

Kol Kehillat Kernow

Voice of the Jewish Community in Cornwall

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High Holy Days: A triumph of the soul

Pat Lipert

The communal observance of the Days of Awe this year was not only heart-warming and uplifting, as a successful Teshuvah needs to be, but also enthusiastically attended by many KK members. Nothing could have made it more meaningful with people coming together to sincerely partake of the rituals, ancient prayers and songs, and reaffirming their commitments as Jews, believers, and members of community.

The two Rosh Hashanah services contained a double blessing: not only did the sun shine upon us with summery splendour, but also, through the wonders of technology, Vera Collins attended through Skype; we were able to be in another person's home as well as our own. Two visitors from America, the Calvos, retired scientists from Cornell University, also attended. The services themselves, led by Harvey and assisted by Iain, were thoughtful, moving. Murray's Shofar performances get better and better each year. Refreshments on the Erev and the Kiddush luncheon left us all reeling and waddling with necessary walks in the garden after. The good will and high spirits were palpable and one couldn't but imagine that 5772 is going to be a very good year. The Kol Nidre service with Harvey's inspiring and soul-wrenching performance put everyone in the reflective and sombre spirit to begin



Tekiah Gedolah-The heroic sound of the shofar on New Year's Day during morning service calling everyone to attention. From left to right, David Moses, Harvey Kurzfeld, Murray Brown, Iain Brown.

the 24-hours of fasting, praying, and repentance. To be led into this meditative and plaintive journey with so much warmth and love surrounding each of us was especially moving.

On Yom Kippur, the leadership of Adam, Iain, Louise and Harvey, made each of the five services, unique and sustainable, but also compelling and meaningful. Though the day is long, so much thought and energy went into making every bit of the 24-hour retreat, just as it should be. By the end of Neilah Service, the uplifting joy, the heightening of the spirit, and the celebration of the soul, was electric. The sheer happiness which permeated the

room, the beaming smiles from each of us and the exultant exclamation of "Next year in Jerusalem" must have risen very high into the Heavens. It was an exceptional and precious moment.

And no group of fasters could have been more ready for Havdalah, the apple juice and honey cake (thank you Rachel and Pat), and the feast which followed. Catered by Nicola Willis, the fare was a sight to behold, and a savoury and sweet reward for all of us. Thank you, Nicola, for putting so much time and effort into this gala dinner.

All services were held at the Lipert house in Rosudgen.

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L'Shannah Tovah-Some of the members and guests who attended the Erev services on Rosh HaShannah share a warm moment before the liturgy begins. Note the laptop (behind David Hearle), where Vera Collins was tuning in and taking part in the festival.

Newsletter designed by Noah Hearle
designxtreme.com
Website design and Sudoku puzzles

Chairman's remarks

Harvey Kurzfield

Well it's that time of year again when we approach the end of our Jewish Year and prepare for the next one. Inevitably, as I get older, the years seem to pass with almost indecent haste and as I look back at the past year I wonder at what, if anything, I have achieved.

This may well apply to all of us. Are we all honestly able to say "Yes, I've done all that I intended to do.?"

When I review my intentions it's quite clear that I will have to put into

action a ten year plan at the end of which I will be able to say that, Yes, I have achieved A, B and C.....I'll just need another 50 year plan to get down to X, Y and Z. In other words, maybe, we're never going to do everything we ever wanted to do. Maybe, a part of life as well as the secret of a good life is to always be striving to do 'better' next year and the next and so on.

In terms of our community we are blessed with a fairly mixed group of people, from very young children (well done Melanie, Karen and Jenny), through teenagers and aspiring adults, right up to those in their 80s and 90s. As a community we have lived through major world events, an Arab Spring - the ramifications of which are yet to unfold -, continuing opposition to Israel, world wide recession, higher taxes, deadly piracy on the high seas and an altogether uncertain future for the European Community. All these events will have some impact on all our lives but I hope and pray that stability and peace will return to everyone's shores. As the New Year of 5772 comes upon us, I look forward to sharing the Rosh Hashanna prayers with you all and may all our futures be bright, fulfilling and peaceful.

Shalom!



Western most Succah - Murray waves the Lulav in his family Succah in Trahaddle, which is the most southern and western booth in England.

