

# SOUL SPORT

JULY 2015

Exclusive Interview  
Formula One Champion  
**JODY SCHECKTER**

**Going for Glory  
The Rugby World Cup**

**WOMEN'S  
SOCCER  
REVOLUTION**

Rabbi Laurence Perez  
**Leadership - Serving who?**

Soul Sport incl.VAT:R29

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**SPORT | HEALTH | SOUL | VITALITY**



# Letter from the Publisher

**S**peed is the order of the day in our July 2015 edition as we go inside the cockpit with racing legend Jody Scheckter. Jody captured the world's imagination with some of modern racing's most defying manoeuvres on the track, culminating in his winning the 1979 Formula 1 Grand Prix World Championship.

Anticipation is fast building as we enter the final stretch before the 2015 Rugby World Cup. The central question is: are the Springboks good enough to repeat the successes of 1995 and 2007? World Cup month brings together South Africans the world over in support of the Green and Gold, as they carry our national aspirations onto the field in Britain and hopefully rugby glory.

Who can forget that iconic moment in 1995 as President Nelson Mandela handed the World Cup Rugby trophy to captain Francois Pienaar and said, "Thank you very much for what you have done for our country." Pienaar received the trophy and replied "No, Mr. President, thank you for what you have done for our country."

Indeed we have come a long way.

Soul Sport has also come a long way and is singled out in that it is a global ONLY of its kind. The timing and development of Soul Sport is surely not coincidental. We live in extreme times with extreme demands constantly thrust upon us as never before. The key, as the Torah constantly reminds us, is to find balance. That's the ethos of Soul Sport. The fusing of the physical and spiritual elements of our lives, creating a blend and harmony that enables us to realise our best.

Soul Sport is about capturing the human spirit, challenging personal limitations and pressing our ambitions forwards. It also opens a window to the essence of our physiology through the penetrating insights that are found inside Jewish thought.



Our sages teach "Yogati umotsosi taamin" - "One who strives and says he succeeded, he is to be believed". Sport is a wonderful arena to display this principle. We hope Soul Sport through its many inspirational features, goes some way to encouraging the striving towards achieving goals.

In this issue we've gone a step further by breaking the geographical barrier and treading onto international waters. We found Yael Averbuch, a USA Women's Soccer Supremo, who is an inspirational figure to many both on and off the field. The Israel connection again comes to light as we explore the advancement of tennis in the Holy Land, significantly a South African effort.

Soul Sport releases with gratitude to our wonderful advertisers who have responded, partnering us in bringing Soul Sport to the broader community. As ever the content is of the highest calibre and we thank all our contributors.

We look forward to returning in December 2015, and as always just one request - Please send us your feedback to [soulsportsa@gmail.com](mailto:soulsportsa@gmail.com)

With best wishes,

Ilan Daniel Herrmann

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# Contents

## SPORTS

### Jody Scheckter - Speed, Skill, Daring

An exclusive interview with Formula 1 World Champion Jody Scheckter who has carved his name in history's legacy of motor racing

6



### Reaching For The Stars

Yael Averbuch is a USA professional soccer star for both club and country and whose drive and focus to achieve her goals ensures she does

15

### A Short History of Women's Soccer

Women's Soccer has exploded on the sports scene in recent years. Here is when, where and how it all began

17

### Going For Glory - The 2015 Rugby World Cup

With only weeks to go until the RWC in England expert panelist David Berman, Syd Nomis and Barney Girmun analyse and evaluate the chances of Springbok glory

18



### 'Driving' For The Best with Richard Kaplan

A One on One interview with successful SA Jewish golfer Richard Kaplan

28



### It's All Connected

Richard Sutton has worked at the highest levels as a professional sports trainer. His footsteps trail through China, the Olympics and across the world's leading athletes

30

### Doubles Partners - SA and Israel - A Tennis Saga

The South African influence on Israeli Tennis is long, deep and enduring. From humble beginnings to the modern stage we trace the story of this successful partnership

32

### Referees of Distinction - Unsung Heroes or Just Plain Crazy?

In the thick of controversy and surrounded by critique is "The Referee". Jewish South African referees have produced some of the very best

36

### The Premier League - 2015/16

Our panel of experts, Dean Furman, Raymond Hack and Maish Novick prepare us for another explosive season in the league that has captured the worlds' imagination

40



### The Early Years of SA Jewish Sports

We take a journey back to where it all started. Athletes that almost faded into history's oblivion are brought back into the limelight from a time gone by

50

## Hall Of Fame - Three of SA Jewish Best

In our first hall of fame feature we capture exciting and outstanding soccer players of past: Morrie Jacobson, Hymie Kloner and Bennie Mechanic

54

## Health - Lifestyle

### Exercise - Wise and Why's

A teen health tip feature on the value and importance of exercise in our daily lives

56

### Girl Soccer Nominations

Soul Sport searched and found some of the leading girl soccer stars in our Jewish day schools who love the game usually associated with guys

58

### Can I Eat This?

Soul Sports' Nutritionist Leigh-Anne Silber takes us through the science of what nutrients we need in order to function at our peak

62

## CULTURE

### The Business Of Sport

Sport has become big business for athletes, corporates and entrepreneurs. We take a look at the extra-ordinary numbers that are ever rising in the sports industry

64

### Field Of Nightmares

Auschwitz and the Death Camps had a field that hosted soccer and football matches during the bitter depth of WW2 and the Holocaust

68

## INSPIRATION

### POWA

The seven habits of the Profoundly Optimised Woman Athlete. Women - super achievers; queens of endurance

70

## JUDAISM

### Servant Leadership

What is the secret to true leadership both on and off the field of play. Rabbi Laurence Perez shares and empowers on what makes "a leader" tick

72

### Who Do You Play For?

Reflecting on the story of the US Ice-Hockey team, we discover the power of unity, national pride and the triumph of collective strength

74

### Formula 1 - It's Your Race

It's not just the guy that steps into the Ferrari that is racing - we're all on the ride across life's stretches, curves and bends, with the goal of achieving something special and great

76







# SPEED SKILL DARING

## Jody Scheckter - F1 World Champion

They say that champions aren't made, but that they are born. On the 29th of January 1950 one such champion was born to our planet. Jody Scheckter would become one of the most electrifying, audacious, racing drivers of all time. He would also become a Champion of the racing world and create an unforgettable legacy in a short but brilliant nine year career in Formula One. From modest Jewish roots in a suburb in East London to the grand racing tracks across the globe and everything that went in between.. here is a Soul Sport exclusive with Jody Scheckter.



**Jody in a Ferrari 312 T4**  
**Inset: In 1974 off the**  
**track sitting on his Tyrrell**

*You grew up in East London, not too many race tracks there? How did it all start for you?*

Actually East London had a Grand Prix circuit in those days. It was the main Grand Prix of SA until it moved up to JHB. My dad had a garage. The racers would come and work out of there and sometimes would stay over at us. It was all very exciting

*What drew you to racing?*

The culture of racing around me - being in proximity to the racers, working in the garage, experiencing the thrill that surrounded the sport. School... academics, they weren't my strong point

*Did your parents support your career?*

On the weekends after a couple of whiskey's my dad did but then came Monday morning and ... I'd prepared my first car out of his workshop so they saw the direction I was heading in. They didn't really have a say in it though. I was doing it

*Did you have interests in other sports, careers?*

Only racing

*What is life like for a Formula 1 driver?*

Not as romantic as it seems from the outside. It's a lot of hard work. There's a lot of pressure, especially when you're going for a championship

*What was your strength as a driver? Your handicap?*

My strength was probably that I had a good feel for cars. I could drive around problems. So if the car wasn't handling I would throw it over the problem.

My handicap was probably my short term memory. So if the car did something and it needed to be mentally recorded and dealt with, I didn't always retain those details which can impact the drive and the car

*In 1972 you began Formula 1 with McLaren. From the get go you seemed to get people's attention. Why is that?*

I was a bit more of a spectacular driver than the average. I slid the car a lot. I was very fast, very quick

*Do some drivers approach the track with a "death wish" mentality, looking to take chances?*

It's the opposite. With one or two drivers a year being killed, you actually went into a race with a sense of preservation and not being too gung-ho. That's the general approach because otherwise it would be catastrophic out there

*In 1973 early in your career, you crashed into world champion Emerson Fittipaldi. How was it with other drivers? Did incidents like that cause rivalry?*

When you start out and you have a crash or cause a crash, you have the more established guys saying who's this young hooligan, this reckless newcomer and things like that. Fittipaldi wasn't too pleased with me, but I shrugged it off. It didn't worry me too much. After I retired I had a good relationship with the drivers. I was the head of the Drivers Association last year

*Is there arch rivalry in the Grand Prix and who was yours?*

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Left: 1973 at Kyalami at the South African Grand Prix  
 Right: Driving for Wolf in 1977 Jody wins at Monaco

I felt I was winning or losing races. I worried about myself not about other people

*You raced for four teams - McLaren, Tyrrell, Walter Wolf and Ferrari? What prompted the moves?*

McLaren would not give me a permanent drive because I was South African and the sponsor didn't want to get involved in anything with a political undercurrent. Jackie Stewart was retiring from Ken Tyrrell who were the best at the time and they approached me.

Then after 3 years there, I decided to make a change and went to Wolf which was a small unestablished team and we did well. Ferrari had been talking to me for a few years and in my second year at Wolf they came to me and said we want you drive for us and I eventually did

*Did any team stand out for you and why?*

Each team had it's unique difference. Tyrrell was old fashioned and quaint. It was a homely, intimate team. I learned a lot there. Wolf was good. We had only 20 people in the team and at the time Ferrari had about 200 people and mid-way through the season we were leading the championship - very exciting. Ferrari was fantastic... the food was the best there haha

*Which car did you enjoy driving most?*

*Which track did you enjoyed racing on the most?*

Monaco and Kyalami. Monaco is a street circuit with guard rails on the side of the road so it's safer. Kyalami, the old Kyalami, was a good track. Maybe also because it meant more to me to be racing at home

*On that note - What was it like to win the SA grand prix in 1975?*

The whole week was fantastic. To win anywhere is great, to win in your home country is fantastic

*What was the most memorable experience you had in your career?*

Winning at Kyalami in 1975 in my home country. Winning in Monaco because it was a tough race and one in which I won by a marginal half second ahead of Regazzoni. And of course winning the World Championship at Monza

*The most difficult experience you endured as a Formula 1 driver?*

It was around the beginning of my career on October 6 in 1973. It happened in a qualifying round at the Watkins Glen track, home of the USA Grand Prix. I was first on the scene after a horrific crash took the life of Francois Cevert who was to be my future teammate. He was also a Jewish racer. It shocked me cause I'd never seen anything like that before

*How did the Cevert fatality impact you?*

It was the first time I saw something like that. You suddenly

realise you can get killed. Ironically though nothing changes - you're back into the fray, talking and laughing around and yet here was death at your doorstep. It was a dichotomy. As a racing driver, you live with that dichotomy

*Did that change you going forward - your driving?*

It was more an existential realisation off the track. It works through your mind. But when you're in the car you just focus on keeping it to the limit. You can't let that cripple you or you're in the wrong sport

*You won the World Championship in 1979 with Ferrari? Did that change your world?*

Not really at all. I remember waking up the next morning. It was after 7 years of day and night trying to achieve this. When you're young and do something good, you find a present under your bed, but there was no present. I felt sore all over from the drive and then it was back to the track. So strangely no it didn't change much

*Ferrari took 21 years to win a championship again. How do you explain that?*

Just shows you how good I was... hahaha... kidding. They could have done it a couple of times but somehow missed it. It's the way it goes sometimes... maybe the technical side... the drivers side... Schumacher should have won it the one time, but things happen

*Where do you see the biggest change in the sport since your time?*



### **Emerson Fittipaldi, Jody Scheckter and Jackie Stewart lined up for the start of the 1973 French Grand Prix**

In safety. Today it's infinitely safer than what we had

*1980 was your last year. What prompted you to bow out?*

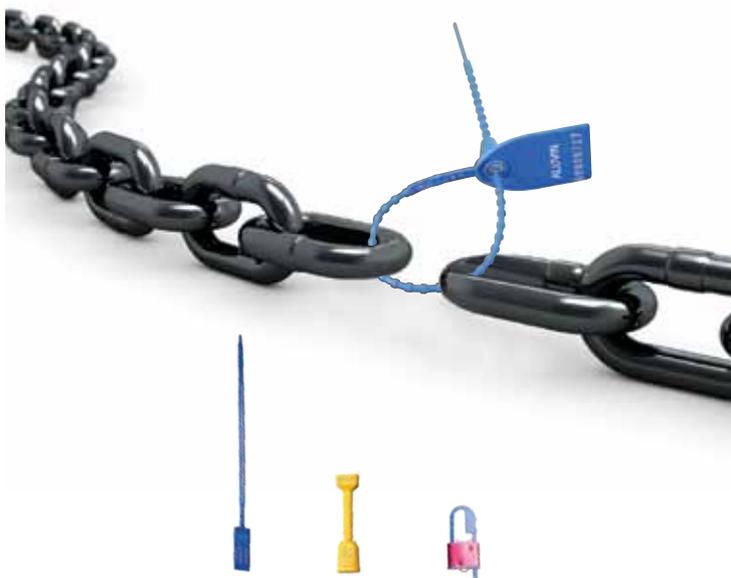
A lot of people had died. Some of the magic had gone for me. Some people involved didn't respect the drivers safety. It was dangerous. It didn't mean everything to me so I decided to get out. I'd done what I wanted to do, to win the title. I didn't feel I needed to do it again

*Was Formula 1 lucrative for you?*

Relatively. Relative to this day and age and relative to business in general. I mean, even as World Champion, in my day, you weren't a top earner compared to large business

*Your son was also a racer. Did you support his ambition to drive?*

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It was his decision and I said to him I'll support you if you go into Formula 1 but if not I won't. The reason is because it's too expensive just to do racing as a hobby. So if he took it all the way I would back him

*Tell us about the Super-Stars event in Israel?*

I visited Israel for the World Super-Stars event in 1981. It is an event that had multi-sport events contested by leading athletes who were champions in their respective sports. Competing in a range of different sports, the overall winner or champion is determined. I was fortunate enough to win

*Your sentiments about your South African roots?*

I've lived in a lot of countries; America and England among others, but I always say you can see where your heart is when you watch countries competing. When I watch say rugby or other sports I back South Africa. So yeah I'd say SA is closest to my heart

*What would you still like to do?*

Spend more time on the beach. I've worked hard. After racing I went to the States and established a company over a 12 year period there. I sold and then came to the UK and built a business which grew too big too fast, so it's been intense. Time to slow down a bit maybe. I guess that's ironic... slow down...haha



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# DEFINING MOMENTS OF JODY SCHECKTER'S CAREER

## THE FRENCH GP 1973

In just his third grand prix appearance, Scheckter driving in a McLaren qualified second at Paul Ricard at the French Grand Prix. He took the lead from Jackie Stewart at the start of the race.

Despite his inexperience, Scheckter held his own at the front until he collided with World Champion Emerson Fittipaldi with just 12 laps to go, putting both of them out of the event.

Despite criticism for the accident, Scheckter showed signs of his brilliance and got peoples attention.

## SILVERSTONE 1973

Two weeks later at Silverstone in the 1st lap of the British Grand Prix, Scheckter caused one of the most almighty accidents of all time.

After starting sixth, he had made his way up to fourth on the opening lap when, exiting Woodcote corner, Scheckter ran wide and spun across the track before colliding with the pit wall. This left him stranded on the main straight and the McLaren was collected by a host of other cars, creating a mass pile-up. Scheckter became the subject of hostility and many called for his banning from the sport. Scheckter would defy them all and rise to greatness.

## SWEDEN 1974

Racing now with Tyrrell, Scheckter started the 1974 season with no points in the first three races. He then took 5th place in Spain and 3rd in Belgium - his first podium finish. His first 2nd place then came at Monaco. Two weeks later in Sweden would be his first F1 victory and the first South African to ever win a F1 race. Tyrrell dominated the race. Scheckter however pipped his French teammate Patrick Depailler by just 0.380 seconds to take the win.

## THE BRITISH GP 1974

The British Grand prix was Scheckter's next conquest. It was the place of that great pile up on year prior. This time he made no mistake.

Scheckter started third but nipped past Ronnie Peterson at the first corner of the race and remained second behind Niki Lauda.

Lauda suffered a late puncture, fell out and Scheckter took the chequered flag.

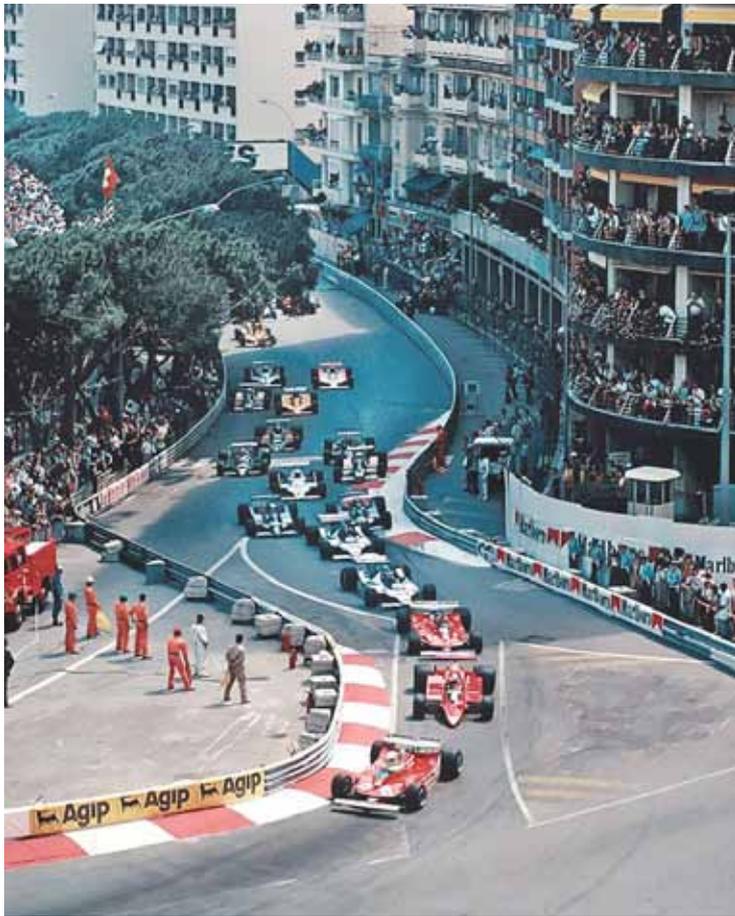


## SOUTH AFRICA KYALAMI 1975

The SA Grand Prix would be one of his finest hours. Racing before a home crown in 1975 Scheckter would take 1st place despite the year being a relatively poor one for him.

He started third behind the Brabhams of Carlos Pace and Carlos Reutemann. A strong beginning to the race saw him get past the Brazilian, Pace, to lead in the 3rd lap. Despite being challenged by Reutemann right up until the chequered flag, Scheckter held on to first place to win by almost four seconds.

The crowd went delirious and euphoria set in for the ecstatic 25 year old.



### MONACO 1977

Niki Lauda was the maestro of Monaco winning in '75 and '76.

Monaco 1977 saw Scheckter now behind the wheel of a Wolf-Ford. He took the lead from Brabham's John Watson at the start.

Lauda, who had started sixth, drove like a man possessed and eradicated the leader's handsome lead in his bid to keep alive his strong record at Monaco.

With the advantage of track position however, Scheckter made no mistakes and simply absorbed the pressure, crossing the line less than a second in front of the Austrian's Ferrari. It was one his most memorable races.

### WATKINS GLEN 1976

Tyrrell P34 wasn't his favourite car but in it Scheckter enjoyed one of the finest on-track battles of his career even though he came out 2nd best in 1976.

At Watkins Glen, the USA Grand Prix, Scheckter and James Hunt, his good friend, locked horns.

Hunt had pole but Scheckter took the lead from the Briton at the start. The pair soon pulled away from the rest of the field.

In a head-to-head duel, On Lap 37 Hunt in his McLaren passed Scheckter on the back straight. Four laps later, Hunt missed a gear while negotiating his way through the lapped traffic and Scheckter reclaimed first place. On Lap 46 Hunt again took the lead until the flag.

A scintillating race and Scheckter's last Tyrrell podium result.

### MONZA 1979

Jump to 1979 and after a long hard season Scheckter was climaxing in a unprecedented strong season. He was racing with Ferrari. Monza was the track at the Italian Grand Prix where Scheckter would claim his one and only drivers' championship.

Scheckter started well. He overtook the Renaults of Jean-Pierre Jabouille and Rene Arnoux for the lead. Arnoux regained it though until lap 13. Arnoux then suffered engine problems and was forced into retirement, promoting Scheckter back into a lead which he held on to.

The two Ferraris of Scheckter and Gilles Villeneuve crossed the finish line almost in tandem with just 0.46 seconds separating them. Scheckter was crowned world champion.

Scheckter remained the last Ferrari world champion until Michael Schumacher began his spell of dominance in 2000.



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# EXPERIENCE

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# Reaching for the stars

By Ilan Herrmann

## USA National and All American soccer pro Yael Averbuch

Yael Friedman Averbuch is an enigma. She's in the habit of succeeding. She is a professional footballer who has dedicated her life to her passion. Yael has played the game she loves at every possible level - school, college, club and national - and at 28 she feels she still has a lot to accomplish.

Born in New York in November 1986 Yael stumbled across the game when a friend in elementary school invited her to come watch her play. Yael was invited to join but was too intimidated at the time to take to the field. But she remembers distinctly that the thrill and excitement that she witnessed that day prompted her to take up soccer the following year.

Once tasted, the game resonated with her like nothing she'd known. By the age of 9 she knew she wanted to be a pro soccer player when she grew up and was vocal about it too.

Both Yael's parents were long distance runners so there was a sporting environment in the Averbuch home, but it was never anything but soccer for Yael.

She observes, "Every day I feel extraordinarily grateful to be living my childhood dreams. I work hard at what I do and will never stop setting new goals and pushing myself to be better, but I don't see it as work because I enjoy every moment."

By 11 she outgrew her female contemporaries and was drafted into the more competitive boys team where she played until the age of 14. Club soccer came next and then while still in school Yael made enough of an impression to receive her

national call up to the USA u-16 squad in 2002. She followed that up with a call up to represent the u-17's.

At u-19 level Yael received a total of 15 caps and won a bronze medal at the World Cup. She went on to play for the u-23 squad as well and in 2008 captained the team in a tournament in Sweden and took the Nordic Cup title.

