waters. In the winter of 1975 Shaun won the Pipeline Masters.



Shaun 14 and dad Chony 47 in May 1970 at Buffalo Bay

That colorful crew of surfers went on to win every competition that season. They rode the infamous waves along North Shore with a style, aggression, and raw courage unseen prior to their arrival. It wasn't just domination, it had flair, invention, innovation, new skill coupled with raw and bold talent. Shaun's techniques became a bench mark and his unique style in the tube - a hollow space created in the wave as it curls rises and drops - was likened to a ballerina with deft turns, fluid motions and gliding body movements.

It was these pioneers, the leaders of the 'free ride' generation as it became known, that had a transcendent vision for surfing. They saw it's potential as a culture, an industry and a globally driven sport. They founded pro surfing as we know it, establishing the pro circuit with a world championship and the International Professional Surfing tour.

Today surfing is a 7 billion dollar industry. Current greats including the likes of all time best Kelly Slater readily recognise that the sport owes the seventies visionaries a debt of gratitude for their sacrifice that set into motion the transformation of the sport

This period, nothing less than a surfing revolution was immortalised in surfing folklore, books and documentaries and most notably in the movie *Bustin Down The Door*, a film Shaun helped produce, which beautifully documents the creative chaos and culture clash of the time.

Returning to Shaun's story at 21 years old in 1976 he was still surfing part-time, but in 1977 he decided to go all the way. It would be the pinnacle year of his career because Shaun won the world championship, surfing's most coveted title.

Much would change in his life. He married, moved to Santa Barbara, California and would evolve from a single-fin board to a twin-fin design. Although his performances suffered a bit in the late '70s and early '80s when he switched to the twin-fin, Shaun nonetheless remained near the top of the ratings, finishing 4th in 1978, 6th in 1979, 3rd in 1980, fourth in 1982, and 6th in 1983.

In 1984, two years after getting his first tri-fin, the then 29-year-old won three world tour events and finished runner-up in the ratings to Aussie Tom Carroll.

In 1990, the day finally came when Shaun hung up his surfboard in a professional context. But he would never retire. New adventures lay in wait and Shaun with his wife Carla developed a surf-wear brand called 'Instinct' which did well enough but then bottomed out in 1990.

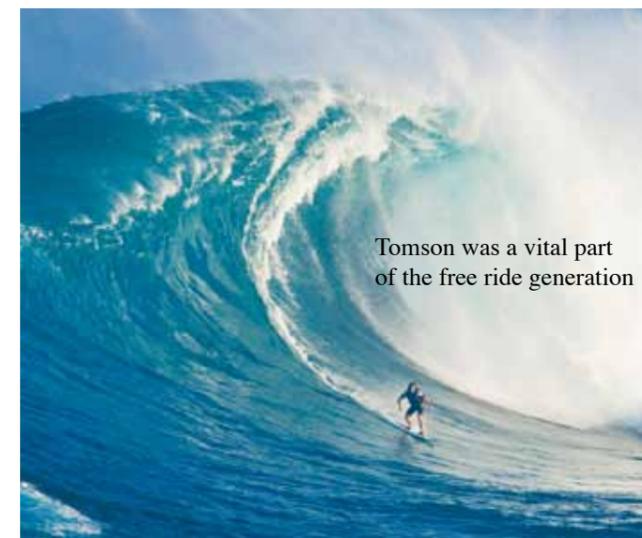
At 35 the family decided to return to SA this time with son Mathew in hand. Shaun would go on to fulfill a promise to his parents to complete his education at the University of Natal with a Bachelor of Commerce degree majoring in Business Finance.

In 1998 he again returned to the states and together with his wife embarked on another brand 'Solitude' which reached a critical moment and was at the brink of failure when a stroke of fortune and a breakthrough landed literally from nowhere. In 2006 they sold the brand for a whopping 50 million dollars. "Things at that time looked so bright and promising", recalls Shaun and yet a darkness unlike any he'd known was about to descend on him. Nothing could have prepared him for April of 2006.

Shaun's son Mathew was on an extended visit to SA for a full schooling term at Durban's Clifton Primary when Shaun home in the States got a life-shattering call from his wife Carla that their fifteen-year-old son had accidentally died playing 'the choking game', where kids asphyxiate to get a brief high. The struggle and ordeal that followed for the Tomson's would be long, hard and wrenching.

Not long before Mathews death Shaun had authored a self-help guide on the lessons he's learnt from riding the waves - *The Surfer's Code*. In the best-selling book, he shares the 12 most important lessons that surfing has taught him about life. Unknowingly at the time the *Surfer's Code* a complementary book to the movie *'Bustin Down Doors'* would be lessons he'd need for himself, his tribulation.

Shaun recalls how the water, his life-long friend, would come to his aid and revive him. He had stayed away from the waves following Mathews passing. "A friend finally persuaded me and took me to a break I'd never surfed before. It was just the two of us in the water on a beautiful day. I paddled out, and I cried and cried. I finally took a wave, and that ride started my path to healing," he says.



Three years later, the couple adopted a son, Luke. The Tomson's say he chose them - a beautiful boy that has brought immense joy into their lives.

Shaun Tomson is ranked in the top ten surfers of all time. His appeal is universal. His charm, charisma and handsome appearance coupled with his low-key, humble and understated style have given him a sort of cover boy image of surfing.

His drive and determination to make a difference and particularly in the lives of youth, particularly in the wake of Mathews loss, by encouraging them to make the right choices, is a passion he feels strongly about. Shaun continues today to be a true ambassador for the sport of surfing, exuding an elegance, flamboyance and magnetic energy.

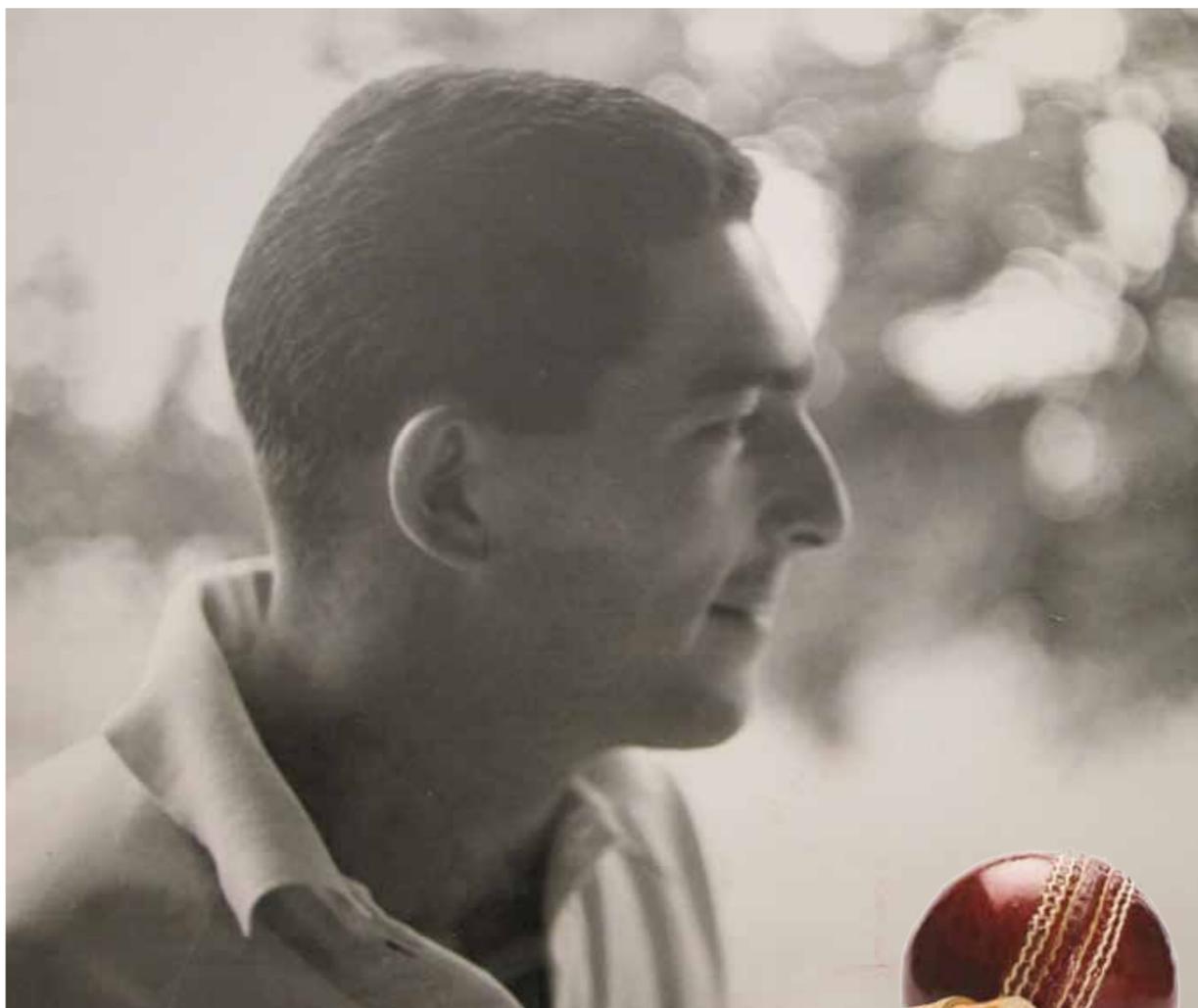
Shaun is a keynote speaker delivering motivational talks to audiences in many countries across the globe. He recently repurchased his brand 'Solitude' back and is revamping it. He is involved in philanthropic projects and is a strong voice for nature environmentalism.

Shaun still surfs whenever he can. His love for the water has not abated. It's a word he uses often because it best describes his love for the sea, "Like a little kid, I still get 'stoked' when I paddle out preparing for that next wave."

#### Some of Shaun's Achievements

- Shaun was inducted into the South African Sports Hall of Fame in 1978
- SA Sportsman of the Year in 1978.
- The Jewish Sports Hall of Fame in 1995
- The US Sports Hall of Fame
- The Huntington Beach Surfing Walk of Fame in 1997.
- Australia's Surfing Life magazine named him as the world's all-time best tube-rider in 1991
- He served as vice president of the Association of Surfing Professionals from 1990 to 1994
- In 2002 he was appointed as chairman of the National Advisory Board for the Surfrider Foundation environmental group
- He received the SIMA Environmentalist of the Year Award in 2002
- He is an author, film producer, motivational speaker, app creator and entrepreneur.





# ali bacher

*a pioneer of cricket*

By David Saks

The disproportionate success attained by Jews in multiple fields is frequently commented on, by friend and foe alike. It would be a mistake, however, to conclude that Jews as a matter of course over-achieve in all fields of human endeavour. One area where the Jewish record is not particularly remarkable – in truth, it is somewhat mediocre – is that of sport. In that regard, South African Jewry is something of an exception. The community, for example, has produced more international players in both rugby and cricket than all the other major rugby and cricket-playing countries put together. Even in this country, however, the numbers of Jewish sportsmen and women who have achieved some level of distinction in the sporting arena is, taken in proportional terms, not especially impressive.

It is in light of this, the record of the Bacher family in terms of

sporting success, particularly when it comes to cricket, stands out. Topping the list, of course, is Aron ('Ali') Bacher, who has, as a player, captain and especially as an administrator, attained genuine iconic status throughout the cricketing world. However, all four of his siblings – brothers Issy and Yudel and sisters Mushe and Sorrel – were athletically gifted. Issy was an accomplished rugby, squash and hockey player. In later life, he represented South Africa in all three sports at the Maccabi Games in Israel and served a term as chairman of Maccabi South Africa. Yudel, according to Ali's biographer Rodney Hartman, "played 1st team cricket and rugby [at King Edward VII School, which Ali also attended], gaining fame in the latter game as a crash-tackling centre three-quarter". Their elder sister, Mushe, excelled at all sports at school, including tennis and athletics, and the fact that even as a young girl Sorrel, the baby of the family, would do duty as a bowler to big brother Ali when his

brothers were not available suggests that she, too, had inherited the family's sporting gene.

[Sorrel and her husband later joined the ultra-Orthodox Gateshead community in the north of England. During the early 1980s, when the cloak-and-dagger arrangements for the first of the so-called 'Rebel Tours' were underway, their home was used by Ali as a venue where negotiations could be conducted in relative secret. One wonders what the local Haredim must have thought of the likes of Ian Botham, Geoff Boycott and Sylvester Clark coming and going during this time.]

From this family has emerged a genuine sporting dynasty. Confining the focus solely on cricket, three members of the next generation – two of Issy's sons, Michael and Adam, and Mushe's oldest son, William Kirsh – attained provincial colors, and Adam went on to represent South Africa in nineteen test matches.

Ali's father, Koppel, was very much a lover of outdoors activities, particularly horse riding, at which he was adept. That being said, the real source of the family's sporting prowess would seem to have come from his mother's side of the family. Rose Nickel (the name was changed from Nochomowitz) and her brothers, Aaron and Julius, excelled at sports, and especially ball sports.

## Ali Bacher's first-class playing career lasted from 1960 to the end of the 1973/4 season. A tenacious, battling right-handed batsman, he scored 7894 runs in 120 matches

In 1951, Aaron became only the second Jewish player to be capped for Transvaal (a useful right-arm medium bowler, he was selected in that capacity, whereas his nephew and three grand-nephews who likewise played for their province were all batsmen). Mushe Kirsh suggests that her grandfather, Louis Nickel's exceptionally good 'eye' (a carpenter, he could, for example, cut to the required lengths simply at sight, without having to measure) points to the attributes that made for sporting success that seem to have passed on to his descendants.

Growing up in Yeoville and thereafter in Cyrildene during the 1940s and 50s, Ali quickly established himself as a major sporting talent, representing his schools – Yeoville Boys followed by KES – with distinction in football and cricket. In 1960, aged only 17, he gained his provincial colors for Transvaal, six years after his uncle Aaron played his final game for the province.

## Tribute to Ali Bacher by Professor Mervyn King

Ali Bacher's prowess as a batsman and a cricket captain was exhibited when he led South Africa to a 4-0 victory over Australia in the summer of 1969/1970.



I was privileged to watch Bacher lead South Africa's greatest cricket team which included Graham Pollock, Barry Richards and Mike Proctor. How well I remember Bacher and Richards batting before lunch in the Durban test when Ali was striving to let Barry score a century before lunch, with disastrous consequences for himself. As historic as that moment seemed little did he know that the catch he took in the final test to beat Australia 4-0 was the end of South Africa's participation in test cricket for 20 odd years. This was so because the International Cricket Council no longer recognised South Africa as a playing nation because of its apartheid policies.

With South African cricket being removed from mainstream cricket and Ali concluding that the apartheid government would not end in his lifetime, he engineered the so-called Rebel Tours. The protest of the majority of South Africans against the apartheid policies was fierce. These rebel tours resulted in protests which at times became violent. Ali realised that rebel tours were counterproductive. He then turned his many talents on uniting South African cricket and bringing the game to those disadvantaged by apartheid.

Ali had conjured up mini cricket and I assisted him in achieving the introduction of cricket to many young black children in townships through organising the South African Executive Cricket Club which financed mini cricket. I also was privileged to assist Ali to arrange a merger of the so-called Black Cricket Union and the White Cricket Union under the leadership of Krish Mackerdhuj under the name of the United Cricket Board.

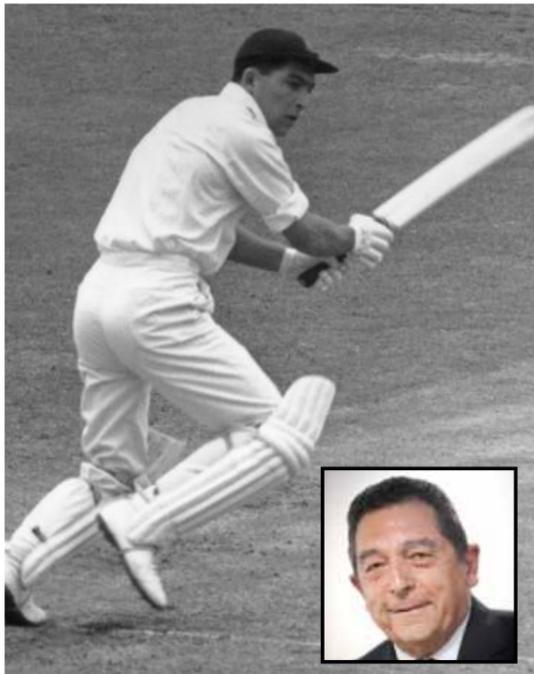
After F W de Klerk had unbanned the ANC Bacher became friendly with Steve Tshwete who became the ANC's Minister of Sport.

Ali's talents were not only with a bat in his hand or leading a cricket team. He became a shadow politician who was instrumental, with Steve Tshwete, in uniting South African cricket and arranging its first overseas tour since isolation. He became the managing director of the United Cricket board and retired in order to organise the 2003 world cup in South Africa, which he did with great success.

He has always been and still is a person of absolute integrity. He thinks on an intellectually honest basis about the best interests of the third party for whom he is acting. It was under my chairmanship of the board of governors at Wits University that he became the Chief Executive and in that capacity raised vast amounts of money for the University.

It has been my pleasure and privilege to have assisted Ali in numerous of his endeavors but more so to be regarded as one of his friends.

Professor Mervyn King SC  
October 2014



. Ali Bacher's first-class playing career lasted from 1960 to the end of the 1973/4 season. A tenacious, battling right-handed batsman, he scored 7894 runs in 120 matches, at a solid average of 39.07, with eighteen centuries and 45 half-centuries. In addition, he took 110 catches and (he sometimes fulfilled the role of wicket keeper as well) made one stumping. In his twelve Test matches, he averaged 32.33, with six half centuries. During his career, he established a number of playing and captaincy records, most of which stood for well over a decade. In 1972, he became the first batsman to pass 5000 runs in the country's premier provincial cricketing competition, the Currie Cup. In all, he amassed 5640 Currie Cup runs, an all-time South African record that stood until 1975 when it was broken by the renowned Barry Richards. The 6 183 runs that he scored for Transvaal remained a record for thirteen seasons before finally being broken by Jimmy Cook. Graeme Pollock, voted South Africa's greatest cricketer ever, was needed to eventually break the record of 904 runs that he scored for Transvaal in the 1968/9 season. In terms of Transvaal captaincies (72, amassed over sixteen seasons), it took another South African legend, Clive Rice, to surpass it. Richards, Cook, Pollock, Rice – that it took such giants in the history of South African cricket to top his achievements speaks for itself.

