



NEWSLETTER

NOVEMBER 2026 – JANUARY 2027

Love Letters, Escape & A Life
of Legacy: Greta's Story

BRAIN HEALTH SERIES
PART II *with* DR LOREN MOWSZOWSKI

MAH JONGG
MANIA
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BEANIES WITH BRENDA
BOUND FOR ISRAEL



Pictured: **Mah Jongg Players**

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PRESIDENT UPDATE

As we come towards the end of another year, I want to take this opportunity to reflect on what has been a meaningful and busy few months at COA.

As we approach the anniversary of the December 14 tragedy at Bondi, our thoughts remain with all those affected. It has been a difficult year for our community, but one that has also reminded us of the importance of connection, friendship and looking out for one another.

It has been wonderful to see COA so full of life, with members enjoying our activities, events and simply spending time together. That sense of community is at the heart of everything we do.

One particularly meaningful occasion was our bridge tournament, where 70 players came together to honour our much-loved volunteer Marika Pogany ל"י, who tragically lost her life on December 14. It was a beautiful tribute, filled with friendship and a game Marika loved.

We are also very grateful to Waverley Men's Shed for crafting and donating a beautiful Chanukiah to COA in memory of those affected by the Bondi tragedy.

We look forward to lighting it together during Chanukah. Thank you to every member, volunteer and supporter who makes COA the special community it is.

Your involvement, friendship and generosity are what bring COA to life.

I wish you and your families a happy and peaceful Chanukah and a healthy and happy 2027. I look forward to seeing you at COA in the new year.

Allen Rosenberg
President



GENERAL MANAGER UPDATE

This Chanukah, a new chanukiah will sit at COA, built for us by Tom Wolf and his team at the Men's Shed, in honour of those we lost in Bondi.

Handcrafted over many months, it is a thing of beauty, which will bring warmth and light to the community at a time that we so need it.

The Men's Shed runs on a simple idea: people building something worthwhile, in good company. Skills get passed on and purpose comes with them.

COA shares those values. Programs matter, but what matters more is the people in the room and what we do for each other.

Tom and his team did not have to do this. They gave their time, their skill, their materials, and made something we could not have bought. It carries real significance, made more meaningful by the care of the hands that built it.

This Chanukah will feel different, and perhaps every one after it will too. But the candles will be a symbolic reminder that we are not alone.

We look forward to lighting our Chanukiah this year and I hope you will join us.

Thank you, Tom and to everyone at the Men's Shed Waverley.

See you all soon.

Robbie Clifford
General Manager



STARTING AGAIN IN YOUR 70'S

Maxine and Ian Goldman recently moved from England to Sydney to be closer to their two daughters and three grandchildren. Their daughter Amy, who works at JCA, introduced them to COA, and their story got us wondering: what's it really like to immigrate to Australia in your early 70's?

Family was, of course, their biggest motivation but we wanted to hear about the good, the challenges and everything in between. Maxine and Ian share their experience below.



THE GOOD

- 1 Finding a community is easier than expected**
With interests ranging from golf and pickleball to kalooki and bridge, Maxine and Ian have plenty of ways to meet new people. They've already started making connections through Maroubra Synagogue and have joined Bridge and Kalooki at COA, with plenty more they're keen to try.
"We feel lucky we're Jewish because wherever you go, you can find a community."
- 2 People really do want to help**
When they posted on the Jews of Sydney Facebook group looking for somewhere to stay, within 30 minutes someone had offered them a house, they just had to dog-sit!
- 3 Being around for the everyday moments**
Perhaps the biggest positive is the reason they came: their grandchildren. Instead of planning visits and jumping on planes, they can now be part of their everyday lives.

Despite the paperwork, waiting and logistics, Maxine and Ian say Sydney already feels like home.

And they have a favourite saying



“If you meet a Jew anywhere in the world and haven't found a connection, you haven't chatted for long enough.”



