

HA'MAGEN
The Magazine of the Magen Avot Community

Pesach 5780

Issue 001

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OUR ETHOS

- Modern, orthodox, inclusive community that is welcoming to all
- Provision of opportunities for learning that are both intellectually and spiritually stimulating
- Promotion of women's involvement and ways of making women feel included within halachic guidelines set out by the United Synagogue and Chief Rabbi Ephraim Mirvis
- Supportive of Israel and its national holidays
- Involvement and encouragement of children and youth

SHUL CONTACTS

- Address: 48 Finchley Lane, London NW4 (currently in your homes)
- Website: www.magenavot.com
- Email: info@magenavot.com
- Twitter: @MagenAvot
- Facebook: [Facebook.com/MagenAvot](https://www.facebook.com/MagenAvot)
- Rabbi Email: rabbi@magenavot.com
- Rabbi Mobile: 07891 988 201 (available via WhatsApp also)



FROM THE DESK OF THE EDITOR

With the fifth anniversary of the founding of this community almost upon us we thought it high time we produced and published an in-house Shul Magazine. The objectives we set ourselves are simple and limited, namely, to:

- Engaging and involving the community
- Entertaining and educating all our members
- Becoming a key tool to promote Magen Avot to our present and prospective members and the wider Jewish community

Those objectives aim to complement the ethos of the community and the desire to engage and involve the Community are all the more vital at a time when we are living through a period of separation and detachment from friends, family and community. This magazine will hopefully cement those bonds and bring us further together. Future editions will not be produced under the Covid19 constraints and will be printed properly! This is your magazine. With your continued involvement and support it will flourish.

So, thank you for your contributions to date and we hope future editions will provide a showcase for our dynamic diverse and interesting membership. We value your ideas and your (constructive) criticisms. With both – we will improve. Finally, my thanks and appreciation to everyone who has contributed to this production, for their commitment and dedication - all given freely during their busy lives - and for their helpful and insightful suggestions.

Julian Pollard
Editor

MESSAGE FROM THE RABBI

Dear Kehilla,

מה נשתנה הלילה הזה – Why is the Seder night different? It is hard to escape the feeling that this year those words contain within them a dual meaning, as we move towards a Pesach unlike any we have ever experienced. The difference on this night will lie not just in the fact that we change our foods and the way in which we eat, but in the fact that we are socially distanced, unable to meet in each other's homes, or even in shul. As we approach a Seder of a different kind, I believe the mitzvot of Seder night contain within them a message, particularly poignant for our situation. The two primary mitzvot of eating on this night are Matzah and Maror. The Matzah reminds us of the haste with which we left Egypt – it is symbolic of our freedom. On the other hand, Maror, the bitter herbs, remind us of the tribulations of slavery. With these two foods we recall both the hardships and the successes of Jewish history. Yet before we move on to the main



part of our meal, we pick up the Matzah and Maror again, this time for the sandwich of Korech. We take these two foods and combine them to be consumed in the same mouthful. The source for this practice is a Talmudic dispute as to the preferred method of eating the Korban Pesach and its various accompanying foods. But there is a deep symbolism as well. After separately recalling the kindness and blessings in our lives with Matzah, then acknowledging the suffering with Maror, we bind them together in a deep realisation that all come from the same Source. As the Gemara in Brachot (54a) teaches "One recites a blessing for the bad that befalls him just as he does for the good". There is no more opportune time to drive home that message of Emunah than on the Seder night. We find ourselves in extremely trying times. To those who have suffered loss, I extend heartfelt condolences. We pray for a full and speedy recovery for all who are ill, and to anyone who is experiencing difficulty in any way, please know that Sarah, I and the rest of the community are here to assist in whatever way we can. Yet alongside the difficulty, we can all draw strength from the resilience, togetherness and care that our community has displayed in recent days. Chessed is one of the hallmarks of Magen Avot and this has never been more apparent than in these trying times. Even as the shul's doors are closed the community continues to thrive. Sarah and I have had the privilege and honour of joining this special community as Rabbinic couple over the past 6 months. During this time, we have enjoyed meeting you all and seeing how the individual contributions of each member of the community come together to create the unique atmosphere and warmth that characterize Magen Avot. Thank you to the executive for their continued support and thank you all for the warm welcome you have given us. Thanks, and Yasher Koach to Julian Pollard and the rest of the editorial committee for putting together this publication in record time. I am sure that the quality and content of these pages will help to enrich your Yom Tov. May this first edition (of many) of our community magazine help to create a feeling of togetherness for us all, even as we all sit apart in our own homes. Wishing you all a Chag Kasher veSameach and looking forward to seeing you again in Shul soon. **Rabbi Kenigsberg**

WELCOME FROM THE CHAIRMAN

When I took over as Chairman of Magen Avot, I had no idea what we would all be facing in these challenging and unprecedented times. As we all know, under the leadership of our wonderful Rabbi Kenigsberg, Magen Avot is determined to offer our community as much support and virtual learning and involvement that we can. Help is being given to those who feel isolated and vulnerable, and to older members of the community who may need help with shopping; for food, medical supplies, or just a comforting chat. The new "MA: Community WhatsApp Group" has been launched. This has become a vehicle of communication, as well as our new virtual pulpit, where Rabbi Kenigsberg is sharing Divrei Torah, Halachic guidance and words of chizzuk in these trying times. Rabbi and Rebbetzen Kenigsberg, together with the entire executive and council, are available for questions, support and assistance in any way we can. My hope is that we all keep well and safe, and emerge from this a stronger, united and kinder community. My heart goes out to all who have been unwell. I hope that they have a speedy שלמה רפואה. I am delighted to extend to every Member of Magen Avot and all prospective members, the warmest welcome to our first magazine. This was prepared against a background of challenging circumstances and future issues will be even more informative and engaging. I urge every member to contribute to what is your magazine. We all look forward to Magen Avot once again enjoying physical as well as spiritual unity when we come together as one Kehilla - "speedily in our days".