**‘He recorded for himself the distinction not only of leading his country to what until then was undoubtedly its finest moment in international cricket, but also became the first, and to date only, Jewish cricketer to lead his country anywhere in the world’**

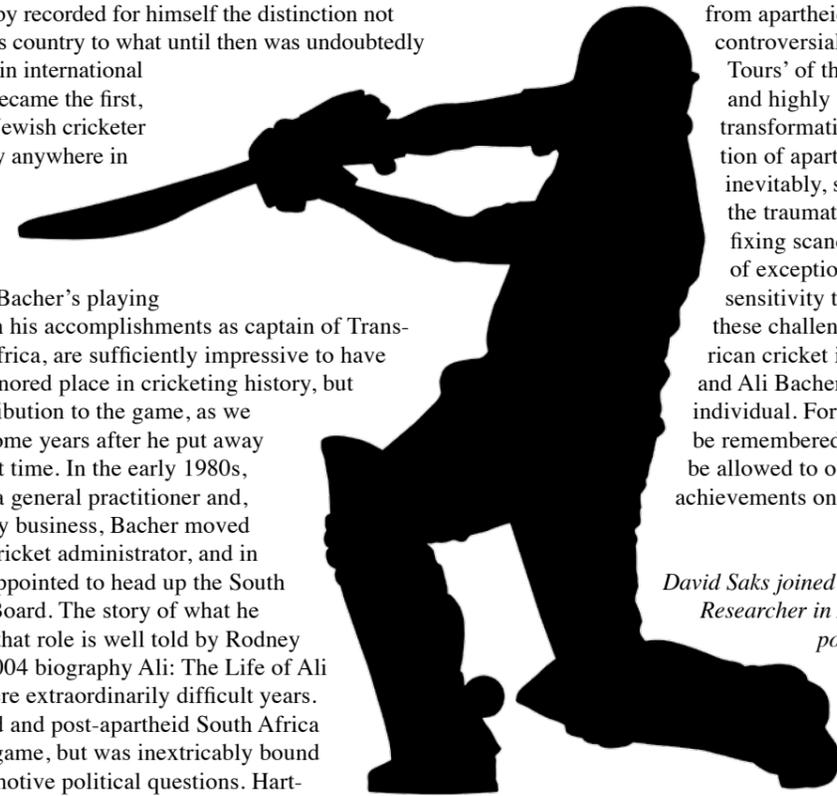
Finally, Bacher's 88 catches for Transvaal was only bettered a decade later, by Kevin MacKenzie. Hidden in that statistic was his astounding reflex catch to dismiss Bob Cowper in the Transvaal vs Australia game in 1966. In eventually winning that encounter, Transvaal became the first team ever to beat Australia in South Africa, and the 235 runs Bacher scored in the second innings was the highest ever by a South African against that country. Throw in his ever-resourceful captaincy, and it is little surprise that the game has gone down in history as “Bacher's Match”.

In 1965, Ali gained his Springbok colors, becoming only the second Jewish player to be so honored (the first was Norman Gordon, of ‘Timeless Test’ fame and, until his recent passing at the age of 103, the oldest living test cricketer). He played in the four-test series in England (clinched by South Africa in the epic Trent Bridge Test) and went on to play in eight more tests, all against Australia. He would undoubtedly have played in more had politics not intervened to exclude South Africa from international cricket after 1970.

The period in which Bacher played – 1965-1970 – constituted a short-lived golden age for South African cricket – short-lived, because thereafter the sports boycott against South Africa brought all international competition to an end for the next 22 years. During this time, the Springboks chalked up eight victories, with three draws and just one defeat in the twelve tests played. It commenced with a 1-0 series victory over England, in England, continued with a 3:1 victory over Australia in South Africa in 1966-7 (the first time South Africa had won a series over Australia) and culminated in an unprecedented 4:0 whitewash of Australia, again in South Africa, in 1969-70. For those four final tests, Ali Bacher was South Africa's

captain. He thereby recorded for himself the distinction not only of leading his country to what until then was undoubtedly its finest moment in international cricket, but also became the first, and to date only, Jewish cricketer to lead his country anywhere in the world.

The above statistical highlights of Ali Bacher's playing career, along with his accomplishments as captain of Transvaal and South Africa, are sufficiently impressive to have earned him an honored place in cricketing history, but his greatest contribution to the game, as we all know, came some years after he put away his bat for the last time. In the early 1980s, after working as a general practitioner and, briefly, in a family business, Bacher moved into the field of cricket administrator, and in due course was appointed to head up the South African Cricket Board. The story of what he accomplished in that role is well told by Rodney Hartman in his 2004 biography *Ali: The Life of Ali Bacher*. These were extraordinarily difficult years. Sport in apartheid and post-apartheid South Africa was never just a game, but was inextricably bound up with highly emotive political questions. Hartman's book recounts how Bacher was at the fulcrum of such momentous developments as the move away



from apartheid within cricket, the controversial boycott-busting ‘Rebel Tours’ of the 1980s, the complex and highly sensitive process of transformation following the abolition of apartheid in the 1990s and, inevitably, such painful episodes as the traumatic Hansie Cronje match-fixing scandal. It required a man of exceptional wisdom, vision and sensitivity to successfully negotiate these challenges to lead South African cricket into a hopeful new era, and Ali Bacher proved to be such an individual. For this, he will primarily be remembered, but this should not be allowed to overshadow his many achievements on the playing field.

*David Saks joined the SAJBD as Senior Researcher in April 1997 and was appointed Associate Director in 2005. He has been editor of the Board's journal Jewish Affairs since 1999. He holds an M.A. in History from Rhodes University*

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1966 Highlands arrive at East London Airport for the weekend game

# HIGHLANDS PARK EDIFIED IN HISTORY

By Sy Lerman

Judging on a ratio of population to achievements, the iconic role played by Jewish sportsmen and sportswomen in South Africa is nothing less than spectacular and awesome.

Okey Geffin became a national hero when his goal-kicking was primarily responsible for the white-washing of the formidable All Blacks in a rugby test series in 1949, something the Springboks have not come close to emulating in 65 years since.

Joel Stransky's drop-kick won the World Cup for South Africa for the first time in 1995 while nurturing further the time-worn legend that in order for South Africa to reach great heights on the rugby field there had to be a Jew in the line-up.

Ali Bacher played no mean role in breaking the stranglehold that Australia had placed on South Africa for more than 40 years when he captained the national team to an unprecedented 4-0 whitewash of their great rivals in 1970.

Jody Scheckter remains to this day the only South African to have been anointed world Formula One champion while continuing to enshrine the Ferrari legend of special motor racing exponents. And so one could go on and on and on, suggesting it is almost an injustice not to mention some of the other great Jewish sportsmen and sportswomen here.

But space is limited and in order to do everyone justice one would have to echo the sentiment of the great American song writer, Richard Rodgers, with the lyrical sentiment "if they asked me, I could write a book."

On a team level, however, it would be incomplete of Jewish achievements in South African sport not to dwell on the feats of the Highlands Park club, who dominated South African soccer in the 1960s, in particular, while introducing a new, sophisticated dimension to the game here.

And now, while it might not be with the same awesome and majestic roar that accompanied the imperious team known as "The Lions of the North" in the past, Highlands Park are back in professional soccer business after an effective absence of 31 years following their grueling, recently-acquired promotion to the PSL's First Division through the various Safa ranks.

"There is a long way to go before even considering emulating the feats of the past," says motor magnate Brad Kaftel, who is the driving force and chairman of the revived club. "But this is a beginning, or call it a rebirth, whatever you like."

"Of course there are dreams of restoring the old glory, but in the meantime we are realistically only aiming at consolidating a place in the PSL's First Division and taking it step at a time."

The club is initially using the R38-million revamped Mehlareng Stadium in Tembisa as a home venue and will re-introduce to the local soccer set-up the distinctive red-and-white colours with which Highlands won a spate of league titles in the old National Football League - and then played a significant role in the formative years of multi-racial soccer under the NPSL banner.

But even during the decades when the aura and memories of the "Lions of the North" systematically became diluted among soccer fans, a number of the club's old diehards, notably Larry Brookstone, who also guided Silver Stars into the PSL Premier League before the name was changed to Platinum Stars, maintained a junior section at Gemmel Park in the north-east suburbs of Johannesburg.

And Kaftel confirmed this nursery, which has already unearthed such notable Premier League players as Kaizer Chiefs' Levy Mokgothu, Orlando Pirates' Lehlohonolo Majoro and Super-sport United's Thuso Phala, will remain intact.

Former NFL and NPSL player Steve Haupt was the coach who

guided Highlands to their recent hard-earned promotion and he will remain an important integral part of the set up - having opened an innovative hostel for the players near Hartebeestpoort Dam, where he has also set up a development academy.

Is this the beginning of a new dominant and exciting era? Perhaps, perhaps not. But Kaftel, Brookstone and their team of officials are intent on at least laying down a foundation which will ensure an ongoing future for the club.

They have, to be sure, a hard act to follow. To this day, soccer commentators who were around at the time - and they include Orlando Pirates strongman and PSL chairman, Irvin "The Iron Duke" Khoza, who was a Highlands supporter as well as that of The Buccaneers, of course - rated the team of the 1964-67 era one of the greatest, if not the greatest football combination produced in this country.

It won three successive NFL championships and its strength emanated from an ability to blend players of various diversities into an uncanny, perfectly-balanced unit.

The magic emanated from Brazilians Jorge Santoro and Walter

## The Highlands Jersey

"If you were to ask me today which of those I cherish more... I don't know... I've done them both. I think the difference though is that being given the job to mark Pele in front of 75000 fans in a New Jersey stadium was a singular climactic moment in my soccer career, but putting on the red and white shirt of Highlands Park for me was without exception my life's pride, passion and joy.

Highlands was in my blood, it molded me. I mean as youngsters, playing in the curtain raiser to the Highlands vs Hellenic Easter Monday game at the Rand stadium in front of 40000 fans was something none of us will ever forget. Then there were the training sessions at Balfour and when we were finished, we saw them, they were larger than life hero's, the players who were our icons. Without a question the best team to ever assemble in this country. Hume, Kalk, Gough, Da Silva, Santoro, Macintosh, Jacobitz, Ryder, Rafi Levy and the others in that mid 1960's team. They were a cut above. They were feared across the NFL league. Pundits never betted on who would win when Highlands played, it was by how many goals they would win. So yeah, putting on that Highlands jersey was something special, almost magical.

But Highlands was more than a soccer club. It had a culture within it that supported excellence. There was a professionalism and pride that went with putting on that shirt. Highlands set the bar in soccer back then. With Lucke Matus and the outstanding Rex Evans at the helm and coaches of the pedigree of Joe Fricleton and Jimmy Williams, the competitive edge was always there. Highlands developed a winning mentality and winning

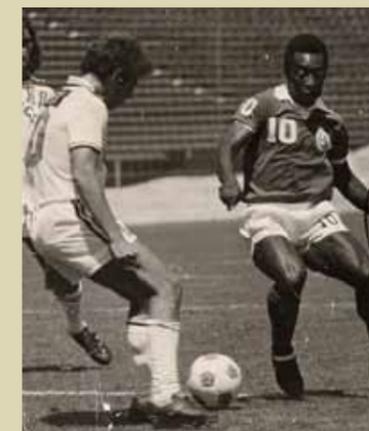
became a habit. That red and white shirt brought out a passion and commitment in us that was extra-ordinary.

It has to be said that what was also special were the fans. Highlands had a massive following, especially within the Northern suburbs of Johannesburg. Balfour at 14000 was virtually always full and when we played at the Rand Stadium for the big games at 40000 it was also usually full. The 1500 seats reserved for black supporters in the notorious and terrible apartheid policy days were always occupied by adoring fans from Alex or Soweto. Our fans came in rain, hail, blistering heat, you name it they were there. And you sort of had no grey area with Highlands, either you were loved or you were hated.

Our side in the mid-1970's had a good number of Jewish players. I think that while we weren't the irrepressible side of 1965, '66 and '67, because frankly, emulating them will probably never again happen in this country, it was a decade down the line and still the club, it's ethos, standards, drive to compete and win, were the same because that's what Highlands brought out in you, it was what the organisation was about and that's a legacy that few clubs are able to create and sustain.

My career took me to the Los Angeles Aztecs, where I played alongside a star studded team comprised of many legends. The likes of George Best, Charlie Cook, Terri Mancini and then of course the instruction for me to shadow Pele. Does that stand out? Of course it does and some. But ask me again and i'll tell you... putting on that Highlands jersey... I wouldn't trade that for anything in the world."

Martin Cohen  
2014



Martin Cohen in action against Pele



**Left:** The magnificent team of 1966 in their famous colors  
**Right:** Highlands Park today making headlines



da Silva. The guile came from former Benfica stalwart Vasco Pegado. The trickery and speed from former Aberdeen (Scotland) wings Bobby Hume and Willie McIntosh.

Former Charlton Athletic midfielder Charlie Gough epitomised sheer professionalism in midfield and Scots Joe Frickleton and full-back John Stewart provided the steel, with George Ryder in goal the indefatigable Malcolm Rufus at right-back, "ironman" central defender Stan Jacobitz and thunderous, dynamic goalscorer Freddie Kalk providing the Southern African content.

Highlands came into being in 1960 with a complement of hand-

picked stars like Aubrey Tyrrell, Pip Hughes and Neville Scott who were pieced together by wily initial chairman and founder Lucke Matus shortly after professional soccer was introduced into South Africa. It's roots stemmed from the predominantly Jewish Balfour Park Sport Club in Highlands North, but the club's constitution did not allow for professionalism and Matus formed the independent, but still closely-linked Highlands Park Football Club.

Jewish stars of the calibre of Israeli international striker Rafi Levi, Martin Cohen and Julie Kaplan remained in the forefront over the years, with others like Abe Koplow, Dennis Bieber, Robin Kuper, Hazom Hazom, Roy Schewitz, Errol Kaplan, Maish Novick and Roy Weiner earning places in the first-team squad at different times, but the club cast its net far and wide and spread its wings on and off the pitch to players, supporters and officials of all nationalities and colour. No one supported Highlands more fervently than its diehard followers from the nearby Alexandra Township, who crammed into the small segment of Balfour Park that the draconian apartheid laws of the time permitted.

And Highlands were one of the first so-called white clubs to introduce a black player into their line-up, with the signing of former Orlando Pirates star Jerry Sadike, followed by the galloping Kenneth "The Horse" Makgojoa from Benoni United.

Highlands remained a force until the loss of the club's traditional Balfour Park home ground was sold for business development, with other financial constraints resulting in chairman Rex Evans selling the NPSL franchise to Jomo Sono in 1983.

The legendary "Black Prince" of South African soccer initially indicated he would maintain the Highlands' tradition, but he had second thoughts and changed the name of the club to Jomo Cosmos.

Now both Highlands and Cosmos are in the PSL First Division this season striving to restore their former glory. Almost fatalistically, they played each other in the opening game and it ended in a goalless draw!

*Sy Lerman has been one of SA's most respected sportswriters for more than 50 years. He was the first recipient of the "SA Sportswriter of the year" award and the only South African to be named as CNN's "African sportswriter of the year"*



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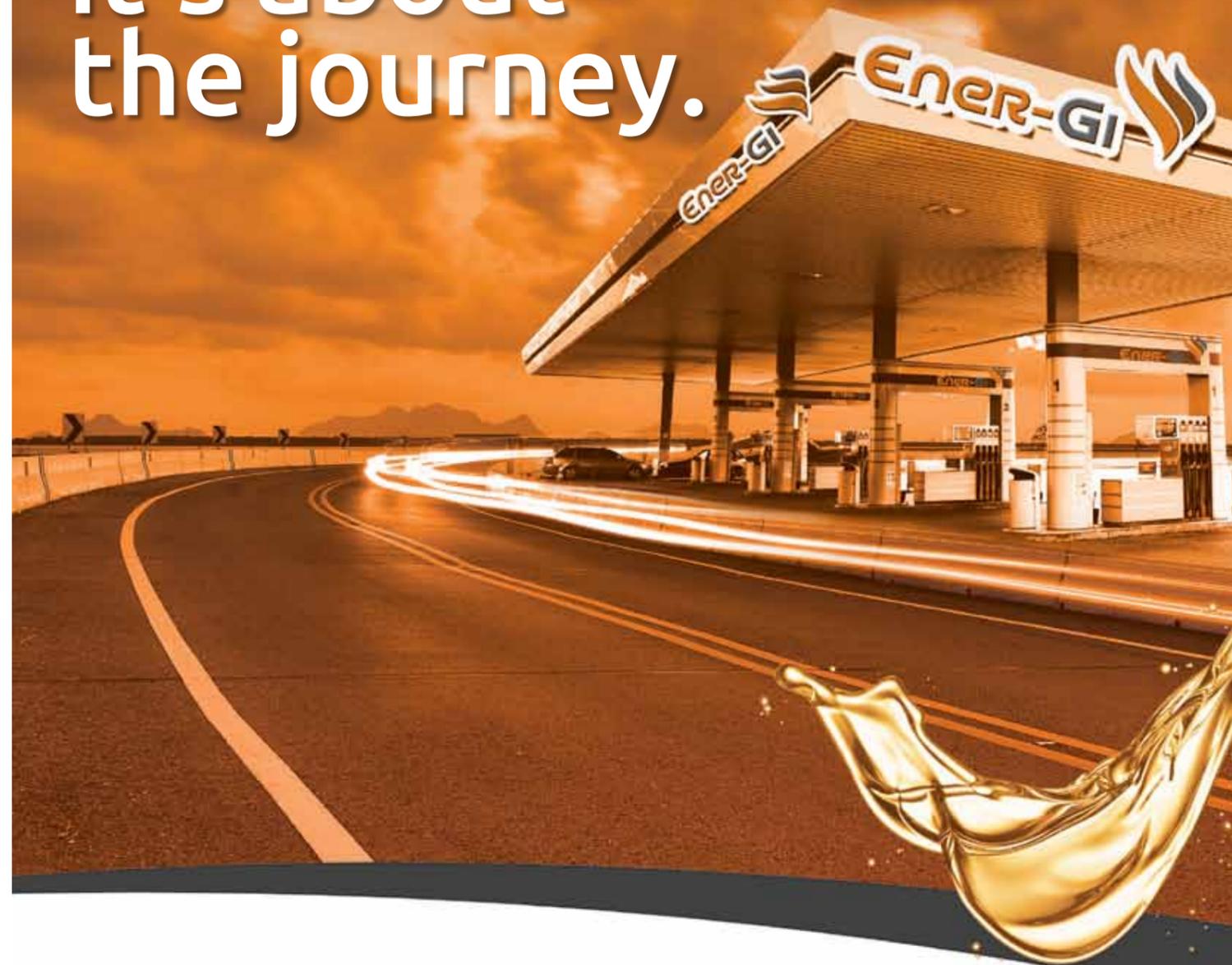
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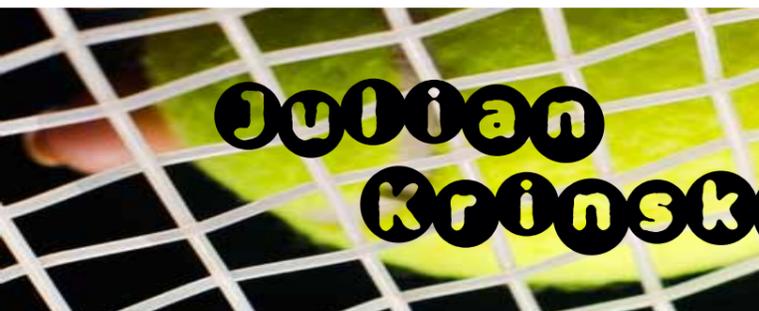


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# AT THE NET

## 3 SA TENNIS DYNAMOS



Julian Krinsky was born on October 16 1949. He grew up in Observatory Extension in Johannesburg. The Krinsky's attended the Cyrildene Shul in the era of the late Rabbi Dennis Isaacs. Julian's late father did the books for the shul.

At the earliest age he could be found spending tireless hours on the tennis court. The Krinsky house had a tennis court and Julian's father encouraged him to drive hard at his tennis. In hindsight Julian acknowledges that his dad's constant motivation was a primary catalyst to his tennis achievement.

The players he looked up to in those days were the Australian greats in Rod Laver, Roy Emerson and John Newcombe. Today he is friends with all of them.

With dedication and effort he rose up the ranks to become the 7th seed in South Africa. By the age of 19 Julian was competing professionally on the tennis tour, including Wimbledon and the French Open. His most memorable matches? "It's probably beating Gene Scott in the South African Open a month after he got to the semi finals of Forest Hills (I was 18 years old

at the time) or qualifying for Wimbledon beating Puddicombe from Canada in five sets or perhaps losing on the Center Court Roland Garros French Open, a great honor to play there. They were all singular moments"

Julian also competed proudly at the Maccabi Games in Israel winning medals in Tennis in 1969 and 1973 and represented the USA in squash in 1981 at the Games winning silver. He also coached the United States Junior Tennis team in the Maccabiah games of 1989. Singing Hatikvah in the Ramat Gan with fellow Jewish athletes from around the world remains a highlight for Julian and cherished moments he will never forget.