In 2005 she joined The University of North Carolina the powerhouse of woman collegiate soccer and led them to two championships breaking several records along the way. So defining was her contribution to UNC that when she left in 2009 they retired her number 17 jersey never to be used again.

Yael embarked on a soccer journey that would take her across the globe to Russia, Sweden, Japan and Cyprus playing with pro teams in each country. She also played alongside the very best including Brazilian 'Marta' who many rate the best female to have played the game.

Yael would go on to play for a number of clubs in the US including Sky Blue FC of New Jersey, her home town, Western New York Flash FC, the Washington Spirit and has just made a move to FC Kansas City for the 2015 season.

In 2007 the national team came calling and Yael was nominated to the first team USA squad for a tour of China in which she played two games. Her debut against England stands out as the highlight of her career. "It was a monumental moment in my playing career when I put on the jersey



with MY name on the back”.

International call up’s were erratic but in 2010 she established a first team place. She has to date claimed 26 caps.

Yael’s colourful personality extends beyond the soccer field. She reaches out with a strong sense of social responsibility. “I try to give back to the community as much as I can, especially through using soccer, to have a positive impact on people’s lives off the soccer field.”

Says Yael: “For me soccer is much more than my job. It is a game that I love and respect far beyond my own involvement.” Hence she explains that when she eventually hangs up her boots she intends to continue to stay involved. “I would like to influence development on the women’s side of the game in the U.S. I’m not sure yet how exactly I would like to do this, but some combination of helping organise, coach, and speak to young players.”

Yael loves to share and does that often in blogs that she uploads to her website. She has blogged for the New York times as well and talks with candid openness about the things she feels strongly about. “I really enjoy writing. I try to share my most sincere thoughts, hopes, fears, and observations with my readers and I’ve felt that a lot of people can connect and identify with what I write, which is a wonderful feeling. I always also learn through my writing. It is as much an exploratory learning process to write as it is to read.”

About the women’s game Yael is upbeat: “Women’s soccer around the world is developing very quickly. This is the case in some places more than others, and is especially so in the U.S. The U.S. got a big head start and invests a lot in women’s programs, so here we have enormous depth in talent. I think that we are still ahead physically in a lot of ways, more than most of the sides out there but teams like Japan and Germany and Sweden have outstanding programmes and players. This World Cup I think we will see how other teams have closed the gap on the traditionally stronger and better sides.”

The world’s number one team is Germany who are defending their title in Canada at this very time. Germany and USA lead the world pack with two world cup trophies each.

While Yael did not get called up for the 2015 WC she remains unfazed and urges that she is determined to don the kit of the national side again and hopes to play in a World Cup and the Olympics for the USA.

She predicts the final eight in the WC to be: Brazil, Sweden, USA, Japan, Australia, France, England, Germany.

Yael speaks openly about her Jewish roots. “I was not raised traditionally Jewish, nor do I observe in a traditional way, but my Jewish heritage is very important to me. The more I travel and live around the world, the more I appreciate the Jewish community wherever I go and consider it an extended family. There’s no doubt that when there is another Jewish player on any of my teams, we definitely take note of our special bond.”

So what has been her key to her achievement? “I think that my constant desire to improve has been a big key to my success. I have great discipline and love what I do, but through the hard times and good, I am always focused on getting better every day.”

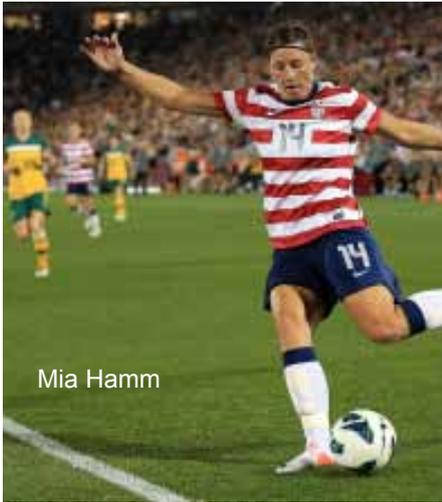
Her advice to younger athletes wanting to look at a career in sports is: “I would say to always believe in yourself and find ways to constantly get better. It takes a lot of hard work and love of what you do because there will always be challenges. If you believe in your ability and work to improve it every day, you will always have success.”

## **“If you believe in your ability and work to improve it every day, you will always have success”**

Yael is media savvy and has a strong interactive lean. She hosts clinics, features on-line clips teaching soccer skills, speaks on public platforms to promote the game and motivate on personal growth and achievement. She also has a host of articles which she features on her website [yael.averbuch.com](http://yael.averbuch.com) which are saturated with soulful insight and guidance and are often just a share of where she is at and what’s going on in her life.

In a recent blog discussing the direction she has taken in life and what she is doing, Yael expressed it thus: “I am honoring my physical being. I believe that my body is a precious gift, and every day I celebrate my health and my ability by attempting to fine-tune what I can do physically. I am honoring my mental drive as I attempt to solve a constant psychological and emotional puzzle. The sport is constantly taunting me to strive for mastery despite the fact that it is unpredictable and demands spontaneous creativity. I am honoring my spiritual inspiration. My soccer career connects me to the world in a unique way, and allows me to be inspired and to inspire others.”

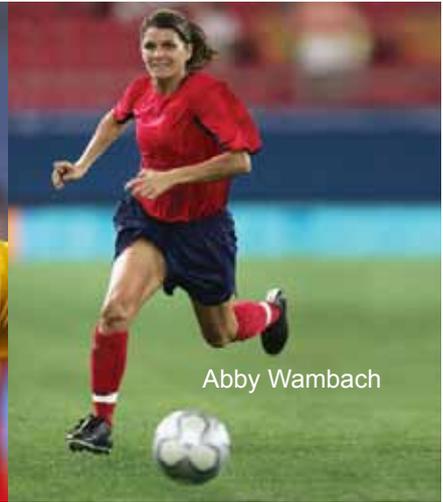
*Ilan Herrmann is the publisher of Soul Sport, a Rabbi, journalist & writer*



Mia Hamm



Marta



Abby Wambach

# *A short history of Women's soccer*

Women's Soccer is not a new thing, but it's popularity has grown significantly over the last 3 decades. Women's Soccer started after 1863 when the English Football Association standardised the rules of the game, making it more regulated and safer. This encouraged women in the UK to play the game and believe it or not, back then, it was almost as popular as men's soccer. In 1920, in Liverpool England, two Women's Soccer teams played against each other in front of a massive crowd of 53,000 spectators.

It was a seeming triumph, but was actually a disaster. The English Football Association was threatened by the size of Women's Soccer, so they banned women from playing soccer on the same fields as men. This caused a decline in Women's Soccer in the UK, which caused a ripple decline elsewhere. It wasn't until 1930, when Italy and France created women's leagues, that Women's Soccer started to rise again. Then, after World War II, countries all over Europe started Women's Soccer leagues.

Only in 1971 did the ban lift in the UK and women could play on the same fields as the men. In 1972 a year after the ban was lifted, Women's Soccer in America became more popular due to Title IX. Title IX required that equal funding was given to men's and women's sports in colleges. The new law meant that more women could go to college with a sports' scholarship, and as a result, it meant that Women's Soc-

cer became a more common sport at colleges all over the U.S. In 1996 Women's Soccer featured as an Olympic event for the first time. Then came the first Women's World Cup in 1991, held in China.

Dr. Hao Joao Havelange, the then president of the Fédération Internationale de Football Association (FIFA) initiated the first Women's World Cup. The USA won the event and created a name for itself in Women's Soccer. They beat Norway 2-1 in the finals.

Some of the most legendary women players who have created a legacy are: Mia Hamm, Marta and Abby Wambach. Mia Hamm, who played for the Women's National Team in the U.S., has been titled FIFA's World Player of the Year twice, and she led the U.S to victory in two World Cups and to the 1996 and 2004 Olympics. Marta plays for Brazil, and she has been titled FIFA's World Player of the Year five times. Although she has never won a World Cup, she is still very popular because of her wide array of tricks and skills. Abby Wambach plays for the United States. She has been titled the U.S. Soccer Athlete of the Year five times, and she has scored a total of 134 goals in her professional career.

The women's game is growing in leaps and bounds and has a bright and long future ahead in the sport they call - "The Beautiful Game."

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# The Rugby World

Jean De Villiers crashes  
down for a try against Scotland





# Cup 2015

*Going for glory*



**W**hen the Springboks run out onto the field for their opening Rugby World Cup game against Japan on Saturday the 19th of September, they carry with them the hopes of tens of millions of South Africans yearning for Rugby glory once again.

Wearing the Springbok jersey is a thing of pride, it inspires greatness and brings out the best in a player and team. It also unites South Africans of all backgrounds and denominations, who come together to support our men in Green and Gold, who battle it out against the worlds best in the two month long tournament in Britain.

Soul Sport brings the RWC under the microscope with views from three experts who have a world of knowledge about the game and particularly about the



*Springboks. All agree we are in for a treat. This is the first tournament where more teams are capable of producing shock results than at any other before it. Dark horses are abound and the favourite sides will have to fight for every opportunity they get.*



*It's been four years since the All Blacks beat France in the 2011 final and eight long years since the Boks raised the trophy in France when they beat England 15 - 6.*



*Our expert panel take us onto the inside track with provocative insights, critical analyses and forthright views - but always carrying their hearts on their sleeves for the team we all love - the BOKS.*

*David Berman,  
Syd Nomis and  
Barney Girnum - Take it away!*

## Springbok chances at the RWC

By David Berman

To be sure, we're so excited about this year's World Cup especially being in the UK, but I must confess that I've planned to fly with my boys to the quarter finals because it's simply too risky to plan to fly to the semi's or the finals (for fear of not watching our team).

First, we have a poor draw, and second, we have a weak Cycle of Players. Regarding the latter, it's clear from the Super Rugby Competition that we don't have the players. The Kiwi sides are dominating us, and player for player are superior. Anyone making another prediction is fooling themselves, and yes, we all want to believe in our Boks.

### **“The Kid” Steyn - one of the world's greatest players, a game-changer, and we need his huge boot for the northern hemisphere**

Our biggest problem is with our backs where we are thin on big strong players, given our culture of focusing on the pack. We also have a coach who seems to insist in playing some of the golden oldies like Victory Matfield, Spies, Morne Steyn, Jannie du Plessis, and even Fourie du Preez (Schalk Burger has still “got it”).

While I have great respect for these players, their time is expired, and at best one or two of them can be late replacements. Even Smoking Habanah and JP (Peterson) are in their twilight years (but we'd keep them in the squad). Selecting the best in form players is the most important job of a national coach, as is surrounding himself with great staff (dubious at best).

The best pack in the Super Rugby tournament is the Stormers and yet can we rely on our coach to pick at least one of these props? Or the Lions prop? How long do we need to keep Jannie whose time is up? Will there be reward for those who have excelled in the Lions team like the nippy Faf de Klerk, Jaco Kriel, and Warren Whiteley? Will the Bulls' youthfully exuberant Jesse Kriel feature? We need a balance of experience and youthful exuberance.

So how do we win?

We need luck, good coaching, and especially good selection. Absent a fit Jean de Villiers, the captain should most



Jessie Kriel

# Springbok Fixtures First Round Games

19 September  
26 September  
3 October  
7 October

South Africa v Japan  
South Africa v Samoa  
South Africa v Scotland  
South Africa v USA

Brighton Community Centre, Brighton  
Villa Park, Birmingham  
St James' Park, Newcastle  
Olympic Stadium, London

RWC Finals 31 October Twickenham, London

definitely be Duane Vermuelen, but alas our coach is unlikely to let go of his favorite Victory Matfield who should be on the bench anyhow.

While we've already mentioned certain selections, the key in rugby are the four vital positions: #10 flyhalf, #9 scrumhalf, #15 fullback and #2 hooker. These are the players who "touch" the ball the most and are thus the most important by a country mile.

We are fortunate to have two outstanding players in Pollie at #10 flyhalf – who will be key – and Bizzie at #2 hooker (whose recent banning was a timely lesson). It's crucial however that Meyer gets it right in picking #9 and #15 where the incumbents Reinach and Willie le Roux are not strong enough (Willie however must be an impact player on the bench for the northern hemisphere).

The #9 should be the nippy fast-distributing youthful scrumhalf Faf de Klerk (the rusty and aged Fourie du Preez can be on the bench), and he ought to be given a chance sooner than later.

Most importantly the #15 must be Francois "The Kid" Steyn, one of the world's greatest players, a game-changer, and we need his huge boot for the northern hemisphere especially. He also adds presence and huge confidence to his team mates, and along with

Pollie and Bizzie, has the X-factor.

Will our conservative coach get this right? We will see. If he does, we will be more excited about our prospects against New Zealand, England, and Ireland. We should beat Australia and Wales.

In March 2007 at 13-1 odds, after a two-hour private meeting with coach Whitey where we weren't shy about our opinions, we told our readers we thought the Boks were a "buy". Some made a mint. At 7-1 we feel the odds are fairly priced, but if we have the right #9 and #15 as discussed, we'd be a "buy". That's a big "if". Our confidence in our coach is not great as his conservative nature will likely get him to stick to his many "golden oldies". Not helping is his poor relationship with one of the best, Frans "The Kid" Steyn (the high garryowens will be key in this RWC).

We're trying to work behind the scenes to effect change so we have a greater chance, as we did with other national coaches. I often use the word "we" because I'm not smart enough to figure this all out, but our astute readers provide us with ideas and thoughts, and for this we are grateful.

Enjoy the build-up! Go Bokke!

*David Berman is a NYC hedge fund manager, an ex Durbanite & UCT boy and a Harvard graduate. David has been editor of The DeeBee Rugby Report for fifteen years. His goal is to provide rugby pleasure and effect change at Super Rugby and Springbok level through contact with players, coaches and reporters*



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It takes more than three to stop Schalk Burger as he presses forward for a try  
Below: Bok winger Bryan Habana



# BOKS Have a Fighting Chance

By Barney Girnun

We are all looking forward to the 2015 Rugby World Cup in England. The Springboks always have a fighting chance to win their 3rd World Cup. The last time the World Cup was held in the UK the Boks experienced heartbreak as Steven Larkham slotted the only drop goal of his career to deny the Boks in extra time in the semi-finals. I was in attendance and I remember walking out of Twickenham absolutely gutted!

This time around the Boks will look to their powerful pack of forwards to pave the way to Glory. However, there are still 5 months to go and a lot can still happen. Many questions still remain will Jean de Villiers be fit? Who will play fly half? Will the great Matfield play a meaningful role as a player? Where will Hougaard fit in?

Jean de Villiers is making remarkable progress and he may yet recover from that horrific injury to lead the Boks. He is an iconic figure and I am sure that the coach will want a fit De Villiers to lead the team. A fit and hungry Victor Matfield will be a major asset to any rugby team with his outstanding ability in the lineouts and leadership ability. He should be part of the squad.

At this stage the very talented and mature Handre Pollard leads the race to the number 10 jersey. He is big, kicks very well and attacks the advantage line. Your fly half needs to have a great tournament to win the Webb Ellis trophy and in Pollard, Jantjies and Lambie the Boks are blessed. Elton Jantjies is enjoying a great season with the Lions and his name will certainly feature in any selection meeting. Francois Hougaard must play wing where he nearly always makes a massive impact. His best games for the Boks have

been on the wing. A fit Fourie Du Pree is a shoe in at scrum-half and hopefully he will feature in his last world cup. As long as the Boks enjoy a bit of luck and keep their discipline they will be right up there.

The All Blacks are always favourites however I believe they will struggle to defend their title in the UK. Instead I expect England and Ireland to be major role players at this event. Especially the Irish who under Coach Joe Schmidt have become one of the best teams in the World. Australia will be there or thereabouts, but can they win it? I am not sure. The 2015 World Cup will be very competitive and the rugby world has already started holding their breath!

*Barney Girnun is Joint Managing Director of MSC sports a sports marketing company that is part of the Bidvest Group*



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Flying Springbok Hennie Le Roux  
Below: Bakkies Botha races away  
chased by Fiji players



## From one Springbok to the others - Yes we can!

By Syd Nomis

After a disappointing Cricket World Cup for the Proteas, and the rest of South Africa, we are about to experience that exciting World Cup vibe again - hopefully not a disappointing one. This time it will be for the Rugby World Cup 2015, with the Springboks first game against Japan on the 19th September 2015.

I don't think we need our stress pills for the pool games. It looks like an easy passage for the Boks to the play offs. Two years ago, I was asked on numerous occasions, who I thought would win the Rugby World Cup 2015. I did not

hesitate to say South Africa. I was then asked why I was so confident. My reply was that we have a lot of up and coming young players, who in my mind, would be at their peak come the start of the tournament on September 18 2015.

The names I was thinking of were, Eben Etsebeth, Pieter Steph du Toit, Jan Serfontein, J J Engelbrecht, Patrick Lambie, Johan Goosen, plus plus plus. I am sure a lot will be there hopefully injury free.

I am still being asked the question, but my answer has changed

to “I am not sure”. Injuries have ruined my confidence, although there are some young players that have come to the fore and I believe that they would not let a Springbok team down. When you put that green and gold over your head, you become another person!

The newcomers I was thinking of are Nizaam Carr, Julian Re-delinguhuys, Faf de Klerk although a bit small, has the heart of a lion. Handre Pollard, Elton Jantjies - who I think is peaking at the right time - I could go on and on.

The 2015 World Cup for the first time, really has a number of countries that can win the trophy. Northern Hemisphere teams have improved tremendously, end of year tour results prove this. We lost to Ireland 29 -15, just beat England 32 - 28 and lost to Wales 12 - 6. The Springboks, although it's worth mentioning, did not have their overseas players which could have made a difference.

Let's face it: a team needs youthful energy as much as it needs experience. This brings me to the point of Victor Matfield. Yes, I would include him in the team. I remember when I played in my first Springbok trials, I was so happy to see that I was in the same team as John Gainsford. Then at the next trial Frik du Preez, then Mannetjies Roux and others. Playing with these experienced players gave me confidence and took a bit of the obvious nervousness away.

I am hoping that the squad will be injury free by the time they leave our shores, so that I can go back to my original thinking and that is as mentioned above “yes we can” win the 2015 Rugby World Cup!

At this point in time, I wouldn't even attempt to pick the 31 players who will be representing South Africa, but I do think there will be quite a few new names.

There is no doubt that we have the right coach. He has proven himself and I envisage a lot more from him. One cannot teach the players at Springbok level how to play rugby. They already know that. The coach must instill discipline and strategise on how to beat the opposition.

I mentioned Victor Matfield earlier – yes I think he should be in the squad as a player and to assist Hyneke Meyer and his assistants with the plan. Victor has enough experience to do this.

Back when I played, Doc Craven would come into the change room to wish us luck, and give a little team talk which was “play the three basics correctly”: first time tackling - passing the ball in the right place - and catching the ball. In today's rugby there is a fourth basic and that is discipline because of all the cameras around the ground.

I am sure Hyneke is getting all the coaches in SA to his way of thinking and preparing the players for the different conditions that the team will be playing in.

*Syd Nomis is a former Springbok who had a distinguished career. He played for Transvaal as well as Wanderers and represented with the SA Barbarians in a tour amongst others. Syd follows the game with a passion and is regularly called upon as a guest to events, talks and promotions*



# Rugby World Cup Statistics

**Most points ever**  
**145 NZ vs Japan 1995**

**Biggest winning margin**  
**142 - 0 Australia vs Namibia 2003**

**Most tries in a single match**  
**22 Australia vs Namibia 2003**

**Most points in one tournament**  
**126 Grant Fox of NZ 1987**

**Most tries in one competition**  
**8 Jonah Lomu NZ 1999**  
**8 Bryan Habana SA 2007**

**Most tries in a match by a player**  
**6 Marc Ellis NZ vs Japan 1995**

**Most conversions in one tournament**  
**30 Grant Fox NZ 1987**

**Most conversions in a match**  
**20 Simon Culhane NZ vs Japan 1995**

**Most penalties in one tournament**  
**31 Gonzalo Quesada Argentina 1999**

**Most penalties in a match**  
**8 Morne Steyn SA vs NZ 2011**

**Most drop goals in one tournament**  
**8 Jonny Wilkinson England 2003**

**Most drop goals in a match**  
**5 Jannie de Beer SA vs England 1999**

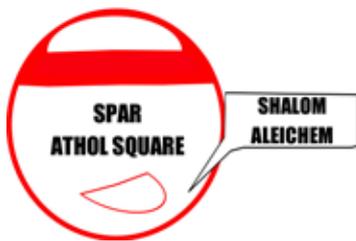
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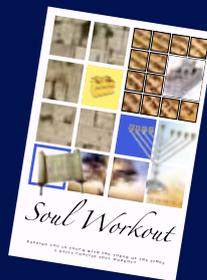
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Taking the ride towards the clubhouse you are enveloped by majestic scenery and struck by a sense of tranquillity coupled with excited anticipation of what lies ahead.

Breezing through the doors of the clubhouse you encounter a comfortable reception area with a concierge offering highly attentive service. A little further and you reach the lounge, the dining and bar area. The À la carte menu ensures you will find any one of a number of delectable dishes that are sure to make your mouth water. The dining area personifies comfort and elegance.

Houghton has 800 members and last year 34000 rounds were played on the course, a significant increase, which tells of its enhanced status and reputation. The golf course is immaculate with the clubhouse strategically placed in the middle of the course offering an expansive and exquisite view.

Houghton's popularity has grown significantly since the relaunch five years ago which saw the clubhouse and the Jack Nicklaus Signature Golf Course design revamped and taken to a new level.

The club has a function hall which seats 250 with a dance area that extends through a sliding door onto a patio area that has a 180 degree view of the greens. Night lighting makes it suitable for evening occasions too and moonlighting at the HGC carries its' own special brilliance.

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hosts' preference - Kosher inclusive.

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Houghton is host to some impressive events - the Sunshine Tour, IGT and The Big Easy amongst others. It is renowned for service levels given to members and their corporates and continues to host sensational corporate golf days.

With all these, Houghton has established itself as a leading golfing venue across South Africa and a preferred club when you are considering joining a golf club or adventuring into the sport.