Food bank tzedekah

Louise Garcia

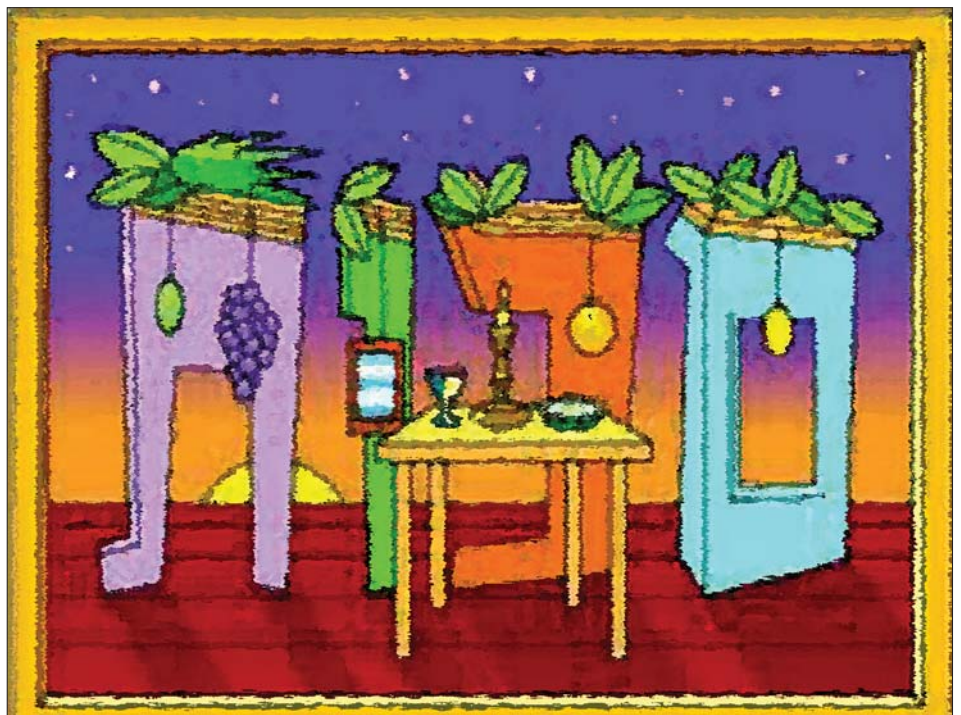
For Jews, food is central not just to survival. It also allows us to express our cultural identity, religious devotion and qualities of love and nurturing within the family and community. It is not surprising therefore that the members of Kehillat Kernow have responded with generosity and enthusiasm to the call for help to re-stock the Redruth and Camborne food banks. The organisers had taken the story to the press after a period of unprecedented demand emptied their shelves, limiting their ability to help folks in serious need. Our local over-stretched food banks are run from the central Methodist churches in Redruth and Camborne. There are similar facilities all over Cornwall and in the rest of Britain. Food banks aim to provide parcels of emergency food rations to last three days for people who find themselves without money to buy food. Key items needed to make up the parcels are UHT or powdered milk, sugar, teabags and instant coffee, fruit juice, jam, soup and pasta sauces, pasta, rice, instant mashed potatoes, cereals, biscuits and snack bars. Tinned foods such as meat, fish, vegetables, tomatoes, rice and sponge puddings are also welcome as they have such a long storage life. Clients may call for help or doctors and social workers may issue vouchers for clients to access the service. Volunteers sort donations and help clients, often offering a friendly chat and a cup of tea as well as the much-needed food parcel. Redundancy, illness, benefit delay, domestic violence, debt, family breakdown and paying for heating during winter are just some of the reasons why people go hungry. Cold weather periods see food bank client numbers rise as people on low incomes are forced to choose

between heating and eating.

In January 2010, one couple were forced to borrow a tin of soup to feed their eighteen-month-old daughter. The husband was off sick with flu and sick pay benefits take some time to be paid. When a foodbank delivery arrived, the couple and toddler were living and sleeping in one room to keep warm but there was still ice on the inside of the windows. In another case, a lieutenant who had served in Afghanistan walked barefoot to a food bank after his return to civilian life fell apart due to post-traumatic stress disorder.

Forty percent of food bank clients face hunger because of benefit delay or reassessment after a change in family circumstances. Applying for benefits from scratch takes 6-8 weeks during which time families have nothing. Tins and packets of food are always welcome at the food bank collection points in local supermarkets or can be brought to shul to go on the food bank or collection point. This is a very hands-on, practical way to give tzedekah and the shopping trip for Shabbat evening is an ideal time to remember the less fortunate. With our unique, long memories of eviction, pogroms, expulsions and wanderings, we have an instinctive awareness of what it is to live in an uncertain world where fear of hunger is a reality.

I am sure that we will all as individuals and as a community continue to support this worthy cause.



