

Vox Volunteers

September 2020

L'Shana Tovah Tikatevu

A happy and "healthy" New Year

We are all excited with the imminent arrival of our New Year – Rosh Hashanah. Our greatest wish and prayers are that the New Year, introduces a year of good health and happiness, for the global family.

The past few months have caused disorder upon the daily living of our society. Unexpected and unfamiliar with the Covid-19 virus we all feel so uncertain, as to what the future holds and when a return to normality will take effect.

The virus has affected the work of our loyal and devoted volunteers who make such a huge contribution to the welfare and contentment of our consumers. The physical absence of our valued Friends of Montefiore has impacted on our consumers who miss your input daily.

Many of our volunteers have made every effort to maintain contact with consumers via zoom, email and telephone calls. The consumers deeply appreciate your efforts – Kol Hakavod to you all!

We pray the High Holidays will soon see the disappearance of the Covid-19 virus and all our valued volunteers will return to perform the mitzvah of enriching the quality of the lives of the Montefiore family.

My wife and I wish all volunteers a happy and healthy New Year.
L' shana Tova Tikatevu

Rabbi David Rogut OAM



If you missed Rabbi's message, at our Zoom meet and greet
click to hear [Rabbi Rogut's Rosh Hashana message](#)



Rebbetzin Rogut's recommended
Honey Cake Recipe

HONEY CAKE

Mrs B Kaye, Melbourne

1 cup Sugar
½ cup Honey
½ cup Oil
2 eggs
Vanilla
Lemon rind

Mix all above together on high speed until well blended



SIFT

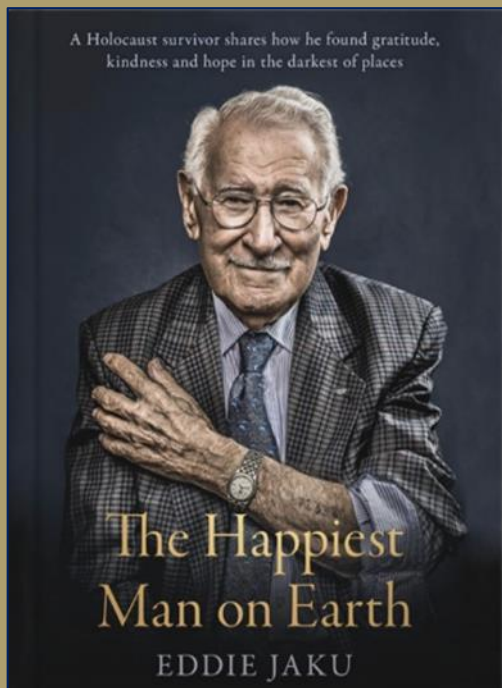
1 cup Self Raising Flour
1 cup Plain Flour
1tsp Bicarbonate of Soda
1 tsp mixed spice
1 tablespoon Cocoa
Some cinnamon

Fold into beaten ingredients on low speed
Lastly add 1 cup Boiled Hot Water....
Mixture should be thin and runny
Bake in square tin with some chopped almonds on top in a moderate oven for approximately 45 minutes
Test with a skewer – do not overcook
Recipe can be doubled if using a Bundt tin

Eddie Jaku OAM 100 years young!

Sharing some of the recent publicity surrounding the launch of Montefiore Randwick resident, **Eddie Jaku's book** "The Happiest Man on Earth". Eddie is such a treasured community member with a remarkable story of resilience.

This is now number 1 bestselling nonfiction book in Australia!

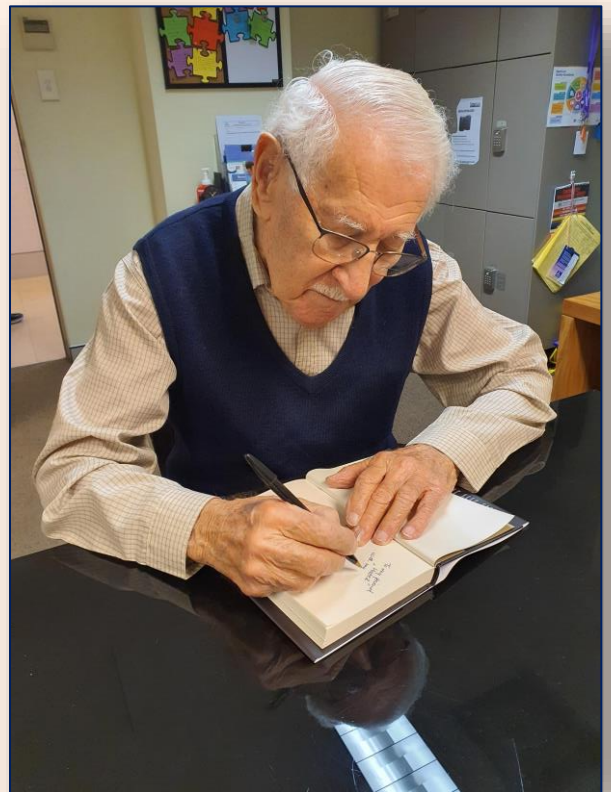


- **Sydney Morning Herald article:**
<https://www.smh.com.au/culture/books/auschwitz-author-eddie-jaku-how-to-be-happy-and-live-to-100-20200724-p55f0v.html>
- **The Project:**
<https://www.facebook.com/watch/?v=315066546361707>

Still interested?