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# ONE ON ONE

## with Richard Kaplan

By Jules Urdang

# W

*here did you grow up?*

Elton Hill in Johannesburg

*Where did you go to school?*

Fairways Primary and Highlands North Boys' High

*When did you start playing golf?*

At age 10 at primary school

*Were there any golfers in your family?*

My father

*Did you ever win Club Champs?*

In 1985 at Houghton

*What was the first amateur tournament that you won?*

The 1985 Transvaal Mixed Foursomes at Reading

*What provincial and national honours did you achieve as an amateur?*

Southern Transvaal, Transvaal & South Africa

*In 1984 you won the SA Maccabi Golf Championship in Swaziland - who was in the field in that tournament that you beat?*

Sundelons, Gary Gilchrist, Barry Reichman, Milton Maloon, Bernard Babus

*In 1985 and 1986 you were elected Maccabi Sportsman of the Year? What did these achievements mean to you?*

Even being nominated for the same award as Peter Lindenberg, Mandy Yachad & Gary Gilchrist was an achievement, so winning was unbelievable

*In 1986 you won the Brabazon Trophy. Tell us about it.*

Had to pre-qualify, which was a real nuisance, but I got through and had my great friend Gary Gilchrist on the bag as he had missed the pre-q. I led from start to finish on Sunningdale's new course. I never realised until we got halfway into the event that the English Open Amateur Strokeplay for the Brabazon Trophy was the 3rd biggest amateur event in the UK, so it was a major feather in my cap

*After turning pro in 1986 you regularly campaigned*



*on the Asian Tour. What was life like on the Asian Tour?*

I played the Asian PGA from its start in 1995 until I stopped in 2001. Lots of travelling, which was ok in the beginning, but as my kids grew up it became more and more difficult to be away

*What tournaments did you win on the professional tours? Do you have a stand out moment on tour?*

I won quite a few Winter Tour events in SA; the Royal Swazi Open on the main Sunshine Tour in 1996; the Royal Thai Classic on the Asian PGA Tour in 1996; 2 Royal tournaments in 1 year! But my stand out moment was probably finishing 2nd in the Alfred Dunhill SA PGA Championships on my home course at Houghton in 1999, and playing the last 2 rounds in a two-ball with Ernie Els. Huge crowds, lots of local support, and spending 2 rounds in the company of a World #1 is pretty much as good as it gets, and particularly when you're playing well and in some kind of control of your game, despite the pressure

*In 1999 you represented SA at the World Cup in Malaysia with David Frost. How important was this for you?*

It was my 1st time as a Pro representing my country, and unfortunately I was not playing well at the time, with my fragile back acting up a bit. I was under huge pressure and Frost made very little effort to support me, which made things worse. We finished 11th out of 30 or 31 countries there

*In 1999 you also competed in a WGC event at Valderama where you came up against the biggest names in World Golf. What were your memories of this event and what did you take from the experience?*

The Amex event was the last in the 1st year of the newly formed WGC events, and featured the Top 50 on the World Rankings at the time, plus the Top 3 finishers from the other Major Tour's Order of Merits, which is how I got in. It was without a doubt the biggest event I had ever played in, on a tough golf course, and at a difficult time – 10 days before the abovementioned World Cup. To put it plainly, I was out of my depth, not from a purely playing point of view, as I knew I could hit and play as well as at least half of them, but the occasion was just a little too much particularly as confidence was at a relative low at the time

*In 2013 you competed in the Senior British Open. Was it a lifetime dream to compete in a "major"?*

Of course, even though after 10 years or so of not playing on Tour, the chance to play in a Major was more of an enjoyable experience than just another event which was hard work and

pressure. Playing Turnberry which is a regular Open Championship venue was very special, and a practice round with Gary Player was a wonderful experience

*Was it special having your son Johnny caddy for you at the Senior Open?*

The trip to the Senior Open and Turnberry was more about him than me, both for his golf and for his development as a human being. It was definitely a bucket-list thing which I also had the pleasure of spending with my son

*Who were your golfing heroes?*

Right from the beginning, Jack Nicklaus. I was brought up on his book "Golf My Way" which I eventually got him to sign for me at Houghton in 2011. As I developed as a golfer, and especially as a Tour Pro, I started to appreciate more and more what Gary Player had achieved, and from what he had in terms of physical and technical disadvantages. Ernie Els still remains a friend and an inspiration

*Who are the other Jewish golfers that you have come across both in South Africa and around the world?*

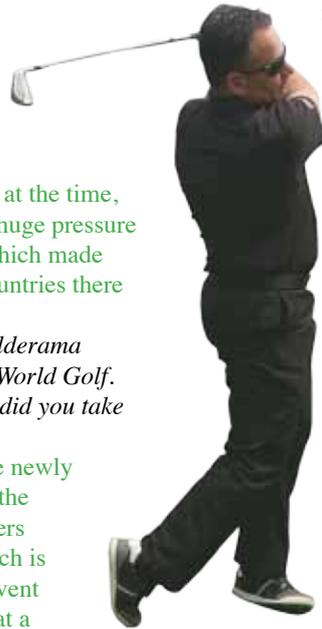
In SA there were quite a few really good golfers that I played with and against, but Gary Gilchrist was probably the best. We were Springbok amateurs and Tour Pros together. Gary is now one of the top teachers in the world. I made a few friends at the Maccabiah in 1985, but never played with any of the great/top Jewish golfers like Neville Sundelson (although I had the honour of teaching & learning alongside him for 6 years), Corey Pavin, Bruce Fleisher, or the great American amateur Jay Sigel

*How many career 'hole's in one' do you have?*

2 aces: 1st at Services 15th hole in Pretoria during National Service which I never saw go in as a thunderstorm was approaching. The 2nd was during the SA Open at Durban CC in 1998 on the 4th hole, but there was no big prize on that hole that day

*Is your faith important to you?*

Yes. Although not observant, i'm strongly traditional and recognise my Jewish identity as being an important part of my and my family's lives.

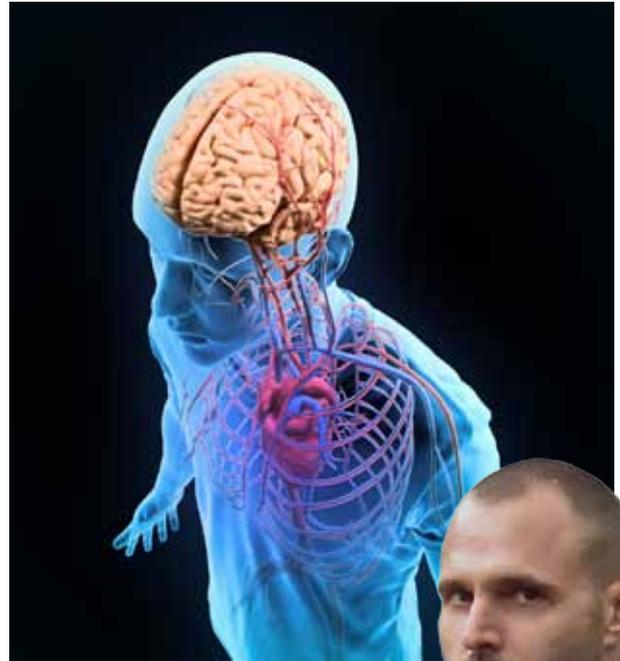


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It's long been an established understanding that human beings are far more than just the sum of our parts, but for professional sports trainer, Richard Sutton, this truism has formed the basis of his entire extraordinary career. With a background in Biokinesiology (the study of human movement) and Neurovascular Osteopathy (the study of the manipulation of organs, nerves and blood vessels) and having worked with, among many others, professional tennis champions and Olympic-winning teams, Sutton's highly specialized form of training resonates far beyond just professional sports.

By considering each athlete holistically, Richard Sutton's training complements, rather than supplants the work done by coaches and physical trainers. His job, whether with entire teams or individual athletes, comes down to working with a sportsman (or sports-woman) who has suffered an injury, an illness or any other physical shortcoming that prevents them from performing at their best – or performing at all – and setting them on the road to recovery. He does so, however, not by merely attacking the illness/ injury itself but by taking a far broader look at the entire human being to see how that shortcoming affects – and is in turn affected by – everything from other body organs to seemingly innocuous external



# IT'S ALL CONNECTED

The inside story of Richard Sutton **By Ilan Preskovsky**

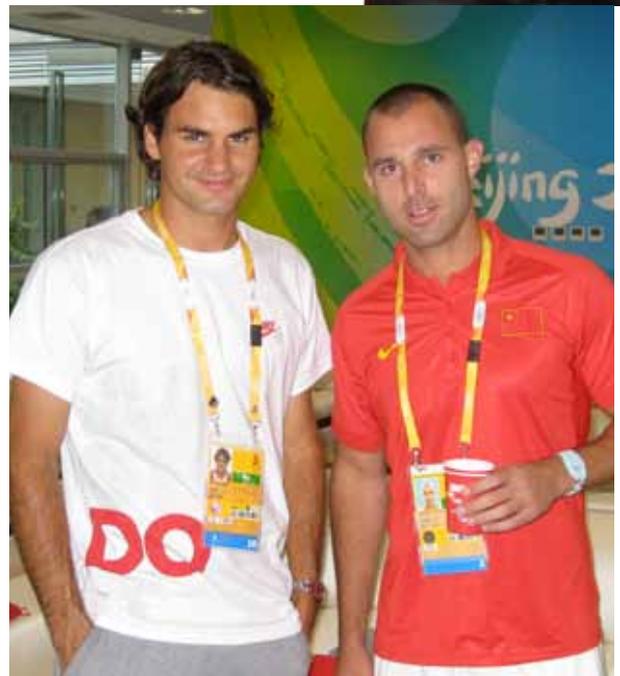
agents like aerosol sprays to a person's psychological state.

Though Sutton, now 43 and recently married, has retired from the time-consuming pressures of high-flying professional sports to dedicate most of his time to post-graduate lectures and running courses on health and performance (though he still takes smaller cases that fit into his much more limited schedule), he has undoubtedly already had a long and storied career. After spending some seven years studying in the United States and Europe for his degree in Biokinesiology and Neurovascular Osteopathy, he started his career briefly in professional golf before moving on to make a real mark on the worlds of professional tennis, rugby, swimming and the Olympics, among others.

He has, for example, worked with some fifteen top-10 tennis players, including five world number-ones, over the course of his career. The career of one tennis pro, in particular though, is especially illustrative of what he actually does and just how much of a positive impact Sutton has had on the life and career of a number of professional athletes.

Li Na was, until retiring towards the end of last year after a decade in the sport professionally, a very popular, highly respected and genuinely influential Chinese tennis player who not only put Asia on the map in a sport that previously had little to do with the continent, but also went on to reach a career-high ranking of number two on the Women's Tennis Association world tour in February 2014 – de-

**Top far right with  
Serena Williams  
Top left with Li Na (right)  
Below with Roger Federer**





spite battling chronic right-knee pain for years. This, of course, is where Sutton came in.

Sutton describes his job, his speciality, as “working with chronic pain syndromes that are theoretically unresolvable through a combination of organ, nerve and blood-vessel manipulation and a speciality in the mechanics of articular joints and muscles” and it’s this very speciality that helped enable Li Na to work past her theoretically crippling ailment and achieve a stunning amount of success in her chosen sport.

Sutton describes his work with her as being quite a gradual process. It started off with his meeting her, getting her full medical and athletic history, seeing if his particular skills matched up with her needs and only then taking her on as a client. He would then conduct a careful examination of her schedule, her fitness regimes, her diet and her training and would work with her coach to come up with a plan of action. They would begin the day doing rehabilitation exercises, which would be followed by training with her coach that Sutton himself would advise and top it all off with modified aerobic exercises. He would be immersed fully in her life for the extent of his training – in this and in most cases, for a year – and would constantly monitor her eating habits, her health, her moods and her daily training and would increase or decrease her load accordingly.

Again, this all comes down to the understanding that everything within the human organism is connected. He gives a further example of an athlete who would develop Pericarditis due to training with flu or picking up a virus while travelling. Pericarditis is itself the swelling of the sac that surrounds the heart, which causes many physical symptoms, including tension in the neck, chest, shoulder blade and jaw, but, because the heart produces many hormones and chemicals that influence the brain, dysfunction can also cause emotional disturbances like anxiety and depression. What Sutton does, therefore, is to treat all of these as a whole, as individual modules that all work off one another, and to treat both symptoms and cause as a single, if very complex, system.

Perhaps the high point though of Richard Sutton’s incredible career are the years he spent in China working with the Chinese Olympic Federation, working with their athletes to

prepare them for the 2008 Beijing Olympics. Living in China between 2007 and 2010 (in the middle of which he also trained Li Na and helped work with the 2009 Maccabi team), Sutton had to get used to a very different culture and a very different way of doing things.

He describes his first few months there as a very “humbling experience” where he had to face up to being a small part in this very large machine. His stint in the army may have prepared him somewhat for what working with the highly authoritative, strictly regimented Chinese Olympic system would be like, but he admits to still being culture-shocked for his first three months there. He compares the experience to the film *Mao’s Last Dancer* – which he calls a “very accurate and uninflated portrayal of how things work there” – and if you’ve seen that film, you know just how much emphasis is placed on accomplishment, even perfection in that culture. It’s just as well then, that the Chinese team with which he was working, were the first in Olympic history to come in first...

Having explored metaphysics in far-off places, it was strangely close to home, within the paradigm of in his own Jewish faith, that Richard began to discover a resonance of soul in a yet deeper way. “The wisdom and holistic nature of Judaism is profound and runs deep. It runs true to the truest principles I’ve encountered in my journey through my profession. It is challenging and life-enhancing and through it, I am finding a fulfilment that I value and appreciate.”

It’s been a remarkable career, full of big-name athletes, crazy stints in foreign countries and as much self-sacrifice as self-discipline, but Richard Sutton has also learned plenty of what it means to be human out there in the trenches of professional sport. Between practising a kind of physical training that truly puts the soul back in sports and seeing how all our different parts fit together in oh so many different ways, he also learned from the people he worked with the fundamentally simple idea, that will no doubt inform everything he does next: “to be a successful athlete, you first need to succeed as a person.” That’s probably something that all of us, whatever our chosen profession may be, would do well to take to heart.

*Ilan Preskovsky is a freelance journalist/writer*



# Doubles Partners



## South Africa and Israel - A Tennis Saga

By David E. Kaplan and Dr. Les Glassman

“Sport is the best bridge,” says the Israel Tennis Centres Director of Coaches and Manager of Israel’s Davis Cup team Ronen Morelli who spent two weeks in March 2014 coaching tennis to children at the Arthur Ash Stadium in Soweto. Following this “opening set” in South Africa, these same children, together with their coach Moses Nthuping, spend two enriching weeks in January 2015 in Israel at the invitation of the ITC where they not only continued intense training but met and played with Israeli tennis players of the same age. For most of these young South African and Israelis, it was their first exposure on tennis courts with players from outside their country.

“I fell in love with these Sowetan kids from the moment the balls were skimming over the net,” says Morelli who has coached some of Israel’s finest players, including Grand Slam doubles title holder Andy Ram when he was in his early teens.

What this recent exchange reveals is a long enriching tennis relationship between South Africa and Israel. “South Africans have made a huge contribution to tennis in Israel,” says Danny Gelley, the CEO of the Israel Tennis Centres (ITC), “and now we in Israel are proud to contribute to the development of tennis in South Africa, particularly to the less advantaged.” The value of this exchange was well expressed by the President of the South African Tennis Association Bongani Zondi who said: “These kids in Soweto come from poor families and we need all the professional help we can get. There is the bigger picture here of taking our kids off the streets and offering them meaningful and inspirational alternatives and this is where the Israel Tennis Centres come in. They are experts in this field and we want to learn from their rich experience.” Underlying this project in South Africa as it was in Israel’s early years, is to ensure that youngsters from disadvantaged neighbourhoods appear on today’s tennis courts rather than in tomorrow’s criminal courts.

“My name, being Moses,” said Soweto’s top coach Nthuping visiting Israel, “I feel like I have come home.” Actually, he achieved more than his biblical namesake, who never made it into ‘the Promised Land’. Now Nthuping’s dream is that these players “make it into South Africa’s Davis Cup team and play in top rank ATP tournaments.”

And if that happens, Israel will be proud of its part in making dreams come true!

### Open Court’ship

When it comes to contribution to tennis in Israel, South Africans have been amongst the ‘top seeds’. The ITC CEO Gelley’s wife Janine is originally from Johannesburg and his predecessor as CEO was Janine Strauss, who hailed from Durban. The South African who contributed most to tennis in Israel was Dr. Ian Froman, who would later receive Israel’s most prestigious civilian award - the Israel Prize.

Representing South Africa at the 1963 Maccabi Games in tennis - having competed in the men’s singles at Wimbledon in 1955 - this young graduate in dentistry “fell in love with Israel” and made the decision to make Aliyah. The only snag was when he returned to Johannesburg after the Maccabi Games, he also fell in love with a young girl named Ruth. After courting Ruth for a few weeks, he was now faced with a dilemma – it’s either Ruth or Israel. “I doubted Ruth would ever come live in Israel and so I stopped asking her out.” Still, he could not shake her from his mind and so he called her again to ask her out, but this time she turned him down. Says Ruth, “I wanted to live in Israel and thought: “What was the point in pursuing a romance with a Joburg dentist!””

Froman’s invitation to a function at Ruth’s parent’s home proved life-changing. An intimate chat over cocktails revealed they loved Israel as much as each other, and that same night announced their engagement. Shortly thereafter, the newlyweds moved to Israel and so began their journey into the history books. Froman never went on to practice dentistry and instead proceeded to change the face of tennis in Israel. It did not happen overnight!

### A Revolutionary

After arriving in Israel, “I thought I would slot into the local game,” only to discover “that I used to run around just to find a place to train and often sneaked onto private tennis courts to practice on.” It was a time when tennis in Israel was a sport played primarily by tourists at beach hotels. So Froman, together with Freddie Krivine, Joseph Shane, Harold Landesberg, Rubin Josephs, and Dr. William H. Lippy began fundraisings to launch tennis as a sport in Israel by building a national



**Packed Ramat Hasharon Stadium for the Israel-UK Davis Cup  
Israel's celebrated doubles pair Yoni Erlich and Andy Ram after they defeated Chili in the Davis Cup at Ramat Hasharon**

tennis centre. This was achieved on an old strawberry patch in Ramat HaSharon donated to the ITC by the government and on April 25, 1976, the late Leah Rabin, wife of the late Prime Minister of Israel, Yitzchak Rabin, cut the ribbon to the Center, and 250 children signed up to participate. Who in a sense also “signed up” was the Prime Minister who, for the rest of his life, played frequently for well-deserved relaxation.

The Israel Tennis Centers, under Froman’s direction, grew over the years from strength to strength, as Tennis centres opened up from Kiryat Shmona in the North to Beersheba in the South. It was little wonder that this chapter in the history of tennis in Israel is referred to as the “Froman Revolution”. In 1989, Froman received the Israel Prize, the country’s most prestigious civilian award.

This recognition was bestowed not so much for the Centre’s contribution towards striving for excellence in the sport, but more for providing community enrichment programs and popularising the sport across the socio-economic divide. The centres, from inception, catered to children and families from all religions and ethnic groups – without prejudice.

“Tennis should not be an elitist game and we set out from the beginning to make it accessible to kids from outlying areas,” asserted Froman. “We included children from all backgrounds and religions, providing them with a lifetime sport in an edu-

cational environment.” The ITC has proved to be an enriching sports mechanism through which Jews and Arabs can meet and play from a young age and foster better understanding. Recognising the immense contribution beyond sport, State President Chaim Hertzog, said in presenting the prize to Froman: “You have created a virtual social revolution throughout Israel.”

What the State President meant by a “social revolution” was best explained by the late Kollie Friedstein, another South African roped in by Froman, who would go on to serve as Executive Director of the ITC as well as Chairman of the Israel Tennis Association. Friedstein had immigrated to Israel in 1942 from Johannesburg, imbued by the ideology of his Zionist youth movement – HaShomer HaTzair and was one of the founders of Kibbutz Shoval in the Negev. Friedstein disclosed that he was drawn to the ITC concept, “not so much to produce future tennis champions, but to create healthy environments across the country, attracting kids who might otherwise be on the streets. I saw this as an expression of my Zionism.” Of course, the advantages of sport centres were not always immediately apparent to everyone at the time. During the opening ceremony of the Yaffo Tennis Center, Shlomo Lahat, the then mayor of Tel Aviv-Yafo, was pelted with rotten tomatoes by local protestors. Established in an area known at the time for its crime, prostitution and drugs, residents had complained that they needed an upgrade in educational and cultural facilities,



**Right: Dr. Ian Froman and the British Ambassador to Israel at the 2005 Davis Cup in Ramat Hasharon  
Former Davis Cup tournament Director Danny Gelley (right) presents a certificate of appreciation to former Telfed  
Director Sidney Shapiro whose organisation provided many SA volunteers for the SA vs Israel Davis Cup clash at  
Ramat Hasharon. Dr. Ian Froman receives the Israel Prize in 1989 from President Chaim Herzog (Telfed Archive)**

not tennis courts. Soon enough though, the Tennis Centre became the pride of the town and people were advertising their homes for sale as being “within walking distance of the Tennis Centre,” said Friedstein.

Apart from being one of the largest social service organisations for children in Israel and the largest tennis programme for children in the world, the ITC has over the years produced outstanding players who have made their mark on the most prestigious courts around the world.

While its graduates have included greats like Sholmo Glickstein, Amos Mansdorf and more recently Dudi Sela, all top 30 ranked players, it was the doubles players of Andy Ram and Yoni Erlich who made history for Israel by winning Grand Slam titles. In 2006, Ram became the first Israeli tennis player to win a grand slam title when he captured the mixed doubles title at Wimbledon with his Russian partner, Vera Zvonareva. Then, in 2008, with Erlich, the “Dynamo Duo” became the first Israeli doubles tennis team to win a Grand Slam tennis title by winning the Australian Open in Melbourne.

While most Israelis will know that the highest rank Israeli tennis player of all time has been in women’s tennis with Shachar Pe’er who on the January 31 2011 was ranked world number 11, few know of her South African roots.

Her father Dovik hails from Germiston in the former Transvaal. Dovik’s father Solly had volunteered as a doctor in Israel after the 1948 war where he met his mother who was working as a nurse at the hospital where he was stationed.

At the 2007 Australian Open, Pe’er made history by becoming the first Israeli woman to reach the quarterfinals of a Grand Slam event. In the 4th round she defeated world no. 4 Svetlana Kuznetsova, but was defeated in her quarterfinal match against eventual champion Serena Williams. It was said that her few supporters in the stadium managed to sound louder than the rest of the crowd combined!