Professionally, Julian earned a law degree and became a char-



Opposite page: Julian in the early years  
Top right: Julian with Roger Federer  
Teens at Krinsky's Yesh Shabbat programme

tered accountant with a successful career path set in mind. When he relocated from Johannesburg, arriving in Philadelphia in 1977, he continued his career in accounting and taught tennis part time to young students. Little did he know then that this part-time career was not only where his heart lay but also where his entire career would focus and indeed blossom.

Julian began a small tennis camp program in 1977 with the campers sleeping in tents in his back yard. This has grown into a variety of summer programs - including a tennis program designed to meet the needs of Modern Orthodox Jewish athletes - that draw over 4,000 young people from over 35 states and 30 countries to nine camp sites!

Today more than 30 years later, Julian Krinsky Camps & Programs (JKCP) is one of the most renowned and popular summer programs in America. Much more than tennis, the JKCP programs now include golf, business, cooking, the arts, teen fitness, internships, international relations and more - offering children a valuable summer experience designed to foster learning in a fun and safe environment.

"In the early days I wanted to develop a champion and we have had great players pass through our system like Lisa Raymond (U.S. No. 1 in doubles and top 20 in singles), Tom Shimada (top 100 in doubles), David DiLucia (top 100 in doubles), Kathy Jordan (top 10 in singles number one in doubles) etc. But...as my Yiddische Kop kicked in, I realized that the business of tennis lay with the masses particularly the beginner and intermediate levels and not with the champions. And so today we see approximately 2000 tennis students every year and we have no champions just students that will play and enjoy for the rest of their lives."

Julian tells of his pride for his great, great grandfather, Rabbi Yehoshua Yitzhak Shapira, fondly known as Reb Isel Charif (sharp or caustic), a Lithuanian Torah giant whose commentaries are recorded for posterity and whose contribution to community was great.

"When I learned about my lineage and the impact my ancestors made it made me realize my responsibility to the Jewish people," says Julian Krinsky. "I started Yesh Shabbat and

established it as a non-profit organization to give Jewish teens a sense of Jewish identity and the same opportunities afforded to other teens in sports and summer programming."

Yesh Shabbat is a subsidiary of Julian Krinsky's non-profit organization, 'Time to Share'. It attracts Jewish youth from all over the country who flock there to enjoy a truly marvelous and enriching summer Jewish experience.

Julian Krinsky is admired and respected across the tennis professional industry and lauded throughout the broader U.S. Jewish community for his contribution, which is done with love and concern.

It's been said of the man that Julian Krinsky lives his dream every day by helping future generations live theirs.

Closer to home, Julian has warm and fond memories of the place he grew up. He also expressed his appreciation for his school King David by recently refurbishing the schools tennis courts. It was both an expensive and extensive project but done with Julian's trademark glowing smile and spirit of generosity.



King David Linksfield courts before and after

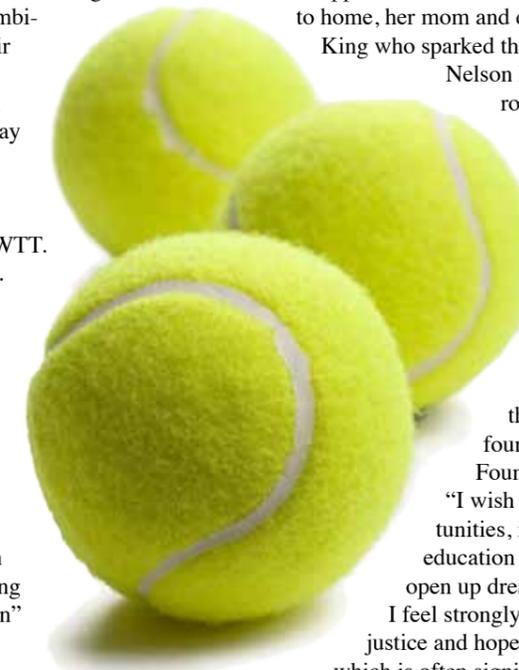


Picture collection of Ilana Kloss

Together they complimented beautifully with Linky's hard hitting base line play and Ilana's decisive net finishing. They became the most lethal doubles combination on the tennis circuit crowning their achievement with a 1976 US Open. win They also won: SA Open 1973 - German Open 1976 - Italian Open 1976 - U.S. Clay Court Championships 1976

Other highlights in Ilana's career: In 1974 she was recruited to play in the WTT. She was part of the Fed cup team for SA. She was inducted into the Jewish sports hall of fame in 2011.

Another dimension of Ilana's sterling career were her trips to the Maccabiah games. In 1973 she won 3 Gold medals. - in singles, doubles and mixed doubles She returned four years later in 1977 and carried the flag for the SA team as they walked in to the Ramat Gan stadium. "Saluting Golda Meir and singing Hatikvah at the helm of the SA delegation" says Ilana, "is the highlight of my tennis career." Proudly she explains how her Jewishness is integral to who she is.



Ilana looks back with gratitude to people around her whose sacrifice, support and love enabled her to reach her dream - closer to home, her mom and dad, and beloved sister. Billy Jean King who sparked the belief in herself and she cites Nelson Mandela who serves as a supreme role model to her and together with that extols her praises of South Africa for the remarkable and peaceful transition to equality and democracy.

"I had fortunate breaks during and beyond my career" Ilana says. Which is why she has made it a guiding principle to help others. Ilana serves on the board of the Elton John aids foundation and the Women's Sports Foundation.

"I wish to offer the less fortunate opportunities, in tennis and beyond. I believe education is the key to open up doors that open up dreams and enrich lives." I feel strongly about equal opportunity and social justice and hope I can make my small contribution, which is often significant in the lives of people who need that extra lift.

From the 6th floor of a high towering building on Broadway in central Manhattan, Ilana Kloss talks of a career some 4 decades on that has not yet let up ever since her teen years. The role has evolved from player to administrator, but the thread is the same - A level pro Tennis. Today she can found at the helm of the annual WTT World Team Tennis a high profile mixed event that takes place in the phase between Wimbledon and the US open.

Ilana was born in 1956 in Johannesburg to a traditional Jewish family. Despite having lived in the USA for the most part of 3 decades she is still very South African - polite, considerate, under-stated and always ready to volunteer though cautious not to impose in doing so.

Growing up Ilana would go to the courts at the Jeppe Lawn Tennis Club in Doornfontein where her folks played social tennis.

The annual SA open held at Ellis Park courts was the biggest Tennis event around at the time and where Ilana's mom sold match programs. At age 10 Ilana became a ball-girl and as a result got to be up front with some of the worlds best. The likes of Rod Laver, Roy Emerson, Poncho Gonzalez, Billy Jean King and others were a ball throw away. Breathing in the talents of these tennis icons was hugely impressionable and inspiring.

But it was a year later during the SA open at the same venue that Ilana would have a defining and life changing moment.

She was hitting on an outside court with her dad on a

Sunday, when Billy Jean King happened by. She stopped and offered to hit with the youngster she had recognized as the ball-girl from center court. After fifteen minutes King came over to Ilana's dad and said that Ilana has real talent and that her parents should endeavor to make sure she has the opportunity to pursue the game. King also offered her assistance to help Ilana's progress in the years that lay ahead.

You guessed it. There and then, on that day, at that time, Ilana made the decision that she wanted to be a tennis player. She literally became obsessed driving her parents nutty with lessons, practice sessions and tournaments. Fortunately she managed to secure a Wimbledon doubles winner, Sheila Summers, as a coach. Ilana grew and grew and her game became prolific.

A massive moment occurred when in 1972 at age sixteen Ilana won the junior Wimbledon title. Her first ever trip outside SA, travelling alone with no idea what to expect and facing the world's best junior players, she came up trumps.

Winning Wimbledon gave Ilana the realization she could compete against international talent and not just back home. It was a huge boost of confidence.

It was only in 1970 thanks to much pioneering work by Billy Jean King and others that saw Women's Pro Tennis begin in earnest. Ilana's timing could not have been better.

Her singles was impressive enough but it was on the doubles scene that her focus and major achievements would take place with her partner Linky Boshoff.

## DAVID EGDES

David Egdes is one of the Tennis world's more influential personalities. He directly liaises with the world's top players including Roger Federer, Rafael Nadal, Maria Sharapova and many others. In fact it's often the reverse whereby it is David that is called upon by these stars to manage a situation.

It's not easy being on the international travel circuit for some 20 weeks a year for a family man but David is grateful to be playing a pivotal role on a stage he is passionate about, and besides it was his wife's recommendation those many years back that he should seek out an avenue in life that brings him satisfaction.

David Egdes was born in Johannesburg and attended King David Linksfield throughout his entire schooling career. He played all sports growing up but began in form three to focus on tennis above all others. It was a calculated decision where David had begun formulating his future, one in which he'd wanted to get a scholarship at a top university in the US and go forward towards a career in tennis.

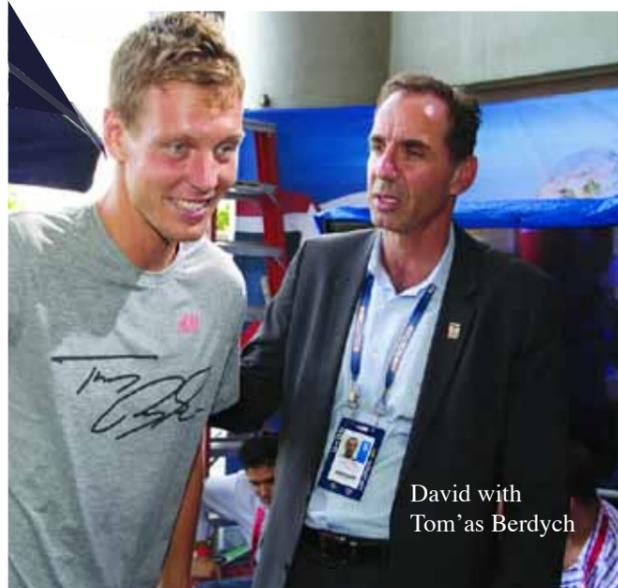
He played all over South Africa on the amateur circuit and then briefly on the pro circuit.



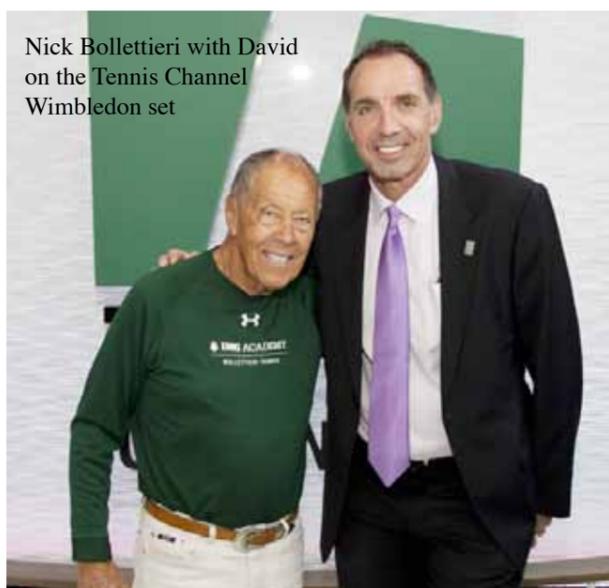
David at the US Open, the Arthur Ash stadium

David's brother Clive had already gone to the States to play tennis and David followed suit only 3 weeks after having matriculated and having gained the sought after scholarship he'd worked so hard to get. He went off to Trinity University in San Antonio Texas, where he rose to be the number one player on his college and was nominated an All-American in 1984, achieving a top ten status of all college tennis athletes in the US. David was showing every promise when in his last year of college misfortune struck with him incurring a severe back injury. The prognosis from leading doctors and surgeons was "find yourself another career besides pro tennis."

It was a wobbly moment of recalibration and regaining life's direction and adjusting to a new reality far from the life he'd



David with Tom'as Berdych



Nick Bollettieri with David on the Tennis Channel Wimbledon set

envisioned for himself. David decided to go to the University of Houston and complete his law degree. It was done with a struggle, at his own expense, as he had to borrow the funds to do it. Having successfully come through his degree he subsequently moved to Los Angeles and went into law, focusing on litigation work.

David worked as a lawyer for 6 years and in the interim met and married his wife Victoria, herself then a high powered lawyer, today a federal judge. David confessed he was feeling uninspired working as a lawyer and Victoria suggested he look at other opportunities. So after reaching out to tennis colleagues he'd met over the years, a position became available at IMG, the globe's largest professional sports management company whereby representatives from IMG would manage professional athletes, run sporting events and handle TV production and distribution in markets around the world. David accepted and in 1997 he relocated his family to Cleveland Ohio, to accommodate the new work location. Here David represented some of the world's biggest stars of the game including Mark Philippoussis, Nicolas Massu, Jennifer Capriati and many others. IMG was a position that would last him five years from 1997-2001.

Thereafter the family decided to move to LA and David went to work with Ilana Kloss and Billy Jean King at WTT (World Team Tennis).

Then came a massive break in 2006. The Tennis Channel, a 24 hour TV network dedicated to the sport of tennis and lifestyle surrounding it, was only two years in function but had become the primary network broadcasting and promoting tennis across the US. They head hunted David and he was appointed senior vice president.

"My role at Tennis Channel is about a whole range of things including liaising between the network and the tennis industry, programming and negotiation of TV rights, devising shows

with players and Tennis Channel executives, ensuring that players and the sport are properly positioned on the network, marketing and sponsorship sales ...virtually every part of the tennis and TV business," explains David.

In 2008, David was also elected as one of only three people around the world to represent the ATP Players' Council on the ATP Board of Directors. The Players' Council is a group of the world's best players that has included Federer, Nadal and Djokovic and others whose center stage personas need representation in the politics of men's professional tennis. David and two other player representatives, along with three tournament representatives and the ATP CEO ensure the governance of men's professional tennis around the world. David was recently re-elected by the players to a third term on the ATP Board.



David, his wife and their two children, Noah and Willow, settled in and are currently based in Encino, California, a suburb of Los Angeles. They attend the Valley Beth Shalom conservative synagogue. The family identify as being liberal and traditional in their Jewish affiliation and supports Israel.

When asked about South Africa David had this to say: "I am so fond of the place of my roots, South Africa, in so many ways my home. I come back home when I can, but unfortunately it's few and far between because of my rigorous travel schedule. I come primarily to visit my mom, dad and family who are still there and to catch up with long-time friends." David proudly asserts how his father Abe at age 85 still takes to the court a few times a week. "It's something he's been doing since the age of 23."

And about the country he had to leave... "having grown up in the height of the apartheid regime, I can readily attest to the amazing country South Africa is. Most importantly, the way it has transitioned to a multicultural, inclusive society is quite incredible and is an inspiration the world over."

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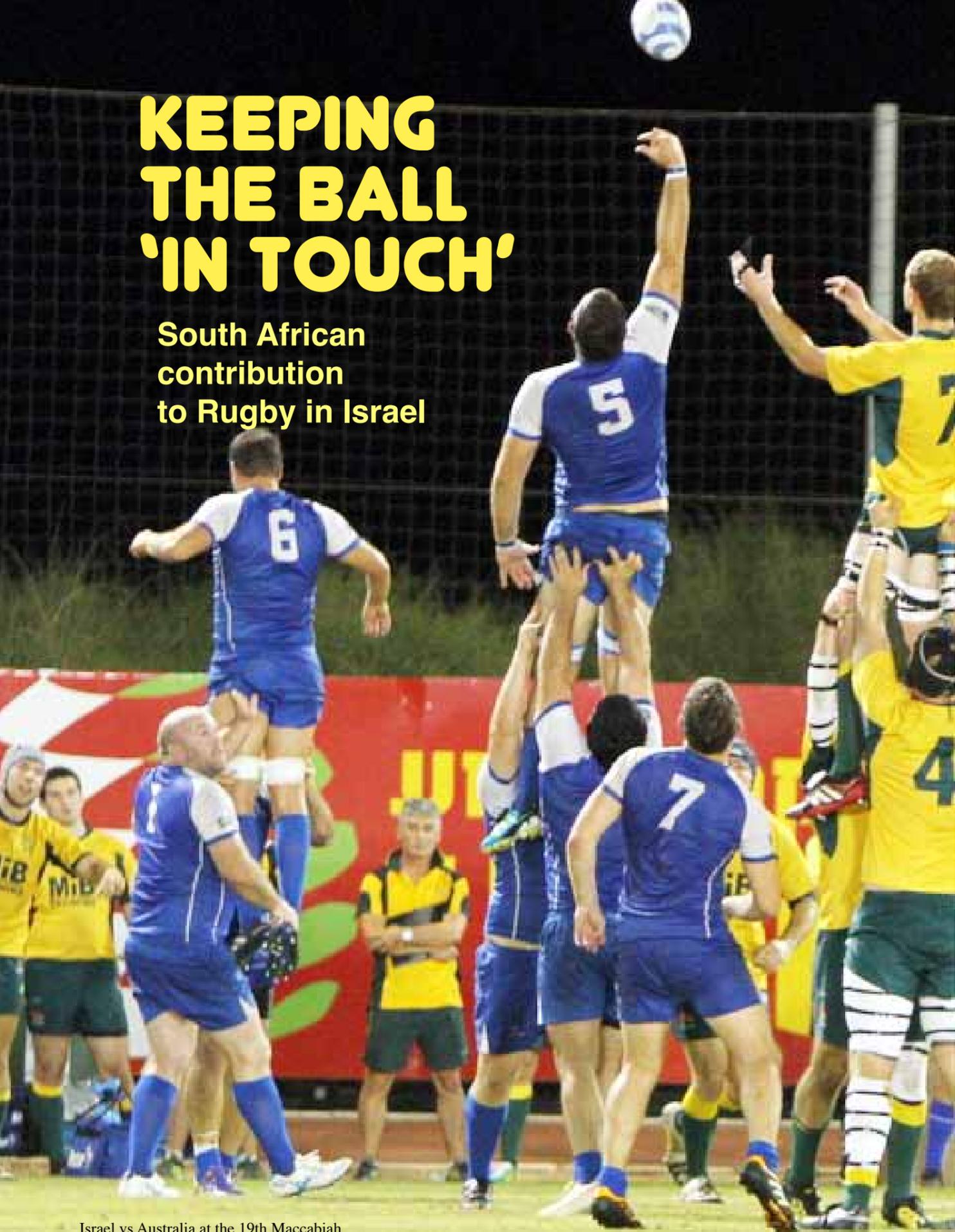
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# KEEPING THE BALL 'IN TOUCH'

South African contribution to Rugby in Israel



Israel vs Australia at the 19th Maccabiah  
(All pics with thanks to Dave Kaplan and Maccabiah website)

## The early years

Israeli rugby has come a long way since former Natal player Leo Camron volunteered in 1948 to fight in Israel's War of Independence. Making Aliyah in 1951 and serving in the sports department in the IDF, he organized Israel's first rugby match. It was between a group of South Africans and a team of IDF Parachutists. What is most remembered about that match was less about the result (18-6 to the South Africans) but the rugby ball - a shoe wrapped in a towel!

While the sport dipped into decline during the 1960's, the early 1970's saw a revival with an upsurge of Aliyah from rugby playing countries. At the 'front pack' of this welcomed renaissance were the South Africans. Rugby clubs opened - the first by a group of South African students at Tel Aviv University and then followed by kibbutz Yizre'el, whose name would emerge synonymous with rugby in Israel.

The sport took hold and in 1972, a National League was formed including teams from Hebrew University, Kibbutzim Tzora and Nachshon, Haifa Technion and Ramat Gan. The Israel Rugby Football Union was officially formed with former Johannesburger Max Miodownik as the first President. Jack Rabin with Leo Camron serving as coach and referee later succeeded him.

Effie Been, a former Transvaal player, arrived to bolster the team. The Wingate Institute in Netanya, which South Africans philanthropically supported in its development, served as the home ground.