THE NOT-SO-GOOD

- 1 The visa process is not for the faint-hearted**
Their visa application had to be lodged in person, in Australia and on paper. More than a year later, the process is nearly complete. Permanent residency is still many years away.
- 2 Healthcare was more complicated than expected**
Navigating Medicare and private health insurance took research, with not every insurer willing to provide the cover they needed due to temporary residency.
- 3 Furniture might take longer to immigrate than you do!**
Their belongings took four months to arrive from England. They didn't have enough to fill a shipping container, so they had to wait until someone else could fill the other half.

BRENDA COHEN

SYDNEY TO BNEI BRAK, ONE STITCH AT A TIME

This September, Brenda Cohen took beanies, crafted by the COA Knitting group, to Israel.

First stop was Ezer Mizion in Bnei Brak, where the caps went to women going through cancer treatment. Their Cancer Support Team wrote: "People see a hat. We see kindness, dignity, friendship, and the caring hands of remarkable women in Sydney."

Patients told them:

- "The hat covered my head, but the kindness behind it lifted my spirit."
- "A stranger's stitches reminded me that I wasn't alone."



Next came Efrat, with 55 baby beanies. Executive Director of Efrat said: "Beyond keeping their babies warm, holding a handmade item made specifically for a new baby gives these mothers a clear sense of dignity and support".

Brenda was back in Sydney on 7 October, and says she is proud she was able to pull this project off. She should be. Kol Hakavod!

Hats off to our Knitting Ladies. What a mitzvah. Thank You Brenda. ❤️

If you'd like to pick up some needles, call COA 02 9389 0035.

COA WEEKLY ACTIVITIES

MONDAY

KALOOKI	12pm – 2pm	\$5 Member \$10 Non-member	
SCRABBLE	2.30pm – 5.30pm	\$5 Member \$10 Non-member	

TUESDAY

ART CLASS	10am – 11:30am	\$10 per class	
TAI CHI	12:30pm – 1:30pm	\$5 Member \$10 Non-member	
KNITTING	2pm – 4pm	Free	

WEDNESDAY

CHAIR YOGA	10am – 11am	\$5 Member \$10 Non-member	
MENSCH CLUB Fortnightly Mens Club	10am – 12pm	\$5 Member \$10 Non-member	
MAH JONGG	12.30pm – 2.30pm	\$5 Member \$10 Non-member	

THURSDAY

ART CLASS	10am – 11:30am	\$10 per class	
SOCIAL BRIDGE	1pm – 3pm	\$5 Member \$10 Non-member	

FRIDAY

u3a LECTURES 10:30am – 12:00pm
Gold Coin Donation appreciated. No booking required.



NOVEMBER

- 6 NOV

Apartment construction in 1920s Woollahra
 Following WWI, Woollahra's rapid transformation to the dynamic, egalitarian, modern place we see today. *Presenter: Larissa Sarkadi*
- 13 NOV

When a convict takes the role of a captain
 Timberlake Wertenbaker, Playwright, focuses on how a play changed convicts' miserable lives—for a brief spell. *Presenter: Diana Pheils*
- 20 NOV

Saving threatened species
 Native fauna and three intertwined strategies employed to halt declines and reinstate viable populations. *Presenter: Rudder*
- 27 NOV

Jeffrey Smart, artist, teacher and critic
 One of the most recognisable Australian painters, Smart is often considered remote from ordinary life. We might think of Smart as 'too real, to be real'. *Presenter: Ann Sutherland*

DECEMBER

- 4 DEC

A Lyrical History of Ireland
 Late 18C Ireland, through its song and poetry, addresses topics such as rebellion against English rule, famine, migration, sectarianism and The Troubles.
Presenter: Graham Spindler

U3A will resume on 5th February 2027

SUNDAY MOVIES

15 NOV


An American Pickle

13 DEC


Lion of Zion



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Is Our Neighbourhood About to Change?