### Final Set

During January’s visit of the Sowetan youngsters to Israel, workshops with their Israeli peers were held at a number of the ITC facilities offering the opportunity to meet Israelis from different parts of the country. The writers visited a training session at Ramat Hasharon where they interviewed some of these fiercely driven young South Africans and Israeli tennis players.

“We train much harder here than in Soweto,” said 14 year old Jansmith Moseng. If his dream before arriving in Israel was to be No 1 in South Africa, now it is to be No 1 “in the world.” Clearly their sessions with Morelli were inspirational. “Training has been tough but Ronen knows how to get the best out of us. He teaches us that more important than even listening to the coach is that we must believe in ourselves.”

Asked what the best advice has been, Moseng replied without hesitation: “I must be positive every time I step on the court.”

Who is most positive about the project is Israeli Ambassador to South Africa, Arthur Lenk: “We’re talking about Israeli coaches coming to South Africa and young South African players going to Israel. Imagine if in the future we can get the top team players from Israel to practice and train together with South African players - either in Soweto or in Israel - I don’t know, maybe we can nurture the next Serena Williams or Shahar Pe’er!”

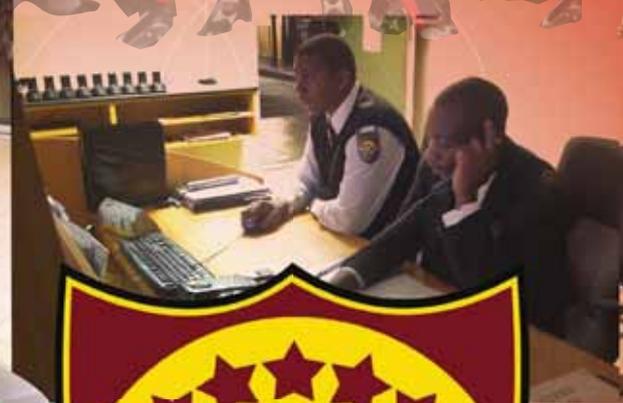
While the ITC - which has helped over 400,000 children in its 14 centres since it was established in 1976 - was primarily established in developing areas for youngsters from underprivileged neighbourhoods, tennis, similarly, in South Africa today is working hard to shed the image of being reserved for the once privileged white community. There is much that the two countries can contribute to each other in tennis. At present the off-court score between the two countries is “love all’.

Both countries are Game, Set and “Oh, what a Match!”



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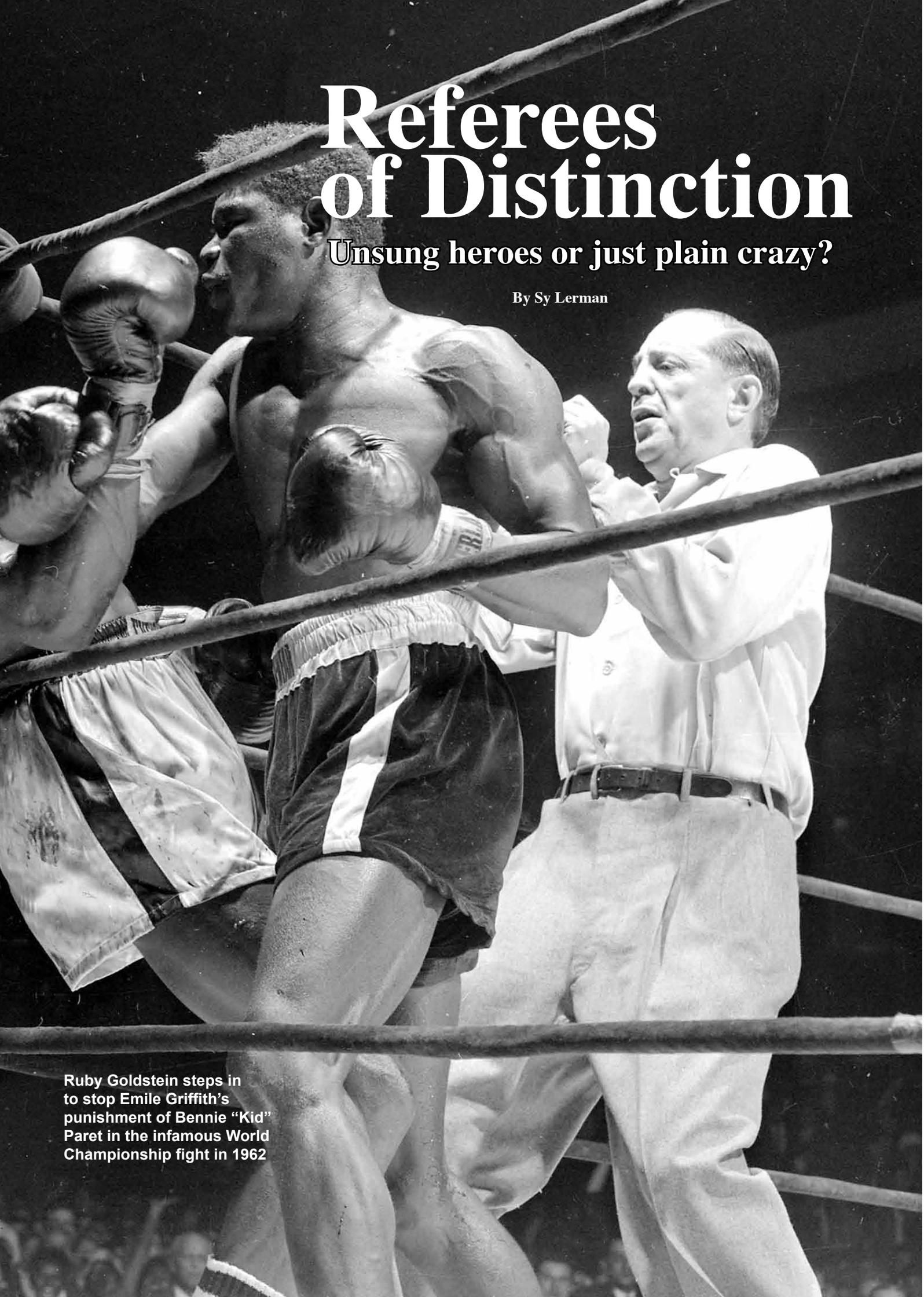
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# Referees of Distinction

Unsung heroes or just plain crazy?

By Sy Lerman



Ruby Goldstein steps in to stop Emile Griffith's punishment of Bennie "Kid" Paret in the infamous World Championship fight in 1962

A little tongue in cheek, perhaps, but Jews can claim to have provided the first referee of sorts some three thousand years ago when King Solomon was called on to adjudicate as to which of two mothers actually had the right to the infant son both were claiming.

As we all know, the biblical monarch initially suggested the cutting of the baby in half, with each of the two women receiving a portion of the little boy.

One of the women agreed to the suggestion. The other cried out in pain that the boy would die in the circumstances and the child should rather be awarded to the other woman than suffer such a gruesome fate. King Solomon then awarded the child to the woman who opposed the cutting of the baby in half on the basis that she had demonstrated genuine love and care. Hence that now universal dictum relating to "The Wisdom of Solomon." And, in the immediate context, there can be no doubt that one of the essential attributes required by soccer and rugby referees, cricket and tennis umpires and their various other ilk, is to demonstrate a fair portion of the wisdom of Solomon.

Having said as much, are these essentially high-principled individuals the true unsung heroes of sport, or are they just plain crazy? Unlike King Solomon, they rarely receive any praise when they do a good job, but are vilified, castigated and even at times assaulted when they make a wrong judgement - even if it can be categorised simply as human error.

With that sombre preface, let us now look at some of the most prominent of these hardy individuals without whom major sport could not exist and accept the truism that they are in the first instance motivated by a love of the game in which they become involved - often in excruciatingly difficult circumstances. One Jewish referee who immediately



comes to mind is that of boxing's "third man" in the ring, Ruby , who took charge of numerous world title bouts at a time when this status for fights was truly justified rather than the excessive spate of bogus world title contests that are currently bandied about by the numerous rival associations.

Reuven "Ruby" Goldstein, elevated himself above his calling of a referee and came to be regarded as one of the true and renowned personalities of boxing, despite effectively ending his career on a tragic note.

He refereed the world title fight between Emile Griffith and Bennie "Kid" Paret after which Paret collapsed and then died after receiving a cruel beating from the relentless Griffith.

Goldstein was blamed for not stopping the fight in time and only stepped into the boxing ring one more time, seemingly because of the burden he carried in regard to Paret's death.

Benny Leonard, born Benjamin Leiner, but who changed his name when launching his career in the ring because his Yiddishe momma felt it was "not the place for a good Jewish boy to be". He did not want her to know what he was doing, but he came to be ranked by many as one of the 10 greatest and skillful boxers to lace on a pair of gloves.

The editor of the renowned Hearst chain of newspapers in the United States wrote of Leonard: "He has done more to conquer anti-semitism than a thousand or more text books." Leonard is mentioned in this resume of referees because he became a well-known referee after retiring from boxing, before collapsing and dieing in the ring while officiating at the age of 71.

In the South African context of referees, a name that immediately comes to mind is that of Jonathan Kaplan, born in Durban in 1966, who after a career that included officiating in 70 internationals, came to be recognised among rugby's all-time greatest. Kaplan earned the admiration and respect of players, coaches, spectators and administrators the rugby world over.

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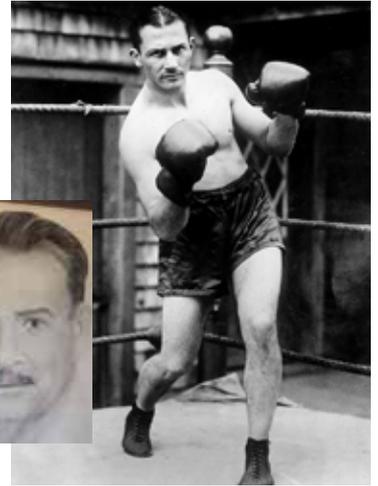


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Left: Gerry Ostrofsky, Solly Abkin, Issy Pimstein, Benny Leonard



"I rated Jonathan Kaplan the best referee in the world for a long period," said Francois Pienaar, who led South Africa to their World Cup triumph in 1995. "He could read the game so well and he always allowed play to flow as much as possible, leaving the players quite exhausted when he was in control." "Jonathan Kaplan was the best referee of his generation," said former Springbok coach Nick Mallet, "and a huge credit to South African rugby." He holds South African rugby records for officiating in four World Cup tournaments and was voted the South African Rugby Referee of the Year for four years in succession from 2003 to 2007.

"I was into rugby playing as a bare-footed youngster in Durban," says Kaplan, "But I came to realise that refereeing was my area of strength and I started refereeing in my matric year at school in 1984."

Fitness and road-running remain a passion of Kaplan and he has run in the vicinity of 60 marathons. He is also a horse-racing enthusiast and has co-owned race horses, with more than 65 winners. "My bulldogs might be classed as another hobby," he says, "but are more like a part of the family." Switching to South African soccer, there may be no prominent Jewish referees around right now, but in the halcyon years of the National Football League in the 1960s, Jewish referees were dominant - so much so that Aubrey May and 88 year-old Solly Abkin, now living in Sydney, were at different times considered the number one referee in the country.

They both officiated in what were termed international test matches against English and European clubs and in a number of Cup Finals.

Also prominent in this era was the extroverted Gerry Ostrofsky, who had little regard for the dictum that the less referees are seen and heard the better.

The high-stepping Ostrofsky was also in action during numerous NFL feature games and I personally received a sample of his outgoing approach on the soccer field.

I was playing for a Press XI at Balfour Park against a team of referees in a curtain-raiser to one of Highlands Park's major NFL games when Ostrofsky - now 91 - tried to imitate Pele

with a mid-air, overhead scissors kick at goal.

Unfortunately he missed the ball and kicked me on the head instead. I fell to the ground as a result and a large section of the crowd found the incident more than a little amusing.

Lennie Fine played for Highlands Park before becoming an equally competent referee, Issy Pimstein officiated at a high level in spite of a serious deficiency in one eye and Abe Levin did the same despite a bad limp.

Some others who officiated as referees under the NFL aegis were Mike Levin and Sid Levy, while renowned Football of South Africa secretary, Dudly Zagnoev, who was part of the South African delegation at World Cup conferences, dabbled as a referee before his administrative duties took up most of his time.

The patients of Dr Dan Reichman had to look for a locum when the respected cricket umpire took charge of numerous three-day, first-class Currie Cup matches and another character among local Jewish cricket umpires was Hymie Snoyman, one of the celebrated sporting family of 10 brothers and a sister.

A freelance sportswriter who specialised in off-beat stories, Snoyman, was known affectionately to all and sundry as 'Fish', reported to the sports editor of the then celebrated, but now lamented Rand Daily Mail, that he had an exclusive story in that a golfer in what was then known as the Transvaal Open Championship had "hit a hawk."

A birdie yes, an eagle and even an albatross were all part of golfing terminology to describe below-par achievements, but Snoyman's claim of a hawk was laughed off.

However, Fish insisted that "a drive off the tee struck a passing hawk," - killing the unfortunate bird in the process.

*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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#### The Premier League Rules!

This last season, London's Chelsea FC, owned by Russian born Jewish billionaire Roman Abramovich, was crowned champions for the 2014/15 season and deservedly so. Though they will be favourites going in to the new season, everyone knows that predicting the outcome of the Premier League is a risky thing.

No game is a guarantee, no team is a walkover, no points come easy. But Soul Sport wanted answers and so we asked three highly experienced veterans of the game to go out on a limb and share their insights and predictions of what the Premier League 2015/16 season will bring.

We welcome Doncaster Rovers and Bafana Bafana Midfielder Dean Furman, legendary Goal-keeper and coach Maish Novick and top football administrator and executive Raymond Hack.





Radamel Falcao

Eden Hazard

# 2015/16 Chelsea or United?

By Maish Novick

It seems like the current 2014/2015 season has just finished and the hype as to what the expectations of the new season is already a major part of fans discussions.

The coming season will bring many new players to the top teams who are vying for both the PSL as well as Champions League Football.

I believe that there won't be any surprises in the season and the four top teams will be Chelsea, Manchester United, Arsenal and Manchester City. These four teams have the cash flow to ensure that their charges will be there at the final whistle.

The current Chelsea team will be spurred on again by the enigmatic and brilliant Eden Hazard, who was named professional Players Player Of The Year.

As well as Eden Hazard, Chelsea have the brilliant Thibaut Courtois in goal, although he is only 23 he has already earned league winning medals in Belgium, Spain and now in England.

The charismatic, self-proclaimed 'only one' Jose Mourinho, has done a brilliant job in galvanising the Chelsea squad into a team that play for each other and have adopted a "never say die" approach.

They will definitely be contenders to retain their crown. The other three teams in contention will all have to continue to strengthen their squads which as we all know, takes time to

settle down into well drilled machines.

At this point in time there is an air of uncertainty as to who will be in charge of Manchester City next season. The talk is rife as to either Pep Guardiola of Bayern Munich or Jurgen Klopp of Borussia Dortmund taking charge of the squad.

My concern about City being a force next year is due to their squad being a bit on the "old side": the current average age of their squad is 29 years old. In current terms, a squad is termed to be competitive when in the mid 20's. For example the Chelsea squad, their average age is 25.

## Jose Mourinho has done a brilliant job in galvanising the Chelsea squad

Jose Mourinho was very shrewd when he parted company with two of his ageing players, namely David Luis and Juan Mata whom he sold for big money and spent that revenue very wisely.

Arsenal had a tremendous run towards the end of the season finishing third behind City and taking the FA cup.

I don't believe that Arsenal have the quality of depth in their squad to challenge for league honours.

Manchester United under Louis van Gaal, did well to qualify

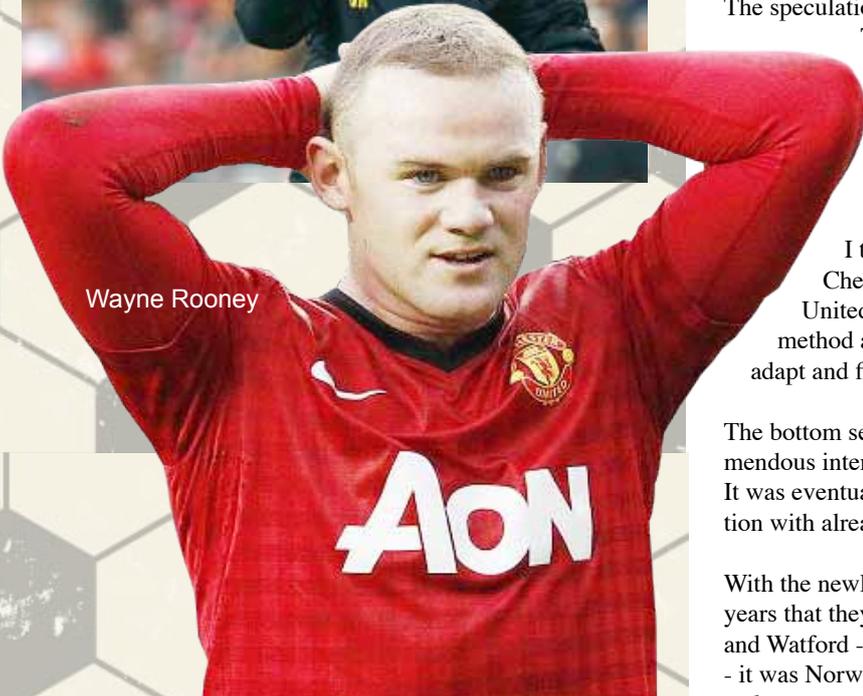
Louis Van Gaal



Jurgen Klopp



Wayne Rooney



Luke Shaw



Davis De Gea



for Champions League Football for the season 2015/2016.

Van Gaal is going to have to spend big money to strengthen his central defence, which has been his Achilles heel this season.

Also a concern is the left sided fullback position, although has the undoubted potential, he was injury plagued for a major part of last season. Hopefully, he will strengthen himself up during the off season which will auger well for both Shaw and United.

The speculation is rife that De Gea will leave for Real Madrid. There are massive transfer fees being touted for the brilliant Spaniard and I sincerely hope that this does not happen, as he is still a work in progress and has one of the best goalkeeping coaches in the world in Frans Hoek as his current mentor.

I think that United will mount a challenge for Chelsea's crown due to the fact that the bulk of United's squad are now accustomed to Van Gaals method and the new players that come in will be able to adapt and fit in to a settled squad.

The bottom section of the league always seems to create tremendous interest as the season draws to a close. It was eventually Hull City who took the 3rd spot for relegation with already relegated Burnley and Queen Park Rangers.

With the newly promoted Bournemouth - the first time in 116 years that they have played in the English Premier League - and Watford - who last played in the EPL in the 2006/7 season - it was Norwich who gained promotion to the Premier League and are no strangers to this level of soccer.

Unfortunately for all the newly promoted teams, it is a tremendous battle to acclimatise to the pace, physicality and technique of the Premier Division and all three teams could be candidates to go back down unless they spend wisely and develop squads that will deal with the hustle and bustle of the Premier Division.

So my prediction for the new season is:

- First place - Chelsea
- Second - Manchester United
- Third - Arsenal
- Fourth - Manchester City

We look forward to a tremendous season with the emergence of brilliant new stars.

*Maish Novick played for some of SA's top sides during the 1970's - Highlands Park, Powerlines and Jewish Guild. He represent SA at two Maccabiahs in 1973 & 1977. He has coached children across the age groups at Balfour Park for over 30 years as well as at the new Highlands Park*



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# Much the same but... Football is Football

By Raymond Hack

The 2014/15 Premier League Season clearly established that insofar as “Football Tacticians” are concerned, Jose Mourinho must rank as one of the best.

Unlike Louis van Gaal of Manchester United, Mourinho was able to get his entire squad to operate and play in the manner and according to the philosophy that he developed. Chelsea was certainly the most consistent and forthright team over the entire season and as it is always stated, Football is not about ‘pretty passes’. Good Football is about scoring goals and defending your goals, which Mourinho did – to the ultimate.

Looking forward to the 2015/16 season, I am of the opinion that there will be a major clear out in certain clubs but that you will still find that the top clubs will be Chelsea, Arsenal, Man Utd, Man City, Spurs and Liverpool.

With regard to these last two - to achieve any type of success there needs to be a change of philosophy. Both Spurs and Liverpool have come out of a disastrous paying season in which the money they spent certainly did not match up to the rewards which they expected and one would have thought that a team such as Liverpool would have learned from the mistakes of Spurs, but unfortunately they didn't.

## Manchester United– so much is expected of this team

Looking at each team individually, I don't foresee any major clear out at Chelsea as they have been able to consolidate throughout the year and will continue to bring in one or two new players to bolster their squad in other positions, which will certainly ensure silverware again for them.

Arsenal, under Arsene Wenger, has not been able to produce the right silverware either in Europe or domestically and again I think that is based on the players they have and who they potentially wish to sign. You will find that the results will depend on which Arsenal side shows up on the day!

For me, certainly one of the most consistent players and stars of the future within Arsenal has to be Alexis Sanchez, whereas players like Jack Wilshere continue to disappoint.

Manchester City will struggle with the existing squad and you may well see a clear out of players such as Yaya Toure, Samir Nasri and James Milner, whilst players like Da Silva may be asked to work doubly hard to provide Aguero with the necessary support as he has to be the player to be reckoned with.

Manchester United– so much is expected of this team and it will be interesting to see if Louis van Gaal is able to knit his players together. Don't be surprised if there is also a clear out of players like Van Persie and Falcao, while players like Di Maria will need to come into their own and stamp their authority on the team. If they are looking for a “playmaker” he is to be the one to support Rooney upfront, but I still predict that they will not win the Championship this year, neither will they get to the semi-finals in Europe.

Liverpool – for me, they need to re-establish themselves as a force in English Football once again. Unfortunately, I don't believe that they will be able





Luis Suarez



Hugo Lloris

to do this under the management of Brendan Rogers. For me, Rogers is just “too nice a guy”, looking to appease all and sundry. He needs to stamp his authority. One has to understand and appreciate the Liverpoolian Culture to be a Liverpool Manager.

Whilst he may have served under Jose Mourinho and done well at Swansea, irrespective of the 2014 season, he was not the reason for their success. Whilst Liverpool had great strikers - the trio of Suarez, Sturridge and Sterling - their defence left a lot to be desired and it’s easy to concede goals once you are scoring, but when you are no longer scoring you cannot afford to concede goals.