## Tours to Israel

In 1972 Israel hosted its first touring side - the 'Cyprus Lions' formed by British Army troops, which Israel won 14-12. The captain Barry Judelman and the Vice-Captain, Dudi Silbowitz, were both former South Africans. In 1973 the Yom Kippur War broke out and the legendary Dudi was killed in action with a fellow South African, Niel Fried, in a tank near the Suez Canal. It should be noted that Silbowitz, who had been a brilliant student and outstanding sportsman while at SACS and UCT, turned down a Rhodes scholarship to Oxford University so that he could join his 'garin' (group) from Habonim South Africa in Israel.

**'The camaraderie that existed between the players and strong support from the fans from all over the country increased rugby's popularity'**

The following season, Israel hosted a goodwill tour of Northern Transvaal, who had won the Curry Cup. Although Israel lost by a margin of 70 points, "there were six Springboks in their team," explains ex-South African, Charles Abelsohn, a retired lawyer for El Al who graduated in law from Stellenbosch University and who organized and refereed the memorable match. "It was played at Ramat Gan and proved to be a watershed event which helped towards popularizing rugby in Israel. The Israeli side tackled and played exceptionally well," says Charles. "Milton Kaplan - who would dominate the sport as his two sons later would - played lock. They surprised everybody. The Israeli captain, Scot Wilson, a former Scottish

international scored the only try for Israel."

It was literally - a 'trying' experience for Charles. "The Northern Transvaalers almost beat me up under the posts. They said Wilson used his hands in the scrum to get the ball to make the try." Charles stood his ground. "I threatened them with a penalty kick for arguing with the referee without going through their captain."

"Is that a rule that holds today?" the writers enquired. "I don't know. It was my rule on the day. It's not written in the book; it's one of those unwritten laws."

While the 'Blue Bulls' won that day, the true winner in the long run was Israeli rugby that came of age and paved the way for what was to follow.

The season concluded on a high note, with a seven-a-side memorial tournament in memory of Dudi Silbowitz, which since then has become an annual event. Teddy Edelstein succeeded Jack Rain as President in 1978 and later Cyril Morris of Ra'anana also known as 'The Father of Israeli Rugby' took over the reins.

In the 1978/79 season Israel hosted touring teams from Pretoria and Cape Town University, Maccabi Australia, an Argentine team and the Cyprus Lions, under the management of Jewish Springbok, Cecil Moss.

## Competing at different levels

Israel's first international match was in Switzerland in 1981 and ended with a draw 9-9. Milton Kaplan, originally from the Orange Free State captained the team, which also included Gary Myers who had made aliyah from Zimbabwe. A year later Gary was killed in the Lebanon War. An annual memorial game too has been held in his memory.

The game was given a further shot in the arm when it was included in the Maccabiah Games. The popularity of the game increased with Alan Polatinsky being appointed the national coach, working a great deal among juniors and within a year he'd initiated a Junior League.

In the 1986-87 seasons, a team, which included several South Africans, toured France at the invitation of the French Rugby Union. Although they did not win any games, they won the hearts of their hosts and were hailed as great ambassadors by town mayors and Jewish communities.

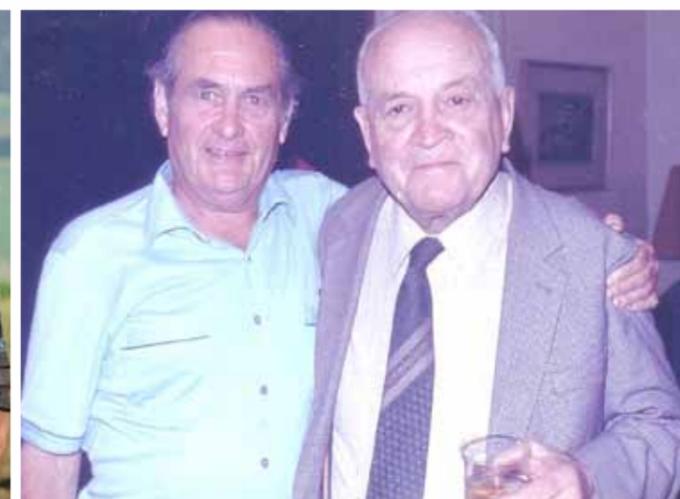
In 1988, Israel was granted Associate Membership by the International Rugby Football Board, a recognition which brought with it eligibility to compete in the preliminary round of the World Cup. Israel was now on the international rugby map. Selwyn Hare was appointed Captain of the National Team, which performed well in the Maccabiah Games.

One of the Highlights of Israel Rugby was in the qualifying matches in 1995 for the World Cup where Israel thrashed Hungary 67 - 8 in the preliminary round, before being knocked out in the group stage.

The camaraderie that existed between the players and strong support from the fans from all over the country increased rugby's popularity.

## Enter the Kaplan Brothers

There can't be too many Israeli families that have produced three captains of a national team all in the same sport! Orange Free State blood runs through these lads veins. When Nimrod Kaplan, at 6ft 3 the no.8 center from Kibbutz Yizre'el was crowned captain of the Israel National Rugby team early in 2010, he was following a family tradition. His brother Yonatan, 6ft 6 in lock forward preceded him



**From left:** Mud, sweat & tears. The battle-hardened Kaplan brothers, Jonathan center Nimrod right **Cyril Morris** known as the father of rugby in Israel with Dr Dannie Craven **Wilf Rosenberg** with Advocate Charles Abelsohn **Milton Kaplan** proud father flanked by Nimrod and Yonatan after a bruising encounter

in 2001 where he captained until the end of 2002 when he joined the IDF. After his National Service, Yonatan moved to the States and was twice chosen to play for the North East Select XV in the USA All-Star Tournament. During his absence, Nimrod made his international debut against Lithuania in 2004, which Israel went down with a 50-point deficit. One can argue that the 'turning point' for Israel Rugby was the vital and important relegation match against Cyprus in September 2008. Both Kaplan brothers were playing abroad as well as other experienced players. They returned home to play in this 'make or break' game. Ra'anana Penn of South African stock was appointed Head Coach and with grit and determination, Israel won 23-14. This proved another watershed moment for Israel Rugby. In April 2010, when Nimrod scored the first try of the match fifteen minutes into the game at Wingate against Greece, his team was well on the way to making history. Their 39-0 thrashing of the Greeks advanced Israel for the first time in its history to the FIRA-AER (Internationale Fédération of Amateur Rugby) Division 3b. Yonatan in his second stint as Israeli captain has had remarkable success.

Both brothers have more than 20 caps under their belts, and are an inspiration and role models for future budding rugby players to emulate.

### The flying dentist - A Springbok makes Aliyah

One former South African who has been watching Israel's progress with pride is new immigrant Wilf Rosenberg. A resident of Beth Protea, he is considered one of the greatest Rugby Springboks of all time. In 1994 he was included into the International Jewish Sports Hall of Fame. Dubbed the flying dentist, because of the way he would fearlessly hurl himself over the try line.

### 'In 2010, when Nimrod scored the first try of the match... his team was well on the way to making history'

The son of a rabbi, Wilf first made it big with the Springboks and later with Leeds Rugby League Club where in the early 60's he broke the single season scoring a record 48 tries - a record that still holds over four decades later. The other record that still exists is that Wilf is the only Jew to have ever played Rugby League. When his father, the Rabbi of Jeppe Synagogue was once asked by one of his congregants how he could preach about respecting the Sabbath while his son played rugby on Shabbat, Wilf's father responded: "My son was born with a G-d given talent. Who am I to argue with G-d?"

### 2015 World Cup Qualifiers

Israel's first President, Chaim Weizmann once remarked: "We Jews believe in miracles, but we have to work hard to make them happen." In a country that not only prays for but depends on miracles, whoever would have thought that Israeli Rugby would make it to the 3rd round of the World Rugby Cup (European qualification)?! The European Zone of qualification for the 2015 Rugby World Cup saw 31 teams competing for two places at the finals in England and one place in the playoff. Israel was already confirmed as Division 2B winners before beating Denmark 46-3 in Wingate, a result, which lifted them, two places to a new high of 50th in the IRB World Rankings. They also beat Latvia, Andorra and Serbia. Israel then advanced to the second stage, and in a memorable away game beating Luxembourg 26-12 it advanced to the 3rd round. The match was played in October 2013 in front of 1 500 cheering fans at Wingate. Netherlands proved to be too strong and although Israel lost 52-8, the Israeli squad with Yonatan Kaplan at the Helm, his brother Nimrod and other South African contingents playing their hearts out, they did their young country proud!

### Making History

While each and every event was special at the 19th Maccabiah in July 2013, for many, noting from the record attendance, the rugby final was the 'froth on the beer'! There was hardly a blade of grass to stand on, never mind a seat in the stands at Wingate. Local businesses with South African employees noted their conspicuous absence as few were prepared to miss the spectacular final. And what a final it was!

Israel, for the first time in Maccabi history took gold by having "donnered and bliksummed the Ozzies," as one excited former South African Israeli so eloquently expressed. Australia had come to the finals with the aim of reclaiming their gold medal of 2009, but they were up against a fired-up Israeli squad who were playing "for destiny" as expressed their captain, Yonatan Kaplan. Thanking the supporters, Yonatan expressed to the media that "We hope in the next Maccabiah more teams will participate because it has proved such an extraordinary crowd-pulling event." "Should the stadium again be packed, folks are advised to 'book their blades of grass' well in advance", says the brothers proud father, Milton Kaplan. His other son, Nimrod was no less fired-up in captaining, the seven-a-side team and thus for the first time in Maccabiah history, two brothers captained two separate national rugby teams.

### Forward Pass

Had you asked your average Israeli a few years ago what a ruck, maul, lineout or scrum was, they would have raised their eyebrows reflecting total ignorance. Today, it's a different picture. As Israel's legendary Foreign Minister Abba Eban, once remarked, "Israel's future is destined to be longer than it's past." So too will it be with Israeli rugby that has enjoyed such a glorious journey since its humble beginnings in 1952, when the first recorded match was played with a shoe wrapped in a towel as the ball!



The Israeli team at the 19th Maccabiah who ran out gold medals winners



**This page:** Dennis demonstrates his technique - the Hisardut system

**Opposite page:**

Dennis with Chuck Norris  
Dennis with a student, renowned Michael Ruppel a Krav Maga expert  
Micky Davidow Solly Mogolis & Dennis Hanover



# A LEGEND OF ISRAEL

## DENNIS HANOVER

By Errol Hurwitz

It is surprising how influential Jews have been in the development and success of martial arts in South Africa. The one who stands out for me is undoubtedly Dr Denis Hanover. Even though he emigrated to Israel in 1960, he is still remembered by many here, and his accomplishments in Israel and world-wide are still legendary.

Dennis Hanover was born in 1937 in Johannesburg, South Africa. From the age of 3 years old up to 11 years old he grew up with his 2 sisters in institutions and homes learning how to survive with a lack of care, food, affection and family.

All his childhood was a long struggle against anti-Semitic bias and the first breakout in his life happened when at the age of 15 he was introduced to Judo. Through his spirit, one year later, Dennis became the first Jewish and open Transvaal Judo Champion. In 1957, Dennis received his 1st Dan in Judo from Professor Jack Robinson (10th Dan Judo legend) and in 1959 his 2nd

Dan. In the same year he became a "Springbok" fighting for the S.A. Judo National team.

In 1960, Dennis emigrated to Israel and started the first Judo training courses for Moshav Moledet and its surroundings and started to teach Karate with Shlomo Faiga. In 1961, bringing the South African, Italian and Israeli Judo team together, for the first time, Judo was introduced to the Maccabiah games. Dennis was on the Judo Maccabiah's committee and also participated, receiving one gold and one silver medal. From 1965 to 1971 he was champion or runner up six times in the Judo Federation and he received the No 1-grading card. Dennis was on the Judo or on the Karate Maccabiah's committees and or participating in the games on the 6th, 7th, 8th, 9th, 10th Maccabiah games.

In 1972, the Israel Karate Federation was formed and Dennis received the No1-grading card. In 1974, Dennis started a yearly championship in the memory of the fallen pupils who fell heroically in the battles for Israeli soil.

In 1975, the Israeli Karate team is invited to participate in the First World Knock Down Oyama Kyokushin championship.

Dennis fought William Oliver, the American captain and champion, and was rated one of the seven best fighters in the world. The fight was won by Dennis, but was designated as a draw because of anti-Zionist politics. As a result of this fight, Dennis received his 3rd Dan from Kancho Mas Oyama and was established as President of the Israeli Kyokushin Federation and its main instructor in Israel and received his 4th Dan from the Israeli Karate Federation. In 1977, he was appointed President of the Israeli Karate Federation and in 1979 his 5th Dan. In 1983 Dennis received his 5th Dan Ju-Jitsu from the Original European Ju-Jitsu Union and 'Dennis Survival Ju Jitsu' is recognized as a modern style of Ju Jitsu and Dennis Hanover as its founder. In 1984 he received his 7th Dan and then his 8th, 9th and 10th Dan OEJUU (the original European Ju J'itsu). In 2004, Mr Bell, before he passed away, appointed Dr Dennis Hanover as his successor as the Life President of the OEJUU.

In 1985 Dennis Survival Ju Jitsu (DSJJ) self-defence short courses were introduced for the first time in the Herzlia school curriculum teaching more than 2000 pupils a year. In 1986 DSJJ was introduced to be taught to the police force, special units in the army and for many years Mitzpe Yamand a correctional institution for boys as well as with handicapped, mentally challenged people, violent husbands and children in needs. In 1989, Dennis was awarded his 9th Dan in Survival, and later his 10th Dan (recognized internationally). From 1987-1990, 120 DSJJ pupils were certified by the Wingate Institute as instructors of Dennis Survival. In 1990, one of the largest projects of its kind in Israel and in the world was opened in Beer Sheva: to teach 20,000 school children courses in Survival in the new DSJJ gym. Over the years many senior officials came to the Beer Sheva Martial Arts Centre, including the Head of Police Security, prime ministers, and leading officials from Israel and other countries, to see the work of Dennis Survival in teaching unwanted and battered children at the centre and in the schools. From 1960 to 2003 Dennis Survival graded over 1000 black belts and tens of thousands of pupils in Israel and around the world.

Dennis Hanover has been nominated for the Israel Prize three times. In 2000, he was recognized by the "World Head of family Sokeship Council International Hall of Fame" as a Grand Master, Soke, 10th Dan and recognized his style. In 2004 he was recognized as such by the South African Martial Arts Hall of Fame and established the Israeli Martial arts Hall of fame and the museum of the evolution of Martial Arts in Israel. In 2010 "World Head of family Sokeship Council International Hall of Fame" awarded Dr Hanover with the highest award of Living Legend.

In Herzlia's centre, Dennis established a 'Wall of Respect' for all the fallen soldiers and pupils who died. All those noted are individuals who have been part of the Dennis Survival family; some of them are true heroes.

"If you ask why I called the style I developed 'Dennis Survival Ju-Jitsu,' you'll find the answer quite simple. Where I come from, every day brought with it the necessity to fight for survival.

Survival is the story of my life."

I asked Dion Fransman, who is a friend and student of Dennis, and who trains "Dennis Survival" here in Johannesburg, to describe Dennis the person for me. Below is what he said: "Dennis is a very kind person with lots of compassion for people and animals. He feeds approximately 60 stray cats every day that congregate outside his home. He and his wife Shoshana (known as Oscar) are extremely hospitable and regularly host people visiting from within Israel or overseas. Oscar is one of the kindest and most easy going of people. Dennis started an



organisation that organises barmitzvahs for those who cannot afford them. This includes those living in orphanages. He visits and trains orphans in martial arts and is like a father figure to many of them. He is proudly and hugely Zionist and tries to instill these values, the love and loyalty for Israel into his students. During the last Lebanon war he and some of his students visited the troops and brought food and items to them and gave them moral support.

There are still some South Africanisms you can't get out of him - he loves biltong!

During one of my trips to Israel we went to a restaurant for dinner in Hertzlia. The owner treated Dennis like royalty and kept bringing all kinds of salads and starters on the house. Our meal was interrupted by a number of people that came over to say hello and have a chat with him. It is moving to see the high esteem in which he is held. But then again he is a legend of Israel."

*Errol Hurwitz is the CFO of Avacare Health Group. He achieved provincial colors in Judo. He is a regular contributor to Soul Sport.*



submerged  
in pride

While others may be most comfortable lying on a hammock or blissfully sprawled on a couch businessman and sportsman Theodore Yach is happiest in the water. Water to be more precise that is usually temperature levels that are sub-zero and which most appreciate from off shore. What's more, the distances Yach usually swims are exhausting just hearing about them. Their's been the English Channel 34km's; Llandudno to Robben Island 22kms; Three Anchor Bay around Robben Island and back to Three Anchor Bay 30km's and a host of others.

Why does he do it? It's a combination of sheer pleasure, seeking 'the challenge', keeping in shape and spiritually connecting. The other is the opportunity to do philanthropy through sports and to be involved in goodwill projects that bring positive outcomes.

And so it was that on a sunny spring day in late August 2014 corresponding to the Hebrew month of Elul in the year 5754 after creation that Theodore Yach suitcase packed his costume, towel and his Tefillin of course. He proceeded to board an El Al flight, departing the golden stretches of Cape Town's beautiful beaches to jet off to the Holy Land. The destination? Israel's beautiful Lake Kinneret or the Sea of Galilee!

On Thursday September 4th Theodore did what only a handful of people have ever done, swim across the 22km Kinneret stretch, a formidable swim under very difficult conditions.

To complicate things the decision to go to Israel to do this event was smack bang in the middle of the violent conflict waging in Gaza.

## Soul Sport interviewed Theodore about his mission to Israel and memorable swim across Lake Kinneret

**SS: So you've travelled 7000km from beach-laden Cape Town to do a swim in Israel. Why?**

TY: The swim was a solidarity swim for Israel. I am not ashamed to be a Zionist and think that the protagonists in the world who have chosen to make that somehow 'ugly and evil' are totally wrong and ignorant in their view. When I made my decision, the war was still going on. I would have gone anyway as Israeli's need to see that Jews in the Diaspora are really there for them – come what may.

**SS: So how did it happen that you got to swim Lake Kinneret?**

TY: I was very lucky when I initially made enquiries about the swim. Very few swimmers have swum Lake Kinneret and no South African's at all. There is an Israeli, Ram Barkai from Ma'agan Kibbutz, who lives in Cape Town and swam many years ago but he was unable to assist me this time. By pure luck I made contact with Ilan Ben Dror, who owns the Speedo license for Israel and is the organiser and sponsor of the annual Lake Kinneret swim event. Every year they host an incredible event which features 1,3 and 5km races attracting some 10 000 people to it.

So I told him I wanted to do the full 22km swim. Ilan was truly amazing. He arranged boats and support crews with the Jordan Valley Municipality as well as arranging several swimmers to join me at various stages of the swim. So, technically all I had to do was arrive and swim.

**SS: Was anything different to what you are used to?**

TY: I was weary of one major factor – the heated conditions. I knew that swimming in extreme heat was totally different to my usual modus of swimming in the sub temp waters of the Atlantic I'm used to back home. Also the fresh water presented a major challenge over the 22km distance as I had no buoyancy whatsoever.

**SS: So take us through the event.**

TY: We stayed overnight at Ma'agan and the plan was to awake at 03h00 and commence swimming at 04h00 to try and avoid as much heat as possible. We swam north to south for the full length of Lake Kinneret i.e. 22 kilometers.

Phew – not for the fainthearted! 30c water 100% humidity and almost 40c air by 10am was tough! After about 6 hours I got very hungry just drinking my nutrient drink and I started hallucinating about bowls of falafel! I told the boat crew that the heat was starting to affect me and that if I "wandered off" they were allowed to do whatever it took to keep me on track till I finished. I was relieved to see the finish point in front of me after 8 hours.