Hag Sameach - Celebrating the holiday of Sukkot, the weeklong festival when we eat in the Succah, and observe the autumn abundance. Services, led by Brian Nathan at Three Bridges School for Chol Hamo-ed Sukkot on the 17th of Tishri featured the traditional Lulav and four species.

History of Italian Jews: Chanukah and the Italian Connection

Pat Lipert

Most Jews know the story of the successful overthrow of the Seleucids of Syria through the successful campaign of the five sons of the priest, Mattathias, most notably Judah the Maccabee, when Jerusalem was liberated and the Temple was reconsecrated in 165 BCE. Thus, begins the celebration of Chanukah on the 25th of Kislev.

But did you know also, that Judah Maccabee sent ambassadors to Rome in 161 BCE, the year of his death, to arrange a treaty with the Roman Senate? Later emissaries were

sent, specifically his brother, Simon who succeeded him as head of the priestly/secular Hasmonean dynasty, to strengthen that alliance against the Hellenistic Seleucid kingdom. Much of recorded Italian Jewish tradition stems from this time. There were large numbers of Jews living in Rome during the Roman Republican period. Most were poor and spoke Greek and had been brought to Italy as slaves or merchants. Tolerated, though not particularly respected for their religious beliefs, Jewish communities in Rome, Sicily, Calabria and Apulia were well established and organised; synagogues were maintained and cemeteries established. During the Pre-Christian period in Italian history, the lives of the Jews were precarious depending on which emperor was in power but conditions remained tolerable. Italian Jews became valuable assets for their commercial, medical, and scholarly contributions. This continued until the early Middle Ages (12th century on), though Christianity had become the state religion with

Constantine by 313 CE. Many Jews in the city-state structure of Italy were protected by local noble families (Lombards, Estes, Medicis), largely for commercial reasons.

It was during this period that the Jews in Italy, despite their restrictions and harassments

from various popes, managed to produce a large degree of literary and religious scholarship. Poets like Shabbethai ben Moses, Jehiel Kalonymus were

also Talmudic scholars, along with Solomon ben Abraham ibn Parhon, Meir ben Moses, and notably a woman, Paola dei Mansi. These gifted people along with several others, would translate from Arabic, Spanish, Latin, many of the important philosophical, scientific, liturgical (Maimonides being a controversial favourite), and medical works, which became priceless additions to Italian as well as Jewish culture. More widely known is the close friendship between Dante and Immanuel ben Solomon. Many of the Jewish scholars and poets found the new literature appealing and found freedom of thought exhilarating. It was both their asset but also a liability with more fanatical elements of Italian society who saw intellectual freedom and liberal scholarship as a threat.

“ Judah Maccabee sent ambassadors to Rome in 161 BCE ”



Florence Synagogue-Despite hardships, synagogues were built throughout Italy since the ancient days even before the time of Judas Maccabee. This one is still flourishing and was built between 1874-1882, following the emancipation and unification of Italy.

These elements, contrary to the popular belief that mainstream Italians by nature were more

“ The miracle of Chanukah has many faces and one of them is the history of Italian Jewry ”

easy-going, less anti-Semitic, were to demonise, subjugate, terrorise, persecute, confiscate, expel, and decimate Italian Jewry until the present day. The first Jewish Ghetto, as you know, was established in Venice; Jews were forced to wear the yellow badge,

and ritual murder accusations continued through the ages. The Spanish presence in Italy and the Inquisition had diabolical effects despite pockets of areas in city-states where Jews were protected by sporadic cardinals and local potentates. Despite this, some Jews managed to thrive commercially, to succeed to high political posts, to become educated, and to defend and to contribute to Italian society and culture.

In an article by Dr. Ephraim Nissan, he discusses “The Paradox of the Italian Jewish Experience in 1990-2010,” which says, while Italian Jews are now more integrated into Italian society and Israel has been re-legitimised in more important quarters, Italian Jews are still subject to anti-Semitic outbursts even at the national level.

Interestingly, in February 2011 when about one million women openly protested against Berlusconi’s behaviour, their protest movement was called *Se non ora, quando?* - ‘If not now, when?’ - the title of Primo Levi’s book on Jewish survivors during the holocaust. His title of course, is originally from one of our greatest sages, Hillel.

Italian Jews, then, have come a long way from the time of Judah the Maccabee, miraculously overcoming horrendous obstacles, but surviving and thriving in spite of everything. The miracle of Chanukah has many faces and one of them is the history of Italian Jewry.



The first ghetto-Bridge over canal in Venice which led to the Jewish ghetto where three Jewish cultures came together and lived in high-rise buildings, the first of its kind. Conditions were so crowded that the only direction to build was up.