Warm best wishes, **Simon Bentley** (Chairman, Magen Avot) | simon@simonbentley.net

MEET THE MAGEN AVOT TEAM

Chairman - Simon Bentley

Having in the past served in many communal positions, Simon is no stranger to the service of the Jewish Community. He is now Chairman of Yad Vashem UK Foundation and is a Trustee of Ben Uri Gallery & Museum. He has significant experience in the management of large UK Corporations. Among other positions he is a Non-executive Director at Premier Foods plc and was for over 10 years the Senior Independent Director of Sports Direct International plc.



Vice Chair – Joy Kay

Joy, originally from Leeds, studied Law in Manchester, where she met Melvin. After moving to London in 1982, and completing an MA in Criminal Justice, she taught Law at A Level in a number of 6th form and Adult Education colleges until 2006, when her first grandchild was born in Israel. Since then she has worked for an agency as a Law tutor, and has also, for the last 30 years, been a Magistrate on the Willesden Bench. Besides sitting in the adult and youth courts, Joy is a mentor to new Magistrates and an appraiser for the Bench. She also works with a group of Magistrates providing classroom educational programmes to children about crime and the criminal justice system. Joy sat on the Committee tasked with identifying and selecting our new Rabbi and as a mark of her distinguished service to Magen Avot she was recently honoured by being awarded the first Eshet Chayil Award by the Community Joy has three children and several grandchildren. Two daughters live abroad with her son Adam and his family also members of Magen Avot.



Women's Officer – Chaya Langerman

The role of women's officer in United Synagogues was introduced in 2018 with the aim to improve the experience of women in shul. The women's officer supports the engagement of female members in community life and religious services with particular sensitivity to the issues which affect them. Chaya Langerman is a Medical adviser at MSD (Merck Sharp and Dohme Ltd), which improves the health and wellbeing of humans and animals round the world. As the healthcare needs of the world evolves so does the pipeline and investments in dementia and antimicrobial resistance. Chaya is responsible for this Pipeline and business development in the UK. With almost twenty years of experience within the pharmaceutical industry, she is leading on medical and scientific strategy for medicines in early development stage. Chaya is a graduate of Bar Ilan University (BSc Life sciences) and postgraduate from Hadassah medical school (MSc) and the Hebrew university (MBA). Chaya is currently a PhD student in King's College London researching insulin treated diabetes in older people. If you wish to contact Chaya: haya.langerman@gmail.com or 07779 706 873.



Financial Representative – Cecil Taitz

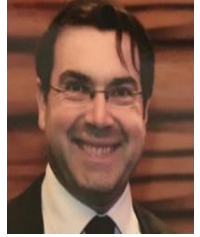
Cecil is married to Marian. They have two children and four grandchildren. Now retired he enjoys being active. As he says: "Serving a community has its moments, but it is ultimately rewarding". To contact Cecil in connection with any financial questions (membership, financial assistance, sponsorships etc.) please email him directly at: treasurer@magenavot.com.



MEET THE MAGEN AVOT TEAM

Gabbai – Elkan Adler

Elkan Adler has been a gabbai of the Shul since May 2019. His commitment to every aspect of the shul activities is undoubted. Elkan is the father of “the glorious Yonah, Eliana and Vivi” and husband of the “wonderful Patti” (who also serves on the Council). He is a lawyer which presumably makes his mother proud. We are lucky to hear regularly from Elkan on Shabbat morning at the Chabura at 9.00am (now rescheduled to Friday mornings at 9.00am on zoom). Elkan and Patti run the very successful and well attended Horim V’Yaladim (parents and children) programme each year.



Gabbai – Daniel Ehreich

Daniel has been a gabbai of the Shul since its launch nearly five years ago. Daniel was one of the core founder members of Magen Avot. His family is extremely involved in Shul activities with his wife Penina founding the Magen Minis, a programme for younger children run each Shabbat morning. Daniel works in banking and enjoys a wee tippie! Again, we are lucky to hear regularly from Daniel at the Chabura. Daniel and Penina have three children Akiva, Suri and Yishai.



Additional Council Members

Patti Adler, Esther Bentley, David Berke, Shoina Kass, Moshe Langerman, Julian Maurer, and Sara Spizzichino.

Chessed Committee



Esther Maurer and Yoni Weisz are in charge of Shabbat hospitality. They ensure that anyone who wants to be is hosted for a meal, whether arranged in advance or on Shabbat itself. David Berke (opposite left), Shoina Kass (opposite top right) and Joy Kay make up the general Chessed committee, they work alongside the Rabbi and Rebbetzen to provide for people in times of need. They arrange meal rotas and other forms of assistance throughout the year and particularly before chagim.



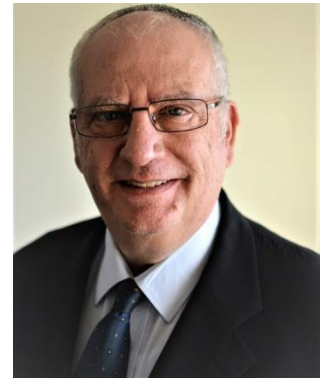
(opposite) on 07521 500 298 or rebbetzen@magenavot.com. Sarah will co-ordinate to make sure help is available.