**SS: How was the atmosphere?**

TY: The scene was almost surrealistic. I am very OCD regarding preparation but here I was taking matters on blind faith. Imagine the scene: We arrive at the swim start point in pitch darkness. Light sticks are attached to my costume and to the boat and paddle ski so that they wouldn't lose me and vice versa. The next 2 hours swimming in pitch dark was very tough as I had to get used to the dark and the hot water plus the lack of buoyancy caused by the fresh water. Fortunately, I had Avishag Turek – a female Israeli open water swimmer, who had previously swum the route in May this year with me, as well as Tamara Kuperman - who swam the 1st 10km with me and then got out at Tiberias.

**SS: What was the highlight for you?**

TY: Swimming with Avishag the entire way was certainly a highlight and having several Israeli Masters and Maccabi swimmers join me for the last 2 hours was a highlight.

**SS: What stands out for you about this trip and swim compared to any other you've done?**

TY: I think the high emotion that accompanied my mental state. To travel to Israel in a post war mode not knowing anything about the conditions that I was to swim in was very daunting. Fundamentally though, I was determined not to fail as the primary reason for my swim was solidarity with Israel so to slink off into the distance if I failed was not an option. The trip had all the ingredients of an unforgettable experience.

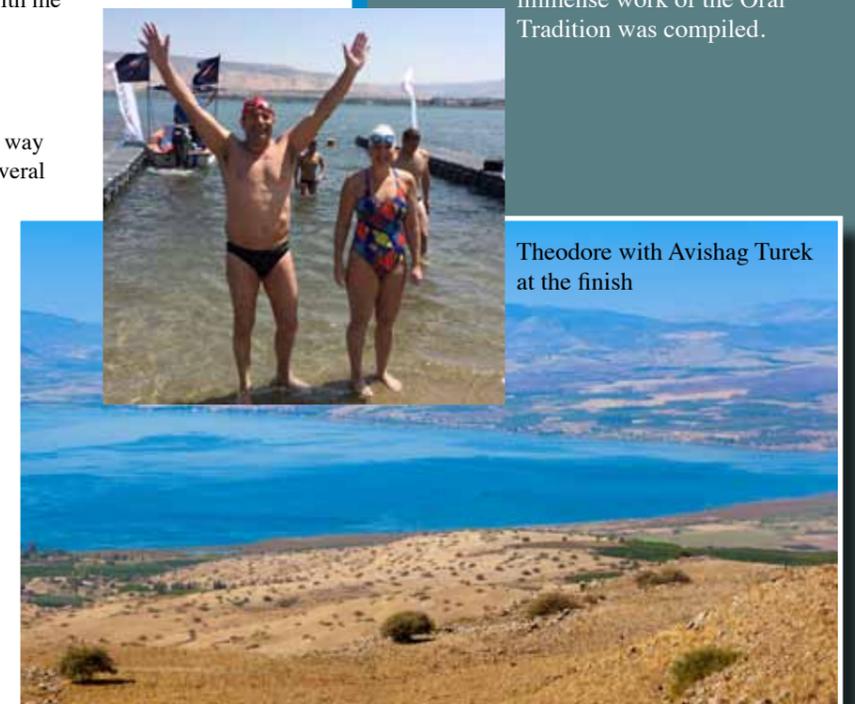
did you know:  
lake  
kinneret

The Sea of Galilee, also known as the Kinneret or Lake Tiberias, is the largest freshwater lake in Israel. It is approximately 53 km in circumference, about 22 km long and 13km wide.

It extends to levels between 209 and 215 meters below sea level making it the lowest freshwater lake on Earth and the second-lowest lake overall after the Dead Sea which is a saltwater lake.

The lake is fed partly by underground springs although its main source is the Jordan River which flows through it from north to south.

This area played an important role in Jewish History. It was in 135 CE that the Bar Kochba revolt was put down. The Romans responded by banning all Jews from Jerusalem. The center of Jewish culture and learning shifted to the region of the Galilee and the Kinneret, particularly the city of Tiberias. It was in this region that the 'Jerusalem Talmud' an immense work of the Oral Tradition was compiled.



Theodore with Avishag Turek at the finish



# On Maccabi

with Alain Nathan

Maccabi Sports Director

**F**ollowing the successful but enormous project of sending more than 350 athletes to represent South Africa at the 19th Maccabi Games 2013 in Israel, the Maccabi SA Executive Committee embarked on a strategic process to review its vision, mission and value to the community.

### Comment please on your revamped Maccabi strategy?

The strategic evolution of Maccabi SA has identified a number of key success factors which have already been implemented or are in the process thereof. These include:  
 The appointment of the first full time Sports Director in well over 20 years.  
 Hands on administration to ensure continuous management, communication and delivery.  
 The process of clarifying our vision, mission and strategic pillars is nearing completion which will become visible in 2015.

### What's changing in Maccabi?

Aligned to the above process is a major marketing overhaul, which includes:  
 Brand management, communications, PR and sponsorship activities.  
 Examples are: refreshing our corporate identity and brand assets; implementing a comprehensive communications plan and overhauling our digital platforms to create improved channels of communication and awareness, building relationships with community media, re-establishing our ties and relationship with community sports programmes.

Overall, we believe that the development of an appealing and valuable Maccabi SA brand will provide the foundation to develop new sponsorships and partnerships.

### What is planned in the way of activities?

The creation and implementation of an ongoing calendar of events, across all ages, will provide a consistent and relevant service to the community between Maccabi Games, which in turn will expand structures enabling the selection of participants to represent Maccabi SA at regional and national levels. In addition, we aim to support various external events which provide value and benefit to the community.

### What is your view of synergies with other groups?

I feel this is very important. We at Maccabi SA firmly recognise that we do not operate in isolation in the South African context and seek to give back to those less fortunate. We've been inspired by the wonderful work that Jewish organisations are doing in the community, and look forward to using sport as a channel for outreach and making a valuable contribution.

### Activists/Volunteers

The success of Maccabi is dependent upon the tireless work and efforts of a team of volunteer convenors and supporters. In the last few months we have already derived much nachas from the many activities taking place in the community, and the enthusiasm and support with which the community has responded.



### Current Events

In September 2014, Maccabi SA hosted its first Lawn Bowls tournament in 18 years, when over 40 bowlers came together to be a part of this symbolic and social tournament in Johannesburg. Much thanks goes to Raymond Leibman (Bowls Convenor) and team.  
 Maccabi SA was proud to be a supporter of the very successful Inter-Jewish Schools Sports Challenge held in September this year, which provided primary school children with the opportunity to participate, compete and enjoy sporting competition.  
 October 2014 comprised a range of activities for all ages, including a Maccabi SA Golf Day and dinner; a rugby launch; a junior cricket festival and a mountain biking social.

### Kwa-Zulu Natal

Maccabi SA is also delighted to announce the recent re-establishment of a Maccabi structure in Kwa-Zulu Natal. The formalised and increased participation of this region greatly enhances our ability to function as a national organisation and to serve all communities.

### New Horizons

These are exciting times for Maccabi SA and we are committed and inspired to achieve our goals and fulfil our purpose. Zionism is at the core of our philosophy and we are well positioned to use the platform of sport as the ideal vehicle to create a Zionist connection, especially for our youth. This imperative has become increasingly urgent as we witness the rapid growth of anti-Semitism/Zionism on a global scale. As we work to capture the interest and involvement of the community, we will continue to encourage and nurture a lasting affinity and support for Israel.

For further information on Maccabi SA, please visit [www.maccabi.co.za](http://www.maccabi.co.za) and our social media platforms: Facebook-Maccabi South Africa, Twitter @MaccabiSA. If you would like to be added to it's database to keep up to date on Maccabi SA community activities, please email your details to [admin@maccabi.co.za](mailto:admin@maccabi.co.za).

**Opposite:** Amy Vogelman with the ball at her feet  
**Left:** Maccabi Western Province U15 Futsal Team  
**Bottom:** Participants of the first Maccabi Bowls Tournament in Over 18 Years





# Break 'em Down & Build 'em Up

By Ilan Preskovsky

Since the establishment of the State of Israel some sixty-five years ago, the Israeli Defence Force has been known as one of the most effective, most powerful military organizations on the planet – and, of course, to those of us not swayed by Islamist propaganda, one of the (if not the) most moral too. Inspiring awe in the hearts of their allies, their friends and those that they have sworn to protect, the brave men and women of the IDF instil fear and hatred in their enemies – ironically, most especially in the militant Islamist extremists who trade on fear and hatred above all else.

But how do they do it? How is it that this fairly young military in a country so small that it could comfortably fit within the borders of the the Kruger National Park has become one of the most potent and most feared militaries in the world? One can, of course, point to everything from the tenacity of the Jewish spirit to the continuously close, mutually beneficial defence relationship between Israel and the USA, to the omnipresent Hand of G-d. But one should never overlook the very building blocks of the IDF: the soldiers themselves.

To get a better understanding (or any understanding at all) of the processes – both physical and mental – that create and nurture the one-in-a-billion spirit of the IDF soldier, I spoke to a couple of South Africans (names withheld for security purposes) who have served in the IDF and who shared with me the gruelling, frankly jaw-dropping processes through which a regular 'Joe' is transformed into an IDF soldier.

For native Israelis, the process begins at a young age when kids from as young as twelve start undergoing a variety of psychometric tests to determine what would suit them best when they enter the IDF after high school. Immediately after school (usually at age 17/18) – no gap year here! – they are then sent to Mechina, military school, to properly prepare them for the

rigours and demands of the army itself. It's here that that the mental and physical training for these future IDF soldiers truly begins.

During the year-long Mechina, trainees spend time sleeping in tents, staying in poorer areas, sometimes even staying in Arab villages and generally living in a way that is distinctly less comfortable than their previous lives, while at the same time taking part in a number of courses that will see them well for the future. There are a number of different Mechina programs that cater to the different needs of the Israeli population. There are secular programs, religious programs, mixed secular and religious programs and programs for new Olim, but all of them are specifically designed to prepare the cadets for what is to come. The physical and mental training at these academies is significantly less intensive than what is to come but the mixture of classes and extensively active lifestyle in these academies is specifically designed to ease the transition from civilian life towards something that most of us can barely even imagine.

Ready to join the ranks? Not just yet...

Before moving on to the IDF proper, all recruits undergo extensive tests to determine their physical and mental states, which will ultimately determine the unit to which they'll be assigned and, for that matter, if they are fit enough to actually join the IDF in the first place. The few that are deemed unfit for military service will then be assigned to some other sort of civil service, while everyone else will join their assigned units for basic training.

Despite its rather innocuous name, Basic Training is much the same for every IDF soldier: an extensive program to break you down mentally and physically so that you can be remolded into what the Israeli Defence Force needs you to be. The greatest emphasis of basic training is, in fact, mental, rather than physical preparation for the heightened, almost unimaginable pressures of being an active soldier in so highly volatile a country – it's just that most of this mental education is achieved through very physical means.

"The screaming starts from the very minute you first enter basic training and lasts until the end of your service", may sound like something of an exaggeration, but from the minute a new recruit begins his or her training, they are expected to take whatever their superiors dish out. The first day is "probably the hardest" as you move straight from the comfort of your family to being thrown head first into a battery-like process of being fitted with a uniform, receiving your dog tags and having a number of further tests, then moving straight from there immediately into back-breaking exercises that defy the extent of

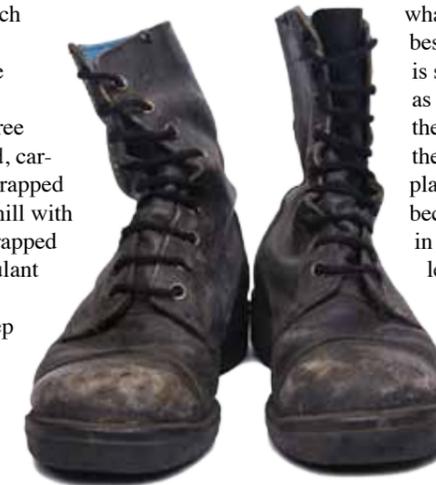
what you thought you could tolerate until you finally reach your barracks at around two in the morning. Not that the new trainees get a chance to rest even then, as they are then subjected to even more endurance-testing exercises that last well into the morning.

Along with specific courses like Krav Maga (specialised Israeli martial arts) training, the primary mode of training during this first phase is specifically designed to push the endurance of the cadets to breaking point and beyond. Along with a mind-boggling amount of exercises such as basic push ups and pull ups, the most common of these endurance sessions are so-called "marches" – but these are no ordinary hikes. A "march" could be a three day hike in the desert with minimal food, carrying 35kg of supplies and equipment strapped to your back or running up and down a hill with sandbags the weight of other soldiers strapped to your back. Add to this seemingly petulant practices like having your meals timed, being severely limited in how much sleep you get and being constantly humiliated and embarrassed by your commanding officer and you end up with a bunch of fairly broken teenagers that are all set to be built back up once again.

And built up they very much are. While the cadets lose any sense of selfishness by becoming inter-dependant on one another, a love for the State is drilled into them, while the full weight of their monumental responsibility is driven home time and time again. They are reminded not only

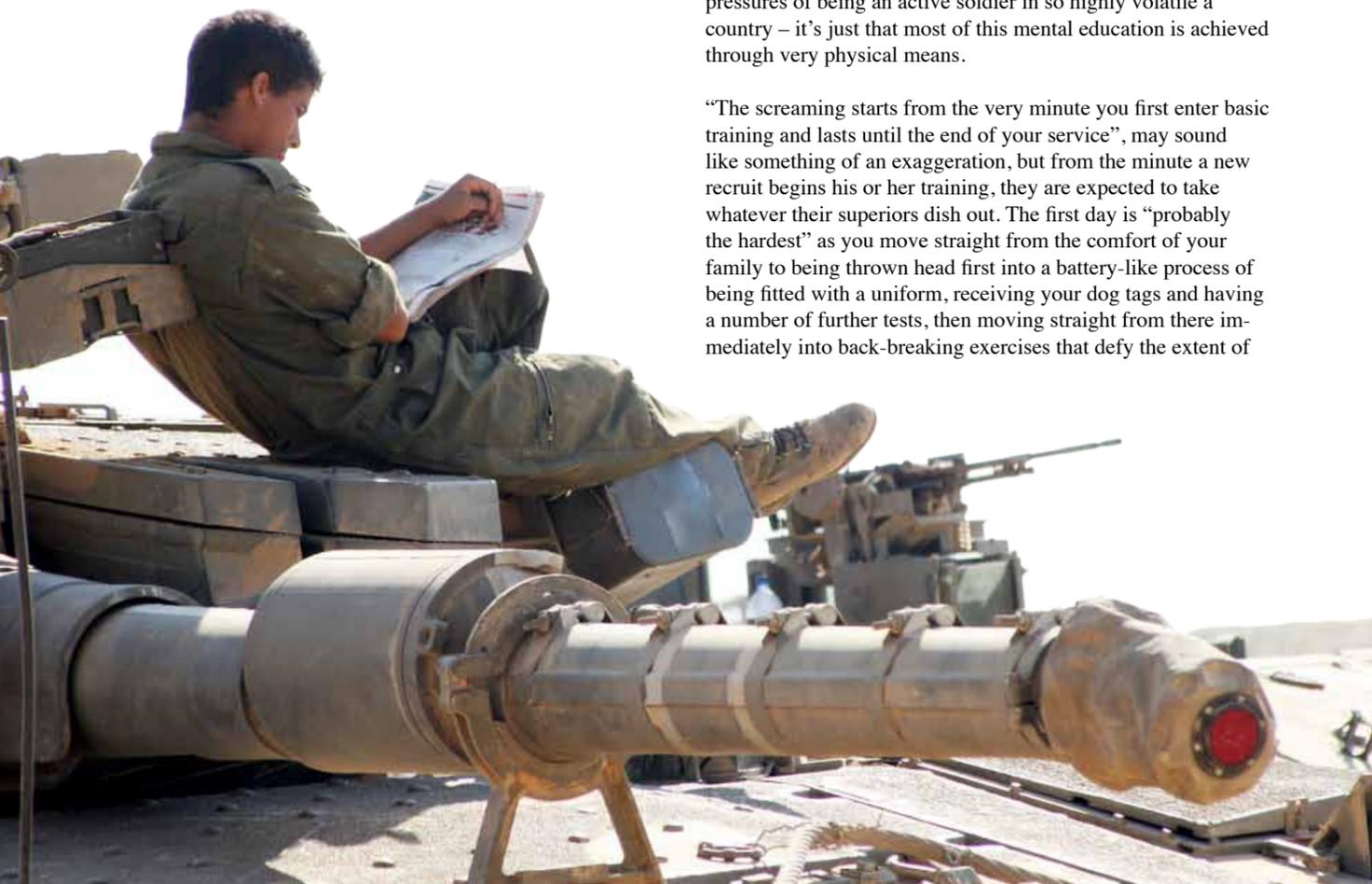
of Israel's tremendous importance to the Jewish people, they are constantly reminded of their own families and friends that may lose their lives if they fail to fulfil their duties against the millions of neighbouring enemies who seek their destruction.

It is precisely this "mental hype-up" that gets the cadets through the rigours of basic training and prepares them for what comes next. With basic training completed, the cadets then move on to their "specializations" where they are taught the specifics of sniper-shooting, intelligence gathering or whatever specific area that has been deemed the best fit for the cadet. This part of their training is significantly less intense than basic training, as the emphasis is less on mentally breaking the cadet down and more about emphasizing the hugely important roles that each of them play in securing the Jewish homeland. Also, because they're expected to reach their peak in fitness during the rigours of basic training, less emphasis needs to be placed the physical aspect during these later stages of their military training.



By the time these cadets become active soldiers, they are not only ready to face any physical challenge that active warfare might throw at them, but are mentally prepared for the horrors of what might happen and what might be expected of them during the hellishness of war.

Ilan Preskovsky is a freelance writer and journalist living in Johannesburg.



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**ChevrahKadisha**

October 2014

**Attention: Board of Governors, Chevrah Kadisha**  
**Re: Reach of the Chev umbrella organisations**

With regard to the requests pertaining to our R239m annual budget and how many individuals directly benefit from our services and residences, please see below:

<b>Organisations</b>	
Arcadia	46
Selwyn Segal (Including mental health facilities)	238
Sandringham Gardens	408
Our Parents Home	167
<b>Services</b>	
Bridal Services	268
Burial Services	587
Education (primary/remedial/tertiary)	343
Emergency Services	185
Protected Employment	223
Financial Assistance	1 545
Healthcare Services	3 123
Residential Services	105
Social Services	2 648
Individuals on community programmes	1 567
<b>Total</b>	<b>11 453</b>

While it certainly is daunting to see just how many people depend on us for daily care and assistance, we also find it incredibly inspiring to realise the unique role that the Chev plays as the 'catch all' organisation for our community.

This is probably around 23% of our community and excludes indirect beneficiaries such as residents families. Although this is a significant number, each individual is cared for like they are the only one.

Best Regards

Michael Sieff  
Chief Executive Officer

Saul Tomson  
Chief Revenue Officer

Corene Breedt  
Chief Operations Officer

Jacques Simmons  
Chief Financial Officer



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## ADVENTURES OF YEHUDAH THE GLADIATOR



Following the Beit Hamikdash destruction in 70ad and the 2nd century Shimon Bar Kochba revolt, Judaea fell to the hands of the Romans. The result was a dispersion of the Jewish people throughout the world.

The year is 239 C.E when Rome was a metropolitan city with traders and tourists from all over middle earth. Rome tries to see itself as a renaissance society. Free enterprise and practice they say. That is, just as long as you don't threaten the powers that be. Julius Caesar is emperor and the Colosseums are at the centre of Roman

Life. With time Jewish centers start to take root in many countries including, yes... Rome.