Elkan and Celia Levy Weekend: A Triumph!

Pat Lipert

Members of Kehillat Kernow enjoyed a very inspiring and special weekend when Elkan and Celia Levy visited us from Israel on the 15th and 16th of July. Both Celia and Elkan looked splendid and vibrant despite their busy schedule and it is evident that living in Israel is a boon in many ways. How lucky is Israel to have them.

Everyone contributed to making both Friday night and Saturday a very special Shabbat. The communal spirit was palpable.

The weekend began with a moving Friday night service led by Elkan where the Shabbos bride was welcomed with gusto. So many moving anecdotes and relevant songs and prayers punctuated the service. A very sumptuous Friday night dinner followed thanks to all the contributions of the many who attended.

The next morning, another fine Shabbat service with Elkan leading us on. Discussions on the Parsha, Pinchas, were lively and stimulating. Members contributed their own knowledge and experience giving the commentary a very Cornish dimension. The origins of the blue dye used in the threads of a tallis seem not to be limited to the Middle East. Ask David Hearle. Following the service, Chairman Harvey Kurzfield presented Elkan and Celia with a picture frame and pictures taken at both services and given as a memento of the special time we all spent together.

After Kiddush and luncheon and much kibitzing, people happily trundled off, feeling both spiritually and physically uplifted. Many thanks to Celia and Elkan for this special summer visit as well as kudos to all the members of Kehillat Kernow who provided food and help. Pat and Leslie Lipert hosted the weekend event.



Friday night, Shabbat Shalom - After the service led by Elkan, and just before the Shabbos meal, members of the community posed in high spirits as they anticipated a joyful evening of good wine, good food, and good conversation.



Saturday morning - Elkan leads KK members in the happy celebration following Shabbat service, just before the Kiddush and another feast. The following week found the Levys back home in Israel. Their visit will long be remembered and cherished by all KK members.

Chanukah Quiz

Pat Lipert

With the dreidls and potatoes, not to mention the Chanukiah all in order, you are now ready to take a Chanukah quiz. Answers on page six but no peeking. The person who gets the most correct answers in their group gets an extra latke!

1. On what Hebrew date is the first day of Chanukah?
2. What was the name of the dreadful king of Syria who persecuted the Jews in 165 BCE?
3. Of what family was Judas the Maccabee and his four brothers?
4. Who was Mattathias?
5. The word 'maccabee' is an acrostic for the Hebrew words: Mi kamocho ba'elim Adonoy. Translate these words. (Can also be Hebrew word for Hammer)
6. Why does Chanukah last eight days?
7. What does the word Chanukah mean?
8. Who won the argument about the successive lighting of the candles?
9. Why do we light the candles from left to right but insert them from right to left?
10. What is the 9th candle, the one that lights the other candles, called?
11. Why do we recite the Shehecheyanu on the first night of Chanukah?
12. Why is it permitted to work on Chanukah?
13. What four Hebrew letters appear on the dreidl?
14. What expression do those four letters on the dreidle represent?
15. In Israel, the expression is different (on the dreidle)? Why?
16. What are sufganiyot?
17. How is gelt related to Chanukah?
18. Why do we eat latkes on Chanukah?
19. What song is traditionally sung after lighting the candles?
20. Are women obligated to light the Chanukah candles?



Literary Festival 2011

Harvey Kurzfield

Following the cancellation of our Heritage Day activity for Sunday 11th September a hastily arranged Literary festival took place that same day at Owl Cottage in Penponds where hosts, Jacqueline and Harvey Kurzfield prepared a traditional High Tea for those brave souls willing to participate. There was a reasonable turnout and a good display of talent from assorted members of the community.

Harvey (as host) began proceedings in the garden setting where a gazebo had earlier been erected (somewhat optimistically!) and, after a one minute silence in honour of those who lost their lives ten years ago in New York, he welcomed all the readers and listeners and read three of his own poems plus a third by A. N. Other.

His first, incidentally, was entitled 'Good' and invited audience participation which was given with great gusto. Hurrah!

Louise Garcia read one of her own stories, a tale of a werewolf and his effect upon a young maiden in Redruth. This was pure fiction and not in any way autobiographical!

Rosie Brown then performed a monologue which she had written as part of her school curriculum. This began light-heartedly but soon took on a tragic shape and as an audience we were thoroughly involved in the plight of the young Anne Frank. A wonderful performance from the Head Girl of Richard Lander School. Ma and Pa Brown then gave their amusing rendition of a debate between God and A N Other about humans and violence. I am pleased to say God won.