The loss of Steven Gerrard as an inspirational role will certainly be felt, as will the fact of “no Suarez” during 2015. However, players like Henderson and Sterling (if he decides to stay) will certainly keep them middle of the table but a major “buy” of good players i.e. Gomez from Swansea or someone like Sinclair from Manchester United to partner Sterling (if he decides to remain) would certainly bolster their tour, whilst

youngsters like Spurs’ Dyer or players in the mould of Vidic are needed at the club.

As far as Spurs are concerned, again, it’s a question of the manager trying to be a “nice guy” as opposed to stamping his authority and style of play on the team. I foresee Spurs having a major clear out of at least seven players including Limeda and Rose. The only sure bid for Spurs is that they have probably one of the best goalkeepers, in Hugo Lloris.

As to Europe, this will continue to be a fight between teams like Bayern Munich, Real Madrid, Barcelona, Atletico Madrid, with maybe PSG coming in. I cannot see any English team making it to the semi-finals – but Football is Football and we wait with baited breath for the start of the 2015/2016 season.

*Raymond Hack is the Former Chief Executive Officer of the South African Football Association. He sat on the 2010 FIFA World Cup Board of Directors. Raymond is a legal professional particularly in the sports arena.*

# The league everyone wants to play in

By Dean Furman

As the 2014/ 2015 Premiership season draws to a close, so the excitement already starts to build for the start of the 2015/ 2016 season.

As a former Chelsea youth player, I am obviously delighted with what the club achieved this season and have no doubt that under Jose Mourinho, (and a few new signings to bolster their already strong squad), they will continue next season where they left off this season.

Other teams in the reckoning for next season will be the likes of Arsenal who are always there, or there about and are once again linked with some big name signings ahead of next season.

Manchester United (who after a slow start to the season under new coach Louis van Gaal, who will now be more accustomed to the Premier League), finished pretty strong and have already bolstered their squad with a player that I believe will set the Premier League alight next season, Memphis Depay.

And then, of course, one can never write off Manchester City, who by their own standards probably did not have the type of season that they would be pleased with, despite finishing second.

There is a lot of speculation around who will be in charge at City next season but there is no doubt about the ambition of the clubs owners and whoever is in charge will be mandated with achieving success! The big question I suppose is: are any of the English

clubs able to compete for Champions League honours and in my opinion I believe that Chelsea are most probably the best equipped to do so, especially with the continuity that they will have by keeping Mourinho on as their coach.

With a few additions to their already illustrious squad, they will have the firepower and strength in depth to do well in Europe and I have no doubt that this will be a priority for Roman Abramovich next season.

Given the fact that the English clubs have struggled in Europe over the past few seasons one would certainly believe that in the off season those clubs with serious European ambitions will be very active in the transfer market to strengthen their squads which will no doubt make the Premiership and Champions League even more exciting next season.

For me that is why the Premiership is the best league in the world and which is why it will inevitably attract most of the best players in world football, most of whom are wanting to play against the best players in the best league in the world and get tested at the highest levels, week in and week out!

*Dean Furman is currently a midfielder with Doncaster Rovers . He is also captain of the SA National soccer team Bafana Bafana. Originally from CT, Dean grew through the system at Chelsea FC through his early years and has played in Scotland and for a few teams in the English leagues. He is a national hero in SA.*



# 1931

**Morris Zimmerman the first Jew to represent South Africa in the Rugby Union when he debuted on the 5th of December 1931**



# 1932

**The SA College High Schools athletics team 1932 . Sidney Kiel second row from back far left**



S.A.C.S. ATHLETIC TEAM, W.P. SCHOOL CHAMPIONS, 1932.  
4th Row: E. Tucker, M. Geuber, E. Lortins, S. Katz, H. Wrensch, M. Singer.  
3rd Row: S. Kiel, L. Jacobs, B. Pries, J. Sinsler, J. Meyer, B. Seibel, C. Cooke, J. Jacobson, D. Heumann.  
2nd Row: I. Smitser, N. Gericks, Mr. J. Allan (Princ.), W. Williams (Vice-Captain), L. van Sney (Captain), Mr. R. Dick (Coach), G. Louie, M. Solomon.  
Front Row: S. Elk, I. Sacke, H. Gelb, L. Sacke.

# Where It All Started

## SA Jewish Sports - The Early Years

By Jack Milner

A number of years ago we opened a discussion in the SA Jewish Report newspaper as to who was the greatest South African Jewish Sportsman of all time. Of course, when doing something like this one has to give the criteria on which the decision will be based.

It could be male or female and had to be someone who had achieved in an internationally recognised sport and had to have performed at the highest level in that sport, locally and overseas.

Many names were bandied about but at the end of it all, the panel, comprising Hugh Bladen, Trevor Cramer and myself, agreed unanimously that the title belonged to Formula 1, 1979 World Champion, Jody Scheckter.

Remarkably, one name that did not come up, and who might be the most significant Jewish South African sportsman of all time, was Harry Isaacs.

Most people will be scratching their heads: “Who is Harry Isaacs”? In a search to unearth the history of South African Jewish Sportsmen the first name that came up was that of Isaacs, who, in 1928, became the first and subsequent a hardly ever repeated achievement, of being a SA Jewish recipient of an Olympic medal.

On August 8, 1928 at the Power Sports Building in Amsterdam, Isaacs was presented with his Bronze medal in the men’s bantamweight. The Gold medal went to Vittorio Tamagnini of Italy and the Silver to John Daley of the USA. The boxer he beat in the third-place playoff was Frank Traynor of Ireland.

Nobody seems to know much about Isaacs. He was born on January 26 1908 in Johannesburg and thus only 20 years old when he competed in the Olympic. He died at the age of 51 on September 13 1961.

Looking back at the early years, strangely enough, it was

# 1937

**Louis Babrow on the attack at a Springboks training session at the Guy's Hospital sports ground**



# 1933

**Fred Smollan priding his Springbok Jacket**

cricket that produced some of the earliest Jewish South African National athletes. The first I could record was Manfred John Susskind, better known as Fred Susskind.

Susskind was born in Johannesburg in 1891 but was educated in England at University College School and then Cambridge University. He played his first-class cricket for Middlesex and Cambridge University as a right-handed middle-order batsman between 1909 and 1912 before returning to live in SA.

Susskind went on to play for Transvaal for almost 20 years and did not make his final appearance until the 1936–37 season.

He hit his first century for Transvaal in his first season with the side - an innings of 136 against Eastern Province.

Due to World War I and other commitments, Susskind made irregular appearances over a 10 year period, but finally played a consecutive sequence of matches in the 1923–24 season. In one match against Border he scored 171, which was the highest first-class innings of his career.

That led to his selection for a trial match for the 1924 tour of England, one which saw poor results. Aside from the international matches, the tour also comprised matches against local 1st class teams and in those Susskind hit well, making 1413 runs overall on the tour at an average of 33.63.

The next Jewish sportsman to make his mark in South Africa also almost came and went unnoticed except for one fact. A few ago some New Zealander happened to notice that Norman

Gordon was the oldest living Test cricketer. That only happened when Kiwi Eric Tindill died on August 1, 2010, approximately four months before his 100th birthday.

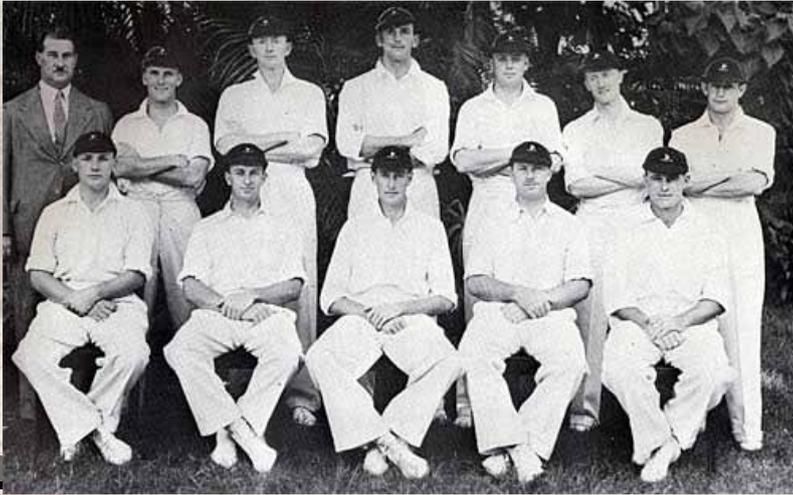
That suddenly brought attention to the man who lived unobtrusively in a flat in Hillbrow with his son. When Gordon turned 100 in 2011 he became the only male Test cricketer to live beyond 100 years of age.

Gordon was born in Boksburg on August 6, 1911 and the pace bowler made his debut for Transvaal in 1933. In 1938 he was selected for the South African team to play the visiting England team and was the last survivor of the so-called “Timeless Test” played in Durban in 1939. “Timeless” because after 10 days without a result and with the possibility of war brewing in Europe, the Test was called off without a result because the English team had to get to Cape Town to catch their boat back home.

Like Susskind, Gordon only played in one Test series but the pair must have been Transvaal teammates at some point.

Then we have Sidney Kiel who although he never played cricket for South Africa was an opening batsman for Western Province between 1939 and 1947.

Kiel was born in Vrede in the Free State in 1916 and moved to Cape Town at the age of seven following his father’s death. He was educated at SA College Schools (SACS) in Newlands where he was head boy, captain of the cricket and athletics teams, as well as vice-captain of the rugby team. Kiel first ran for his country at the age of 16, while still at school. Following a 1935 race where he set a SA record for



**The SA 1939 Cricket Team who played the Timeless Test**

**1939**



**Norman Gordon with Ali and Adam Bacher at his 100th birthday in the Long Room at The Wanderers**

the 110m hurdles and was timed within 0.5 seconds of the world record, he was selected to represent SA at the Olympics.

Sadly for Kiel it was in 1936 and the Games were held in Nazi Germany and he withdrew in opposition to the German regime's anti-Semitism.

At an October 1937 meeting in Cape Town, Kiel recorded a personal best of 14.4 seconds for the 110m hurdles and was selected to go to the 1938 Empire Games in Sydney. He placed fifth in a time of 14.7 seconds, with the gold medallist being another South African, Tom Lavery.

More famous in the 1930's were our Rugby Springboks, starting off with Morris Zimmerman. Zimmerman was the first Jew to represent South Africa in the Rugby Union when he debuted on the 5th of December 1931. He played in four more tests for SA.

The second Jewish Bok was Fred Smollan. Although born in Uitenhage, Smollan played club rugby for Wanderers, regional rugby for Eastern Province and Transvaal and played three times for South Africa in 1933.

Smollan's three internationals were all against Australia in SA. Although he received no further caps, Smollan faced international opponents again when the 1938 British Lions played the Transvaal team. Transvaal defeated the Lions 16-9, with Smollan scoring one of the tries. Louis Babrow, the third Jewish rugby Springbok, was the

cousin of Morris Zimmerman. He attended and played for Grey College, Bloemfontein and Cape Town University, as well as Guy's Hospital in England, where he finished his medical training. He later played for WP and South Africa.

In 1937, Babrow faced the dilemma of whether or not to play a game against New Zealand on Yom Kippur. In the end Babrow played saying: "I'm a South African Jew, not a New Zealand Jew and New Zealand is eight hours ahead of South Africa. When we are playing, our holy day will not yet have dawned in South Africa," he said.

At 22, Babrow was the youngest member of the touring party. He recalled that some members of the Springbok party were Greyshirt (Nazi) sympathisers, but that he never experienced anti-Semitism on the tour.

"Rugby in South Africa has always had its prejudices and it could take another 20 years until those issues are sorted out in the game," Babrow said in 2004. "But if you look at the game in the country now, for the first time ever there is not one Jewish player in the Currie Cup. It used to be a good luck superstition for the Boks to have at least one Jewish player and a policeman in the side. Now there are neither."

*Jack Milner is Managing Editor of Phumelela Gaming & Leisure's publishing department. He has been Sports Editor of the SA Press Association (SAPA) and Deputy Sports Editor of The Citizen. He is currently the Sports Editor of the Jewish Report*



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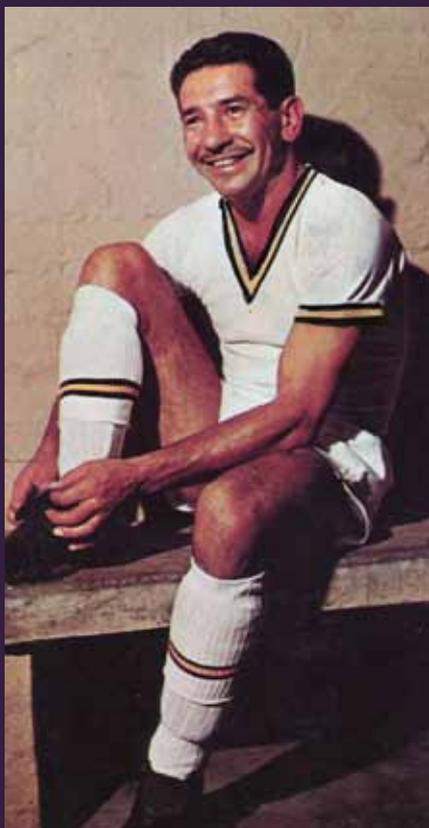
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# Three of past SA Jewish best footballers



## Morrie Jacobson

Maurice (known as Morrie) Jacobson was born in Lithuania in 1937 and arrived in SA at age 6.

Jacobson played for the SA soccer team then known as the Springboks during the between 1949 and 1959. He registered 17 caps. He also played for Southern Transvaal. In 1953 he was one of two Jews, the other being Bennie Mechanic, to tour Britain with the Springboks in a 3 month long tour of the British Isles.

Jacobson played for Rangers where he won the Castle cup and came runner up in 1959. He won both the National Football League title and the Castle cup with Addington in 1963.

The legendary Sir Stanley Mathews commented that Jacobson was one of the best fullbacks he'd ever seen. Jacobson also played with Ramblers and Jewish Guild during his career.



## Hymie Kloner

Hymie Kloner was born on May 23 1929 in Lithuania. His family immigrated when Hymie was a young boy. He played at right half for his club Marist Brothers. In 1950 at age 21, Kloner got called up to the SA national team. He gained 4 caps.

Kloner travelled to England for try outs and was taken on at Birmingham City for a month before returning home. He played for Birmingham once against Leeds United.

Kloner played for Southern Transvaal and was recalled to play for the National team against a touring Israeli side in 1954.



## Bennie Mechanic

Bennie Mechanic was born in Benoni on January 20 1925. He joined Marist Brothers in 1943 where he played throughout his whole career. He played as a left full back. Marist Brothers at that time were a top side and were both league title and cup champions during Mechanics' career

Mechanic was selected as vice-captain for the SA National side for the 1953 tour to Britain, playing against the British national sides and premier league teams.

Mechanic recalls a hard-fought 2-2 draw against Arsenal as the memorable game of that tour.

In 1957 Mechanic captained the SA team against a touring Wolverhampton. He and Morrie Jacobson were friends and room-mates on tour.

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- Winner Boland Sportsmans Warehouse Mini 1 – Singles;
- Finalist and Runner Up Western Province Mini 2 - Singles;
- Finalist and Runner Up Western Province Mini 4 – Singles;
- Finalist and Runner Up Boland Sportsmans Warehouse Mini 2 – Singles;
- Winner Boland Civvio Winter – Singles;
- Winner Boland Sportsmans Warehouse Mini (U16) – Singles;
- Winner Boland Sportmans Warehouse Mini (U16) – Doubles;
- Selected for U15 SA Schools team for Western Province.

# GAMES PAGE



  
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## HOW MANY?

## Find 10 Differences



### Football / Soccer

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

Find all the words from the word list (ignore spaces and dashes):

CAPTAIN	MIDFIELDER
DEFENDER	PENALTY
DRIBBLING	REFEREE
GOALKEEPER	STRIKER
KIT	<span style="background-color: lightgreen; border: 1px solid green;">TEAM</span>
LEAGUE	THROW-IN
MATCH	YELLOW CARD



☆☆☆☆☆

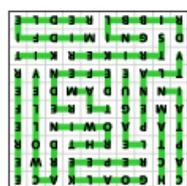
This is zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

\*

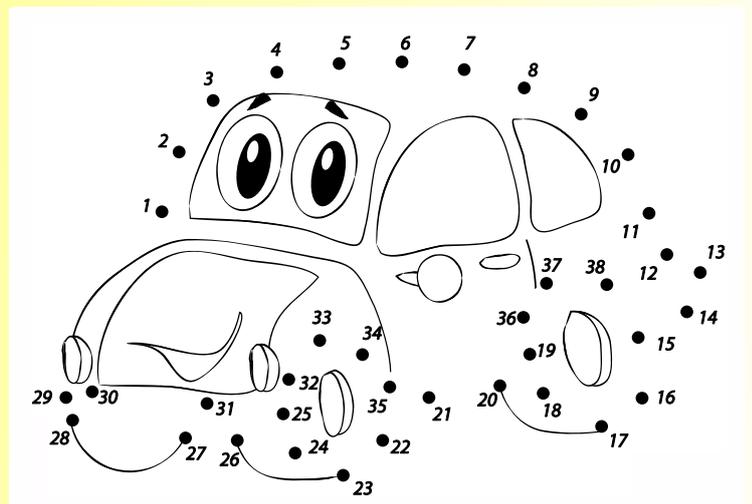
Grid size:  
10 x 10 squares,  
10 x 10 letters,  
90 x 90 mm.

Square size:  
9 x 9 mm.

ANSWER:



## DOT to DOT



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# SPORTING A SENSE OF HUMOUR

## HONEST CADDIE

A golfer tried three straight times to hit a golf ball over the inlet of water between him and the green. But each time the ball splashes into the drink. In utter frustration the golfer said, "Caddie, take my clubs on in, I'm going to jump into the water and drown myself." The caddie replied, "I doubt that, sir. You couldn't keep your head down long enough to drown!"

## HIT AND MISS

A sailor and a priest were playing golf. The sailor took his first shot missed and said, "Damn, I missed." Surprised, the priest replied, "Don't use that kind of language or G-d will punish you." The sailor took aim and hit his shot second shot. Again he missed and under his breath he said, "I damn well missed again." The priest overheard and replied, "My son, please don't use that language or G-d will punish you." The sailor took his third shot and once again he couldn't help mutter, "Oh damn" The priest said, "That's it G-d will certainly punish you." Suddenly a bolt of lightning came down and killed the priest. In the distance a deep voice said, "Damn, I Missed."

## EARLY BREAKDOWN

A rookie pitcher was struggling at the mound, so the catcher walked up to have a talk with him. "I've figured out your problem," he told the young southpaw. "You always lose control at the same point in every game." "When is that?" "Right after the National Anthem."

## INTERRUPTED GOLF GAME

Sholom goes golfing every Saturday. One Saturday, he comes home tired and five hours late. His wife asks him, "What took you so long?" Sholom says, "That was the worst game of golf I've ever had. We got up to the first tee, and Harry hit a hole-in-one and immediately dropped dead of a heart attack." Sholom's wife says, "OMG! That's terrible!" Sholom says, "I know. Then, for the rest of the game, it was hit the ball, drag Harry, hit the ball, drag Harry, hit the ball, drag Harry. . ."

## WHAT A MESSI

Boruch walks into a bar with his dog. The bartender says, "You can't bring that dog in here." "You don't understand," Boruch replied, "this is no regular dog, he can talk." "Listen, pal," says the bartender, "if that dog can talk, I'll give you a hundred bucks. So Boruch puts the dog on a stool, and asks him, "What's on top of a house?" "Roof!" "Right. And what's on the outside of a tree?" "Bark!" "And who's the greatest soccer player of all time?" "Beckham!" "I guess you've heard enough," says Boruch. "I'll take the hundred in twenties thank you." The bartender is furious. "Listen, pal," he says, "get out of here before I belt you one." As soon as they're on the street, the dog turns to Boruch and says, "Do you think I should have said 'Messi'?"

## CUP FINAL

Yossi went to doctor, "Doctor every night in my dream I am playing soccer." Doctor say, "Take these pills, they will help you sleep better." Easy replies, "I can't take them, tonight is the cup final."

30  
**Ha!**  
Humor

Ga  
Gallium  
49

# community gallery



1. Judo legends Micky Davidow and Irving Ginsberg discussing the Soul Sport magazine
2. Sam Woolf - Winner of Soul Sport Liverpool Hamper competition
3. Winners of the Soul Sport complimentary tickets to the Proteas vs West Indies 20/20 series at the Wanderers earlier this year - Back Aaron Saacks, Ilan Solomons, Gavi Saacks, Rafi Saacks
4. Justin Kravat winner of the Soul Sport 32Gi Hamper
5. Princess Charlene, Novak Djokovic & Richmark Holdings CEO Gavin Varejes handing Jokavic the Laureus World Sportsman of the year award 2015
6. Winner of the Soul Sport sports book competition - Daniel Jacobson
7. Visiting triathlon Para-athletes in Cape Town for the Cape Town Triathlon. From left: Dvir Avizrat, Yael Inbar, Adir Mizrahi, Michael Katzanelon, Ora Rov (volunteer), Moshe Zibersky
8. Clive Bedell holds a Denis Law signed Man Utd shirt raffled at a Man Utd supporters club event
9. Ludwick Mamabolo, Comrades 2014 winner (here in Jerusalem), led a joint ORT SA, Mizrahi and SAZF runners contingent to the 2015 Jerusalem Marathon
10. Local Extreme Fighting EFC competitor Danella Eliasov wins the first women's EFC World fighting championship at Carnival City
11. Head of Maccabi Jnr Cricket, Myron Michel with some of the boys who participated in the 20/20 Tournament
12. Winner of The Pro Shop / Maccabi SA Golf National Championship, Jonathan Josset holds his trophy

# Why Exercise Is Wise

## A Teen Health Tip Feature

You've probably heard countless times how exercise is "good for you." But did you know that it can actually help you feel good, too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

### Rewards and Benefits

Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some of the reasons:

Exercise benefits every part of the body, including the mind. Exercising causes the body to produce endorphins, chemicals that can help a person to feel more peaceful and happy. Exercise can help some people sleep better. It can also help some people who have mild depression and low self-esteem. Plus, exercise can give people a real sense of accomplishment and pride at having achieved a certain goal — like beating an old time in the 100-meter dash.

Exercising can help you look better. People who exercise burn more calories and look more toned than those who don't. In fact, exercise is one of the most important parts of keeping your body at a healthy weight.

Exercise helps people lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure. These diseases, which used to be found mostly in adults, are becoming more common in teens.