So it is here that our story is found, where a young man, Yehudah, has been drafted by the empire as a Gladiator. Yehudah has special gifts and is not intimidated by the strange characters he encounters. He has faith and trust in Hashem and is proud of his Jewish heritage.

But let us not delay any further for the time has come to join the Gladiator once again...

See Pages 56-57

MACSTEEL



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... all challenges faced by South African international gymnast, Kirsten Beckett.



The MACSTEEL Maestros programme facilitates services like mental skills, physiotherapy and coping mechanisms for succeeding at school, training and competition to assist Kirsten. This, combined with her talent, dedication and support from her parents, club and federation, has resulted in a second ranking in the Commonwealth on Vault and a fourth on Floor and a ninth ranking in the Federation of International Gymnastics World Cup on Vault.

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The Macsteel Maestros and Macsteel Lifeskills programme are managed by the Sports Science Institute of South Africa and run at regional centres in Johannesburg, Pretoria, Cape Town, Durban, Bloemfontein, Potchefstroom, East London and Port Elizabeth.

# MACSTEEL Maestros

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## “Building Women Through Self Defense”

By Lisa McGuyer & Loren Margoese

To be a woman, unfortunately or fortunately, is to have an extra level of vulnerability. Most women will not or do not like to admit that. We would like to believe we are just as strong and capable as a man to protect ourselves or our loved ones from any potential harm.

It is also a rather uncomfortable feeling to acknowledge this vulnerability and to admit that given the naturally endowed strength of the male, most men could if they really wanted to, physically overpower a woman.

Because women are by nature not as physically strong as men, the realization of this can at times prompt the desire to want to bridge the gap. It may rouse thoughts of concern, of envisaged scenarios where one might need to call upon that extra level of grit and muscle flexing in a protective manner.

Most times women don't dwell or focus on this. To ignore is to be in bliss. The very idea of considering a circumstance where a confrontation is the subject is usually responded to with, "well I just don't think about it". Nor does the belief that something distasteful or horrible could happen to 'me' register on the reality scale.

However, from time to time we are forced to be made aware of or to think about self-defense, such as when G-d forbid an act of violence occurs in our neighborhood or someone we actually know or care about is attacked or harmed in some way. This typically causes us to think about self-defense more and

what we would actually do in such a situation.

In some cases, when the violent event is acute, women will proactively seek help or assistance regarding self-defense. Another reaction is to want to be physically stronger in order to 'fight back' in a potentially threatening situation.

Being physically fit and working muscles can be extremely helpful for a woman in many ways when it comes to protecting herself.

Positive framing techniques, such as feeling adequate, strong and capable can thwart some of the negative feelings associated with being vulnerable. Better yet is to actually build strength through intentional exercise and resistance training too further help increase confidence in the ability to defend oneself. Yet further and better would be to increase physical strength through meeting or exceeding fitness goals the result of which will inspire and boost one's abilities and self-confidence.

Maintaining a good amount of stamina is also very important. A woman must feel she has the endurance needed to withstand the physical toll it takes to protect herself.

But to take it to the next level...

In addition to maintaining an adequate level of fitness, by developing skills specific to self-defense a woman can bolster her confidence in a far greater way.

Learning self-defense brings a woman an entirely new level of assurance about her abilities to protect herself from an attacker. It is very empowering to be taught maneuvers that can potentially prevent actual harm to her body. Skills needed such as breaking out of an arm hold and the like can give a woman a greater peace of mind if learned. Developing these kinds of skills will allow her to feel more in control of her surroundings and her own survival.

It is important though that the methods being taught are not only taught correctly but also repeated many times, in order to memorize the steps within each tactic. Incorporating real life scenarios with self-defense training is also key. It would be very different to practice self defense skills at a studio or in a class compared to actually doing them while being attacked in a dark alley or parking garage. Therefore, training in mock situations provides an added benefit for a woman seeking greater mastery in this area and creates a solid foundation from which she can access these skills if an unfortunate circumstance were ever to arise.

Self-defense training is an invaluable tool all women should strive to acquire. Physical fitness of course can ensure a woman is healthy, strong, and vigorous, however, self-defense training can provide specific skills that don't only offer protection for a woman from physical harm but may also save her life.

The concept of self-defense is very simple. Survive! Movies and television have given people a fantasy idea of what self-defense is. For either a man or woman, self-defense is about surviving.

That being the case, training in self-defense should mean training in how to survive. Learning to use all of ones given tools to keep one as safe as possible. These tools are not just developing strong muscles for better functionality. They can be honing other attributes like awareness, pre-



emptive strategies, reading the strengths and weaknesses of the circumstance one is in and a great many others.

An example of something not to do that I observe often, is when people but often particularly women, walk and talk on their cellphones while not paying attention to what else is going on around them. If I am an attacker of some sort looking for a target, such a person perfectly fits my bill because they will not see me until it is too late!

So, real good defense training should incorporate many aspects of how one acts in their daily life. This does not mean one needs to become a trained fighter, just someone that will do the things it takes to survive. Though a little fight training can be of great value too!

Talking of women's self defense, women do face certain realities that men don't have almost as a rule, most notably in the arena of sexual assault. Now in a written article it is impossible to adequately describe techniques useful in handling this kind of situation. But there are a few things a woman can do to try and avoid these situations.

Be alert! Be Aware! Pay Attention! Trust your intuition! Don't walk by yourself anywhere you feel is potentially dicey. Have a partner. Don't go drinking alone. Stay off your phone until you are somewhere safe!

These seem like common sense suggestions but are often neglected or overlooked.

That all said, the bottom line is that the value added through finding a venue to do some physical training is by far much more advantageous.

So train your body to be strong. Train your body to have good stamina. And ideally train in some kind of defense technique. It can go a long way!

*USA based Lisa Mcguyer, MS RD LD CNSC is trained in the female psychology of Self Defense. USA based*

*Loren Margolese is an expert in martial arts, personal protection and human conditioning.*



# 2014 YEAR IN SPORT



1. Novak Djokovic regains the no 1 spot in world tennis with Roger Federer in 2nd place.
2. Vincenzo Nibali wins the 101st edition of the Tour de France.
3. Chad le Clos SA swimming sensation won 7 medals at the Glasgow Commonwealth Games, an all time tied record.
4. South Africa bring home gold as they beat New Zealand 17-12 in the Commonwealth Games Rugby Sevens Finals.
5. Brazilian fans are devastated as Brazil at home loses 7-1 to Germany in the World Cup semi-finals.
6. Bongomusa Mthembu takes first place in the 2014 Comrades marathon with a time of 05:28:34
7. Maccabi Electra Tel Aviv beats Real Madrid 98-86 in overtime to claim its sixth European championship in Milan.
8. Manchester City secure the Premier League title for 2014

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# Fear Of Hitting The Wall

By Leigh-Ann Silber RD (SA)

If you are an endurance athlete who is fearful of “hitting the wall,” listen up: proper fueling before your marathon can make the difference between agony and ecstasy!

If you plan to compete for longer than 90 minutes, you want to maximize the amount of glycogen stored in your muscles because poorly fueled muscles are associated with needless fatigue. The more glycogen, the more endurance!!

Before I started running, I didn't understand the concept of runners high. Oh yes! I love that feeling – until I also hit the runners low – not so nice. As a nutritional professional and “scientist” I decided to research and test the theories on myself and on my all clients.

Physiology 101 - Glycogen: Glycogen is a “chain” of glucose molecules (polysaccharides) that serves as a form of energy storage. Glycogen is made and stored primarily in the cells of the liver and muscles.

Endurance sporting events, such as a Marathon, cycle race or triathlon, place large demands on muscle glycogen stores. Your body can only store enough glycogen (in your muscles and liver) to sustain 90 minutes of exercise – after 90 minutes it gets depleted. If the diet has been inadequate in the lead up to an event it can be depleted even sooner. Once glycogen is depleted, there is insufficient fuel to the muscles and you are in danger of running out of energy and coming up against the dreaded “wall”.

Despite the controversy, and the hype of the low carbohydrate, high fat diets, I have found that there is a lot of value in a “modified” carbo-loading diet 2 days prior to your race or event. This strategy helps the muscles absorb more glycogen, so that you can run, cycle or exercise for longer.

Loading your muscles with glycogen 2 days before your race may not make you cycle or run any faster, but it will prolong the time you exercise at your optimum pace. You also need to combine this with a tapering off of your training. The two work hand-in-hand.

BUT you don't need to increase your food volume or kilojoules the day before the race, just replace some fats or proteins with carbohydrates. However, you need to choose your carbohydrate consumption – that would be counterproductive. Ready. Set. Go Carbs!

After months of training and dedicating yourself, your body and your mind to the many km's ahead of you, the last thing you want to do is mess it all up due to incorrect fuel carbo-loading. By carbo-loading properly (particularly the day before the race) you can potentially finish faster and happier than those who have eaten fewer carbohydrates the day before. And how do I know this?

A study published in October 2012 replicated the results of a

study published the year before. They both found that runners who loaded up on carbohydrates the day before the race ran faster than those who had eaten fewer carbs. Thus both studies concluded, for both men and women, carbo-loading is best if it is shortened, encompassing a day or so of dietary manipulation. The difference was especially striking beginning at about the 30km mark, just when many runners famously “hit the wall” and feel their energy flag. The carbo-loaded runners jauntily maintained their pace. The others did not.

In both studies, carbohydrates eaten at breakfast on race day, during the race itself or on days earlier in the week were relatively unimportant. It was primarily what people ate on the day before the race that mattered.

And yet, few of the runners in either study actually consumed enough carbohydrates to benefit, even if they thought that they were doing so. In both studies, the minimum effective “dose” of carbohydrates was at least six or seven grams for every kilogram of a person's body weight.

I suggest that runners choose nutrient rich sources of carbohydrates such as potatoes, sweet potatoes, gluten free pasta, rice. That way, the volume of food needed isn't so enormous. In addition, you may need to decrease the fibre content of the meal the day before and on the day to reduce potential stomach distress during the race. You also want to concentrate on foods that are nutrient dense

– i.e. have maximum amount of vitamins, minerals and phytochemicals per kilojoule. Avoid the fast releasing carbohydrates, such as refined carbohydrates and sweets. You do not need to load your body with jelly beans!

Most important to remember: Do not completely upend your normal diet. Stick with familiar foods and don't experiment with new foods just before the race.

You Wouldn't Try Running With New Shoes Before A Race Right? No Need To Play With New Foods Either.

## Fill Up Not Out

Do not make the mistake of eating one massive meal full of carbohydrates, only to feel full, lethargic and uncomfortable thereafter. Spread your carbohydrate intake evenly throughout the day. Sensible carbo-loading is about breakfast, lunch, dinner and 2-3 snacks, with each meal containing carbohydrates as the main food component.

Suggestion: Make lunch your biggest meal of the day. That way you won't feel uncomfortable at night.

## ‘There is a lot of value in a “modified” carbo-loading diet 2 days prior to your race or event’

Action Plan (only if you have trained enough – food is not the silver bullet if you haven't put in the training)

Start 2 days before the event

Taper off your training.

Eat 1-2 meals of moderate to high carbohydrates and snack on 15g of carbohydrate per snack not more than twice a day. Eating the morning of the race is not the most important factor. Don't over eat before the race. It will leave you heavy and bloated. Concentrate on your eating 2 days before the race. Use common sense – choose high carbohydrate foods that you are use to. No need to introduce new foods.

You may need to reduce the fibre content of your diet just prior to the race.

Don't try this out the first time before an important race. Make lunch the day before the race the most important meal. Avoid a heavy meal the night before.

*Leigh-Ann Silber is a Registered Dietician and mother.*





# teen self-esteem

Does any of this sound familiar? “I’m too tall.” “I’m too short.” “I’m too skinny.” “If only I were shorter/taller/had curly hair/straight hair/a smaller nose/longer legs, I’d be happy.”

Are you putting yourself down? If so, you’re not alone. As a teen, you’re going through lots of changes in your body. And, as your body changes, so does your image of yourself. It’s not always easy to like every part of your looks, but when you get stuck on the negatives it can really bring down your self-esteem.

## Why Are Self-Esteem and Body Image Important?

Self-esteem is all about how much you feel you are worth — and how much you feel other people value you. Self-esteem is important because feeling good about yourself can affect your mental health and how you behave.

People with high self-esteem know themselves well. They’re realistic and find friends that like and appreciate them for who they are. People with high self-esteem usually feel more in control of their lives and know their own strengths and weaknesses.

Body image is how you view your physical self — including whether you feel you are attractive and whether others like your looks. For many people, especially people in their early teens, body image can be closely linked to self-esteem.

What Influences a Person’s Self-Esteem?

## Puberty and Development

Some people struggle with their self-esteem and body image when they begin puberty because it’s a time when the body goes through many changes. These changes, combined with wanting to feel accepted by our friends, means it can be tempting to compare ourselves with others. The trouble with that is, not everyone grows or develops at the same time or in the same way.

## Media Images and Other Outside Influences

Our tweens and early teens are a time when we become more aware of celebrities and media images — as well as how other kids look and how we fit in. We might start to compare ourselves with other people or media images (“ideals” that are frequently airbrushed). All of this can affect how we feel about ourselves and our bodies even as we grow into our teens.

## Families and School

Family life can sometimes influence our body image. Some parents or coaches might be too focused on looking a certain way or “making weight” for a sports team. Family members might struggle with their own body image or criticize their kids’ looks (“why do you wear your hair so long?” or “how come you can’t wear pants that fit you?”). This can all influence a person’s self-esteem, especially if they’re sensitive to

others’ comments.

People also may experience negative comments and hurtful teasing about the way they look from classmates and peers. Although these often come from ignorance, sometimes they can affect body image and self-esteem.

## Healthy Self-Esteem

If you have a positive body image, you probably like and accept yourself the way you are, even if you don’t fit some media “ideal.” This healthy attitude allows you to explore other aspects of growing up, such as developing good friendships, becoming more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

A positive, optimistic attitude can help people develop strong self-esteem. For example, if you make a mistake, you might want to say, “Hey, I’m human” instead of “Wow, I’m such a loser” or not blame others when things don’t go as expected. Knowing what makes you happy and how to meet your goals can help you feel capable, strong, and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building good self-esteem.

If there are things about yourself that you want to change and can, do this by making goals for yourself. For example, if you want to get fit, make a plan to exercise every day and eat healthy. Then keep track of your progress until you reach your goal. Meeting a challenge you set for yourself is a great way to boost self-esteem!

When you hear negative comments coming from within, tell yourself to stop. Appreciate that each person is more than just how he or she looks on any given day. We’re complex and constantly changing. Try to focus on what’s unique and interesting about yourself.

Try building your self-esteem by giving yourself three compliments every day. While you’re at it, every evening list three things in your day that really gave you pleasure. It can be anything from the way the sun felt on your face, the sound of your favorite band, or the way someone laughed at your jokes. By focusing on the good things you do and the positive aspects of your life, you can change how you feel about yourself.

Some people with physical disabilities or differences may feel they are not seen for their true selves because of their bodies and what they can and can’t do. Other people may have such serious body image issues that they need a bit more help. Working with a counselor or therapist can help some people gain perspective and learn to focus on their individual strengths as well as develop healthier thinking.



## Tips for Improving Body Image

Some people think they need to change how they look to feel good about themselves. But all you need to do is change the way you see your body and how you think about yourself.

Here are some tips on doing that:

Recognize that your body is your own, no matter what shape or size it comes in. Try to focus on how strong and healthy your body is and the things it can do, not what’s wrong with it or what you feel you want to change about it. If you’re worried about your weight or size, check with your doctor to verify that things are OK. But it’s no one’s business but your own what your body is like — ultimately, you have to be happy with yourself.

Identify which aspects of your appearance you can realistically change and which you can’t. Humans, by definition, are imperfect. It’s what makes each of us unique and original! Everyone (even the most perfect-seeming celeb) has things that they can’t change and need to accept — like their height, for example, or their shoe size. Remind yourself that “real people aren’t perfect and perfect people aren’t real (they’re usually airbrushed!)”.

## Where Can I Go if I Need Help?

Sometimes low self-esteem and body image problems are too much to handle alone. A few teens may become depressed, and lose interest in activities or friends. Some go on to develop eating or body image disorders, and can become depressed or use alcohol or drugs to escape feelings of low worth.

If you’re feeling this way, it can help to talk to a parent, coach, religious leader, guidance counselor, therapist, or friend. A trusted adult — someone who supports you and doesn’t bring you down — can help you put your body image in perspective and give you positive feedback about your body, your skills, and your abilities.

The most important thing is to get help if you feel like your body image and self-esteem are affecting your life.

*This information was provided by KidsHealth®, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this, visit KidsHealth.org or TeensHealth.org. © 1995- 2014 . The Nemours Foundation/KidsHealth®. All rights reserved.*



# Youth Sport Nominations

Soul Sport went to seek out some of the outstanding sporting talents in our Jewish day schools. Across the sporting spectrum we give recognition to young athletes making a mark in their respective sport in school and beyond. There are many more of you who have not been listed in this nomination that have accomplished much lot on the sports field. We are proud of all your achievements and hope you will continue to strive to ever greater sporting excellence. Well done to our nominees!

## Zvi Dov Rodal

Age: 10  
Grade: 4

School: Torah Academy

Sport: Cross Country and combination



### Motivation for nomination:

Dovi participates and competes in all school sports including soccer, cricket and athletics. In June's Inter Jewish Day School Cross Country he finished an excellent first place overall in his age group.

## Shayna Malka Ash

Age: 12  
Grade: 6

School: Torah Academy

Sport: Combination



### Motivation for nomination:

Shayna participates in all school sports including netball, baseball, athletics and our own unique fitness program. Out of school she is involved in acrobatics. In June, she represented Torah Academy in the Inter Jewish Day School Cross Country and placed 11th in her age group and part of Torah Academy team in the Inter Jewish Day School Netball Challenge.

## Jozef De Aguiar

Age: 13  
Grade: 7

School: KD Victory Park Primary

Sport: Cricket and Soccer  
Achievements: Made the 13 Jo'burg North Cricket team and The under 13 Mac-cabi Cricket team for 2014



### Motivation for nomination:

Joey is KDVP's open team cricket captain, a true leader, one that plays for the school and leads from the front. Not only does he excel in Cricket he still plays a big part in the soccer team motivating the team and working with the coach.

## Tamar Moros

Age: 13  
Grade: 7

School: King David Victory Park  
Sport: Swimming, Athletics, Soccer and Netball



### Motivation for nomination:

Tamar is our inspiration, she always puts school sport first. She consistently participates in the variety sports that are offered at school for the girls and is always willing to help out. She is a great example to the girls at our school.

## Aaron Lee Marks

Age: 14  
Grade: 8  
School: Herzliah Middle School

Sport: Tennis



### Motivation for nomination:

Herzliah are proud of Aarons achievements. His commitment to tennis means unlike other teens he has little spare time. He is focused and determined to do his best. His opponents are often older and bigger than Aaron. He rides his challenges really well.

Achievements: Aarons achievements are numerous. We have selected only some due to space constraints:  
Ranked 16th in South Africa 14 and under  
Ranked 4th in Western province  
Winner WP Summer – doubles  
Winner Boland Sportsmans Warehouse Mini 1 – Singles  
Winner Boland Sportsmans Warehouse Mini (u-16) – Singles  
Winner Boland Sportsmans Warehouse Mini (u-16) – Doubles  
Winner Boland Civvio Winter – Singles

Selected u-15 SA Schools team for WP Match record for 2014 – 33 matches, 27 wins, 6 losses.  
Played recently and won his first ITF tournament in Zimbabwe

## Josh Gordon

Age: 18  
Matric 2014

School: KDL  
Sport: Rugby 1st XV  
Cricket 1st XI  
Athletics



### Motivation for nomination:

Joshua excelled in all these sports receiving Full colours for Rugby in 2014 and Honours for cricket. Josh represented East area Cricket in 2013 and was part of the 1st XI unbeaten cricket team for KDL of 2013/2014. He also led from the front in the 1st XV Rugby league winning season. He has incredible hand eye coordination supported by superb pace.