By now the wind had picked up and it was getting decidedly chilly in the garden and the gazebo was threatening to take off, so we all moved into the 'Garden Room' where Leslie amused us (as usual) with a short poem and a



A good talker - Nicola Willis in a pensive mood as she delivers a poetic rendition to KK members who took part in the festival.



Let the show begin - Some of the people who attended the music and literary festival in Harvey and Jacqueline's rear garden. From left to right: Iain Brown, Louise Garcia, Tiny Daly, Rosie Brown, Rachel Brown, Murray Brown and Estelle Moses.

short story involving a traditional rabbi purchasing a voice controlled car (something to be avoided from the sound of it!) Estelle read a poem followed by a very pertinent list of sayings by well-known personalities which again, amused us all.

an excerpt from 'The Mascot', a book about a search for ancestry. Finally Susan Soyinka read from her latest book about the Jewish Free School in Mousehole and wondered if there was any truth in the tale of a young boy who had brought a torah scroll to that school. So far, she has been unable to verify this story so its veracity remains a mystery. Jacqueline had made a variety of cakes and scones which, together with Estelle and Tiny's vegetarian somosas, bean salad and other salads, provided us all with superior vittles.

Thanks to all those who attended and helped to provide such lavish entertainment.



Oh Rosie! - Harvey Kurzfield opening the literary festival with poignant remarks about the 10th anniversary of 9/11 while Rosie, totally unimpressed, takes a kip. Rule number one: never, ever appear on stage with an animal or a child.

Old Siddurim Books for Burial

Plans for communal, mass burial of old siddurim or other religious books according to Jewish tradition outlined in the MRJ web site are being arranged. As our community and perhaps many of you may have books of this nature which need to be halachically disposed of, please contact Leslie Lipert so all books may be collected and arrangements can be made. If you desire an old siddur (no transliteration), and only have a copy of our siddurim presently in use, Leslie can arrange that for you.



Is that a baby! - Proud grandpa, Harvey, exultant as he looks at his newest granddaughter born this summer. Olivia Grace. Olivia joins her older sister, Freya, and proud parents, Kerensa and James Crawshaw.

Editorial

Community. Community. What would we Jews do without that? In times of need, times of joy, times of sorrow, and times of life cycles, what would we do without community?

How can we identify as Jews, if we cannot pray together, celebrate together, or merely be together for a good old chinwag? Where else but in community can we find kindred spirits, talk Torah, share experiences, educate one another, plan Mitzvot, and create bonds not only for ourselves but for the generations to come?

But what if that community were no longer there? We read all the time of old communities dwindling, synagogues closing, the sadness of not being able to get a minyan together on Shabbat, of disaffection, malaise, and our traditions not being 'trendy' enough. We hear the cliché, "But I'm not religious," but we are all spiritual and each of us cares deeply and knows in the core of our being, that being Jewish is part of what we are and there is no escape from that. Abraham Heschel said, "A soul without prayer is a soul without a home."

Small communities in particular, have great difficulty being all things to all people, particularly when their membership is so eclectic, so diverse. We need each and every one of you on an on-going basis to keep things going. Each of you is vital; no one member is more important than the other and each of you complements all that we do. Without your support, we falter; without your support, we dwindle; without your support, we disappear.

While we have had amazing success for our size, we cannot become complacent and assume that the community, the shul, will always be there. We are all, as individuals, incredibly fragile and vulnerable, but together we show a strength, a vitality, an indomitable presence and spirit which exemplifies what Judaism is all about at its best.

Help us to grow, to strengthen, to endure. Attend services, even if not all aspects of those services are your particular cup of tea or in keeping with past traditional experiences. Participate in the many activities individuals spend countless hours planning for your benefit, even if some of those activities may not be your ideal of what having a good time is. It is your presence which makes them worthwhile and which encourages members of our community to plan more. And by your presence and input, more can be done to suit the needs and interests of each of you.

Our lives are dominated by a Covenant which each of us made, not only at Sinai, but also by joining a community. Each of us did so voluntarily. In joining our community, each of us said, "Yes, I will be committed. I will be a 'hands on' Jew because I am a vital part of a greater whole."

We need you. We count on you We depend on you.

Days of Awe make us less complacent

Vera Collins

At an interfaith meeting, I remember a man who confessed to having been a great sinner who had been forgiven much by his redeemer. His tremulous tone and uncertain manner displayed a person disheartened and crushed under a burden of guilt that he still carried. I do not suppose that, as a sinner, he was any worse than most people; neither do I think that divine forgiveness had been, in any measure, withheld. Yet, he remained still steeped in guilt and was very unhappy.

