

**May 2021** 

lyar~Sivan 5781

### **Teruah**



A strong, vibrant community with a spiritual heart embracing Jewish life and its diversity.

(ISSN 1177-2352)

### Our Board members

Affiliated with the Union for Progressive Judaism (UPJ)

Charities Commission Registration Number CC29542

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#### **Executive**

• President, Olga Bernstein, president@bethshalom.org.nz

- Vice President, Alistair Kirk, vice\_president@bethshalom.org.nz (Vision Project)
- Secretary, Carol McCracken, secretary@bethshalom.org.nz (Hebrew School and Adult Education)
- Treasurer, David Singer, treasurer@bethshalom.org.nz, (Finance Committee)

#### **Board members and portfolios**

- Julie Dick, primroseji@gmail.com, Burial & Benevolent Society
- Terry Haffern, haffernt@outlook.com, Ritual, Garden
- Jessamie Milton, djmhippy@gmail.com
- Ted Ries, tedbries@gmail.com, Security, JCC
- Shane Sampson, shane@bethshalom.org.nz, Finance Committee
- Michelle Wise, wisemichelle@gmail.com Membership
- Rachel Zussman, rachelzuss@hotmail.co.nz

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- Educator, Debbie Miller educator@bethshalom.org.nz
- Community Care, Lita Summerfield, serendipityIns40@gmail.com
- Senior Outreach, Chris Shiller, shiller@orcon.net.nz
- Auckland Jewish Burial & Benevolent Society, Sue Berman ... 022 051 3589, ajbbs@bethshalom.org.nz

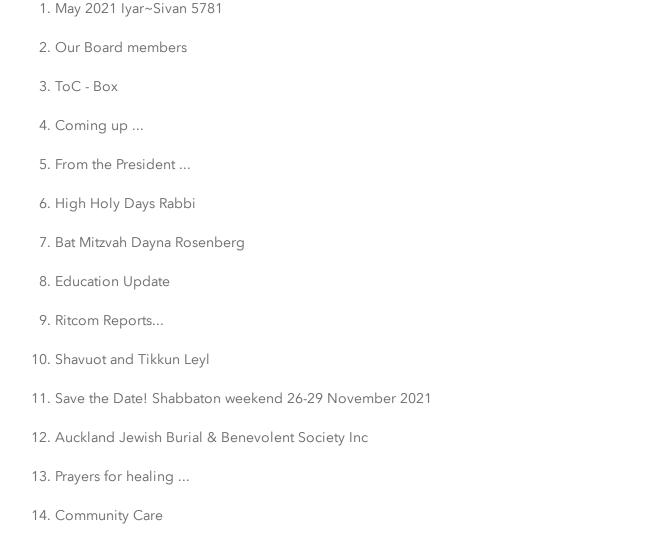
Service times are Fridays at 6:30pm and Saturdays at 10am.

**During COVID-19 Level 1, all services** 

will be in the Sanctuary and livestreamed on OneRoom unless otherwise advised.

### Contents

Opinions expressed in Teruah do not necessarily represent the views of Beth Shalom Board of Management.



### Coming up in May

- **Saturday 1 May**, Bat Torah, Hannah Goldberg. Please join Hannah and her family to help celebrate this simcha with them. A light lunch will be provided by the family after Kiddush and all are welcome.
- Sunday 2 May, 11:00am Tiyul Group Special Interfaith, Climate Focused walk. See The Buzz for further information.
- **Sunday 2 May, Burial & Benevolent Society 4pm,** Afternoon tea in the hall at Beth Shalom followed by the Annual General Meeting at 4:30pm.
- **Monday 3 May, 7pm**, in the Library at Beth Shalom (or on Zoom), Shabbaton organising meeting. Shabbaton is an amazing community event and in order for it to happen we need to all pull together. This year it will be at Carey Park 26-29 November. Contact educator@bethshalom.org.nz for Zoom details.
- **Friday 7 May**, potluck dinner after service. Please remember to bring a plate of food and think of our members with serious allergies no strawberries or food with garlic that needs reheating. Thank you.
- **Sunday 9 May** Experiential Jewish Learning Term 2. For all information on Hebrew School and Introduction to Judaism classes, contact educator@bethshalom.org.nz
- 22 May Shabbat Kat for pre-schoolers 10-11am. After the morning service there will be a farewell for Melany and Sam Gurtman and family who are relocating to the United States. The Burial and Benevolent Society is providing a finger food Kiddush.