The NSW Government has proposed around **9,400 new homes across Woollahra and Edgecliff over the next 20 years**, with buildings potentially reaching **32 stores in Woollahra and 34 stores in Edgecliff**.

A major part of the plan is a **new Woollahra train station on the Eastern Suburbs Line**, expected to open in 2029. The Government says the new station would put Woollahra just **eight minutes by train from the CBD**.

Bondi Junction is changing too. Waverley Council has backed a master plan for at least **3,000 additional homes**, more green space and a revitalised Oxford Street Mall and station precinct.



Abandoned Woollahra station, surrounded by homes

From One Generation to the Next

COA was delighted to be invited by JCA to visit Mount Sinai ELC, to teach some of our youngest community members about tzedakah and the importance of giving back.

COA shared the story of Kosher Meals on Wheels and how something as simple as delivering a meal can make a meaningful difference to people's lives.

A special thank you to our wonderful volunteers Pam Seidman, Nicolle Rubin and her daughter, Emily, for bringing the experience to life and teaching the children about the impact of community.



Rosh Hashanah - a time to give back

COA, JewishCare, Jewish House and JCA, together with an incredible team of volunteers, packed and delivered over 750 Rosh Hashanah gift parcels to vulnerable seniors and aged-care residents.

Mount Sinai College students made beautiful handmade cards to go in each parcel, infusing them with joy and connection.

Generously supported by Multicultural NSW, The Orah Fund and Central & Eastern Sydney PHN.



And the Award Goes...to YOU!



COA has been named Volunteer Team of the Year, recognising the incredible efforts of our Bondi Support Response Meals Volunteer Team.

During one of our community's most difficult times, volunteers came together to pack and urgently deliver meals to those who needed them.

Huge thank you to all of our volunteers, to JCA's support, to our wonderful caterers, and the COA team who worked tirelessly behind the scenes. This award belongs to everyone who stepped up when our community needed it most.



Garden Grant



We're thrilled to share that COA received funding from Woollahra Council to revitalise our front garden!

COA staff members Rebecca Sheehy and Jackie Ryker recently met with Cr Sarah Dixon, Mayor of Woollahra, to celebrate this exciting new project. We look forward to creating a beautiful, welcoming entrance for everyone visiting COA to enjoy.

This project is proudly supported by Woollahra Municipal Council.



EXCLUSIVE COA MEMBER OFFER - 20% OFF FIRST GROUSE GARDEN SERVICE



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Mention your COA membership when booking via email: info@ggapm.com

Offer applies to the first completed service for new Grouse Gardens clients who are current COA members. Discount applies to labour/service fees only and excludes materials, waste, equipment hire, subcontractors and previously quoted or completed work.

GRETA'S REMARKABLE FULL-CIRCLE STORY

Greta Albera's life reads almost like a film script, and there's a personal reason her story has found its way into the COA newsletter.

Michelle Falk, who produces this newsletter, married Greta Albera's grandson. Michelle had always known Greta had lived an extraordinary life, but even she didn't know many of the remarkable details until Greta's great-grand son, David Selinger, shared his school research project.

Greta Pollack was born in Linz, Austria, in 1920. Her family doctor was Dr Eduard Bloch, the Jewish physician who treated Adolf Hitler's mother, Klara, for breast cancer. Greta recalled Hitler begging Dr Bloch to help his mother and remaining deeply grateful for his care, even sending postcards signed "Ihr ewig dankbare" - "forever thankful." Dr Bloch and his family were later able to leave Austria under Hitler's personal protection.

Greta believed this contradicted the theory that Hitler's hatred of Jews stemmed from believing a Jewish doctor had poisoned his mother, saying: "I have seen the evidence."

An extraordinary photograph from 1938.

A young Greta (with hat on) stands smiling. Behind her is Adolf Eichmann, who would become one of the principal organisers of the Holocaust.



Greta was due to leave the following day, so her fiancé was taking a farewell photograph of her, with his sister standing beside her. As they were taking the photo, Eichmann walked down the stairs and insisted on being included in the photograph. Greta left the next day.