At this season, meeting the daunting demands of the High Holy Days, we are acutely aware of our shortcomings and the need to deal with them. We do not expect to slip complacently into another year, accepting life and blessing as a matter of course.

Instead, we prepare well in advance, making Heshbon HaNefesh during the month of Elul. We openly acknowledge that we are accountable and we put real effort into achieving sincere repentance together with firm resolve to amend and improve. In doing so, we hope to be worthy of another year of life and blessing.

The High Holy Days reach deep into the soul. We encounter uncomfortable truths; we face new perspectives that demand reappraisal of our motives and actions. The emphasis is on Teshuvah-asking us to return-turn back to the eternal element within us; turn away from failure and wrongdoing; turn positively towards directing new thought and effort in making our lives wholesome and beneficial; we turn towards fulfilling our divine potential.



“ Ancient prayers and rituals that not only harrows the soul but revitalises it ”

There is something about the ancient prayers and rituals that not only harrows the soul but also revitalises it. If the effort is made, if the fasting and prayers are successful, Yom Kippur concludes with an uplifting of the heart. In contrast to that sad man, so burdened by guilt, we confidently emerge, after Tekiah Gedolah, in cheerful spirits to join family and friends in breaking the fast. Then we immediately busy ourselves with preparations for the joyful festivals to follow. Aware and assured of divine acceptance, may we all deserve and be blessed with a good, sweet 5772.



Mazel tov - Jacqueline and Harvey Kurzfeld at Cusgarne School to highlight Jacqueline's outstanding teaching career at her retirement party. Teachers, parents, alumni, and friends attended to create a memorable farewell celebration to thank her for having done so much for so many for so long. Happy retirement, Jacqueline! (Credit: Adrian Rowlands)

Chanukah quiz answers

1. 25th Kislev.
2. Antiochus IV.
3. Hasmonean.
4. Priest, father of Judas the Maccabee and his four brothers.
5. 'Who is like thee, O G_d?'
6. Candles in Temple miraculously burned for eight days.
7. Re-dedication.
8. Hillel.
9. God is everywhere on Hanukkah.
10. Shammas.
11. Recited on 1st of all holidays and new things, experiences.
12. Post-Biblical Holiday.
13. Nun, Gimmel, Hay, Shin
14. Nes Gadol Hayat Sham - "A great miracle happened there."
15. "Po" -here.
16. Donuts.
17. Chocolate (or not) gold coins - gifts.
18. Cooked in oil.
19. 'Maoz Tzor.'
20. Yes! Everyone witnessed the miracle of Chanukah lights.

Book review: A Passion for Judaism

Pat Lipert

A Festschrift is a collection of essays in honour of Tony Bayfield, former Head of the Movement for Reform Judaism. Twenty-nine rabbinic colleagues have written on everything from “angels to cancer, from spirituality to business ethics, from the environment to the Holocaust.”

Very few rabbis are as admired, respected, or valued as Tony Bayfield who has served the MRJ for 40 years. This collection is a perfect tribute to a man of great integrity who should, and probably is considered by any who have come in contact with him, a national treasure. His contribution to education, the growth and success of the MRJ and inter-faith relations among other things is enormous.

These essays will surprise, delight, challenge, and intrigue you for their insight, scope, revelations, and humanity. If you think your Reform Rabbis are lightweight, myopic,

concerned only with halachic issues, then think again. The range of topics reflects not only each rabbi's spiritual and religious acumen, but also the myriad of intellectual pursuits each one pursues outside his and her punishing duties as heads of various communities, religious or secular organisations. Edited by R. Dr. Jonathan Romain of Maidenhead Synagogue, following Bayfield's retirement in the early part of this year, this book “is the very first Festschrift in 170 years of Reform Judaism in Britain.” The contributors read like the ‘Who's Who’ of the MRJ. Many of these people you will know or have had as your own personal rabbis in your particular synagogues; some you will not and get to know. One thing is a sure: you will learn things about these people you didn't know before, and, typical

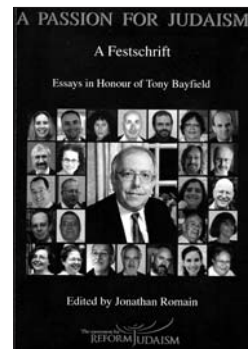
of essays of depth and intellectual excellence, you will learn more about a wide range of topics than you knew before. It is like having your own personal, portable Beit Midrash to

dip into and reflect upon when you wish.