During the current Corona crisis, the chessed committee along with many dedicated volunteers have been crucial in making sure that all members of the community are looked after, providing both practical assistance as well as caring for their general welfare. If you are unable to get out and need food, medicine or other supplies, or if you need anything else at all, big or small, please contact Rebbetzen Sarah Kenigsberg



MICHAEL KESZTENBAUM – AN APPRECIATION

It is five years since the vision of Michael and others was realised with the formation of this kehilla but his pivotal role deserves special mention. Michael was extraordinary in so many ways. Deeply intelligent and wise. Passionate and committed to every endeavour he pursued. Outspoken but unfailingly courteous. Generous of his time and keen to enthuse others, he was learned in halacha (he completed Daf Yomi three times) but was always inquisitive and thirsting to learn more. His was the heartbeat which forged the character of Magen Avot. A very competent Ba'al Tefila and Ba'al Koreh he was also somewhat of a perfectionist. He wanted things done well. But he was tolerant and forgiving in the faults or shortcomings of others. The legacy of his personal philosophy is fittingly represented by the shul's defined ethos- inclusivity coupled with halacha.



Michael was born in 1951 and raised in Willesden with his younger sister Anne. Michael's parents were refugees- his father arriving from the Carpathian mountain area in Czechoslovakia the day before the outbreak of war and his mother, much later, as a survivor of its darkest terrors. Michael attended Hillel House Jewish Primary School, then City of London School and read business studies at Newcastle University before an MBA at Manchester University. Michael's grandfather had diverse business interests in Czechoslovakia including a saw mill and after he decided to flee increasingly rampant anti-Semitism and come to England, he was persuaded to acquire a saw mill in Pickering in Yorkshire. Michael's father inherited this business and Michael soon became involved too.

Michael was always passionate about sport including lifelong support for his beloved Hull City FC (at his death public tribute was paid by the Club on the large TV screen at the ground to the crowd of respectful fans) and Yorkshire Cricket Club (in particular Sir Geoffrey Boycott) emerged and always burned fiercely.



But in 1977 Michael became a business analyst with Shell International- a company where he successfully fulfilled a variety of roles. He spent two years in Oslo and Alesund in the very north Norway heading up retail sales.

Observing kashrut north of the Arctic Circle was a problem and Michael learned Shechita with Rabbi Melchior. When he met Vivienne, she was immediately impressed by his resourcefulness when she discovered that he "baked his own bread."

In Oslo he contacted Rav Moshe Feinstein for a definitive ruling on when Shabbat fell in these very northern regions as timings given in most calendars for Jerusalem would be very different. Feinstein replied with a detailed response. Michael was active in supporting Bnei Akiva in Norway.

He spent much time alone in these remote regions and was able to indulge his voracious appetite for reading widely. He had the ability to absorb and retain vast amounts of information and was only too willing, when the opportunity arose, to share his knowledge with others.

At Shell his roles changed from Head of Lubricants to International trouble shooter and overseas trips of 4 or 6 weeks at a time were frequent.

Around 2002 Michael became subject to serious food allergy illness forcing him to change his diet radically- he had to abandon most fruits, fruit juices, wine, spices, condiments, cooking oils and nuts and Pesach proved to be a particular problem where ground nuts are used to replace flour. These problems plagued him for many years –only easing toward the very end of his life and at his last Tu Bishvat celebration he sampled and savoured with joy the fruits he long been forced to avoid.

After two years with Shell in Manchester Michael and Vivienne were posted to Houston Texas for two years (where he was active in promoting the local shul – it is said he has promoted or founded five communities!) and on his return to London as Shell’s international troubleshooter, he travelled extensively.

Like his father, Michael’s facility for languages was formidable and included Dutch, Danish, Norwegian, French, German, Italian, Greek and Ivrit. He spent two years as Head of Shell Greece where he lived in some splendour in the hills outside Athens complete with helipad and armed guard (Oil Executives were often targeted as hostages by terrorists or activists). Family visitors brought him regular food packages and his Daf Yomi Group in London sent him tapes of shiurim so he could remain connected to them. In Pakistan – a country which was and remains antagonistic to Israel he travelled to remote areas and was feted by local villagers, garlanded and treated as royalty. Though poor they showed him respect by gifting him a large heavy chess set. Being a lifelong chess addict, this was much appreciated. He then left for Saudi Arabia weighed down by this chess set. As this fell between Rosh Hashanah and Yom Kippur his bags also contained machzorim, tephillin, a tallis, and shofar and he was wary of the attention of inquisitive customs officials at Riyadh airport. In fact, they were so engrossed with these chess pieces, they ignored everything else.

After leaving Shell Michael joined B.G. and the Government’s Skills and Learning Council where he promoted higher education and vocational training for poor or disadvantaged youngsters. He also became involved in several private businesses in Israel including Israneft (later Genesis Petrocorp) an oil and gas exploration venture. He invested in people and projects in order to support them rather than for pure economic gain. Genesis was about to reach fruition with the issue of exploration licenses, and Michael was in Israel for the signing ceremony, when he collapsed suddenly in January 2016.

At his funeral, many hundreds of mourners attended, most of them colleagues or acquaintances he had befriended in Israel. He simply attracted friendship and respect everywhere he went. Love of community was central to Michael’s very essence. He was a founder member of Ner Yisrael and Chairman at North Hendon Adath Yisroel.