Exercise can help a person age well. This may not seem important now, but your body will thank you later. Women are especially prone to a condition called osteoporosis (a weakening of the bones) as they get older. Studies have found that weight-bearing exercise — like jumping, running, or brisk walking — can help girls (and guys!) keep their bones strong. The three components to a well-balanced exercise routine are: aerobic exercise, strength training, and flexibility training.

## What's Right for Me?

One of the biggest reasons people drop an exercise program is lack of interest: If what you're doing isn't fun, it's hard to keep it up. The good news is that there are tons of different sports and activities that you can try out to see which one inspires you. When picking the right type of exercise, it can help to consider your workout personality. For example, do you like to work out alone and on your own schedule? If so, solo sports like biking or snowboarding could be for you. Or do you like the shared motivation and companionship that comes from being part of a team?

You also need to plan around practical considerations, such as whether your chosen activity is affordable and available to you. (Activities like horseback riding may be harder for people who live in cities, for example.) You'll also want to think about how much time you can set aside for your sport.

It's a good idea to talk to someone who understands the exercise, like a coach or fitness expert at a gym. He or she can get you started on a program that's right for you and your level of fitness.

Another thing to consider is whether any health conditions may affect how — and how much — you exercise. Doctors know that most people benefit from regular exercise, even those with disabilities or conditions like asthma. But if you have a health problem or other considerations (like being overweight or very out of shape), talk to your doctor before beginning an exercise plan. That way you can get information on which exercise programs are best and which to avoid.

## Too Much of a Good Thing

As with all good things, it's possible to overdo exercise. Although exercising is a great way to maintain a healthy weight, exercising too much to lose weight isn't healthy. The body needs enough calories to function properly. This is especially true for teens, who are still growing.

Exercising too much in an effort to burn calories and lose weight (also called compulsive exercise) can be a sign of an eating disorder. If you ever get the feeling that your exercise is in charge of you rather than the other way around, talk with your doctor, a parent, or another adult you trust.

It's also possible to overtrain — something high school athletes need to watch out for. If you participate in one sport, experts recommend that you limit that activity to a maximum of 5 days a week, with at least 2-3 months off per year. You can still train more than that as long as it's cross-training in a different sport (such as swimming or biking if you play football).

Participating in more than one activity or sport can help athletes use different skills and avoid injury. Also, never exercise through pain. And, if you have an injury, make sure you give yourself enough time to heal. Your body — and your performance — will thank you.

Considering the benefits to the heart, muscles, joints, and mind, it's easy to see why exercise is wise. And the great thing about exercise is that it's never too late to start. Even small things can count as exercise when you're starting out — like taking a short bike ride, walking the dog, or raking leaves.

If you're already getting regular exercise now, try to keep it up after you graduate from high school. Staying fit is often one of the biggest challenges for people as they get busy with college and careers.



## Aerobic Exercise

Like other muscles, the heart enjoys a good workout. You can provide it with one in the form of aerobic exercise. Aerobic exercise is any type of exercise that gets the heart pumping and quickens your breathing. When you give your heart this kind of workout regularly, it will get stronger and more efficient in delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. If you play team sports, you're probably meeting the recommendation for 60 minutes or more of moderate to vigorous activity on practice days. Some team sports that give you a great aerobic workout are swimming, basketball, soccer, lacrosse, hockey, and rowing. But if you don't play team sports, don't worry — there are plenty of ways to get aerobic exercise on your own or with friends. These include biking, running, swimming, dancing, in-line skating, tennis, cross-country skiing, hiking, and walking quickly. In fact, the types of exercise that you do on your own are easier to continue when you leave high school and go on to work or college, making it easier to stay fit later in life as well.

## Strength Training

The heart isn't the only muscle to benefit from regular exercise. Most of the other muscles in your body enjoy exercise, too. When you use your muscles and they become stronger, it allows you to be active for longer periods of time without getting worn out. Strong muscles are also a plus because they actually help protect you when you exercise by supporting your joints and helping to prevent injuries. Muscle also burns more energy when a person's at rest than fat does, so building your muscles will help you burn more calories and maintain a healthy weight. Different types of exercise strengthen different muscle groups, for example: For arms, try rowing or cross-country skiing. Pull-ups and push-ups, those old gym class standbys, are also good for building arm muscles. For strong legs, try running, biking, rowing, or skating. Squats and leg raises also work the legs. For shapely abs, you can't beat rowing, yoga or pilates, and crunches.

## Flexibility Training

Strengthening the heart and other muscles isn't the only important goal of exercise. Exercise also helps the body stay flexible, meaning that your muscles and joints stretch and bend easily. People who are flexible can worry less about strained muscles and sprains. Being flexible may also help improve a person's sports performance. Some activities, like dance or martial arts, obviously require great flexibility, but increased flexibility also can help people perform better at other sports, such as soccer or lacrosse. Sports and activities that encourage flexibility are easy to find. Martial arts like karate also help a person stay flexible. Ballet, gymnastics, pilates, and yoga are other good choices. Stretching after your workout will also help you improve your flexibility.

*Reviewed by: Mary L. Gavin, MD.  
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# GIRLS SOCCER SPECIAL FEATURE

In case you haven't noticed the Fifa Soccer World Cup is on again. But hang on, wasn't that last year in Brazil? Well yes and no. That was the Fifa Men's Soccer World Cup, while currently on our screens is the Fifa Women's Soccer World Cup being held in Canada. Women's soccer is a sport that has grown rapidly and commands quite a bit of sports media attention these days. Soul Sport decided to go out and find some of the talented stars who are in our Jewish day schools, who are, yes...super talented girl soccer players. Well done to Emma, Amy, Eve, Nicola and Sydney all of whom were nominated for their achievements in soccer.

## EMMA STEIN

Emma Stein is a 16 year old student at King David Victory Park. Soccer for her began unintentionally as a social game played mostly with her friends who were boys. As her age and interest grew so she began spending more time playing the sport.

Touch rugby is Emma's favourite sport which she plays for the school team and represents them as well in netball.

Emma is ideally a striker but is versatile and can play anywhere on the field.

Whilst she is very competitive as a sportsperson, her interest is also in enjoying the social aspect in sport, playing with friends and meeting people.

Emma finds that people are intrigued when they hear she, a girl, is so involved in soccer and at times finds herself explaining that the sport is really unisex

and is avidly followed by girls these days.

Steven Gerrard is her favourite player and Liverpool her favourite team.

Emma went to watch Brazil vs Chile at the FNB stadium during the 2010 WC and remembers it as being a great game.

The hardest part of soccer she finds, is the communication between team mates on the field and dealing with things when they don't go according to plan.

Emma plans on watching the Women's World Cup but hasn't picked a team she supports yet.

She is aiming, at this stage, to do medicine when she finishes school.

Coach Peter Truscott says, "Emma is a very professional sportswoman who takes her sports very seriously. She works hard at it and has a lot of talent. No doubt she will succeed with this combination of talent and effort."





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# GIRLS SOCCER SPECIAL FEATURE

## NICOLA FIRER

Nicola Firer is 16 years old and attends Yeshiva College. Soccer is part of the family culture Nicola Firer, running through the Firer veins.

She would spend her weekends as a young girl kicking the ball around in the garden, often with her Dad.

At 7 she started club soccer at Balfour Park and then moved to Highlands Park where she played in the boys team. After a few years Nicola took a break from club soccer.

When she heard there was going to be Maccabi try outs for the girls under 18 team to go to Israel she decided to use this as a platform to re-enter the game. Nicola did not expect what happened next. Playing as a 14 year old in the under 18 category she did enough to qualify through the elimination stages and amazingly made the final squad.

The event in Israel changed her life. Mixing with Jewish athletes from around the world, representing SA, being the youngest in the team and exploring her independence was magic.

## EVE PYWELL

At the tender age of 13 Eve from Herzlia in CapeTown has already enjoyed a few years of competitive soccer.

Eve plays at school of course but has also played at club level. She started with Camps Bay FC and then played for Ajax. She has and continues to also play for the WP Maccabi girls' soccer team. Eve started watching soccer on TV and thoroughly enjoyed it. So she decide to try it out. This was in Grade 3!

Eve is sociable and enjoys playing with her friends but can be very competitive. She may feel a bit bad if she tackles a friend really hard, but has no qualms about going in against other teams and holds nothing back.

Eve plays as a striker and enjoys scoring goals more than anything else. Her dream is to one day be a professional soccer player. Eve also plays netball,

Playing at right wing, Nicola likes to move through the midfield making plays and stringing passes together. Her favourite player is former Liverpool captain Steven Gerrard and her and her whole family are die-hard Liverpool supporters. She supports England on the international arena.

The most memorable game Nicola attended was seeing Liverpool at Anfield, their home ground, playing against Arsenal in 2014.

Her ambition after school is to go to the University of Cape Town and study Business Science with the aim of one day going into the business world. Nicola has settled into the next phase of enjoying the game she loves with her current club ASI Olympia, a team that plays out of the Bedfordview Italian Club. Nicola trains midweek and plays with the team whenever she can, occasionally missing games when they fall on Friday night, Shabbat.

Her mom says, "Nicola plays with grit and determination and is never scared to make a hard tackle. She is a true team player and a genuine, passionate, young leader, both on and off the field."

enjoys music and has dabbled with the guitar. She loves hanging with friends. Eve says people are a little surprised but soon surprise turns to impressed when they discover her passion for soccer. Her favourite team is Liverpool. Her favourite players are Ronaldo and Fernando Torres. Her favourite national team is Spain.

Eve watched a few World Cup games at the Green Point Stadium during the 2010 World Cup. She is looking forward to watching the Women's Soccer World Cup.

Maccabi coach Ronen Cohen says, "Eve is tenacious and holds her own even against the boys. She has good endurance and is always looking to do more. She has a tigerish, determined approach which makes her very competitive on the field."

Eve's Mom says, "Eve is a team player. She has a good sense of anticipation so she knows where to be instinctively. She is perceptive on the field, picking up on and exploiting opportunities."



## AMY-LEE MODLIN

Amy-Lee Modlin from King David Linsfield is 17 and is thriving in her passion - soccer.

Primary school didn't offer girls soccer so it was only in Grade 8 that she took it up. But like a duck to water Amy felt right at home and immediately made an impact and was selected for the A team. At that time she also volunteered as a 'skivvy' (water carrier etc) for the 1st, senior, team.

In Grade 9 Amy got a call to attend Macabi Soccer Trials and she was thrilled when she found out she was selected. Going to Israel to compete in the tournament was a highlight experience of her life.

Upon her return, although she was in Grade 9, her coach asked her to try out for the senior first team. She made the grade and now played alongside the girls she had previously 'water-carried' for! KDL won most their games last season and have a strong team. Amy mixes positions sometimes, playing both in midfield and defence. She is left footed

and strong with the ball at both feet. A strength of hers is her powerful kick which often bails the team out when under pressure at the back of the park. Amy sees the hardest part of the game as mastering control over the ball and maintaining smooth grounded passing play - often the biggest challenge in girls soccer.

Amy supports Manchester United and is a fan of Lionel Messi. After school Amy wants to study a BSC with a view to Physiotherapy or Sports and Science Management.

Amy attended the opening and closing ceremonies as well as games, at the 2010 Soccer World Cup, which were inspirational experiences.

Her mom says, "Amy loves the team participation, is dedicated and passionate. She is going to do great things and that's down to her enthusiasm and drive."

First team coach Sbusiso Zwane says, "Amy played a vital role in the team, showing a lot of resilience, heart and true spirit of a King David Sports woman."



## SYDNEY PALUCH

Sydney Chaya Paluch is 9 years old and attends Hirsch Lyons Primary School. Sydney found herself drawn to the soccer ball at the youngest age. When Sydney saw others playing she asked to join in and discovered she had a natural flare for the game. She was actually so fearless that even as a two year old she caused the older boys to reconsider before getting stuck into a tackle with her.

Sydney actually plays all sports including netball, tennis and cricket and is able to compete in all of them even when pitted against the boys.

Sydney enjoys soccer for the game itself and loves the competitive aspect of it. She enjoys the social side of it too.

Sydney initially started in the Little Champs League and then went to Wanderers and then Balfour Park where she plays now. As a striker she loves more

than anything to unleash a shot into the back of the net. She is however comfortable playing in other positions on the pitch.

When the game gets rough and tough, characteristically, Sydney doesn't back down but rather raises her game and plays harder.

Her favourite team is Manchester United but she hasn't yet settled on a favourite soccer player.

Sydney's biggest support comes from her parents who encourage her to play and enjoy the game. Her mom says, "Sydney has incredible natural talent and skill which has got her this far, despite having less sport exposure than at some of the other schools. She is driven both on the field and in the classroom and we are very proud of her."

Peter Mtwana coaches Sydney at Balfour Park and says, "Sydney is a good player, is skillful and is improving her awareness and technical ability in soccer."



# Can I eat this?

**Nourish your body's cells with the best nutrients to function at your peak.** By Leigh-Ann Silber

Most people associate food with providing our bodies with energy. They classify food in categories: carbohydrates, proteins and fat. They are forever asking themselves: "Am I getting enough carbs? Should I increase my protein intake? How many kilojoules am I consuming?"

Within the last ten years scientists have discovered that food does not just provide basic energy, macronutrients and micronutrients to our bodies. Food has a physiological effect on the body and sends messages and information to cells. In other words, nutrients contained in food communicate to our cells, and can turn certain genes on or off. Food could therefore also help decrease inflammation in our bodies, and could have a positive effect on heart health.

To optimise our health, it is therefore vital to understand how food affects our physiology. By choosing the best foods, you can help your body function at its peak and boost your body's defences and natural protectors to avoid illnesses and diseases.

As a nutritional expert, I often get asked the question, especially when eating out with people: "Which foods are the healthiest", or the most common question "Is this food "fattening?" However, people need to change how they think about food, and rather ask: "What information is the food that I'm eating, sending to my cells?"

## **A Case In Point: a Falafel Ball – A traditional Israeli staple**

Falafel could be considered as "little golden balls". They are made from soaked chickpeas, parsley, garlic and spices. They are rich in plant protein with about two grams of protein per ball, and are a good alternative to meat. However, food isn't just about macronutrients. The nutrients, as well as some other compounds found in the ingredients of these balls can have a specific effect on our cells and in our bodies.

## **Chickpeas and fibre**

Three falafel balls typically contain 100g of chickpeas. This provides about 22% of the recommended intake of fibre for South Africans per day. High fibre foods have multiple positive effects on our body, beyond just improving bowel health. It may also assist in lowering blood fats levels and it has a positive effect on heart health. Fibre also helps to keep you full for longer.

A study<sup>1</sup> published at the beginning of this year found that people that added high fibre foods to their diet lost the same amount of weight and showed similar drops in cholesterol, blood pressure and inflammation as people who were assigned a low-fat diet<sup>2</sup>.

Each falafel ball has an estimated glycemic load of approximately 3. This means that it slowly releases the carbohy-



drates from the food into the blood stream and does not cause blood sugar spikes. This helps control our blood sugar levels which has multiple benefits on our body.

## Herbs and spices

Beyond chickpeas, falafel also commonly contains garlic. Besides keeping vampires away, garlic is likely the herb most widely quoted for its medicinal properties. Garlic contains more than 200 different known plant chemicals that have a positive effect on our body and cells. Some of the research done on the components of garlic has shown that it may be able to prevent illness, has the potential to suppress cancer cell growth, as well as promoting heart health.



The other spices and basic compounds that one adds to the balls to promote their delicious Mediterranean flavour also have additional benefits on the cells and our bodies.

You can either make magic happen and nourish you cells with the best nutrients, or you can give them foods that make your cells fizzle out.

What about deep-frying?

I bet you're thinking: Falafels are deep-fried. Surely that is unhealthy? Eat deep fried balls occasionally, and if and when you make your own bake it in the oven or lightly fry it. However, deep-frying is not necessarily bad if the oil is non-hydrogenated (no trans fat), unsaturated or saturated good quality

plant oil. Take care not overheat or to re-use oil.

In summary, instead of dissecting food in terms of carbs, proteins and fats, people should investigate the nutrients it can provide to our cells. Don't just follow the latest fad diet to lose weight. Rather carefully think about the health benefits of foods. For example, a falafel sends positive messages to our cells. Compliment a falafel with a Middle Eastern salad and choose this dish instead of meatballs with spaghetti made with white flour and you can't go wrong!

*Leigh-Ann Silber is a Jewish Mom and a registered dietician with a passion for nutrition. Her expertise lies in matching specific nutrients to alleviate or prevent illnesses and diseases, and apart from running a private practice, she regularly hosts workshops to educate and coach people around this. Contact Leigh-Ann on leigh-ann@silber.co.za or visit www.silber.co.za*

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**KLEINE DRAKEN**

# THE BUSINESS\$ OF SPORT

By Ilan Herrmann



**1 Floyd Mayweather Boxing**  
Total Earnings: \$105 million  
Salary/winnings: \$105  
Endorsements: Unknown



**2 Cristiano Ronaldo Soccer**  
Earnings: \$80 million  
Salary/winnings: \$52 million  
Endorsements: \$28 million



**3 LeBron James Basketball**  
Total Earnings: \$72.3 million  
Salary/winnings: \$19.3 million  
Endorsements: \$53 million



**4 Lionel Messi Soccer**  
Total Earnings: \$64.7 million  
Salary/winnings: \$41.7 million  
Endorsements: \$23 million



**5 Kobe Bryant Basketball**  
Total Earnings: \$61.5 million  
Salary/winnings: \$30.5 million  
Endorsements: \$31 million



**6 Tiger Woods Golf**  
Total Earnings: \$61.2 million  
Salary/winnings: \$6.2 million  
Endorsements: \$55 million



**7 Roger Federer Tennis**  
Total Earnings: \$56.2 million  
Salary/winnings: \$4.2 million  
Endorsements: \$52 million



**8 Phil Mickelson Golf**  
Total Earnings: \$53.2 million  
Salary/winnings: \$5.2 million  
Endorsements: \$48 million



**9 Rafael Nadal Tennis**  
Total Earnings: \$44.5 million  
Salary/winnings: \$14.5 million  
Endorsements: \$30 million



**10 Matt Ryan Football**  
Total Earnings: \$43.8 million  
Salary/winnings: \$42 million  
Endorsements: \$1.8 million

In 1965, as the NFL (National Football League) season drew to a close, a bid was put in by the Johannesburg based soccer club, Highlands Club, for Hellenic's Brazilian star Jorge Santoro.

The management at Highlands knew two things for certain: Santoro at Highlands would evolve the team to a new level and that Hellenic were deep in debt and desperately needed the sale.

What followed was a cat and mouse game; Hellenic wanted 30k for Santoro, a fee that back then was unheard of. With no team extending themselves the offer reduced to 15k, a still enormously high price for a player.

The clock moved towards an irreversible deadline. Santoro, juggling other offers from abroad, was due to leave South Africa if nothing gave. In the eleventh hour, with Hellenic scrambling for a sale, Highlands offered R8000 and the deal was done. It was the second highest transfer fee in SA football history at the time. Santoro was sold to SA soccer and Highlands went on to footballing greatness in the next few seasons.

Jump to our present era and the recorded highest price paid for a player in South Africa is Khama Billet sold by Ajax Cape Town to Mamelodi Sundowns for R10million. The largest cross border transfer fee paid for a South African player was R25million when Ajax Amsterdam purchased



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25/10/65

THE STAR JOHANNESBURG

# Top footballer scheduled to leave S.A. this week R15.000 IS NEEDED TO "SAVE" SANTORO

By SV LERMAN

**TIME IS RUNNING OUT.** South Africa may lose the most brilliant footballer in the country and the deadline is Thursday. It is on Thursday that Santoro, the outstanding Brazilian link-man of Hellenic, is due to leave for Europe. Once there he will negotiate a contract.

The chances are that he will remain in Europe or return to his native Brazil.

In the meantime Hellenic have placed a transfer fee of R15000 on Santoro.

"He is worth R30,000," says one Hellenic official. "but we realize no club in South Africa can afford that kind of money."

### THE DANGER

If Santoro leaves South Africa however, Hellenic may get no transfer fee at all.

The one club who would appear to have the power to persuade Santoro to remain in South Africa is Highlands Park.

"I would like to join Highlands Park," Santoro has said.

Highlands officials, today, were jubilant. The price seemed too worry them.

### LOT OF MONEY

"First we were quoted a figure of R30,000," said a Highlands spokesman. "Then R15,000, but it is still a lot of money."

It seems possible that Highlands may make an offer for Santoro and await Hellenic's reaction.



Jorge Santoro the Brazilian mid-fielder will be lost to SA soccer

Left: The Star of 25 October 1965 indicates the transfer fee needed to keep top footballer Jorge Santoro in South Africa R15000  
Opposite page : Floyd Mayweather is the highest paid athlete in the world; FNB stadium, host to the World Cup 2010  
Below: Roland Sassoon, Selwyn Nathan, Michael Cohen



"We're always on the look-out for opportunities and yes sport is good for business. Although we've got to be more selective being a smaller bank with less spending leverage than the Standard's and FNB's, it is none-the-less a medium we're always looking to reach in to and one in which we've enjoyed some success."

Then there are the direct business interactions with clients and corporates which come with the territory.

"Inviting corporates to a box seat for a big game generates goodwill and the lively energetic atmosphere lingers so as to create a positive, memorable experience. That's good for client and corporate relations... that's good for business", says Sassoon.

Sasfin has a legacy of philanthropy and have typically used sport to this good end as well. They host an annual sports quiz inviting corporates which brings in hundreds of thousands of rands for the Selwyn Segal home for the handicapped.

Sasfin has a dynamism about it that fits comfortably into the sports business market - even ask it's top analyst and Arsenal FC mad supporter David Shapiro!

Another side of the business sports industry is athletes' representation; Michael Cohen, Chairman and Chief Executive of MPC entertainment heads a British company that represents professional athletes and is one of the most well established and highly recognised in the business. Some of the names on his books have been: Shane Warne, Jonah Lomu and Shaun Pollock! Remembering his entry into the business he recalls, "My main business was entertainment for the best part of 25 years. Sport was becoming entertainment and therefore I decided to move into sport as well."

Cohen explains the structure of the business: "Depending on the sport and the star you are managing, you set up a strategy to maximise the gain within the professional, social and business context surrounding them. The aim is to bring out the best for the athlete, for the fans and for the sport. Delivery is important. You have to be on top of your game at all times."

Thulani Serero from Ajax Cape Town in 2011.