### From the President

Some of you (actually most of you) probably don't know that one of the things I enjoy doing is undoing knots - both physical and organisational.

I like getting things untangled and straightened out.

Last year the 'knot' was working with Shane Sampson to straighten out our financial processes.

This year, the 'knot' that the Board and I will tackle is membership. This is a large and slightly gnarly undertaking. By the end of the year, we hope to have:

- Populated our new Bnei Mitzvah membership category.
- Substantially grown our Young Adult category.
- Tidied up our membership lists.
- Developed a process for welcoming new members.
- Moved our membership application online.
- Hopefully, started with creating a membership database.

I am delighted that Michelle Szecket has agreed to take on the Membership portfolio on the Board and that Rachel Zussman and Jessamie Milton, our new younger Board members, have agreed to help with developing the Bnei Mitzvah and Young Adult membership categories.

At the AGM, some of you also put up your hands to help with sorting out our membership lists. With this great team, we're in for an exciting time untangling and straightening!

Olga

# Rabbi for High Holy Days - Rabbi Dean Shapiro

We are delighted to share with the Beth Shalom community that we expect Rabbi Dean Shapiro to lead us for the High Holy Days this year.

We are just working through visa and MIQ requirements, but hopefully Rabbi Dean will join us from the end of August and to Sunday 3 October.

Many of you will remember Rabbi Dean with fondness and love from his time as our Rabbi from 2008 to 2011. Since then, he has been Senior Rabbi at Temple Emanuel in Tempe, Arizona.

"I'm overjoyed to return to Beth Shalom," Rabbi Dean told us. "The community holds such a special place in my heart. I look forward to seeing - and praying with - dear friends, and to meeting new ones."

We're looking forward to welcoming him and his family, Haim and Jacob, back to Beth Shalom.



### The Buzz ...

Sunday 2 May, 11:00am Tiyul Group - Special Interfaith, Climate Focused walk Three religious communities in the vicinity of Te Pane o Mataoho, St Peter's Church (Anglican, Onehunga), Auckland Zen Centre (Zen Buddhist, Onehunga), and Beth Shalom, will come together to start an interfaith conversation about the climate crisis and how we can respond in our local area. Our first joint activity will be the one-and-a-half-hour tour of te Pane o Mataoho that is offered by the Māngere Mountain Education Centre, which will help us connect with papatūānuku and learn about the land we live in from mana whenua. We will gather for kai at a local cafe afterwards. Come along for this inspiring morning of connection and celebration of our whenua. Meet either at Beth Shalom at 10.30am to carpool, or at 100 Coronation Road, Mangere Bridge at the Mangere Mountain Education Centre at 11.00am please RSVP to wisemichelle@gmail.com



**AGM - B&B:** Sunday 2 May, Burial & Benevolent Society 4pm, Afternoon tea in the hall at Beth Shalom followed by the Annual General Meeting at 4:30pm.

#### Do you need help to get to shul?

We know that a number of our members would love to attend services but may be put off by the traffic or may no longer be driving making attendance difficult. If you would like assistance to get to shul, please let Christine in the office know. She will pass your message on and we will try to match you with a shul goer in your area.

Can you help? I am living in Pukekohe, I have no transport, I used to attend the service on Friday through Zoom or OneRoom. If there is anybody living in Pukekohe who attends on Saturday who can give me a lift to shul, I can manage the return journey OK. Happy to share petrol costs. Please email Christine office@bethshalom.org.nz

Alternatively if you would be available to give rides to others, please let Christine know.

We have the Shavuot morning service including Yizkor coming up on Monday 17 May. Please help us get a minyan by helping others who may wish to come but can't easily get to shul. Thank you.





Friday 7 May, 2021, Erev Shabbat Service followed by pot luck dinner. Please bring a non-meat dish or dessert to share. Guest speaker Eliana Rubashkyn. Pharmacist and Researcher on the COVID vaccine and the science. Q&A to follow.

Beth Shalom 6:30pm and all are welcome especially parents, family and friends.