He and Vivienne were, with others, instrumental in creating the guidelines for the kehilla that emerged and coalesced to become Magen Avot in 2015.

While he did not live long enough to see how the community has strengthened and grown subsequently, it is undoubtedly the case – five years on – that his spirit and energy still guides and enthuses us.

He lived life to the full and as Vivienne observed: “he lived 120 years in just 64”. His legacy of “chesed” lives on through his children - Karin, Judith, and Neal and grandchildren.



A LIFE IN THE DAY OF...DANIEL GREENBERG

Parliamentary Legislation Draftsman

Julian: Before we examine your present work, can you tell us about the early days?

Daniel: After attending City of London School and reading Law at Trinity College Cambridge I enrolled at the Bar but quickly decided that I would not succeed in private practice and that I would do better in the public service. So, I applied for a position in the Lord Chancellor's Department – a Government position - and was quickly rewarded with interesting high-quality work and genuine responsibility. I felt very much at home and valued and I flourished in the environment.

Julian: And your role there?

Daniel: I was involved in forming and promoting policy decisions of the Government on matters of justice and procedure, for the Lord Chancellor – who was then the head of the judiciary, the Speaker of the House of Lords and a Cabinet Minister. The department was small and we were very hands on, with frequent and close contact with the Lord Chancellor. Later, the Department expanded, acquired junior Ministers of State, and changed out of all recognition. Amongst other matters, while in the Department I dealt with conferring patent dispute jurisdiction on the county courts, and redesigning the division of work between the High Court and the county courts generally.



Julian: Did your religious observance hinder or affect your work and promotion prospects?

Daniel: When I joined the department, I told the Head of HR of my wish to leave the office early on Fridays in the winter. I was advised this would stand in the way of certain career opportunities, including becoming Private Secretary to the Lord Chancellor (a key position); when I left the department, they tried to tempt me to stay by offering me that very role - how times had changed!

Julian: After three years you left to become Parliamentary Counsel.

Daniel: Yes the chance to draft legislation of all types was too attractive to pass up. Remember we were drafting laws of every kind and this was challenging and rewarding. My career was now set

for 20 years and the variety of challenges we faced was formidable. In a pre-internet age with limited data base information to access we drafted a huge range of laws. In my career I handled, in particular, gambling, the Good Friday Agreement in Northern Ireland, tax, civil contingencies (Government powers in cases of national emergency), immigration law, criminal law, constitutional law, education and a range of other interesting topics.

Julian: And outside interests?

Daniel: I began an interest in writing legal works in around 2005, beginning with legal dictionaries which I still edit, and in 2008 I was appointed General Editor of Westlaw UK, a prominent legal reference publication. In 2010 I took this work with me when I left Parliamentary Counsel, and combined a part time position in private legal practice in a City Law firm as a Consultant where I remained for seven years, with a part-time position in the House of Commons.

Julian: And now your work takes you to distant shores?

Daniel: I have been very fortunate to develop an international consultancy practice where I assist the drafting of legislation or constitutional frameworks and the training of local lawyers, civil servants and Government officials to undertake this work. So, in the last year or so I have provided such advice in or for Malaysia, Myanmar, Sri Lanka, Solomon Islands, Anguilla, Gibraltar, Northern Ireland, Wales, Nigeria Falkland Islands, Isle of Man, and other places.

Julian: And your current role?

Daniel: In 2016 I was appointed Counsel for Domestic Legislation - a full time position in Speaker's Counsel's Office in the House of Commons. In that capacity I advise on statutory instruments, private Bills promoted by local authorities, charities and such like, and undertaking other legislation duties. I am also able to continue much of my private practice, both in the UK and elsewhere, as well as my writing and teaching activities.

Julian: And Private Members Bills?

Daniel: Yes. These are different from private Bills, being normally single-issue measures promoted by individual MPs or peers. I worked on one such Bill which aimed to give doctors greater confidence in undertaking responsible innovation. I am presently working on another that seeks to ensure that where public information is gathered on large databases for profit, some of the wealth created is shared with those who provide the data. I work closely with the new Speaker Sir Lindsay Hoyle, whom I knew well from his Committee work as Chairman of Ways and Means. I have no doubt that he will prove to be a strong force for good in the Speaker's Chair which he now occupies.

Julian: And you write and broadcast too?

Daniel: I have an occasional spot on Thought for the Day on BBC Radio 4 and I lecture on statutory interpretation and legislative drafting as an Associate Research Fellow of the Institute of Advanced Legal Studies in the University of London. I also give a fortnightly shiur in Woodside Park United Synagogue, and write on religious matters in various places. My most important legal publishing activities are Craies on Legislation and Westlaw UK Annotated Statutes and Topics Encyclopaedia. I am also the Editor of OUP's Statute Law Review, the editor of two legal dictionaries and a contributor to the Oxford English Dictionary, and I have written a number of other books (including one on Jewish conversion) and other articles.

Julian: I understand you have also developed some experience in the field of education law.

Daniel: Yes. I have had occasion recently to advise both chareidi and Christian schools on diversity issues and syllabus content in the light of new government National Curriculum guidelines on inclusivity, and other matters. These are inevitably increasingly sensitive and divisive issues where I am required to give clear and impartial advice – often not what the schools would prefer to hear!

Looking back now I could never have planned for such a rich and diverse career and feel very blessed that I have been able to contribute to public service in a way which provides me with such satisfaction.