## Cassie Forman

Age: 18  
Matric 2014

School: KDL  
Sport: 1st team Netball  
Swimming team  
Athletics team  
Soccer  
Squash



### Motivation for nomination:

Cassie has represented these teams at the highest level in the school. She was a student leader in Matric and has been recognised with Full Colours and Honours for her extensive involvement across all areas of the school from Academics to sport to Judaic.

## Joshua Kaplan

Age: 18  
Grade: 12

School: Yeshiva College  
Sport: Soccer

Achievements: He was selected to represent Mac-cabi Soccer 2013, First Team Soccer at Yeshiva College and was given the "Sportsman of the Year" Award for 2014



### Motivation for nomination:

Joshua is an extraordinary soccer player and has represented the 1st Soccer team for 3 years. He exhibits great leadership qualities with exceptional manners and is a team player.

## Livya Firer

Age: 7  
Grade: 1

School: Hirsch Lyons Primary School  
Sport: Gymnastics



Achievements: Gauteng Provincial colours  
Ranked 3rd in Gauteng u-18's  
3 Bronze medals, Gauteng Championships

### Motivation for nomination:

Livya has blossomed into a fantastic gymnast. She is an inspiration to others and shows courage and resilience competing against older and sizably bigger athletes.



Rome is preparing for it's 1/4 century celebration. Lot's of preparation is underway.



There is great excitement in the trade with fancy goods coming in from all over the world.

Rome at last

Boy am I seasick



But all is not well in the stronghold of the Jewish village Meza'shuzah in Rome.

BY THE ORDER OF CAESAR EVERY MEMBER OF THE ROMAN EMPIRE TO ATTEND THE CLOSING CEREMONY OF THE 25TH ANNIVERSARY CELEBRATION.

But that day is Yom Kippur!

Oy Uay! What are we going to do?

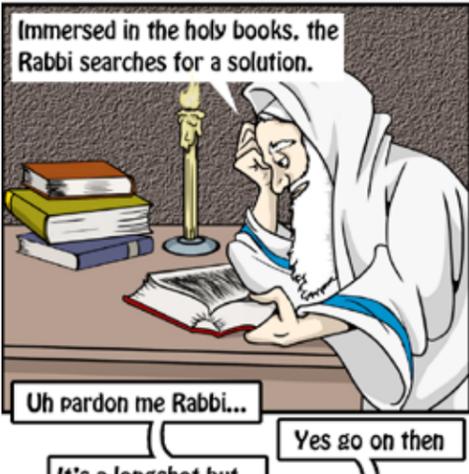


The Community is in consternation. This is no small matter.

It's a Pogrom I tell you!

And we've only just built our cheder and off we'll have to go again.

That's if we aren't cast to the sword Shmuel



Immersed in the holy books, the Rabbi searches for a solution.

Uh pardon me Rabbi...

Yes go on then



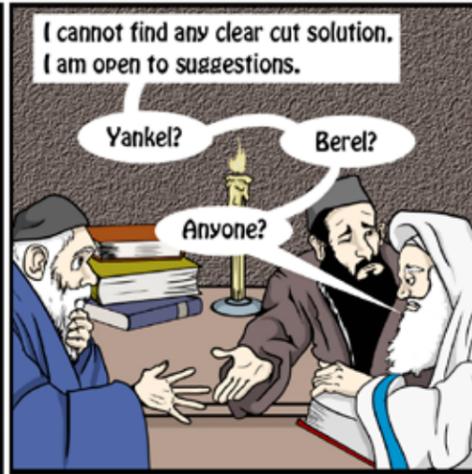
Anything? Anything?

Nothing yet

Fear not. Our Rabbi will come up with an answer.

Well what is it then, go on...

Nu... speak up already...

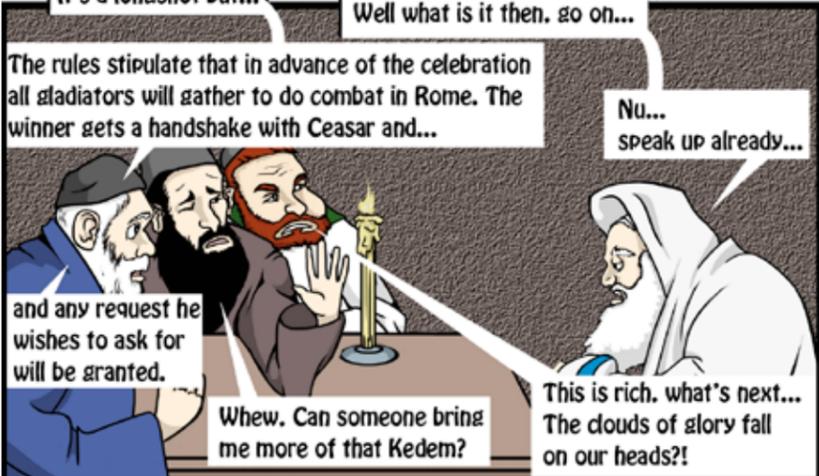


I cannot find any clear cut solution. I am open to suggestions.

Yankel?

Berel?

Anyone?

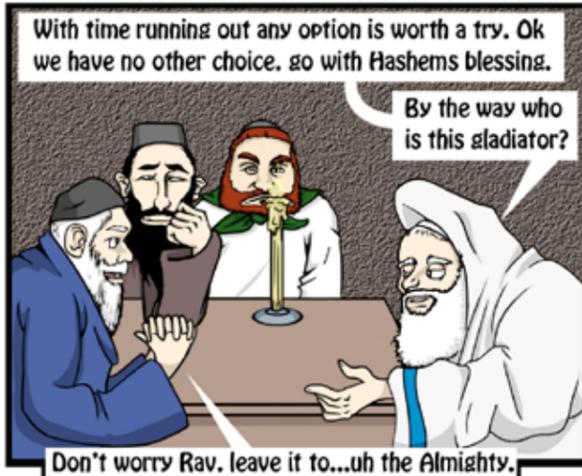


The rules stipulate that in advance of the celebration all gladiators will gather to do combat in Rome. The winner gets a handshake with Ceasar and...

and any request he wishes to ask for will be granted.

Whew. Can someone bring me more of that Kedem?

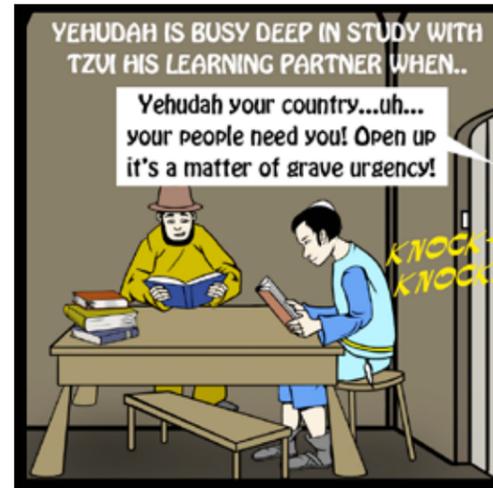
This is rich, what's next... The clouds of glory fall on our heads?!



With time running out any option is worth a try. Ok we have no other choice, go with Hashems blessing.

By the way who is this gladiator?

Don't worry Rav, leave it to...uh the Almighty.



YEHUDAH IS BUSY DEEP IN STUDY WITH TZVI HIS LEARNING PARTNER WHEN..

Yehudah your country...uh... your people need you! Open up it's a matter of grave urgency!

KNOCK KNOCK



And that's the gantza megillah of how we got to you.

Pretty hectic huh?

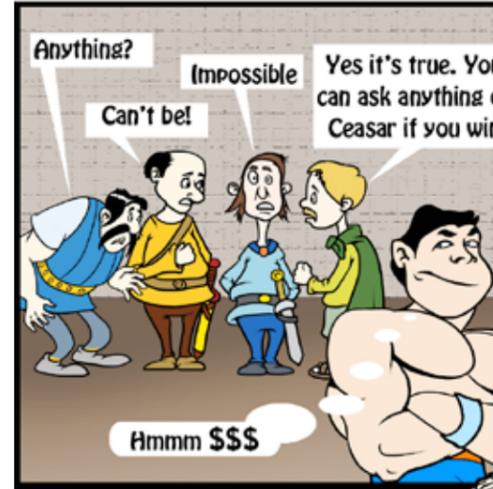
Were kinda desperate.

So will you do it?



Tzvi I have to go on a mission but I shall return.

There you go, always on a mission. Barely a tractate can we get done! Ok Yehudah chazak veme'ematz!



Anything?

Can't bel!

Impossible

Yes it's true. You can ask anything of Ceasar if you win

Hmmm \$\$\$

COMPETITION DAY ARRIVES AND ROUND 1 IS COMPLETED.

Golifalis out

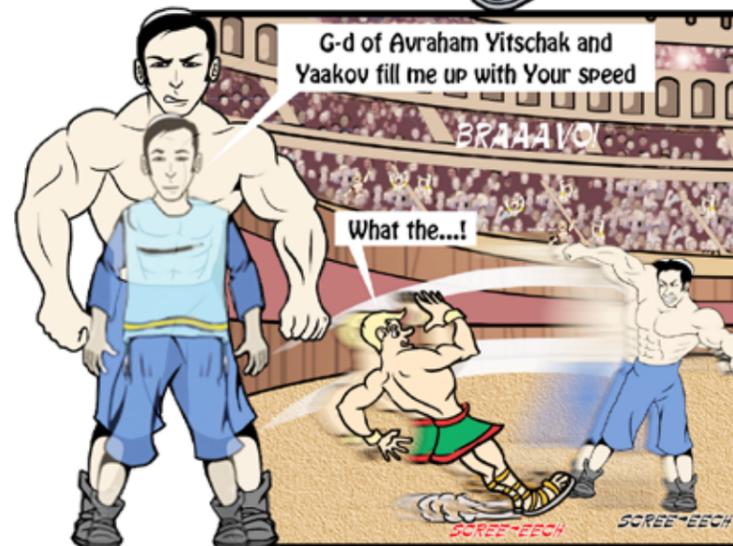
Jimbolis out

Musculus out

Yehudah In

THE SEMI FINAL ARRIVES WITH YEHUDAH UP AGAINST THE CUNNING AND SPEEDY SWIFTFILILIS. SWIFTFILILIS KNOCKS HIS OPPONENT AND RUNS THEM RAGGED UNTIL THE FULL TIME BELL IS SOUNDED.

Gladiators fight!



G-d of Avraham Yitschak and Yaakov fill me up with Your speed

What the...!

SCOREE-EECH SCOREE-EECH

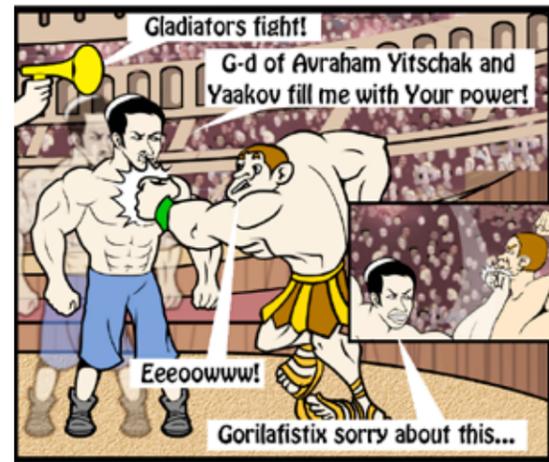


And now for the finals. Yehudah against Gorilafistix the pounding machine.

20quid on the Gorila

5 shekels on Yehudah

50 on Gorilafistix



Gladiators fight!

G-d of Avraham Yitschak and Yaakov fill me with Your power!

Eeeoowww!

Gorilafistix sorry about this...



The winner Gladiator Yehudah

CLAP CLAP CLAP CLAP



All is well again in the Jewish village of Meza'shuzah just outside Rome. And while Rome celebrates it's 1/4 century celebration, the Jews are wrapped in their talleism and kittels praying for a good and sweet year.

© to be continued



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## The challenge

The Pope met with the College of Cardinals to discuss a proposal from Shimon Peres, former president of Israel. "Your holiness," said one of the Cardinals, "Mr. Peres wants to determine whether Jews or Catholics are superior, by challenging you to a golf match." The Pope was greatly disturbed, as he had never held a golf club in his life. "Not to worry," said the Cardinal, "we'll call America and talk to Jack Nicklaus. We'll make him a Cardinal, he can play Shimon Peres... We can't lose!" Everyone agreed it was a good idea. The call was made and, of course, Jack was honored and agreed to play. The day after the match, Nicklaus reported to the Vatican to inform the Pope of his success in the match. "I came in second, your Holiness," said Nicklaus. "Second?!!" exclaimed the surprised Pope. "You came in second to Shimon Peres?!!" "No," said Nicklaus, "second to Rabbi Woods."

## Fowl Play

At one point during a game, the coach called one of his 7-year-old soccer players aside and asked, "Do you understand what cooperation is? What a team is?" The little boy nodded in the affirmative. "Do you understand that what matters is whether we win or lose together as a team?" The little boy nodded yes. "So," the coach continued, "I'm sure you know, when a foul is called, you shouldn't argue, curse, or attack the referee. Do you understand all that?" Again the little boy nodded. He continued, "And when I take you out of the game so another boy gets a chance to play, it's not good sportsmanship to call your coach 'a worthless idiot' is it?" Again the little boy nodded. "Good," said the coach. "Now go over there and explain all that to your parents."

## Reflections of Bravery

Yankel the referee arrives at the pearly gates of heaven and arc angel Gabriel asks him if he's done any good. Yankel humbly says he was a simple but principled man. Gabriel then asks him if he ever displayed courage and bravery. Yankel says, "I did on one occasion give a particularly brave and honest call, I was refereeing a match in London between England and Germany. The score was 0-0 and there was only one more minute to play when I awarded a penalty against England." "Yes," responds Gabriel, "That was a real act of bravery. Can you tell me when this took place?" "Certainly," Yankel replies. "About three minutes ago."

## Doing it alone

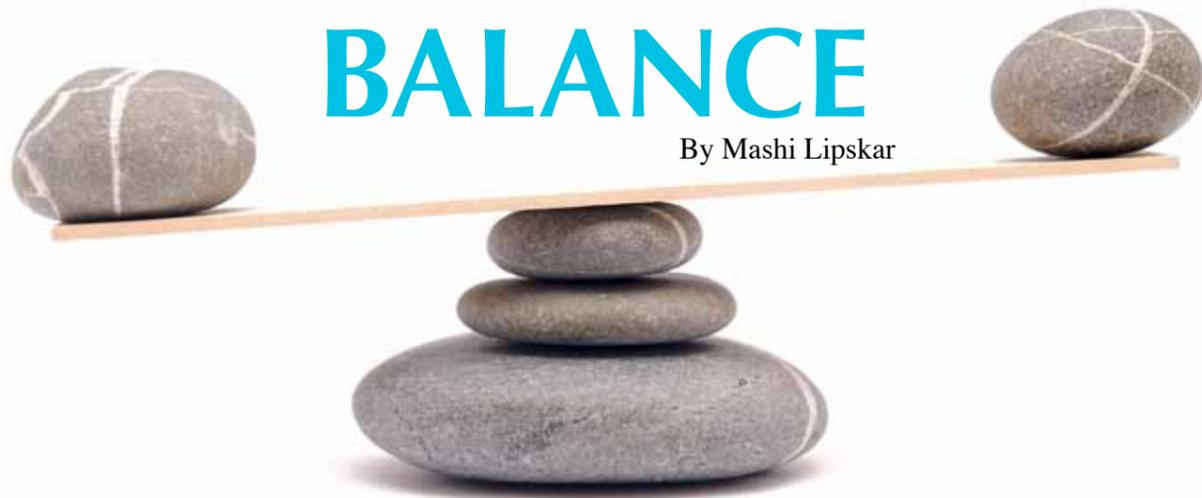
A man comes home after his regular Sunday golf game and his wife asks why he doesn't include Joseph in the games anymore. The husband asks, "Would you want to play with a guy who regularly cheats, uses profanities, argues up a storm over everything, lies about his score and has nothing good to say about anyone else on the course?" "Of course I wouldn't," replies the wife. "Well," says the husband, "neither would Joseph."

## Golfing madness

After a particularly poor game of golf, Chaim, a popular club member skipped the clubhouse and started to go home. As he was walking to the parking lot to get his car, a policeman stopped him and asked, "Did you tee off on the sixteenth hole about twenty minutes ago?" "Yes," Chaim responded. "Did you happen to hook your ball so that it went over the trees and off the course?" "Yes, I did. Amazed, Chaim asks the officer "How did you know?" "Well," said the policeman very seriously, "Your ball flew out onto the highway and crashed through a driver's windshield. The car went out of control, crashing into five other cars and a fire truck. The fire truck couldn't make it to the fire, and the building burned down. So, what are you going to do about it?" Chaim thinks it over carefully and responded... "I think I'll close my stance a little bit, tighten my grip and lower my right thumb."

# BALANCE

By Mashi Lipskar



Exiled to Siberia, the Chosid Reb Mendel Futerfas found himself in prison with a tightrope walker. Reb Mendel asked him, "I always wondered. How do you stay up there without falling? You walk between such tall trees, buildings, poles... How do you keep your balance?"

The tightrope walker answered. "Before I begin I find an object on the other end that I focus on. I don't dare take my eyes off that object while I am walking. Only in this way can I safely walk across. I don't look left or right. As long as I focus on my goal I can make it safely across."



We human beings are a paradox.

We are at once physical and spiritual.

We find ourselves in a very physical/material world but within us is a Neshama - a soul that constantly yearns to connect to the Divine.

The goal is to live a life very much in the here and now but to infuse it with holiness.

To balance - living on earth but with our focus on the lofty spiritual source of life.

To do so requires us to constantly bring physical and spiritual into balance.

Each soul comes into a body to fulfill a great G-dly mission. Our bodies house our souls and through living correctly in a very physical world the ultimate Will of Hashem is realised.

The physical natural world, people and their physical realities and limitations are all exquisite creations of the King of Kings the Creator Himself.

Our bodies lovingly and most ingeniously fashioned by our loving Father in heaven have been specifically designed down to the very last detail to bring honour and glory to Hashem. It is therefore no surprise that Torah places great importance on physical health.

There is the mitzvah to look after one's body.

"V'nishmartem me'od l'nafshotaichem" is as much a part, one of the 613 Mitzvot, as is keeping the Shabbat or honouring ones parents.

Our bodies need care.

They need to be healthy vessels and the body & Neshama need to live in harmony-partners in a balanced relationship.

Should one or the other not feature in correct balance we lose out on the great benefit of this partnership.

The soul is clearly a part of G-d, yet Hashem's Mitzvot can only be carried out by the body.

The body is the designer-made vessel through which the soul on its earthly journey is able to reach unimaginable levels of perfection.

We live in a world that places emphasis on striving for perfection.

Many become obsessed by physical health-spending long hours at the gym & involved in ongoing physical exercise to the exclusion of spiritual development. Then too, there are those who are spiritually pious but seem to neglect proper physical health considerations.

When it comes to our bodies we must be exceedingly careful that health not be compromised.

Food must be wholesome and ones diet well balanced. Great care must be taken not to allow diseases such as obesity and diabetes to take root.

It is important to distinguish between health and vanity. We should be concerned about our appearance but not to the degree that it devours excessive amounts of time & energy.

How can we as Jews achieve the proper balance in both? It is clearly a matter of keeping the goal in sight.

Through living in this world but with spiritual awareness we make this world a dwelling place in which Hashem can feel 'at home'.