#### SHABBAT KAT

Children's Service: Special Farewell Kiddish for Melanie, Sam, Mark and Ida Gurtman Saturday 22 May 2021, 10-11am in the Library



**Stories** 













Challah and juice

Musical instruments

Bring all your spirit and energy.

Contact: educator@bethshalom.org.nz

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24 March 2021

Dear Olga Bernstein, Auckland Progressive Jewish Community

Re: Mt Hutt and the naming of places to honour a Nazi

Last year, we became aware that Mt Hutt had named a ski slope and a cafe after Willi Huber, an unrepentant former volunteer member of the Waffen SS.

Many of you will have signed the petition initiated by Rob Berg, demanding that the slope and cafe be renamed.

The New Zealand Jewish Council and the Holocaust Centre of New Zealand have been working with a wide range of supporters and individuals to ensure that NZ Ski, the owner of Mt Hutt, renamed the slope and cafe. We are delighted to advise that this has occurred in time for the upcoming ski season.

This unfortunate episode will serve as a warning to those seeking to rewrite history and pay homage to Nazis, whether intentionally or not.

We thank all those of you who signed the petition and worked on this issue.

Stephen Goodman and Deb Hart

# Dayna Rosenberg, Bat Mitzvah, 5 June

Dayna will become Bat Mitzvah Saturday 5, June 2021 at 10am. Accompanied by her mother, father and younger brother Lucas (older sister Sari is on Young Judea Year Course in Israel).

Dayna arrived in New Zealand 5, October 2020. After completing her two week managed isolation in Christchurch she joined the Year 8 students at Kadimah School and the bat mitzvah class. Dayna was scheduled to become bat mitzvah in the United States December 12, 2020 but had chosen to postpone when her family decided to embark on the adventure and opportunity of a lifetime-to come to New Zealand where her mum was able to work for the year as a doctor. After attending services at Beth Shalom, Dayna and her family were fortunate to have Debbie Miller and Chris Shiller take them under their wing and enable Dayna to have this opportunity.

Dayna is fully immersed in her life in New Zealand. She is starting the second term of Year 9 at

EGGS and was even able to resume competitive cheerleading-both at EGGS and on All Star Cheer.

After attending "Habo" camp this summer, Dayna has found another amazing group of friends! Dayna is an accomplished baker and has been able to channel her love of baking into helping others. She bakes every other week for "Good Bitches Baking"-an organisation that brings home baked goods to women and children in need.

Dayna has been diligently preparing to lead her service and read Torah and we hope our new friends and community in New Zealand as well as friends and family in the United States will be able to join us, live and virtually as Dayna is called to the Torah as Bat Mitzvah.



### Education

#### **Experiential Jewish Learning at the Auckland Museum April 11th**

20 kids and 20 parents, teachers and caregivers came along for the journey through the World War II exhibit at the Auckland Museum. They all had a questionnaire that was aimed at aiding the parents to help their children explore what WWII was and to put it in a historical context so that they could understand the Holocaust. It was great to see the parents involved in their children's Jewish learning.

After we explored the exhibit, we sat in two separate groups in the Medal's Room. One group was the younger kids with Naomi Meltzer, whose father was from Poland, but was studying veterinary medicine and got caught in Mussolini's Italy. He applied to over 30 countries to emigrate and flee



Europe and finally took off on a boat to Australia and then to New Zealand. She shared with the young children her experience as a child in New Zealand and having a father who was an "alien" and later finding out her father's and his family's real story. She brought along the suitcase filled with letters which they discovered after he died that eventually lead them to Poland to visit his family's home before they perished in the Holocaust. The kids were engaged and asked great questions.

Daniel Poratt spoke with the older kids about his father's journey from Auschwitz concentration camp to displaced person camps to illegal immigration ship to Israel and then on to the Palmach command in Israel and finally to Australia where he was reunited with his father and started a fashion manufacturing empire. It was a fascinating story told by a passionate storyteller, his son.

After the speakers, the little kids went downstairs for morning tea and the older kids went to Holocaust gallery with their parents and teachers. Some of the photos and the movie are rather difficult so we wanted to make sure the kids had a choice to view them or not based on their sensitivity.



The kids and parents had an excellent experience learning about a difficult part of Jewish history.

I overheard a great discussion between a father and daughter about Jewish identity and how to respond to anti-Semitism. Another young man said to me that it was the best Sunday school ever.