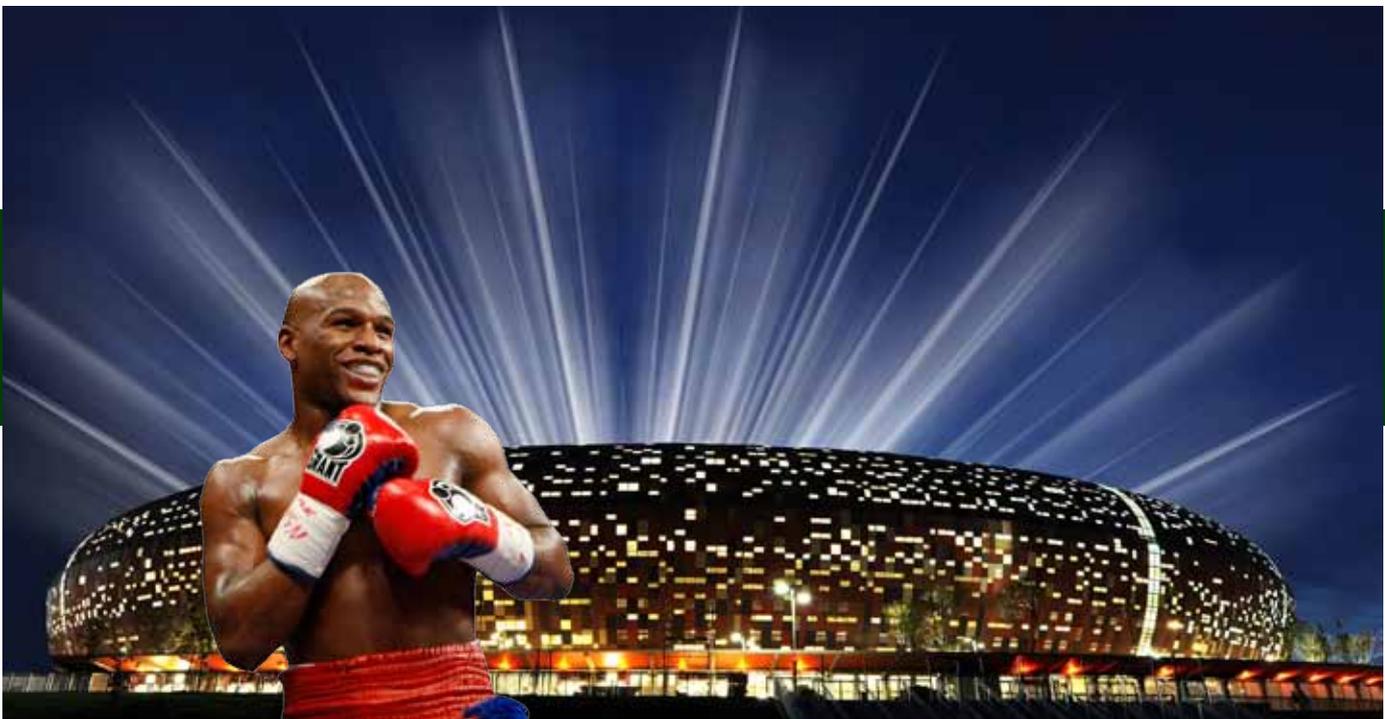
These stats pale in comparison to what is going on in Europe where the highest transfer in football to date is Gareth Bale who was sold from Tottenham Hotspurs to Real Madrid for a whopping 86 million pounds.

Salary earnings are no small matter either. Cristiano Ronaldo, star striker at Real Madrid, earns R266 million a year at the club which breaks down to: R22 million a month, R5 million a week, R735 000 a day, R39 000 an hour and R626 a minute!

But even that is small currency when considering the recent welterweight title bout between Floyd Mayweather and Manny Pacquiao. The Nevada event had a purse of \$330 million. Once all the dust had settled, the financial breakdown was: \$220 million to Mayweather and about \$133 million to Pacquiao. Over a twelve round bout, the fighters shared earnings of \$138000 per second - that's about one and a half million rand per second!

It's not just the players and clubs that are capitalising and riding the wave of a global sports' euphoria; sport has a whole infrastructure of opportunities when it comes to business.

CEO of Sasfin bank, Roland Sassoon, identifies sport as a medium that his company seeks alignment with. Hence Sasfin is a brand you'll have seen advertised on prime time television coverage such as during Premier League Soccer slots and most notably during the Cricket World Cup.



Cohen says there are always avenues into the business. “There are huge opportunities in Sport in the fields of Television Rights, Event Creation, Sports Management, Corporate Sponsorship, Endorsements, Merchandising and Licensing. These opportunities are available to everyone with a sense of entrepreneurship and business experience.”

Commenting on the most lucrative sports industries he says, “A number of Sports are lucrative, but the top six in no particular order would be Soccer, American Football, Golf, Motor Racing, Tennis and Basket Ball.”

No stranger to the sports business industry is charismatic and diverse entrepreneur Selwyn Nathan. Currently the Executive Director of SA Golfs ‘The Sunshine Tour’, Nathan previously served as Chief Executive of the JSE-listed SAIL group. SAIL ran the platforms and implementations for Vodacom across their sporting spectrum.

“Vodacom had the brand, the name and thus the avenues were open for us to advance their relationship within the SA sporting environment which I think we did well, for them.”

The keys to a successful entrepreneur in sports or frankly any other industry, Nathan says, are his “network capacity, sales ability and a personality that breeds confidence in his clients that he can deliver.”

“Delivery and retention are vital keys. If you deliver you will retain the credibility for the next round.”

Nathan continues: “Humility is an absolutely essential characteristic. You need to hear what your client wants. Two ears. Far more listening and far less, though effective talk.”

With South Africa considering putting forward a bid to host the Olympics in 2024, Nathan, who was on the 2010 SA World Cup committee and the business strategist behind it, says: “The 2010 Soccer World Cup was an extraordinary success. The decreased value of the rand makes it even more attractive for foreign currency now. If SA can create the right business strategy, the possibility to host the Olympics is there.”

The mammoth undertaking to host events of this size is a risk. An example of this is the recent Soccer World cup in Brazil which cost the country over \$15Billion. The taxpayers weren’t too happy considering the rife lack in social and educational infrastructure that the money could have been invested into instead. This led to protests and civil unrest. It wasn’t helped by the Brazilian teams dismal failure in the competition.

Whilst revenue is brought in from television networks rights and from ticket sales amongst other, that only covers some of the cost and the cost is evidently not small.

The bottom line is that demand and supply determine the market. As long as the world of sport captures the thrill, fantasy and satisfaction of the global masses and there is the entrepreneur to tie the knots, we may still be on a modest rung of the ladder and the business of sport may still be on the ascendancy.



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# Field of nightmares

## The story of football at the death camps

By David Saks

Those under forty may remember a 1981 movie called 'Escape to Victory'.

The plot revolved around an exhibition football match between players made up of Allied prisoners of war and the German national side during World War II, organised by the Nazis for propaganda purposes and in the expectation of an easy victory for the German team.

It was great fun to watch – a movie featuring Michael Caine and Sylvester Stallone playing alongside Pele (and other footballing greats like Ossie Ardiles) could hardly fail to be.

Despite predictable cheating by the Nazi-appointed referee, the POW team manages to draw the game 5:5 (Pele got the equaliser with one of his famous bicycle kicks), whereupon the jubilant crowd invade the pitch and carry all the 'Allied' players off to freedom.

At the time, I thought the film was a preposterous, albeit enjoyable, piece of dramatic licence. It was quite surprising, therefore, to learn subsequently that it had a genuine factual basis.

Indeed, it was based on a previous film, the 1962 Hungarian drama *Két féldó a pokolban* ("Two half-times in Hell"). This in turn was based on the story of the so-called 'Death Match', in which the Ukrainian team Dynamo Kiev defeated a team of German soldiers during the Nazi occupation of Ukraine and were all shot as a result.

In reality, the Dynamo Kiev team played a series of matches against German teams, winning them all, before any of them were sent to prison camps. Only four players were documented as being killed by the Germans, and this took place long after the matches had been played. But it was certainly true that in this case, at least, the Nazis had organised footballing fixtures between Germans and those they were ruling over.

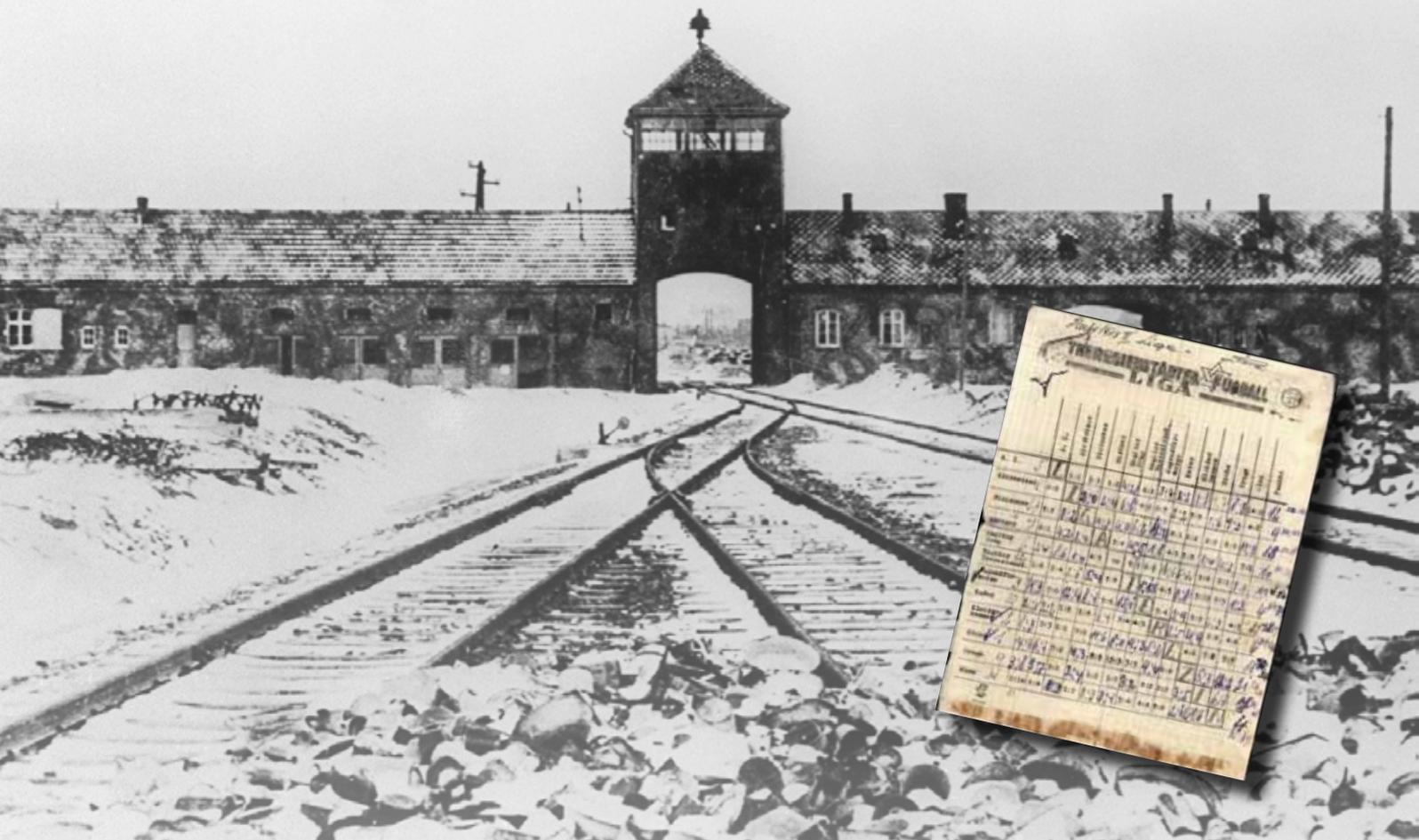
This particular instance of football matches being organised by the Nazi regime against the peoples under German occupation seems to have been relatively above board. Perhaps it was motivated simply by a desire to watch a little competitive football on the Germans' part. Other such cases, however, were considerably less so.

One of the lesser known facts about the Auschwitz death camp was that it included a football pitch, on which matches between prisoners from the Auschwitz Main Camp and other camps in the vicinity were played for the amusement of the SS guards. Competing teams were made up by, amongst others, British prisoners from the nearby POW camp E715, Polish nationals and Sinti and Roma people (gypsies).

During the week prisoners of war were employed at forced labor camps but on Sunday they were allowed to play football. The British POWs were even organised into 'national' teams – English, Scottish, Irish, Welsh – with appropriate kit being supplied by the International Red Cross. There was, it would appear, an intense rivalry between the respective SS guards of Auschwitz and Birkenau, who supported their respective prisoner teams. Prisoners who played received a precious ration of extra food, which for most of them was enough of an inducement.

What adds an additionally chilling aspect to these entertainments was that the soccer field was located right beside Krema III, where one of Auschwitz-Birkenau's main gas chambers was located. Games were thus taking place even as Jews, along with other undesirable elements, were being systematically murdered.

Ron Jones, a British POW who played in several of these matches, recalls how terrified he and his fellow prisoners were that they, too, might in due course suffer the same fate. "We did



not know what would happen to us. We thought at one time they would stick us in the gas chamber. It was not just Jews going in, it was Polish, political prisoners, gypsies, homosexuals”.

Jones, who played in goal, further remembered how throughout the games smoke would rise ominously from the chimneys of Auschwitz. “The first thing you’d notice was the smell. If the wind was in your direction the smell was terrible. We were always frightened we would be next”.

There is an account by a Sinto prisoner who survived Auschwitz and played in one of the ‘gypsy’ teams of how a Jewish worker in their camp played in one of the sides he was asked to put together. He was included because the team needed a right-winger. It is not known if the Jewish player survived in the end. What goes without saying is that no Jewish football teams were organised at Auschwitz, where Jews made up the majority of the estimated 1.5 million people who died there.

This was not the case at Theresienstadt/Terezin. This camp, as expressed by Rabbi Norman Patz of the Society for the History of Czechoslovak Jews, was “the Nazis’ show camp, cynically designed to deceive the world and to conceal their genocidal plans”.

As part of this ploy to portray the treatment of Jews in the camp as being essentially humane, professional and amateur Jewish players were allowed to organise and self-administer a soccer league: Liga Terezin (Terezin League). Most of Terezin’s inmates were ultimately sent to their deaths at other camps, including Auschwitz-Birkenau.

On one particular occasion, however, Jews did get to go – briefly

– onto the football pitch at Auschwitz-Birkenau. Testifying at the 1961 Adolf Eichmann trial, Auschwitz survivor Joseph Zalman Kleinman describes what happened to him and his fellow prisoners on their arrival at the camp:

“We had hardly managed to get inside the barracks when a new order was given - all the boys were to go to the football field. There was a football field in the camp which evidently was intended for the Gypsies who had previously been in this camp and who were put to death a few weeks before. Each hut commander brought his boys to the football field.”

“Dr. Mengele went up to him, grabbed him by the shoulder and took him to the goal-post on the football field. There were two goal-posts for a game of football. He led him by the shoulder and the man with the tools walked with him. He stood him against one of the goal-posts and gave orders to knock this plank in at a height above the boy’s head so that he formed a kind of inverted “L.” And then Dr. Mengele gave orders for the first group to pass underneath this plank.”

Those boys – numbering around a thousand - who passed under the plank were adjudged to be too short to be of any use as labourers and were sent to be gassed. Kleinman survived by managing to put stones in his shoes. Thus it was that even a football field came to play its part in determining which Jews would live – for a little while longer at least – and which would not.

*David Saks is the associate director at the SAJBD. He has been the editor of the Board’s journal affairs since 1999. He holds an M.A. in History from Rhodes University. He is a regular contributor to Soul Sport.*



# The **7** habits of the profoundly optimised woman athlete (and wife, and mother, and...)

How do women manage to  
do so much in just 24 hours?

By Heidi Hurwitz

As women in the year 5775, we can do it all! We can have careers, kids and caring spouses. We can spend our mornings at work, our afternoons engaging in quality time with our children (aka schlepping them from school to extra-murals to arrangements, then home for the thrilling bonding time that is homework), our evenings having dinner with our husbands and family, and still volunteer at a community charity or four when our offspring are safely stowed under the covers.

You may notice a few obvious omissions to the list above, like cooking meals, having a shower, covering school books, preparing for Shabbos, making snacks for school, and all the other 'little' things that can happen anywhere in our spare time, between say 3am and 5am, but there's more... we members of the female species also want a bit of, dare I say it, 'me time'. And we want to look and feel good while we're at it, too! So, over and above this 'me time', which most women have heard about but they're not entirely convinced of its existence, we also want to get to the gym, or slip on our takkies and go for a run, or even – if we're the lucky ones – book some time with a personal trainer!

## **“Nike should have a separate slogan for women: Just do it... all!”**

A pessimist might say, 'Forget it, these women would need more hours in a day to have time for all of that', but those pessimists would be men, and females are rather more optimistic. We have some important rules that ensure we can keep all these balls juggling in the air (well, most of the time, anyway). So, while I watch my daughter as she swims, and check on my

son as he does his homework, while quickly dashing to the kitchen to make sure that supper isn't burning, and remembering to feed the dogs, let me use this free time to impart the seven habits of the Profoundly Optimised Woman Athlete, or POWA. I use the term athlete, of course, because in order to look and feel good, we have to exercise! And we don't do things in half measures, we become athletes!

### **1. There is no such thing as can't**

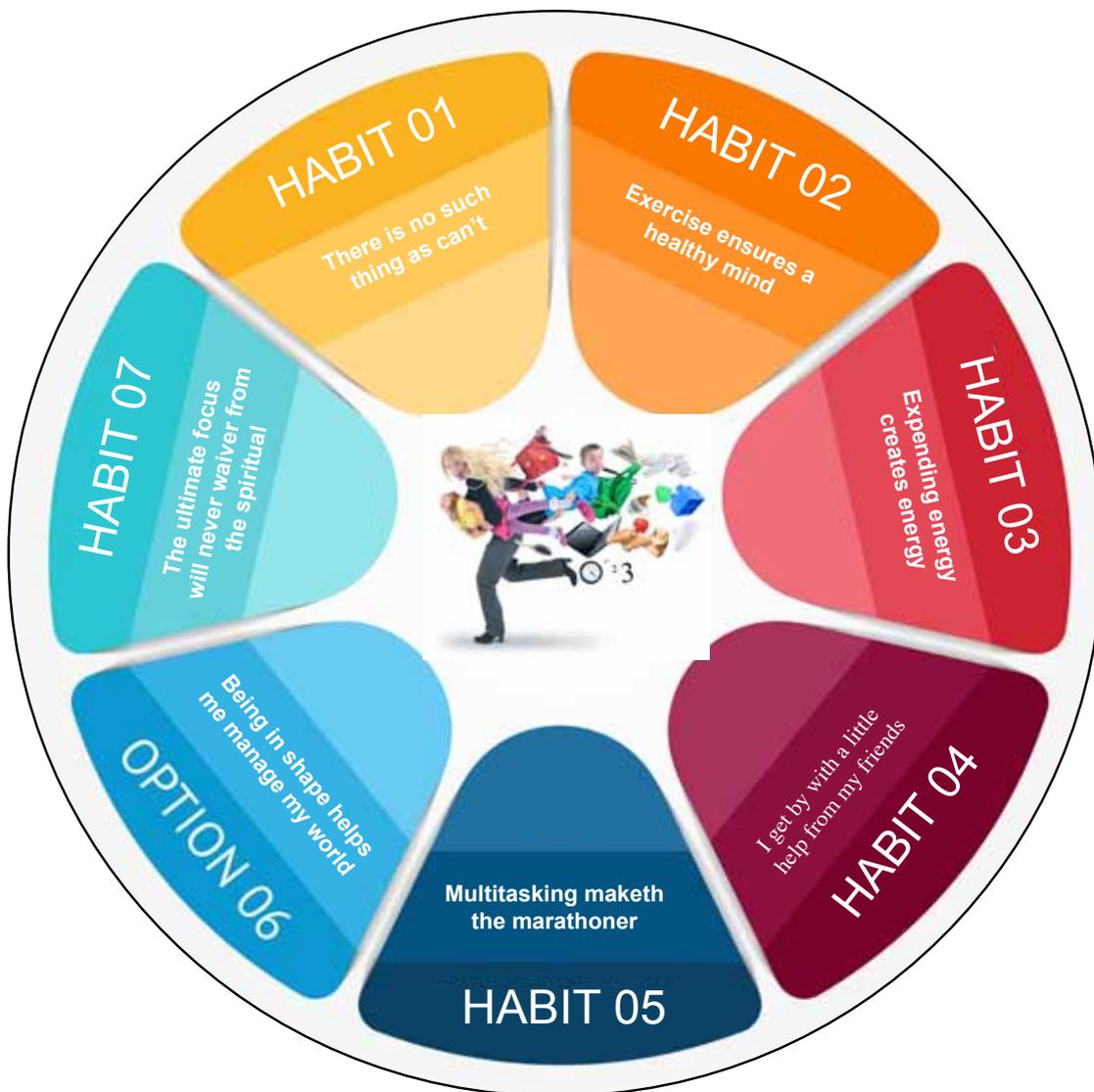
This is pretty self-explanatory, especially when reading the diatribe above, but to reiterate, the POWA does not have the word 'can't' in her lexicon. She can do everything, and she can do it to perfection. Why go for a walk round the block when you can run a race. And don't just run any race; run a race that raises money for charity, because that's what doing it all is all about. Nike should have a separate slogan for women, which goes something like this: "Just do it... all!"

### **2. Exercise ensures a healthy mind**

Or, to put it bluntly... the ability to get out on the road, or to the gym, leaving behind the worry of kids, work, lift schemes, doctors' appointments, school lunches, work lunches and the like is what keeps the POWA sane. Strap on the old iPod, or listen to the hum and vibe of the city streets, and let yourself go as you release those endorphins. It may feel like hard work at the time, but the reward at the end is so much more than merely the physical exercise it brings.

### **3. Expending energy creates energy**

Have you ever noticed that sitting around doing nothing makes you tired? And when you need to do something, it is that much harder to pick yourself up and just do it. But when you're



constantly on the go, you get so much more done and you don't risk falling into the rut that comes from doing nothing. The more women do, the more they find they can do, and have time for, because expending energy just creates so much more of it! So the POWA does not rest. She structures her days in a way that makes it possible to fit in her chores while still making sure there is time for exercise. And it's not a negotiable. The spinning class or the cross-fit session must be included in her schedule, alongside supper preparations and sleeping, or it just won't happen!