*Mashi Lipskar is a parent, grandparent, educator, lecturer, writer and with her family an emissary of the Lubavitcher Rebbe to Johannesburg South Africa.*



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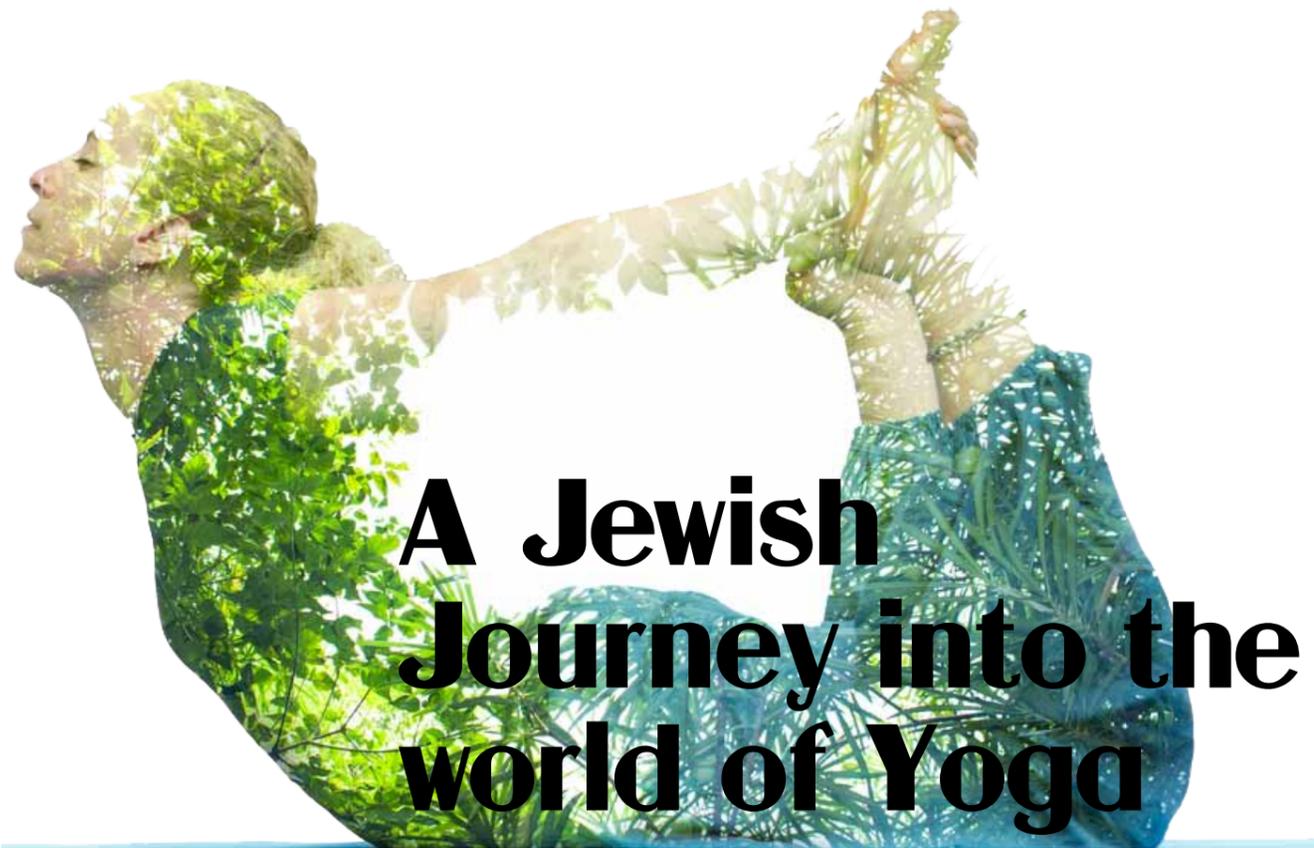
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# A Jewish Journey into the world of Yoga

By Sarede Switzer

I have always been into physical fitness to one degree or another. As a kid, I took gymnastics, figure skating and swimming and when I got older I inherited both of my parents love of jogging and dabbled in kickboxing and other “typical” workout regimens. But yoga? My impression of yoga was of an aging hippy sitting cross legged on a mountaintop breathing. Not exactly appealing to a hyperactive and athletically minded young person like myself. Then one day, my good friend Sarah said, “You know, you should really try yoga”. “Hm” I answered - which to anyone who knows me well knows that in Sarede-speak this means “Yea right, never in a million years.” So she stopped talking, and proceeded to show me instead. “Stand with your feet hip distance apart” she ordered. “Now bend forward and try to touch the floor.” My dangling fingers were no where near the floor. Then Sarah stood behind me and placed her hands on my low back and gently directed me to become conscious of my breath. “With every inhale feel your body rise” she said. “With every exhale, go deeper and allow your fingers to move closer to the ground.” And would you believe it - within about 10 seconds of doing this exercise, my palms were touching the floor. “Cool”, I acknowledged. “Ok, teach me more.”

I soon learned that yoga involved a whole lot more than just sitting in a lotus position for hours on end. And that certain styles of Yoga can actually be more physically demanding than many high intensity fitness regimes out there. Considering my gymnastics background and hunger for challenge, it’s no surprise that Power Yoga became my gateway into the larger world of yoga practice.

As time went on, my practice deepened, and one day, I found out about a Yoga Teacher Training taught by a religious Jewish woman. I was about to sign up, when a nagging voice in the back of my head wouldn’t let up. I vaguely remembered

hearing something about how Yoga has something to do with Avoda Zara (idol worship) and thus might be problematic for a religious Jew. If I were to take the path of becoming a Yoga Teacher, this brought with it a new level of responsibility - how could I take on the role of instructing others in a system that I had never clarified was not at some level be problematic or G-d forbid harmful to their soul?

So I called my local orthodox Rabbi. Unfortunately, it was very difficult to find a Rav who knew enough about yoga to give a clear answer. Eventually, I found someone. A prominent figurehead in my community’s Beis Din, he too, he admitted, knew very little about yoga. However, being an expert in Jewish law in general, the Rav asked me key questions, and concluded that the style of Yoga that I had set out to learn and teach was perfectly fine and even encouraged me in my pursuit.

The training took my practice to a whole new level. I clicked so well with Kinneret (the head of the program), that I eventually became her partner in teaching subsequent trainings.

As our trainings grew in popularity, the Jewish question kept coming up. Although I had received clearance from my Rav, the more I learned, the more questions arose. What is the origin of Yoga? Do the postures have any inherent religious meaning to them? What is “yogic philosophy” and in what ways does it contradict or coincide with Jewish philosophy?

## The Book that Changed Everything

And then we discovered it. ‘YogaBody’ by Mark Singleton, published in 2010, is a book that rocked the Yoga world. His thesis is that rather than being an ancient practice with 5000 year old roots, the origins of modern yoga posture practice are less than 100 years old and

have roots far removed from anything remotely considered Hindu. And he has the proof to back it up. For fundamentalist Yogi practitioners, this is nothing short of sacrilege. For a religious Jew, it’s refreshing and removes many issues surrounding Yoga’s possible Hindu (i.e idolatrous) connections.

At the end of the 19th century and into the beginning of the 20th century, explains Singleton, a major cultural shift occurred in India that would forever alter the country’s relationship to yoga and would become the instigator for yoga’s popularity here in America and the rest of the western world. This shift was a direct result of British imperialism and the hybridization of cultures. On the one hand, India became infatuated with British ideals of physical strength and beauty. Gymnasiums popped up and yoga practice took on a distinctively European gymnastics flavor. And the Brits, for their part, were fascinated with contortionism and yoga demonstrations traveled around the country showing off royal protégés who mastered acrobatic “yoga” skills.

Suddenly Yoga was no longer about a devotional practice for cleansing the atman (soul), so much as it was a regimented fitness routine to build strength, health and wellness.

Once in America, a funny thing happened. Just as Yoga had become secularised in India, American yogis, craving “authenticity”, reinserted Hindu ideas into some styles, in the forms of chants, mantras, Hindu decor etc. A Rabbi I once spoke to likened this to when a Hollywood movie inserts the song “Hava Nagila” into the background to demonstrate that it’s a Jewish scene.

As time goes on, Yoga continues to evolve into styles too numerous to list even a fraction of here. Some notable examples include Acro Yoga, Aerial Yoga, Yoga competitions (under Bikram Yoga) and even Yoga for Dogs (yes - Doga! It’s a thing!)

In exploring Yoga practice from a Jewish perspective, I think it is important to acknowledge this continual evolution in order to understand how it can fit into our lives.

## Bringing it all Together

In 1977, The Lubavitcher Rebbe became disturbed by the increasing numbers of Jewish youth who were flocking to Eastern movements, including Transcendental Meditation and Yoga. He pointed out that many of these groups had ties to idolatrous practices and some could even be classified as cults. On the other hand, the Rebbe recognized that many of these systems used very powerful and effective healing techniques, which he felt were often the reason for the participant’s attraction to begin with.

Rather than forbidding these practices altogether, the Rebbe implored professionals in the field of neurology and psychology as well as knowledgeable laymen, to study these techniques, so that they could be further developed, perfected and ultimately identified under a medical banner to help those who could benefit from them.

In his great wisdom, the Rebbe understood what Singleton would subsequently illustrate with his research - that the Hindu trappings of yoga and other related practices are not integral to the practices themselves, but rather superimposed and unnecessary “extras” that could be shed without compromising the disciplines.

So how can we, as laymen apply this to our own lives/yoga practices?

Well, with the umbrella disclaimer to AYLOR (Ask Your Local Orthodox Rabbi), may I dare to offer a few suggestions to help ensure that your Yoga practice is a kosher one:

There’s the obvious - any religious paraphernalia, such as statues, altars, incense, chants etc should be avoided. Also, going to classes taught by someone who is a devout Hindu (or other religion that is considered idolatry for a Jew) is not a good idea.

Then there’s the not so obvious. Many yoga instructors bring up certain philosophical ideas which at first glance might sound really nice and “humanitarian” but on deeper investigation are not really in line with Jewish philosophy. To get into detail

about this would require a whole other article. The bottom line however is: Best to practice yoga for it’s physical and mental benefits, but let the spiritual growth flow from that. As the saying of our sages goes “Chochma b’goyim taamin, Torah b’goyim al taamin” (Eicha Raba 2), that wisdom is to be found amongst the nations of the world, but not the Torah.

## The Benefits of Yoga

The benefits of yoga are countless! Once I start listing

some of them, I know it might sound too good to be true, but yoga really is that good! Try it yourself and you’ll see what I mean. Here are just a sample few benefits that come to mind: The focus on breath and connecting breath to movement creates a deeper sense of awareness and sensitivity to oneself and others.

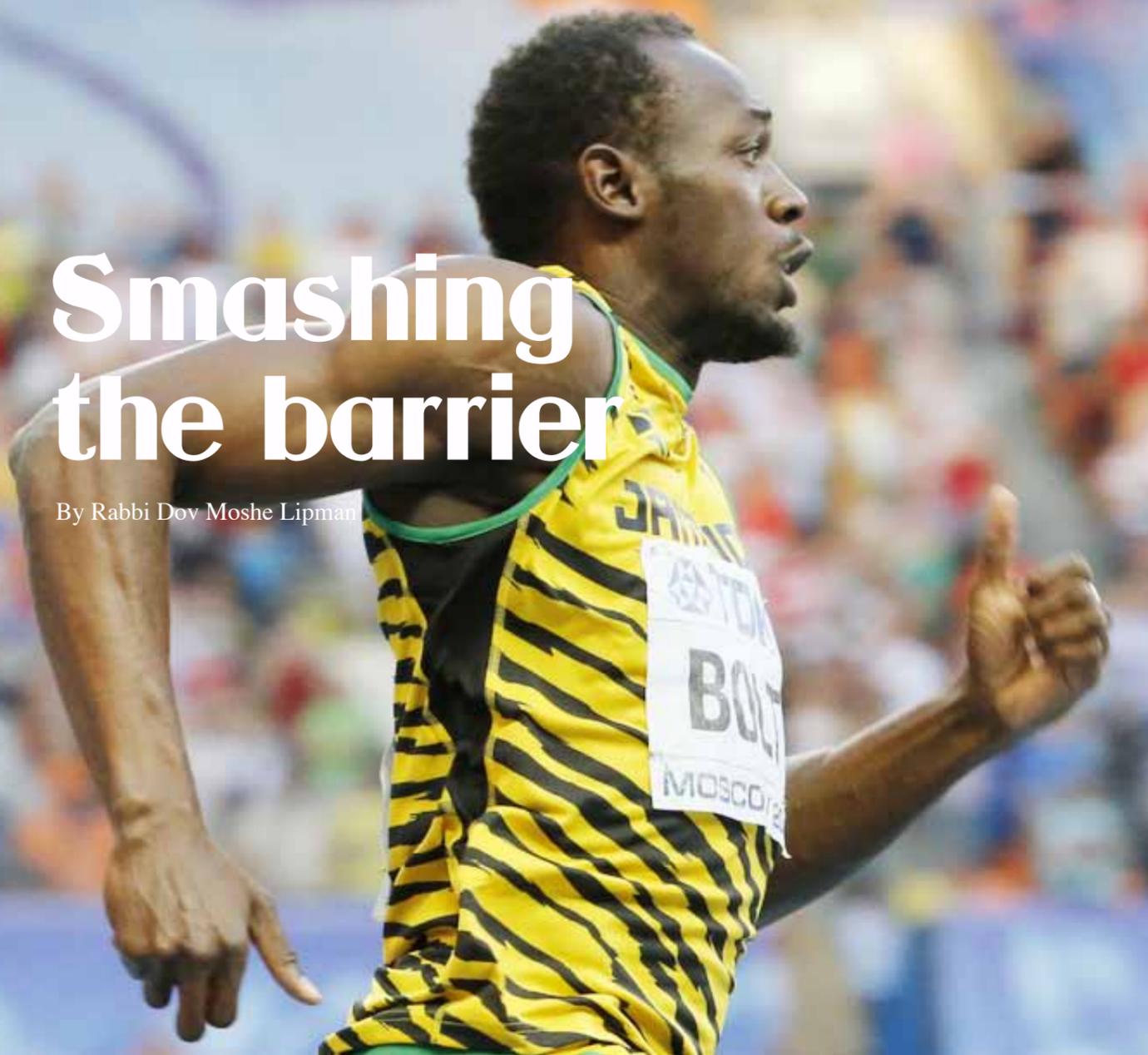
Deep and methodical breathing activates the hypothalamus, which links the nervous system to the endocrine (hormone) system. This in turn regulates mood, metabolism and sleep, and alleviates anxiety.

Yoga is an all in one workout that combines balance, flexibility, strength and stamina The detailed anatomical focus of yoga helps prevent injury and strengthens deep muscle layers that often get overlooked in more run of the mill fitness classes. Keeping a steady “practice” trains one to be more process oriented which brings with it a consistent feeling of both reward and humility. Accessible to everyone, at any age, weight, fitness level etc.

*Sarede Switzer is a 200 Hour E-RYT Yoga Alliance Certified Instructor and Director of Training and Curriculum Development at KinneretYoga Teacher Training. [www.KinneretYogaTraining.com](http://www.KinneretYogaTraining.com)*

# Smashing the barrier

By Rabbi Dov Moshe Lipman



cal state without being unconscious.” Two track officials held him up while spectators converged on him. The crowd was silent until they heard the announcer begin to proclaim Bannister’s time. “Three...” The cheers of the crowd drowned out the rest of his time. Despite the 15-mile-per-hour crosswind, Bannister had run the mile in just three minutes and 59.4 seconds.

The four-minute mile barrier had been broken! The world was in shock. The unthinkable, what was considered beyond human ability, had occurred. Bannister’s time was referred to as “the Miracle Mile.”

Now for the truly amazing part of the story: Just 46 days later, on June 21 in Turku, Finland, Bannister’s record was broken by his rival John Landry of Australia, with a time of three minutes and 57.9 seconds. Landy had never gotten within 1.5 seconds of the four-minute mark in previous attempts. Then, on August 7, at the 1954 British Empire and Commonwealth Games in Vancouver, B.C., Bannister won in three minutes and 58.8 seconds, with Landy 0.8 seconds behind him with a time of three minutes and 59.6 seconds.

After breaking the four-minute mile once, both Bannister and Landy seemed able to do so again with ease. But it goes even further. By the end of 1957, just four years later, 16 different people had run the mile in under four minutes including three at the British games in London on May 28, 1955. By 1964, 10 years after Bannister’s great feat, the world record for the mile had dropped to 3:54.1. By 2001, 855 people had run the mile in under four minutes. A psychological barrier was shattered. What once

was impossible became standard.

We live with this concept, both positively and negatively, on a regular basis. We may have a friend who pushes the envelope and crosses a certain line in terms of misbehavior and, suddenly, it becomes something which we may feel we can do, as well.

This is certainly part of the message behind the Jewish teaching that “Woe onto the evil person and woe onto his neighbor.” (Tractate Negaim 12:6) The “neighbor” sees that his friend did something wrong and this puts ideas into his head regarding what he can do, much like Roger Bannister put the idea in people’s heads that the four-minute mile was possible.

The better analogy applies to positive actions. There is a Talmudic saying that “Jealousy about study leads to increased wisdom.” (Tractate Bava Batra 21a) When one person sees how much the other is able to learn, this arouses jealousy and a determination to accomplish the same or more. Similarly we are taught to open our homes to wise people. (Chapters of our Fathers 1:4) When we are around great people and we see what they can accomplish, we recognize that we can do the same.

So strive to surround yourself with positive role models who have smashed through barriers and demonstrated that you can indeed accomplish way beyond what you can imagine. Then dream the impossible dream and go for it to make it happen!

*Dov Lipman is an American born and raised rabbi, political activist, educator, author and sports enthusiast based in Bet Shemesh, Israel. In 2013 he was elected to the Israeli Knesset.*



Watching Usain Bolt run the 100 meter dash at the Olympics was nothing short of electrifying. The ease to which this world record holder from Jamaica breaks away from the rest of the pack in the last half of the race can take one’s breath away. The thought of someone running 100 meters in the 9.6 second range is almost impossible to believe.

In fact, even running it in 9.8 seconds was impossible in everyone’s mind. That is, until Maurice Greene did so on August 22, 1999. Since that record-breaking run, 25 people have broken that time, culminating in Bolt’s 9.58 world record ten years later on August 16, 2009.

This phenomenon brings Roger Bannister to mind. Bannister was a 25-year-old English medical student at Oxford University who was also an amateur runner. He dedicated a great deal of time and energy to the pursuit of running a mile in under four minutes.

At the time, it was thought to be impossible for a human being to run a mile at that speed. The world record of 4:01.3 had stood for nine years and experts regarded this as an insurmountable human limit. Some physiologists even thought that running the mile in less than four minutes was dangerous to the health of any athlete who attempted it.

Roger Bannister thought otherwise. He had already won the British championship in the event and he applied his scientific training and medical knowledge to smashing the four-minute barrier. Bannister used intense interval training, an innovative method of distance running and a sprint technique to fine-tune his speed.

Sure enough, on May 6, 1954, Bannister ran the race of his life and collapsed to the ground immediately upon crossing the finish line. Bannister explained, “It was only then that real pain overtook me. I felt like an exploded flashlight with no will to live; I just went on existing in the most passive physi-

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# Community News

- 1. Sharon Krain winner of the Soul Sport Sketchers voucher
- 2. Team #Ride4Israel riding the 94.7 cycle challenge gathering for a Sukkot team build
- 3. Ariel Yachad winner of the Soul Sport Man Utd gift pack
- 4. Soul Sport promo on Chai Fm - Benji Shulman with Ilan Herrmann
- 5. Launch of the 2015 J'lem Marathon "Unity Challenge" with guest Dov Lipman MK (Right)
- 6. Grand Slam winner Ilana Kloss visits Jo'burg, partners Brian Desatnik at Glenhazel courts

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