Success!

April 30-May 2 Beth Shalom educator, Debbie Miller will be visiting Christchurch to support their shabbat celebration and study and a Sunday school children's program supported by UPJ.

May 7<sup>th</sup> Potluck dinner will feature a special speaker, Eliana Rubashkyn, pharmacist and researcher who will speak on the Covid vaccine and the science after dinner.

May 9<sup>th</sup> Experiential Jewish Learning starts again on Term 2. We are going to explore a Jewish wedding, Jewish history our emigration history, learn about Shavout and attend Limmud. I hope to see you. Please come and bring your friends.

May 22 Shabbat Kat and Beth Shalom will host a special kiddush for Melanie, Sam, Mark and Ida Gurtman Wishing them a safe journey and goodbye.

#### Contact:educator@bethshalom.org.nz

Ph: 027 765 3677. Your place to make friends and build community.

#### Community Security Group

Serving the Jewish Community in New Zealand

Phone: 0800 AUCK CSG or 0800 2825 274

Post: PO Box 68 728, Auckland

Email: contact@auckcsg.org.nz

CSG is looking for more people!

THE COMMUNITY NEEDS US - WE NEED YOU.

If you are aged between 18 and 80 and would like to contribute to your community then please contact the CSG using the details above.

# Ritcom Reports ...

We will celebrate Erev Shavuot on Sunday 16 May at 6pm, see the poster on page? There will be a short festival service followed by the Tikkun Leyl study sessions with a range of interesting speakers. Of course there will be a pot luck dairy dessert so bring along your cheese cakes and other dairy desserts and enjoy this special festival. We will also have the Shavuot Morning service including Yizkor on Monday 17 May at 10am.

We acknowledge My Jewish Learning for the following Shavuot article.

#### What Ruth Can Teach Us About Celebrating Shavuot

The Jewish people accepted the Torah in fear of God's overwhelming power.

Ruth accepted it out of love and loyalty.

#### BY RABBI SALEM PEARCE

In preparation for God's appearance on Mount Sinai, Moses and the Israelite people "stood at the foot of the mountain" Exodus 19:17 waiting to see and to hear what transpires.

The unusual preposition – be-tachtit ("at the foot of") – is understood in the Midrash to mean that the Jewish people were literally standing under the mountain. That is, at the moment God speaks the Ten Commandments, God also uproots Mount Sinai from the ground and holds it over the people, as if to say, "If you accept the Torah, fine; if not, here shall be your grave." Avodah Zarah 2b The implication is that the Jewish people accepted Torah only through coercion.

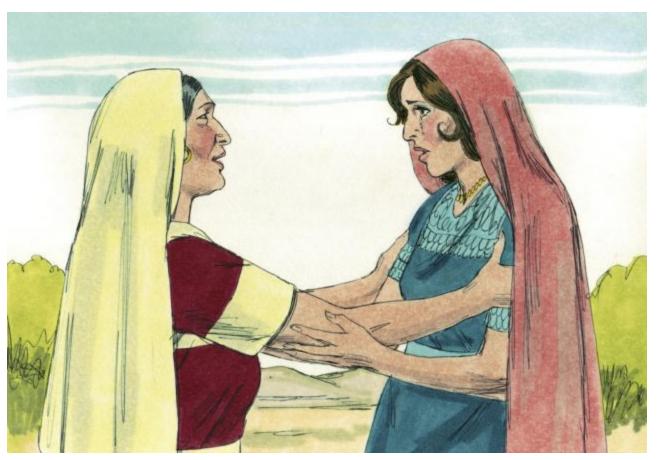
The description of the ensuing events only reinforces that interpretation. The thunder, lightning, and thick clouds that accompany God's presence on Mount Sinai terrify the people Exodus 20:14 and they beg Moses to be their intercessor.

Many Jewish communities will commemorate this moment during the holiday of Shavuot. The event is often referred to as z'man matan torateinu ("the time of the giving of our Torah") and some celebrate its anniversary by staying up all night in study. But given both the biblical and rabbinic understanding of that moment, we may well wonder about the celebration of a "gift" both forced and fear-inducing.

Another Shavuot custom may provide some insight: the recitation of the Book of Ruth, which many communities read on the second day of the holiday.