Watch Eddie's TEDx Sydney speech from last year, <https://tedxsydney.com/talk/the-happiest-man-on-earth-99-year-old-holocaust-survivor-shares-his-story-eddie-jaku/>

A personal touch



Another little "ditty" from Hunters Hill Volunteer Hugh Moran – Entertainer Extraordinaire: Hope you enjoy it!

<https://youtu.be/yaxUzCjFH8c>



M by MONTEFIORE 5-star luxury apartments now open!



Click to [Take this virtual tour](#)

For more information call 1800 952 229 or email mbymontefiore@montefiore.org.au



An ode to Zoom

No matter where we were, it got us in a single room.
If meeting didn't end on time, it shut with a boom.
Our conversations were woven like threads on a loom.
Many a friendship did it help bloom.
Thus, emerged an event with a colourful plume.
All of it were enabled by this tool called ZOOM.

Touching base with our Trishaw pilots
 and Sam, who always enjoys a ride!



Connecting through Zoom



More Reflections

"Wine makes all things possible"
George R.R. Martin

Some time ago I was standing in a queue at the post office when I noticed a *Wine Lovers Essential Friend* pack. It consisted of a 'waiter's friend', i.e. a three-function knife that cuts the foil of the wine bottle, a corkscrew that one inserts into the cork to extract, and the opener for capped bottles. Reduced in price, it is, however, unlikely to be purchased since wine bottles have discovered the screw top. Next day I saw three young women, all of whom were engrossed in reading their 'books' from a Kindle machine.

This set me thinking of all the everyday items and that has disappeared (or soon will be) over the years. Letter writing and fixed line telephones and their conversations have ceased; now it's tap, tap, tapping an SMS on a mobile; the Wentworth Courier superseded by an online site; small screen flickering televisions on the scrap heap; skirt lengths to mid-calf. The list is endless.

It isn't as if I hanker for yesterday. It is just a train of thought in these unusual times that tell me that what I took for granted has slowly, - and soon may be - irrevocably vanished. That's not automatically a bad thing for we are adaptable and better off than perhaps *our* grandparents were. There are the advances in medicine; the standard of living; the longevity of most of us compared to that of 100 years ago, and so on.

Life is not what it used to be. There seems no need for the 'waiter's friend' anymore, as most wine bottles have a screw cap. No more lingering over the cork; no more a sniff to smell the wine's bouquet. Now it's 'twist and pour.' Where will it end?

Changes are the constant in life wherein we adapt, wrote Heraclitus, the ancient Greek philosopher. He obviously knew a thing or two. I wonder if he drank wine.

The Deeper Meaning of Coronavirus

By Bill George
Harvard Business School Professor

As people throughout the world are suffering from Coronavirus. This is a good time to reflect on what we can learn from these experiences, and how we can learn new ways of living and working.

It was once said, "All life is suffering", but until this moment the world has never experienced such a collective suffering – a suffering caused by an invisible virus that invades our bodies, is passed from one person to the next, and ultimately causes the death of hundreds of thousands of people. If we ever are to experience a crucible moment that is shared by us all, this is it.

No doubt some are suffering much more than others – some from having coronavirus and others from the extreme economic hardships it is causing, but all of us are going through a time in our lives that we have never experienced before.

This is an appropriate time to pause and ask ourselves, "What can we learn from the coronavirus experience that will enable us to lead fuller and more meaningful lives? How can we find deeper spiritual meaning from this experience?"

Here are some of my thoughts on this question:

- We are learning again just how precious life and our health are.
- We are reconnecting with our families in new and more meaningful ways.
- We are caring for each other even as we are separated and learning to be connected while apart.
- We are appreciating the importance of community and finding new ways to create community.
- We are asking ourselves whether all our busyness leads to a better life.
- We are realizing just how superficial our materialistic desires are.
- We are recognizing what is truly important in life and the role love plays in our lives.
- We are recommitting to make a difference in the world, using our gifts to help other people.
- We are exploring our spiritual lives again, trusting in our belief in the Higher Power.
- We believe we will emerge from this experience wiser, more caring, and more intentional in living lives with meaning.

VALE

With thanks to our valued volunteers and Friends of Montefiore for their commitment, dedication and generosity of time. May they rest in peace



Justin Jones

Justin was a regular volunteer for 14 years at Hunters Hill campus. He was awarded a 7- and 10-year Service Award and a Special Category award for Commitment to the volunteer program. He regularly hosted bridge games, a Sunday quiz, made the program announcements every morning in the dining room as well as assisted in the synagogue on a regular basis. He will be sadly missed.



Ida Gurman

Ida was a resident volunteer at Hunters Hill who spent many hours keeping her fellow resident's company. She was a kind and considerate person who was always willing to share her time with others. She shared her empathy and kindness for two years with the volunteer program.



Aubrey Schaeffer

Aubrey shared his knowledge and brought such joy to the regular weekly bridge game over a ten-year time span. In 2015 he was awarded Team player for his conciliatory demeanor to these special resident afternoons. His kindness, gentleness and gift of time was acknowledged with 7-year and 10-year award certificates.



The Volunteer Management Team
Hazel, Jane, Arlene and Darren
wish you and your nearest and dearest
Shanah Tova U'metukah
a good and sweet new year