[Editor's Note - Daniel played a key role in drafting the Civil Contingencies Act 2004 which was very recently developed and expanded by the Coronavirus Act 2020]

Interview conducted by Julian Pollard.

A DAY IN THE LIFE OF DR SHELLEY JACOBS

Consultant in Paediatric / Adult Emergency Medicine
West Herts NHS Trust (Watford General Hospital)

Fiona: Talk me through your average work day.

Shelley: My work day starts at 7.15am. Between 7.15 and 8 I catch up on emails and to get myself ready for the day. At 8 am we have handover where the night team from A and E and the day team gather together to hand over care of all the patients in the department and find out any issues from the night shift. It's also an opportunity for some brief focussed teaching for the junior staff until about 8.45.

Fiona: And your speciality?

Shelley: Paediatric emergency medicine, but I do shifts on the adult side as well. On paediatric days I go to the observation ward to review the children ready to go home. My day is spent seeing patients and helping the junior doctors as it is important for them experienced seniors to review patient management plans -especially for babies and young children who can be harder to manage.

Fiona: And dealing with emergencies?

Shelley: Yes, the Emergency department (ED) always throws up the unexpected. Even on otherwise dull days there are anxious parents worried about their children. Or it could be complete drama with life threatening illness and other excitements - you just have to be really flexible. Frequently you just have to drop everything and deal with priority cases.

Fiona: And what about training junior doctors?

Shelley: I am an educational and clinical supervisor for junior doctors, as well as the Clinical Tutor for the Trust and spend quite a bit of time mentoring. Some days I teach nurses, junior doctors or registrars.

Fiona: What about working hours?

Shelley: Some days I do late shifts so finish at 10pm Sometimes you can't have proper breaks because it's just too busy. Junior doctors must have breaks -it's written into their contract and they're very protected. When I trained junior doctors worked 48- and 72-hour shifts. It was decided that they all needed breaks so the pressure then fell on the middle grades and I was a middle grade by then, so I have always seemed to be a step behind as each group has recognised that they need breaks! Having said that, as a consultant you can dip in and out. If I'm busy I'll often end up having lunch at 3 or 4pm but that's fine. We don't look at the clock but if things are quiet and under control I'll pop back to the office and have a cup of tea and a break. Any sort of break is spent sitting at the computer or talking to colleagues, at a lunchtime meeting or doing other work-related business."

Fiona: What's your favourite part of the job?

Shelley: "Being with kids, seeing them and hearing some of the funny things they tell you such as the reason they have come in to hospital that day (which doesn't necessarily have any bearing on why you think they might...!). They sometimes have a completely different perspective on these things. And just getting on their level and helping them to understand what's going on, getting their co-operation, enjoying their smiles even in what is often a stressful situation. That is really rewarding. Parents too become stressed so it is especially satisfying to help parents to understand what's going on and who then feel relieved and empowered about how to look after their child. I saw a family recently whose tearful mother felt huge guilt because she thought her toddler had fallen down stairs because she had left the stair gate open. In reality she had not and happily the boys had no obvious injuries. By the time the parents left the department they were relieved that he was fine and that we didn't think they were terrible parents! Perhaps not the drama of "ER" -but still really fulfilling. In ED the main thing is that we are all working as a team to get the best outcome from every situation presented to us.



Fiona: What about outside interest?

Shelley: My main passion is music – playing and listening and learning about music. I play the clarinet and have weekly lessons and attend a music class at a college one afternoon a week. It's great to be a student again. Gareth Malone came to our hospital last year and led a hospital choir and we performed a concert which was televised around the winter holiday time. Patients also participated including parents and children who had been on the neonatal intensive care unit years ago and elderly patients who were on the wards were recorded and played during the concert. I also like running and I try to go swimming twice a week if I can.

Fiona: Who inspires you?

Shelley: Two consultants in emergency medicine. When I was just starting off, I applied for my very first A and E job in Manchester. The lead clinician Peter Driscoll was doing interviews and called me in afterwards and said "We're not going to give you this job but I'm going to help you find a job." He turned the whole situation from something where I was feeling negative, into something incredibly positive. He was forming a team of mixed ability and needed more people with some experience. While I didn't have any experience, he could see that I was really keen on doing well in emergency medicine. He phoned up a colleague in Bolton there and then said "I've got a really good doctor here who should come and work with you" and that's where I went! I kept in touch with him as a junior and went to see him for guidance and careers advice and he helped me so much. He made me feel valued. Since I've become a Consultant, I have taught on courses with him. Also, when I was planning to go to London, I called the Watford ED Consultant Howard Borkett-Jones, to ask him if I could come and have a look round, and he agreed to let me come on a Sunday morning (he had suggested Saturday). I didn't know that he was practically a single-handed Consultant in the department and also a committed Christian who would normally have been at church. He gave up his time to come in specially and show me round and said "we'd love to have you". I only realised years later what a sacrifice that was to come in in his own time since he was almost doing on calls every other night. He is a wise and wonderful man and is loved and respected by all of us

Fiona: What achievements are you most proud of?