The short story revolves around the deep relationship between the heroine and her Bethlehemite mother-in-law, Naomi, forged after the death of the latter's husband and two sons. As she journeys back home, Naomi urges her daughter-in-law to stay in her native Moab, but Ruth refuses, speaking these iconic words: "For wherever you go, I will go; wherever you lodge, I will lodge; your people shall be my people, and your God, my God" Ruth 1:16.

These words can be read in dialogue with the story in Exodus. They certainly show no less commitment than the joint affirmation of the Israelites at Sinai: "All that the Lord has spoken we will do, and obey." Exodus 24:7. Indeed, Ruth's declaration is understood as evidence of her taking the covenant upon herself. In the rabbinic imagination, she becomes the prototypical convert. Just as the Jewish people all gathered together at the mountain in the desert in the presence of the God of Israel, so too does Ruth cling to Naomi on the road in Moab, invoking the God of Israel.



But the contexts are very different. The animating value in the book of Ruth is *chesed* (lovingkindness) and loyalty that surpass the simple duty implied in the Israelites' dispassionate response of *na'aseh v'nishma* ("we will do and obey"). After all, Ruth's pledge to Naomi ends with the ultimate vow: "Where you die, I will die, and there I will be buried" Ruth 1:17. Later in the book, Naomi returns her daughter-in-law's care and concern, the wealthy landowner Boaz shows kindness and generosity to both women, and all three find joy in the birth of Obed.

Even God is different. In Exodus, God is a loud, physical force that moves mountains. In the book of Ruth, God is the quiet but inexorable activity that moves the characters from emptiness to fulfilment.

It is perhaps for this reason that there is a practice of saying Ruth's words each morning when laying tefillin, her credo of devotion and faithfulness recited as the boxes are placed between the eyes and on the arm – literally taking the words of Torah upon oneself. The ritual conjures the image of Ruth speaking to Naomi as they journey, each having lost her husband, two women cleaving to each other in hope for a better future together. It is an act of making oneself a partner in God's ongoing work in the world.

Ruth's relationship to Naomi and to Torah can be a model for our own orientation to the celebration of Shavuot. In Exodus, the Israelites experience an overwhelming display of power and might that leaves them shaking in fear and desiring to distance themselves from what may emerge from those clouds around the mountain. In the book of Ruth, she – no less in the dark – bravely and wholeheartedly faces what may come down the road.

Shavuot is called "the time of the giving of the Torah" rather than "the time of the receiving of the Torah." The sages point out that the giving took place on one day to one people, but the receiving takes place at all times and in all generations.

As we celebrate the giving of the Torah on Shavuot, may we may act each day with the love and intimacy modelled by Ruth in the receiving of Torah.



# SHAVUOT SERVICES AND TIKKUN LEYL

16<sup>th</sup> May 6.00pm

An Evening Service, followed by Pot Luck Dairy Dessert and Tikkun Leyl Study Sessions. 17<sup>th</sup> May

A Morning Service, including Yizkor followed by a sweet kiddush.

# Session 1

Creativity is another way to experience Jewish text. Join material artist, **Hannah Brand** in a journey to experience Jewish text through creating your own art. - HALL

Dr Adrian Ruiz is a crypto Jew from Mexico. Come follow his journey of discovery from the Inquisition to small communities in Northern Mexico. - LIBRARY

Social Justice activist **Abe Gray**, the leader of the fight to legalize Cannabis, talks about Cohenim, priestly references in the Bible and its use, modern medicinal use and his own personal journey. - UPSTAIRS CLASSROOM

# Session 2

BODYLIGHTLIGHT YOGA Treat yourself to a unique
healing,centering and calming
yoga session with **Edna Levy**,
founder of the Bodylight method
- HALL

Interview with **Haviva Ner David**, the author of The Valley of Hope. It is her just released novel about a Palestinian Israeli and Jewish Israeli's friendship. - LIBRARY

The Psychology and Physiology of wearing Tefillin with **Dr Chris Milton** - SANCTUARY



### SHABBATON 26-29 November

# SAVE THE DATE!

### FOR SHABBATON!

NOV 26-29, 2021

Get Away to Carey Park for a wonderfully rustic weekend with the family.

Relax in nature with the Beth Shalom community!