Tragically, her fiancé and his sister remained behind and were later killed by Eichmann. They had believed that if they tolerated the Nazis, somehow everything would be alright. For Greta, that became one of the enduring messages of her story — a reminder of the devastating consequences of believing that hatred and persecution can simply be tolerated.

By then, Greta's world was rapidly changing. She was expelled from school and her first love, Max Kleiner, was taken by the Gestapo. She never saw him again.

Following Kristallnacht, Greta's father was transported to Dachau. Greta escaped to England in January 1939 and urged her parents to follow. Her father could not understand why he should flee when he had "never done anything wrong." Isador and Erna later perished in Theresienstadt.



Greta standing with her father, Isador Pollack.



Greta Albera with her husband, Bedrich Albera ne Abeles.

In England, Greta trained as a nurse. As an Austrian, she was classified as a "friendly enemy alien", restricting where she could work. Precious letters continued to arrive from home. Her mother wrote that Greta's letters would be read "100 times", while her father described her as a "capable, clever girl." Then, on VE Day in 1945, came another remarkable chapter.

Through a chance encounter at synagogue, Greta's details reached a soldier named Bedrich Albera. He had never met Greta, but after seeing her handwriting, announced that he was going to marry her.

They exchanged postcards for four weeks before meeting. Their first date lasted 12 hours and, despite having physically seen each other only 13 times, they married while Bedrich was on three days' leave.

Bedrich had his own extraordinary survival story. After imprisonment by the Nazis, he escaped Czechoslovakia and eventually reached Palestine, where he was detained by the British. He was allocated a place aboard the Patria, carrying Jewish refugees due to be deported to Mauritius. The ship sank after a Haganah bomb intended to disable it was miscalculated, killing more than 200 people. Bedrich had avoided boarding.

Greta and Bedrich eventually began a new life together in Israel. During the 1948 War of Independence, a stray bullet once came through their front door. Greta continued nursing and, during a polio outbreak, gave penicillin injections while wheeling her baby around with her.

In 1954, the family moved to Australia, where Greta continued nursing and became heavily involved in the development of infection control.

And this is where Greta's story comes back to COA. Greta became a COA volunteer, delivering food and support to synagogues, hospitals and aged-care homes. Her contribution was recognised by then NSW Premier, John Fahey.

Years later, after Bedrich died, the relationship came full circle. This time, COA was there for Greta. She recalled how much COA had helped her following her husband's death and publicly thanked the organisation for its support.

Greta sadly passed away in 2002.

On her tombstone are words that beautifully sum up her life: **"She Gave to Others Before Herself"**

Greta's great grandchildren have all brought her remarkable story back to life and uncovered a COA connection even members of her extended family didn't know was there.

PROJECT KAVOD

Justine Williams, COA Program Manager

Sometimes, it only takes a familiar song to bring someone back to a place they know. When I started at COA, I wanted to make a real difference to the people we support. What I've come to realise is that sometimes it's the simplest things that can mean the most.

One of the programs I have implemented here is Project Kavod, which helps Jewish residents in non-denominational aged care homes stay connected to their Jewish identity and traditions.

On Fridays, we visit with candles, challah, grape juice and a booklet of familiar Shabbat prayers. (A continuation of the Hannah Meyer Program.) We sing together, say the blessings and bring a little piece of Shabbat into their home.

For the Chaggim, we provide special packages with a taste of the festival and create meaningful experiences, such as hearing the shofar at Rosh Hashanah. Recently, we were singing *Oseh Shalom Bimrumav*, when a gentleman with advanced dementia, who had become increasingly quiet, began smiling and quietly mouthing the words. It stopped me in my tracks. Somewhere, those familiar words and melody were still there.

It reminded me that the most meaningful connection you bring might be a memory, a song, a feeling. It isn't always conventional and it isn't the same for everyone. A familiar tune, a candle, the taste of challah or the sound of the shofar can reach somewhere that words cannot.