Shelley: I founded a group called TYPSEI—teenagers and young people special interest group, which is all about how we look after teenagers in the hospital. Wards decorated for and full of young children do not suit young adults. But adult wards can be frightening for a 16-year-old (now an "adult") where they may witness confused elderly patients or addicts to drugs or alcohol. Teens tend to follow current social trends rather than what the doctor has asked them to do, so this can be challenging! I formed a group consisting of nurses, doctors, play specialists, volunteers and others who are interested in improving the environment and hospital experience for teens. We have some youth volunteers who go around the wards with a trolley full of age appropriate card games, adult colouring books, charging devices and information leaflets. The volunteers are from their own age group, so communication is often easier. It is good experience for the youth volunteers as well –many of them want to do medicine or nursing or related careers. We try to see how things could be improved i.e. more flexible visiting hours, which bay or area would they put an adolescent on the ward, do they have to wear a hospital gown or can they wear their own clothes, do they have to eat the hospital food which is brought to the ward or can they get a token for the canteen. Many teens are sitting for hours on their own feeling unwell or in pain or scared so we can make a difference. I've organised teaching and National study days on this topic and published articles as well.

Fiona: Do you come from a medical family?

Shelley: No. I was the first person to go to university from my family. My family is from Liverpool and my dad was really proud of me going to University at all but especially to study medicine. Sadly, he died 24 years ago (when I was still at medical school) and he is not around to see any of this. My mum is also proud of me and she encouraged me to retake a couple of A-levels when I didn't quite get the grades for medicine first time. Finally, I'm also proud because our whole family volunteers for Camp Simcha. I'm the doctor on some retreats and go on trips and away days. The medical kit is pretty basic and we've had a few hairy situations but it's similar type of work to what I do every day. And David and my children volunteer too and they love doing it.

Rapid fire questions:

Q: Saturday morning: in bed or in shul? **A:** In shul nice and early (I seem to have lost the ability to sleep late in the mornings!)

Q: Kugel or almond Danish? **A:** I love almond Danish!

Q: Whisky of the week or G and T? **A:** A smooth non-peaty whisky

Q: Artscroll or Koren? **A:** Artscroll

Interview conducted by Fiona Taylor.

YOUTH NEWS



We have grown from five or six to roughly twenty-five members of the youth in less than a year which is incredible!

Our Israeli shuk hosted by the youth for the Kehilla was a resounding success with over 100 attending and just under £300 raised.



The Youth Friday Night Dinner was a great evening with over twenty Y@MA members (many thanks to the Kenigsbergs for the incredible amount of effort they have put in!).

Since moving online, we have had daily kahoot quizzes and a pioneering weekly Year 10 boys Chabura.

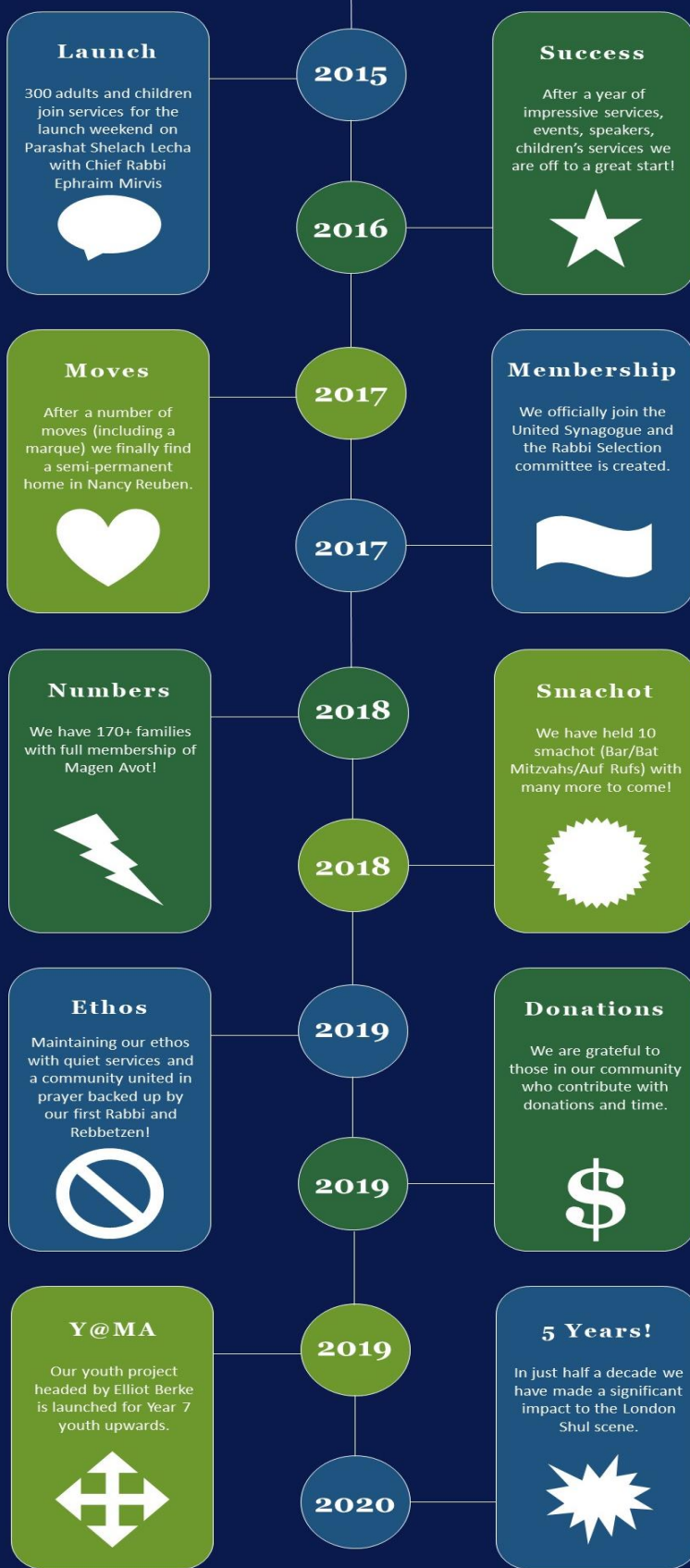
We look forward to offering many more activities during the lockdown and also have plans for once we are allowed out and about.