Some of the topics include: “The Pernicious Primate,” “Quantum Theology,” “Muslim Perceptions of ‘the Other,’” “Paul: Apostle to the Gentiles or Apostate to the Jews?,” “Jewish Healing and the Spirituality of Time,” “Are Reform Converts Real Converts?” and “A Belief in Angels.” The other titles are equally interesting and enlightening.

Published by the MRJ

(www.reformjudaism.org.uk), copies can be ordered easily by contacting them. This is the perfect Chanukah gift or a special treat for you.



Healthy Walking

Karen Myers

When Karen is not helping in Cheder and doing all kinds of good deeds for Kehillat Kernow, she is busy taking care of people in her community in so many useful ways. The following is of particular interest-ed. I have recently qualified as a foot health practitioner and have launched “Feet Up!,” a mobile foot health clinic covering Truro and surrounding areas.

We neglect our feet more than any other part of our body. We tend to ignore our feet as more often than not, they are hidden away and don't get the attention they need until they begin to cause pain and discomfort. The average person takes 8000 -10,000 steps per day, that is approximately 115,000 miles in a lifetime - enough to circle the world four times! Foot problems, particularly in the elderly, are extremely common and can be the cause of loss of mobility and independence. In the past, shoes were made specifically for individual feet. These days, most shoes are manufactured in vast quantities and often give a poor fit. The cause of many foot problems originate from inadequate fitting, minimal support and shoe shape dictated by fashion. Comfortable shoes do not necessarily mean a good fit. Nine out of ten women wear shoes that are too

small for them! It is hardly surprising that women experience foot problems four times as much as men (or could it be that they report them more readily). Around 25% of the bones in our body are found in our feet. They deserve more care and attention.

After my training, I began to see how much need there is for specific foot care and as a result have created a new career for myself by establishing Feet Up!

Feet Up! offers comprehensive foot care service including toe nail trimming, corn and callus (hard skin) removal, thickened toe nail reduction, treatment for sore, cracked heels, diabetic foot care including neurovascular checks, athletes' foot, fungal infection, ingrown toe nails and foot pain.

Using sterile instruments on each patient is critical to avoid cross infection. The strictest standards of hygiene ensure that each patient is treated with a set of instruments that have been sterilised and vacuum sealed into a sterile pack in a steam autoclave.

The mission of Feet Up! is to deliver the highest quality standard of care to all patients and providing a caring, professional and confidential service. To find out more, Karen can be contacted on 01872 834567 or email: karen@feetup.co.uk or visit the Feet Up! website at: www.feetup.co.uk.



Getting in shape-Karen working on a patient to ensure that the vital act of using one's feet is a joy not a hardship



Shabbat Shalom-Charlie and Estelle are all smiles after David Jacob's service at Three Bridges School on Sat., 12 November. Estelle Moses hosted the Friday night dinner for the Jacobs and the community

Weekend Simchah with the Jacobs

From November 11-13, Hannah and David Jacobs from Movement for Reform Judaism (MRJ), returned to our community for a weekend of services, kiddushes, festive meals, and a fine study/discussion group on Zachor in keeping with Remembrance Sunday. Friday night was hosted by Estelle Moses. On Saturday the community welcomed the Jacobs for services, enjoyed much insight on the Parsha Vayera led by David, and celebrated after with a tasty kiddush. Sunday lunchtime were hosted by Harvey and Jacqueline's Kurzfild after an informative discussion on the effect and importance of remembering. Pictures and details to follow in the next issue.

Check out the latest news, events and photos at: KehillatKernow.com

Notices and diary

Mazel Tov:

- Gloria Jacobson on her significant birthday
- Jacqueline Kurzfield and Mandy Pearce on their retirements
- Grandpa Harvey Kurzfield, and parents, Kerensa and James, and sister Freya, on the arrival of Olivia Grace

Get Well Soon:

- Kate Fagin
- Bonnie Rockley
- Jacque Rickett
- Vera Collins
- Gloria Jacobson
- Celia Levy
- Denis Jevon

Yarzeit List:

If you wish to have your family members' yarzeit dates observed during Shabbat services, please give their names (Jewish and secular), and dates of death (Jewish and secular) to either Louise Garcia or Leslie Lipert.