Full program TBD...but you can bet on a good 'ol fashioned time with loads of great activities for kids and adults!



LISTEN UP...we really need event organizers to volunteer! Organizing meeting Monday May 3rd, 7pm. (in person or Zoom).

### Auckland Jewish Burial & Benevolent Society Inc

President Report - 2 May 2021

Nga mihi nui kia koutou - warm greetings everyone and welcome to the Annual General Meeting. Thank you to those able to attend to show your support for the work of the Burial and Benevolent Society, and warm greetings to all members whose contribution assists in the work of the Society.

It was July when we held our last AGM. It would have otherwise been in March 2020 - a month we all remember as the Covid-19 pandemic sent us into Level 4 Lockdown, and the world became a lot smaller! At that point we didn't know what was to come, the fear and the concern for our own health and those of our loved ones was real. How fortunate we have been to escape the profound health consequences that others have endured the world over.

In last year's report, I talked about how the lockdown experience highlighted aspects of our lives perhaps otherwise taken for granted - our dependence on one another, on systems and structures. A year out, our interdependence and ability to support one another remains critical to our own wellbeing and for the wellbeing of community and society. This is especially true at times of important life cycle events.

There have been several times over the year that our ability to provide full services related to burial rituals has been disrupted by lockdown alert level restrictions. We have been adaptable and pragmatic in our approach during these times without compromise to Jewish or legal requirements.

We remember members who have passed away since the last AGM in June 2020 and extend our love and support to their families.

Also, to those members who have lost family overseas during this last year - and who have been unable to visit or attend funerals. We wish you a long life and may their memories be for a blessing.

We instigated additional support in our care for families this year with the delivery of a Shiva parcel that includes a cake and savoury items as well as a yahrzeit candle. This has been acknowledged by recipients as a welcome offering of support in the immediate days following a bereavement.

I wish to thank those members who offer their support to the work of the B&B by way of service of tahara - the care and preparation for burial is a sacred task and we rely very much on your generosity of time in fulfilling this ritual. As well as this, thank you to all members who have shown support by attending funeral services and erev prayers in support of bereaved families.

We have continued to work primarily with Davis Funeral Homes as the funeral director service for our community. They have offered a good service with genuine care for our people. Our use of Davis Funeral Homes does not exclude members choosing to work with other funeral service providers. We do however appreciate the time and expertise that Davis Funeral Homes have developed in working with the needs of our community.

As for the benevolence side of our work, we have witnessed real kindness and care within our community. We work closely with organisations like Senior Outreach Services and the Beth Shalom Community Care group who have enabled many in our community to stay connected and receive the help and advice they need. Thank you to both those groups and the workers and volunteers who week to week provide that care and support.

We re-invigorated our annual appeal last year after not running an appeal for some years. We did so in part to focus on what we projected would be an increased need for benevolence funding in a post Covid economic environment. It turned out that funds for this were also being collected through a wider Jewish community appeal administered by B'nei Brith, a fund which has supported some of our members. Our Treasurer's report will talk more to this, but regardless of the level of demand for specific Covid related benevolence this last year, we still absolutely required the donations made through the appeal for our general fundraising. Our small capital fund is generating next to no interest, and we therefore more than ever rely on your membership and donations for our yearly budget for benevolence and burial related operating funds.

I would like to take this moment to thank David Singer for his commitment to the work of treasurer. Your pragmatic but warm approach is wonderful to work with in a committee setting and I will miss you as part of the executive of the B&B as you move to the Treasurer role for Beth Shalom. We appreciate your ongoing commitment to the B&B in staying on the committee to support the work, at least while we secure a new treasurer.

I must note again that the committee does feel the burden at times of not having a Rabbi to support the emotional labour of our work. We encourage the community in the work towards an appointment of a Rabbi to support the practical and educational needs of our community as a priority. As much as we can give to this work as volunteers it is not sustainable to do so without end or resource support.

Our deepest gratitude to Paul Wilton, Arthur Berman, Chris Shiller, Norma Delgarno and Linda Kaye who have all contributed as lay readers and advisors on funerals, unveilings, minyan prayers and read psalms at times of need. The community thank you for your service, your skilled lay reading and leadership. Thank you also to Naomi Johnston for her communication and services through the Ritual Committee of Beth Shalom.