Elliot Berke

Y@MA Youth Director

Magen Avot Timeline

A United Synagogue Shul and community under the guidance of Rabbi and Sarah Kenigsberg.



THE HIDDEN MESSAGE OF PRIME NUMBERS IN BERESHIT

by "Calculus"

Prime numbers are special as they are only divisible by 1 and themselves. The first prime numbers are 2, 3, 5 & 7. Others include 37 and 73 which we shall see below.

The first seven words of the Torah contain concealed prime numbers which I hope you will agree to be astonishing. Each of the 22 letters in the Hebrew alphabet correspond to a given number and the Kabbalistic process of Gematria explains alternative or hidden meaning of words by reference to their numerical value. This article seeks to clarify the extraordinary number of prime numbers revealed by the very first phrase of the Torah. Whether this is coincidence or the result of Divine inspiration is for the reader to judge.

The first seven words of Bereshit read:

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ:
 the earth and the heaven () God created in the beginning

The middle word **אֶת** contains 2 letters (a unique prime number being the only prime number which is also an even number) and is bounded by 3 words on either side- 3 being the next prime number. There are 7 words in all- another prime number. There are 5 letters in each word either side of **אֶת** - another prime. By adding the number of letters in each word either side of **אֶת** (5 in each case- another prime) and we reach 7- another prime. There are 3 letters in the second and sixth words- also prime numbers.

Using the numerical equivalence for each letter the phrase has the following numerical values:

296 407 395 401 86 203 913 = 2701
 :בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ:
 the earth and the heaven () God created in the beginning

This totals 2701 or 37×73 (each are prime numbers and reflect each other - as to which see more below). The significance of 3 and 7 are indicated above.

But amazingly 37 is the 12th prime number and 73 is the 21st prime- [12:21] again reflecting each other. By combining these numbers [37 and 73] we reach 3773- that in turn breaks down to $7 \times 7 \times 77$.

The numerical value of the first and third words is 999. Broken down in to prime numbers 999 produces – $37 \times 3 \times 3 \times 3$ (note 3 and 7 again are prominent). The numerical value of words 2, 4 and 5 is also ... 999!

The numerical value of the 3rd, 5th and 7th words is 777. Broken down in to prime numbers 777 produces – $37 \times 7 \times 3$ (note 3 and 7 again are prominent).

The numerical value of the 3rd, 5th and 6th words is 888. 888 is divisible by 37 (note 3 and 7 again are prominent).

So, one sentence delivers one set of words valued at 777, another at 888 and two at 999. This cannot surely be mere coincidence.

“Forever”

Another instance is worthy of comment. The words ד ל ו ט ע (means “forever”) and the numerical values are shown below.

146 74
ט ע ד ל ו ט ע

2 x 73 37 x 2 – Another incidence of reflective numbers.

“The Truth”

The first letter of the Hebrew alphabet is א; the middle one ה; and the final letter is ת – spelling א ה ת (truth) The numerical value of א ה ת is 441 – which breaks down to 3 x 7 x 7 x 3.

And...Some Pesach postscripts

As we approach Pesach, we are reminded that the word Haggadah in gematria adds up to 17. That was the exact age of Joseph when he was sold into Egypt – the real beginning of the story of our Egyptian exile and ultimately of the Exodus commemorated by Passover. By numerical allusion, Haggadah reminds us of the terrible act that started it all.

But there is yet another meaning to the gematria of 17. That is also the numerical value of the Hebrew word tov, the word good. We need to remember that the tragedy of Joseph’s sale at the age of 17 led to the miracle of our redemption and the revelation at Sinai. No matter how black any event may appear at the time, the dark of night is always followed by the dawn. “And it was evening, and it was morning” is the theme of our history – and the secret of the word Haggadah.



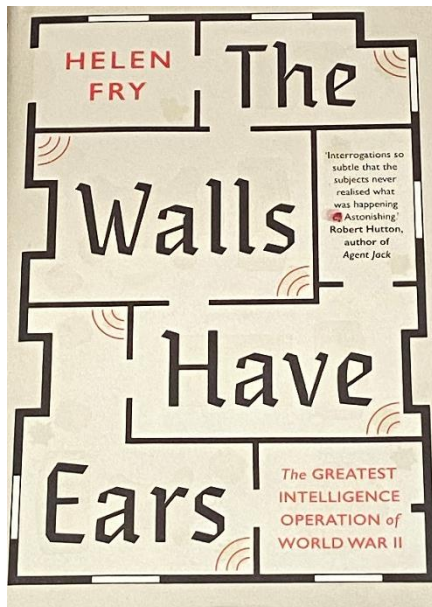
And finally, at the Seder table in response to the Wicked son the Haggadah says “You should blunt his teeth.” Remove the sharpness and bitterness from his bite. Smooth out his rough edges, heal his wounds and allow the goodness in his soul to surface. Take the wicked child and make him righteous.

A wicked person is called a rasha in Hebrew. The word for a pure person is tzaddik. The numerical value of rasha is 570. The numerical value of tzaddik is 204. The difference between them is 366.

Beneath every rasha is a hidden tzaddik. We just need to remove the layers of evil and we will find his goodness. Numerically, we have to remove 366 from 570 to get 204. So, we must blunt his teeth. “His teeth” in Hebrew is shinav. Its numerical value...366. De-fang the rasha, and you will find his inner tzaddik.