#### 4. I get by with a little help from my friends

All POWAs need a support system. From a husband who makes supper twice a week so she can get to the gym, to parents who have the grandkids sleep over so mom can make the early Sunday-morning run, and friends who are there to engage in the chosen exercise with her (and to whom she can vent at the same time, to relieve some 'extra' pressure), a solid circle of real, genuine, caring people are essential to her life.

#### 5. Multitasking maketh the marathoner

Women manage to get a whole lot done in a day, but if they were to focus on one thing at a time, this would not be so achievable. The pace of life today has increased so dramatically that women simply have no choice but to juggle it all or die trying. And the good news is... the POWAs are really good at it. And if they aren't, they refer back to habit number one (see above), and get right back on that horse!

#### 6. Being in shape helps me manage my world

When women are out of shape, they feel sluggish and far less effective. Accomplishing the endless list of tasks is made that much more difficult when they don't feel in control of their bodies and minds. But when POWAs schedule in time for exercise, and they achieve the goal of actually attending and completing this activity, their management skills in all other aspects of life improve significantly! There is nothing like a first-rate run or an energetic exercise class in the morning to set in motion a day that just flows in a smooth and seamless manner. And that's really worth its weight in gold!

#### 7. The ultimate focus will never waiver from the spiritual

That's where the essence of life is, and as women, spirituality comes naturally to us. Women are exempt from positive, time-bound mitzvot because the Torah understood that they are not in need of these mitzvot. The Torah affirms that women are imbued with a love for their role in Divine worship, exceeding that of the man. This ensures that no matter how many things the POWA does in a day, or even how many balls she drops, she will look to Hashem at the end of each day and thank Him, or ask Him to help her do better the next day. And that brings her full circle to habit number one.

*Heidi Hurwitz is a freelance writer*



# GLORY GRABBERS SERVANT LEADERS

By Rabbi Laurence Doron Perez

## Team Sport – the Individual and the Collective

There is often a tension in team sports between what is good for the individual player as opposed to what is good for the team. All sports, including team sports, give individual players an opportunity to shine. At the same time, they are often called upon to do what is the best for the team and sometimes even to sacrifice their individual performance for the overall good of the team's performance. In today's atmosphere of highly-paid and high-profile professional sportsmen, who very quickly become sporting heroes and cultural icons, there has emerged the phenomenon of 'glory grabbers': those who put themselves before the team, and about whom one gets the sense that the team is there to serve them and not the other way around.

This is particularly acute in professional soccer. In days gone by, when an individual would score a goal, the first person he would run to celebrate with was the teammate who passed him the ball. Then all the team would gather together and celebrate with a sense of camaraderie, often going towards the bench to celebrate with the manager, coach and all the team members. Having celebrated with all those who contributed to his success, the scorer would then, and only then turn to the fans to bask in the glory.

How different it is today. More often than not, the individual scorer will have a wild individual celebration, running as fast as he can to the closest stand of supporters to grab the glory for himself. His teammates, often in hot pursuit trying to celebrate

with him, are left behind while he is more concerned about standing in front of the adoring fans, arms raised as a victor and beating his chest as if he was G-d's gift to creation. Has the team just helped him to achieve self-aggrandizement, or has he assisted the team in getting closer to victory!?

This tension in team sport between personal performance and team effort, between the individual and the collective, is at the heart of all realms of human leadership. Let us look at one of the great principles of Jewish Leadership – which can be termed as Servant Leadership – as a model for leadership in general and team sports in particular.

## The Servant Leader

One of the many things that attracted me to the personality and writings of Rabbi Avraham Yitzchak HaCohen Kook z"l, the founding Chief Rabbi of pre-state Israel, was the way in which he signed many of his letters. After signing his name, he would state the following - "עבד לעם קדוש אל אדמת קודש" - a servant of the holy People in the holy land.

Rabbi Kook saw himself first and foremost as a servant of his people. In fact, arguably more than any other modern-day Jewish thinker, Rabbi Kook highlighted the paramount importance of the כלל – the collective. As important as personal growth and self-perfection is, and indeed it is, the primary purpose of the individual is to serve the כלל, the collective and the greater good. Rav Kook's life was the epitome of this selfless dedication.

One of the most important books on leadership in the modern era focuses on this exact point. Published in 1977, "Servant Leadership" by Robert K Greenleaf clarified in a comprehensive and thought-provoking way the centrality of the quality of being a servant in the realm of leadership. He stated that the desire to serve is what should give birth to the desire to lead, and not the other way around. Greenleaf says "The servant-leader is servant first... Becoming a servant leader begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from the one who is leader first... The difference manifests itself in the care taken by the servant first, to make sure that other people's highest priority needs are being served. The best test, and the most difficult to administer is this: Do those served grow as persons? Do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?" This created a paradigm shift in modern leadership thinking.

## Moses – The Epitome of the Servant Leader

Indeed, thousands of years before Robert Greenleaf we encounter in the Chumash the ultimate servant leader – Moshe Rabbeinu himself. In the book of Exodus in Parashat Yitro we see two critical examples of many throughout Moses' life, of his quality of servant leadership. When his father-in-law, Yitro, joins him in the desert from Midyan, we see how it is Moshe Rabbeinu himself who stands over him, personally organizing and serving the festive meal. Our sages in the Midrash Mechilta (quoted in Rashi's commentary) teach us this insight based on the seeming irregularity of Moshe's absence from the meal. The verse states (Exodus 18,12) regarding the festive meal that was enjoyed when Yitro joined בני ישראל in the desert as follows:

"And Aaron and all the Elders of Israel came to eat bread with the father-in-law of Moses before G-d."

Noting Moshe's absence at the meal, the Midrash states:

"And where did Moshe go to, since it was him who went out to meet him and caused him all of this honor?"

Moshe was present, was not participating in the meal as he was serving before them. This is a great lesson in the realms of both hospitality and leadership. In terms of hospitality – no matter how great the host is, it is incumbent upon him to serve his guests. So great is hospitality that it transforms the host, the owner of the food being served, into the head-servant dedicated to the needs of others. It is also critical in the realm of leadership. Moshe, the great Servant-Leader of the Jewish people, was standing in public and acting as a servant to his heathen father-in-law Yitro.

The very next verse highlights the consistency of servant leadership by showing that it is not only in the realm of hospitality that Moshe was a servant, but also in the realm of judgment. The next verse states that on the following day Moshe sat judging the people from morning till evening. Moshe would repeat this day in and day out, placing the needs of the people before his own. We all know what Yitro advised Moshe on how he needed to create a more sustainable system in order to meet the many needs of the people. In principal though, Moshe saw himself first as a servant of his

people and therefore saw it as his responsibility to dedicate his life to their needs.

## Moses vs Noah – Two Contrasting Modes of Leadership

Rav Meir Simcha of Dvinsk, in his commentary Meshech Chochma on Parshat Noach (Bereshit 9, 20) quotes the Midrash which points out this attribute of servant leadership as the critical difference between Noah and Moses.

Noah was initially called a great and complete Tzaddik in his time (Genesis 6:9), but after he emerges from the ark he is called by a much more humble term – איש אדמה – a man of the earth, eventually sinning with the very first thing he plants in the earth – the vine. On the other hand, Moshe is initially called איש מצרי – an Egyptian man (Exodus 2:19), but ultimately is called איש אלוקים – a man of G-d (Deuteronomy 33:1).

What was the reason that on the one hand Noah fell from grace, and on the other hand Moshe rose to such a great status? The Meshech Chochma gives the following incredible explanation

"The answer is that there are two ways to serve Hashem. The first (epitomized by Noah) is the one who isolates himself and dedicates himself to serving G-d (alone), and the other is the one who occupies himself with the needs of the community, nullifying himself for the collective and annulling his needs for them (epitomized by Moshe)"

The fact that Moshe dedicated himself for his entire 40-year leadership career as a servant leader elevated him from the title of Egyptian man to the title of the Man of G-d. In the strong words of the Meshech Chochma, by literally nullifying himself, making his ego הפקר – ownerless, for the sake of his people, he was transformed into a "Man of G-d".

## The Hallmark of Great Leaders

G-dliness means putting the cause before ourselves and seeing ourselves as servants for the greater good.

This then is the hallmark of great leaders echoing throughout Jewish history, from Moshe Rabbeinu to Rav Kook and until today – the leader is forever a servant, always aligning his needs with the needs of the כלל, the greater good, and never using others as leverage to advance his own personal aspirations. We exist to serve the כלל, and the כלל does not exist to serve us.

So too in sport, individuals are given an opportunity to shine, but this should never be at the expense of the team. The player is there to serve the greater good of his or her team and not the other way around.

It is out of a desire to serve that great leaders are born.

*Rabbi Laurence Doron Perez served as the managing director of Yeshiva College schools for six and a half years. Today he is CEO of the World Mizrachi organisation based in Jerusalem.*



# Who do you play for?

By Rabbi Dov Moshe Lipman

I settled in to watch the movie “Miracle” with the campers of Sportstar Academy where I work in the summers, expecting to see a typical sports movie.

One scene in this movie, which tells the true story about the 1980 U.S. Olympic hockey team, grabbed my attention. Herb Brooks was charged with coaching this team. He faces the daunting task of preparing college-aged players to play against experienced, professional teams from other countries. Throughout the early practices with his team, Brooks asks players to introduce themselves to the rest of the team. The dialogue always follows the same pattern of the first introduction sequence.

The coach turns to a player and says, “What’s your name?”

“Mark Johnson.”

“Where you from, Mark?”

“Madison, Wisconsin”

“Who do you play for?”

“University of Wisconsin, Coach.”

Every player introduces himself the same way. Name, hometown, and in response to the question of what team they play for, they answer with their college name.

Five months before the Olympics, the team plays a practice game against Norway. The final score is 3-3 and Coach Brooks feels his team has not put forth their maximum effort.

As the team skates off the ice, Coach Brooks makes them stay on the ice to skate “suicides” -- skating from the goal line to 1/4 of the rink and then back, to 1/2 and then back, 3/4 and then

back, and then the full rink and then back. This continues over and over again, with the coach repeating, “Again,” dashing their hopes that this would be their last sequence.

The drill continues even after the arena manager turns off the arena lights and the medical trainer issues his warning. But the coach again barks out, “Again.”

Hours pass with the team being forced to skate back and forth, over and over again. Players collapse, coughing and spitting up, but the coach insists, “Again!”

Suddenly, a voice from the line of players near the goal line calls out:

“Mike Eruzione!”

The hockey player is gasping for breaths and barely gathers the strength to continue... “Winthrop, Massachusetts!”

Coach Brooks immediately asks: “Who do you play for?”

The player, eventual team captain, Mike Eruzione, struggles and says: “I play for...the United States of America!”

Coach Brooks softly replies, “That’s all gentlemen.” They could go back to the locker room.

He succeeded in making them identify as a unified team and not as individuals coming from their separate backgrounds and universities.

This sets them on their way to eventually beat the unbeatable Soviets in the Olympic semi-finals and ultimately win the gold medal.

This conveys a critical message to us as Jews, especially during

this time of year as we lead up to Tisha B'Av.

The Jewish people have been persecuted for thousands of years. After each round of murder and torture, all we have wanted is a respite and the knowledge that it is over. But then, just like the coach barking out "Again!" we are forced to go through our next round of suffering. We survive, assume it is over, and then we hear the pounding "Again."

The ninth of Av is a date in the Jewish calendar in which we reflect on all of our suffering through the past 2,000 years. We attempt to correct our flaws and pray for salvation. In our time, this includes a respite for our brothers and sisters in bombarded Sderot and other Negev towns, for people who live daily with the threat of terrorist attacks, for soldiers who risk their lives for us daily, and for Jews around the world who live with the fear of anti-Semitism and what could come next.

As we experience Tisha B'Av and reflect on what it will take to get us out of this cycle of persecution called "exile," perhaps we should take Mike Eruzione's insight to heart. Our Sages of the Talmud teach us that we are in exile because of the hatred of one Jew to another. The only way to correct that flaw is to repair ourselves in that realm.

Perhaps each time G-d puts us through another round of suffering, His proclamation of "Again," He is waiting for us to stop identifying ourselves as an individual Jew coming from his separate background and upbringing. "I'm modern Orthodox." "I'm Reform." "I'm a Hasid." "I'm secular." "I'm Conservative." "I'm yeshivish."

Those characterizations polarize the nation and make it impossible for us to function together as one team. As individual groups, we cannot accomplish what we can accomplish as one team. We are held back by that same baseless hatred which creeps in when we are not one unit.

Perhaps G-d is waiting for all of us to proclaim in unison, "I am a Jew." Plain and simple.

Even more importantly, perhaps G-d is waiting for us to stop seeing others as "He's modern Orthodox." "He's Reform." "He's a Hasid." "He's secular." "He's Conservative." "He's yeshivish."

Perhaps the answer to our suffering and long exile is reaching the point where we see other Jews as members of the same team and family. Jews and nothing else.

*Dov Lipman is a Rabbi, political activist, educator, author and sports enthusiast based in Bet Shemesh, Israel. In 2013 he was elected to the Israeli Knesset.*

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# FORMULA 1 IT'S YOUR RACE

## Negotiating the ride - Life's stretches, curves and bends

By Soul Workout

Jody Scheckter Formula 1 Grand Prix World Champion speaks about negotiating the ride. To do it well and do it right you have to challenge the track yet not be reckless and risk veering off it.

Weaving together the pieces of the Grand Prix tapestry a picture takes shape that is intimately familiar. It is one that speaks to you and me because it speaks of you and me and all of us. It's about racetracks and journeys, about pitstops and re-embarking, about the roar and whistle of the crowd. It's about mixed opportunities and so much more.

Here is 'FORMULA 1 - IT'S YOUR RACE'...

The truth is that we are all on the track, all of us racing towards the goal - the finish line. Each turn and bend, each stretch, tilted road and windy curve are part of the mystery, complexity and wonder that is the journey of life.

We occasionally need a pitstop where we refuel, catch our breath, and pause to re-evaluate where we are headed. That of course is Shabbat where we take in the experience, reflect and reboot ourselves for the next circuit of the race.

You've got to respect the road and take the drive seriously or you risk losing focus and one or another thing can easily go wrong. In the same way the journey of life has to be given serious consideration. To be frivolous, shallow or irreverent about life would be to risk turning something unique and precious into an exercise of the mundane.

Although on the track the driver is racing against others, in our analogy you are really racing against yourself. Other competitors on the circuit track of life are their to bring out the best in you, there to learn from, to challenge you further and to be motivated by to perform better. That is why the Torah says 'surround yourself with goodly neighbours', which will ensure you're mixing with and will be influenced by the best drivers, fighting for the top prize and not lagging at the foot of the race with the bottom pack. Ethics Of Our Fathers teaches, "It is better to be the tail of a lion than the head of a fox".

But it's really yourself you're up against and need to realise only you can raise yourself to your highest accomplishment. You are the driver of your vehicle and have to maximise the movements across the straights, turns and bends, to escalate your circuit time, pressing for your best result. Our sages say "If I am not for myself who will be for me!"

But don't be reckless. Don't get smug and over-confident.

Always remain humble and apply the time honoured principles of professional driving. Take your eye off the road and you may encounter the dirt and rubble or bumpy part of the track, or worse yet, you may collide into the barriers. These will all slow you down and cause a setback. So remember - it's eyes open and stay focused, keeping your treads on smooth and secure ground.

Sometimes you also need to take a risk, make a calculated but decisive move and take the gap. It might feel safe to stay amongst the pack or behind the front runner letting him break ground, but if you want to make your mark and create your own legacy you're gonna have to make some important decisions.

As a people who have faced adversity and ordeal, we know well the road of our faith is often difficult and far from being the most popular amongst the peer group of nations who share the race track with us. But we're on a mission and have to be determined, focused and strong.

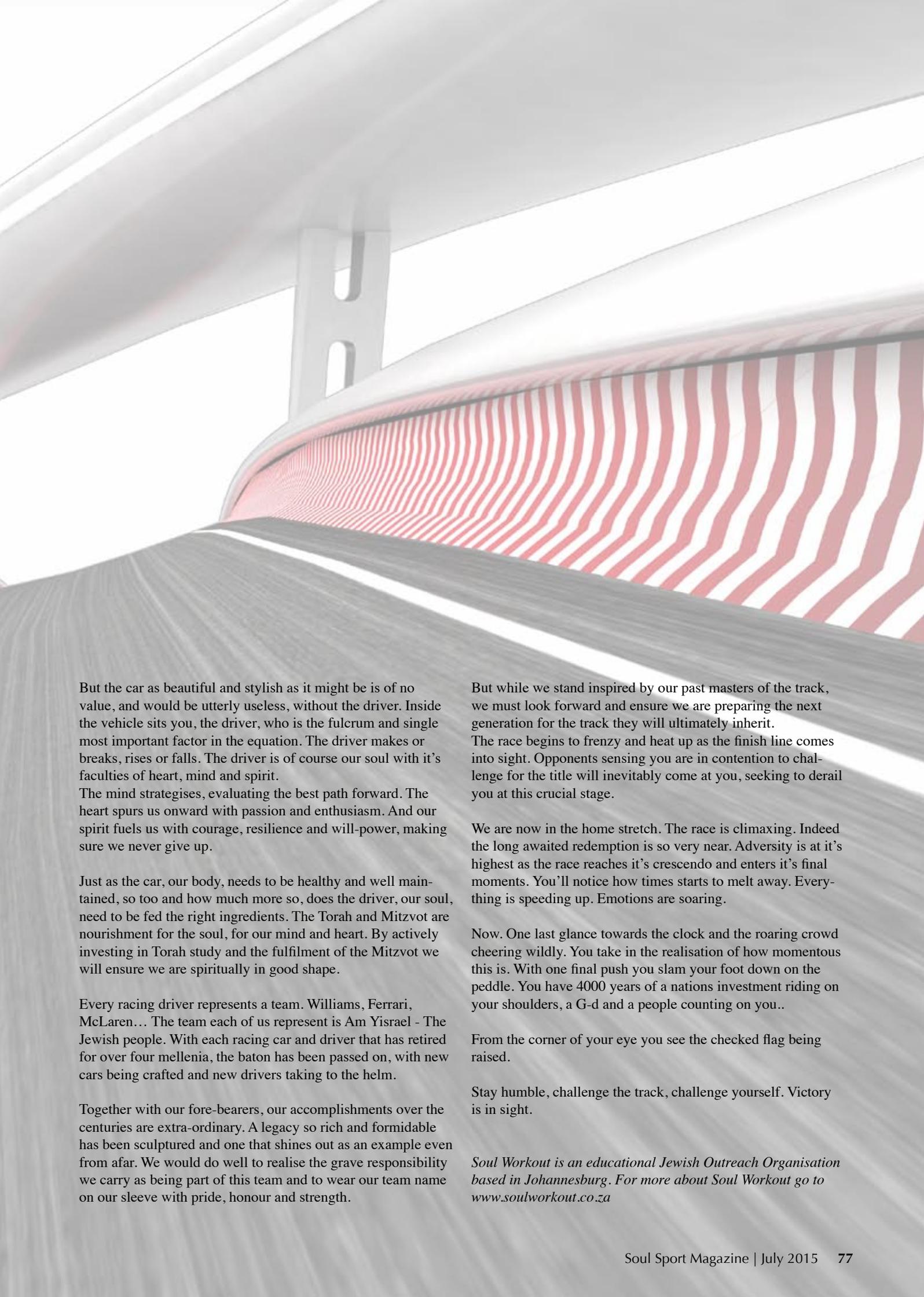
### **You have 4000 years of a nations investment riding on your shoulders, a G-d and a people counting on you**

Then there are of course the grand stands with the crowds. Their are people watching you closely especially your family, for whom you carry the torch of hope and inspiration. Your drive, the way you confront the journey will be seen in the eyes of others. It is screened to all those around you and hopefully serves as a source of guidance, strength and motivation for them.

One day you will also have a chance to see a cosmic playback of the ride you had and every turn and move you made. Hopefully when that day comes you will be filled with a sense of satisfaction and accomplishment and not one of regret.

Oh and by the way your racing car has to be in good condition before it goes out onto the track. Any chink in the armour will hamper your race and prove a handicap.

Our racing car, is the magnificent gift that is our physical body. It enables us to make the journey with all the implications nuanced in the analogy. The body must be kept in shape to be affective - pursuing healthy habits, doing exercise, eating right, adequate sleep, vitamin intake etc.



But the car as beautiful and stylish as it might be is of no value, and would be utterly useless, without the driver. Inside the vehicle sits you, the driver, who is the fulcrum and single most important factor in the equation. The driver makes or breaks, rises or falls. The driver is of course our soul with it's faculties of heart, mind and spirit.

The mind strategises, evaluating the best path forward. The heart spurs us onward with passion and enthusiasm. And our spirit fuels us with courage, resilience and will-power, making sure we never give up.

Just as the car, our body, needs to be healthy and well maintained, so too and how much more so, does the driver, our soul, need to be fed the right ingredients. The Torah and Mitzvot are nourishment for the soul, for our mind and heart. By actively investing in Torah study and the fulfilment of the Mitzvot we will ensure we are spiritually in good shape.

Every racing driver represents a team. Williams, Ferrari, McLaren... The team each of us represent is Am Yisrael - The Jewish people. With each racing car and driver that has retired for over four mellenia, the baton has been passed on, with new cars being crafted and new drivers taking to the helm.

Together with our fore-bearers, our accomplishments over the centuries are extra-ordinary. A legacy so rich and formidable has been sculptured and one that shines out as an example even from afar. We would do well to realise the grave responsibility we carry as being part of this team and to wear our team name on our sleeve with pride, honour and strength.

But while we stand inspired by our past masters of the track, we must look forward and ensure we are preparing the next generation for the track they will ultimately inherit. The race begins to frenzy and heat up as the finish line comes into sight. Opponents sensing you are in contention to challenge for the title will inevitably come at you, seeking to derail you at this crucial stage.

We are now in the home stretch. The race is climaxing. Indeed the long awaited redemption is so very near. Adversity is at it's highest as the race reaches it's crescendo and enters it's final moments. You'll notice how time starts to melt away. Everything is speeding up. Emotions are soaring.

Now. One last glance towards the clock and the roaring crowd cheering wildly. You take in the realisation of how momentous this is. With one final push you slam your foot down on the peddle. You have 4000 years of a nations investment riding on your shoulders, a G-d and a people counting on you..

From the corner of your eye you see the checked flag being raised.

Stay humble, challenge the track, challenge yourself. Victory is in sight.

*Soul Workout is an educational Jewish Outreach Organisation based in Johannesburg. For more about Soul Workout go to [www.soulworkout.co.za](http://www.soulworkout.co.za)*





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