Diary:

- Dec 10th Vayishlach, 15 Kislev (Adam), 10:30am. TBS
- Dec 20th Erev Chanukkah, 24 Kislev (Tues). No service
- Dec 21st 1st Day Chanukkah, 25 Kislev (Wed). No service.
- Dec 24th Mikketz, 28 Kislev, Shabbat Chanukkah, Blessing for Tevet (Iain), 10:30am. TBS
- Jan 7th Vayechi, 12 Tevet (Pat), 10:30 am. TBS

Jan 21st

Va'era, 26 Tevet, Blessing for Shevat, (Harvey), 10:30am. TBS

Feb 4th

Beshallah 11 Shevat, Shabbat Shirah, (Louise), 10:30am. TBS

Feb 8th

Tu Bi'Shvat, 15 Shevat (Wed). No service

Feb 18th

Mishpatim, 25 Shevat, Blessing for Adar, Shabbat Shekalim (Adam), 10:30am. TBS

Mar 3rd

Tetzavveh, 9 Adar, Shabbat Zachor (Pat), 10:30am. TBS

Mar 8th

Purim (Thurs), 14 Adar. No Service.

Mar 17th

Vayakhel-Pekudey, 23 Adar, Shabbat Parah, Blessing for Nisan, (Harvey), 10:30am. TBS

Mar 31st

Tzav, 8 Nisan, Shabbat Haggadol, 8 Nisan (Louise), 10:30am. TBS

Apr 6th

Erev Pesach, 1st Seder (Friday), 14 Nisan, Trelissick Gardens, 6:30pm. Communal Seder. 1st Day Pesach, 15 Nisan. No service.

Apr 7th

Shemini, 22 Nisan (Adam), 10:30am. TBS.

Apr 14th

Acharey Mot-Kedoshim, 6 Iyar (Pat), 10:30am. TBS

Apr 28th

Acharey Mot-Kedoshim, 6 Iyar (Pat), 10:30am. TBS

Contacts:

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Leslie's joke

The magic kippa

Leah and her son Jacob are sitting on the roof of their house in England's Lake District watching the flood waters and various flotsam drift pass their house. "Mum," says Jacob pointing to the water in front of their house, "something strange is happening. Do you see that kippa? It's been moving downstream for a bit, then it seems to turn around and comes back up. It's been doing this for some time now." "What's so strange about that?" says Leah. "It's only your father. I told him this morning that come hell or high water, he had to cut the grass today."



Calling all Library Books!
If you have a copy of one of KK's library books, please return to Pat Lipert. There are several volumes which have been out for well over a year! They are sorely missed.

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Treats for the Children

Melanie Feldman

Anyone with youngsters knows that fun foods which most children can help prepare themselves will go down a treat.

Cheder Children's Milk & Honey Pudding

This is a pudding the children made at Cheder. The fruit can be varied according to the season and it can be made in casual or smart fashion, one big bowl or individual portions. 'Cluster' type cereal

Fruit-mixed berries are nice. Alternative: fruit compote. Gently stewed apricots and honey is delicious too.

- 300g pot of cream cheese
- 500ml Greek yoghurt
- Dollop of honey to taste

Decorations (i.e. Chocolate drops...)

Briefly whisk the cheese and yoghurt, stir in the honey. The first layer is cereal with some milk optional, then fruit, topped with yoghurt and cheese mix with decorations on top.

Jammy Biscuits

This is a homemade version of Jamy Dodgers



Whether you are making these at cheder as our kids have or at home, these are sure to please every palate, young or old.

that I brought to Shul at Isaac's request. Makes 24-30 small biscuits.
4 oz. Butter softened to room temperature
4 oz. Ground almonds
4 oz. Caster sugar
Splash of Vanilla Extract
1 Egg
4 oz. Plain flour
Raspberry jam
Use a food processor or hand electric whisk to beat together the sugar, butter, vanilla and almonds until a fluffy, creamed mix. Beat in the egg without over whisking (to avoid curdling the mix). Then, fold in the flour.
Put teaspoon-sized blobs onto silicon paper on a baking sheet; spread apart by a few cm. Pat



them down to flatten a little. They will spread in the oven but not dramatically so. Then dip the tip of the handle of a wooden spoon in some flour and use it to make a little well in the middle of each biscuit. Plop some raspberry jam in. Bake for 12 minutes at 180 °C.

Let them start to cool on the baking tray, as they are soft when they first come out. Best eaten on the day.

SUDOKU

How to play: Complete the grid so the numbers 1 to 9 appear only once in each row, each column and 3x3 box. Don't worry; no maths is involved. Only logic is required to solve the puzzle. Have fun!

IT'S MODERATELY HARD

7				6				4
5								2 3
				4 3	1 8	7		
1						3 7		
				3				
	6 3							2
2	1 6	9 5						
8 7								9
3				2				6

For the solution and more free puzzles, have a look at the Sudoku website: sudokusolver.com.