BOOK REVIEW - "THE WALLS HAVE EARS"

By Helen Fry



"Collar the lot" Churchill declared at the outbreak of War in September 1939. Immediately 73,000 UK resident Germans and Austrians – many of them Jewish-became classified as "enemy aliens" and were rounded up. By February 1940 after interview and investigation many were released from internment camps set up on the Isle of Man, Glasgow, Liverpool, Manchester and London. This was fortuitous as many were about to fulfil a vital and largely unknown role in the war effort.

In May 1939, before the outbreak of war but with the inevitability of hostilities breaking out soon, MI5 and M11A (later MI6) under the direction of Major Thomas Kendrick an experienced soldier and spy, set up a clandestine unit based at the Tower of London tasked with the role of interrogating German prisoners of war. He quickly assembled a team of Officers from the Intelligence Corps, RAF Squadron Leaders or Group Captains and Naval commanders who would supervise the "debriefing" of captured German soldiers, airmen or naval officers.

In "The Walls Have Ears" Helen Fry – an expert on intelligence and WW 11 prisoners of war- has meticulously documented the valuable role played by "the listeners" in obtaining the most valuable secret information which undoubtedly contributed to the war effort.

Kendrick devised a plan to bug all the rooms in which captured military personnel would be accommodated- initially at the Tower and later at Trent Park in north London. The perfection of miniaturised listening devices resulted in the private conversations between the captive officers provided much more valuable intelligence than the formal interrogations. Who better to listen in and record these conversations than the German and Austrian refugees- invariably Jewish- who were fluent in these languages and motivated to "do their bit" for the war effort.

Accordingly, many former refugees who had been recently interned within barbed wire camps, anglicised their names and were recruited and engaged in this important work –and to very telling effect. Some even adopted the role of captured German soldiers and were planted in rooms with real officers to tease out important intelligence. For example, Ernst Lederer (father of comedian Helen) a Czech Jewish émigré became a "stool pigeon" posing as a senior German Officer and completely fooled the Generals he mixed with into divulging information his handlers were seeking to extract.

As the war progressed, increasing numbers of Germans were captured and sent to Trent Park - U Boat captains, shot down Luftwaffe pilots, senior officers captured during the campaigns in North Africa, Sicily and Italy and, after D Day from the fighting in France and Low Countries and then on German soil itself.

Many captured Germans refused to reveal anything of military value during formal interrogation but once back in their own rooms or while chatting in public lounges, proceeded to boast about how they had kept quiet or even fooled their interrogators –and then happily revealed to their colleagues – and the listeners- the secrets they had so conscientiously sought to protect.

From early days there was a noticeable divide between the officers who were deeply imbued with Nazi ideology and those who were more sceptical and later became anti-Nazi. The arguments between German Generals became increasingly divisive and acrimonious – a factor the British intelligence officers used to good effect.

To the annoyance of some British intelligence officers and other government officials, several high-ranking German Generals were taken to exclusive and expensive restaurants and clubs in London's West End. Here they were wined and dined to put them at their ease and to show how the German bombing campaign had had minimal effect on the morale of the capital's population and that the war was still being effectively promoted. Several of these officers – especially those of non-hardline Nazi conviction – began to speak more freely.

As the war dragged on and the initial successes of the German advances were halted and reversed in North Africa (at El Alamein) and Russia (Stalingrad and Kursk), the mood of the internees changed. The initial overbearing confidence of victory was stilled and by 1944 the inevitable loss of the war had taken firm hold in the prisoners' minds. Political differences and personal animosities and jealousies soon came to the surface – and these were exploited to the full. Fry details the valuable information gleaned by the listeners. These included the re-location of the submarine pens from which U boats emerged to terrorise shipping in the Atlantic and North Sea. The exact location of the Peenemünde rocket launching base where V1 and V2 rockets were launched and even the existence of a proposed V3 weapon – a huge rocket with a devastating payload capable of being launched from Germany itself. This was never fired before the war ended.

They also discovered X-Gerat and Knickbein – top secret equipment which enabled precision bombing by the Luftwaffe. Without this knowledge the Battle of Britain might have ended very differently. There was also discussion of German plans for an atomic bomb – some Generals believing it would be deployed decisively and others not so sure.

The most compelling information this reviewer seized on was the extent of knowledge of, and the close involvement in, the Holocaust War crimes by these Generals and indeed the state of knowledge of MI5. In December 1942 Anthony Eden had advised the House of Commons about "barbarous and inhuman treatment" of the Jews in German-occupied Europe.

But previous bugged conversations of General von Thoma's personal experiences of mass shootings in Poland had already verified what was until then either thought to be unbelievable or unproven inhumanity. Even junior captives revealed their horror of the mass exterminations they had witnessed.

By October 1943 captured senior SS officers began to discuss the horrors of camps at Auschwitz and Mauthausen, the use of mobile gas trucks, massing shootings and the effect on his men of participating in such work. Here was incontrovertible evidence of what had previously been largely rumour or speculation.

Gradually, as the tide of war turned the Generals realised their culpability would emerge and they discussed retribution they would face. As it turned out very few of them met the justice their crimes demanded.

Fry has cast a valuable light on a, hitherto, largely unknown episode in the War. Most records had been embargoed for 50 years and some were so sensitive as to be destroyed.

In nearly every case the listeners – true to their Official Secrets Act oath – took their stories to their grave.



Magen Avot