Through our connection with the ritual committee, and our wish to support the community more directly, we have been trialling the idea of supporting a monthly kiddush after services. It encourages people to share food, stay and chat, and gives visibility to the work of the B&B. As I quoted from the Bimah on the first of these occasions.

"In Hebrew the closest word to philanthropy is tzedakah. While the word is used interchangeably for charity, tzedakah is seen as a form of social justice provided by the donor as well as those who utilize the support to do their work, and those who allow the support into their lives.

As is the case with justice, this critical social responsibility cannot be done to someone - rather, it must be done with someone. In Hebrew, the word meaning "to give" is Natan. In Hebrew and in English, the word can be read forward and backward, so when we think about philanthropy and the idea of "to give" it is also about "to receive".

We work hard to honour with dignity those who are able to give and those who are able to receive in the way we work as a committee, in understanding a socially just model of benevolence.

I will conclude with a thank you to all of the committee for your support, Sue Pezaro, Stephanie Markson, David Singer, David Zussman and Viv Josephs and Julie Dick as Beth Shalom board rep. Special thank you to Sue Pezaro in your role as secretary keeping us on track and for all the tasks you do between meetings. Thanks also to Christine O'Brien in the office.

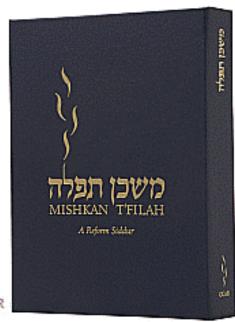
Thank you in advance to the membership for the support you give through your ongoing membership and often generous donations which allow us to support the community at times of need.

#### Sue Berman, President



#### CLICK HERE FOR THE MAY SERVICE ROSTER





# Prayers for Healing Group

A group of Beth Shalom members has commenced, to think of and pray for individuals in our community, who are in need of healing.

The idea is that this group is not an organised group or minyan. Simply, caring people who, when made aware of the need, help healing with the power of prayer.

And that families in distress might receive comfort from the knowledge that this is taking place.

Caring for the unwell is part of being a community.

For those interested, I can supply articles: "The Jewish Way in Healing", and some scientific research on the positive power of prayer in healing.

- If you wish to be part of this group or if you know of someone who is unwell that would appreciate our prayers.
- Please contact Leon Goldwater or Christine O'Brien at shul office
- Leon: Idgoldwater@gmail.com 020 403 88054
- Christine: office@bethshalom.org.nz 524 4139

# Community Care ...

Hi Everyone, So far we have had quite a mild Autumn, let's hope it continues during the last month, as it helps to make the Winter seem shorter. The nights are much cooler though, and we must think about protecting ourselves during the upcoming Winter. We've all proved ourselves to be very competent with keeping the dreaded Covid away, and must continue this vigilance against the normal Winter ills.

As usual, we are here to help. Recently we seem to have had a spate of falls and injuries in the community, if (GFB) it happens to you, or someone you know, please let us know so we can offer some assistance. If any of you are in a situation like this, or are unwell, and if there is anything you feel we can do for you, please ask, or get a family member to ask for you. I implore you to not be too proud or independent, to allow someone to help you or your loved ones. Maybe we could visit them, send a card to cheer them up, phone them for a friendly chat, or deliver a frozen meal, whatever?? As I've said before, if we don't know about it we can't give them our support.

Please, continue to take care and stay safe. We have been so fortunate as a country, and I know I find it hard to relate to what other countries have gone through, (such as a 3-4 month lockdown!!) Maybe you do too. But we can only feel our own pain, and if one of you is hurt or unwell, then we feel for you and want to help. We also want to know and share your good things, so tell us if there is a special Anniversary, or a new baby, or any other happy event on the horizon.

Have a good and healthy month. Cheers.

Lita (Chairperson) and the Community Care Team.

Contact: Chris Shiller 021 177 4934 shiller@orcon.net.nz

Lita Summerfield 021 297 9462 (TEXT ONLY)serendipityIns40@gmail.com

Lorna Orbell 022 026 2897chaim@slingshot.co.nzOr contact the office 09 524 4139

Left to right, Ora Lefebvre. Chris Shiller, Barbara Sandler, Lita Summerfield, Sandra van Eden, Bill Merrill, Lorna Orbell and Sandra Brickman.