Project Kavod runs Kabbalat Shabbat services in non-denominational aged care homes for Jewish residents. COA are looking for volunteers to join our monthly Friday visits and help bring these moments of connection to more Jewish residents. If you are interested, please phone 02 9389 0035 or go to www.coasydney.org/volunteer



SUKKOT

Coffee, Cake and a Shake!



BRIDGE TOURNAMENT

Held 30 August 2026, in honour of Marika Pognany ז"ל

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Nick Hughes, Bridge Director
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Pearsons Florist



Walk into COA at midday on Wednesday and you'll hear it before you see it.

Click. Clack. Click. Clack.

A hall full of Mah Jongg players. Then an overflow room. Each week more players seem to be taking their seats and our Mah Jongg lessons have a wait list.

And apparently, it's not just COA.

Mah Jongg is having a moment. Again.

So why Mah Jongg? Why not Bridge, Scrabble or another card game?

Perhaps it is because Mah Jongg offers something that's surprisingly difficult to find these days: **a reason for four people to sit around a table for a few hours and actually talk to one another.**

There's strategy and luck, pattern recognition and concentration. It's challenging enough to keep your brain working but social enough for plenty of conversation along the way. And then there's the strangely satisfying ritual of shuffling those tiles and hearing that familiar click-clack across the table.

For Jewish women, however, the connection goes much deeper.

When Mah Jongg's enormous American craze of the 1920s faded, Jewish women kept playing. In 1937, Jewish women were instrumental in establishing the National Mah Jongg League and developing the American version of the game.

After the war, as Jewish families moved into new suburbs, Mah Jongg became a way for women to find one another. Games sprang up in living rooms, synagogue groups and the Jewish holiday colonies of the New York Catskills. Friendships formed around those tables and before long, daughters were watching their mothers play.

Those daughters grew up and it wasn't long until they found themselves around the table. Mah Jongg was no longer the old-fashioned game that their mothers played.

There is a unique attraction to Mah Jongg, somehow exotic, challenging, with remarkable intergenerational appeal. Maybe that's why Mah Jongg has a longevity that other "crazes" cannot boast.

The game is engaging, but it's the conversations, the friendships, the weekly ritual and camaraderie, knowing that the same people will probably be sitting around the same table waiting for you next week.

COA added Mah Jongg to our activities without any idea how popular it would be. With a packed house each week, a waitlist to learn and so much enthusiasm around the game, it seems the tiles have fallen into place.

COA offers American Mah Jongg lessons and weekly games on Wednesdays from 12.30-2.30pm.



“The tiles are really only half the game.”

COA HOLIDAY CLOSURE



COA will be closed from **Friday 25 December 2026 until Monday 11 January 2027.**



Kosher meals deliveries will continue as usual, except on **Friday, 1 January 2027.**

Thank you to our newsletter supporter



GLORY PRINTING

EST. 1993

As Chanukah approaches, we prepare to celebrate with family, tradition, faith and hope. Yet with the festival comes the anniversary of 14th December. The tragedy at last year's Chanukah celebration in Bondi has left a lasting wound in our Jewish Community. For those who witnessed the events, knew someone affected, or simply felt the shock of what happened, Chanukah may bring mixed emotions this year. There may be sadness alongside joy; fear alongside hope; amongst memories of a day we still can't believe happened. If you feel this way, you do not have to navigate your feelings alone.



Give Yourself Permission To Feel

Grief and trauma do not have a timeframe.

- There is no specific right way to respond (some people find comfort in attending a Chanukah celebration, while others prefer a quiet evening at home - both choices are valid).
- Be gentle with yourself and allow yourself to celebrate or commemorate in a way that feels safe and comfortable for you.



Stay Connected

A cup of tea, a familiar voice and a little company can make a meaningful difference.

- When we feel scared or sad it can be tempting to isolate ourselves, yet connection can be a powerful source of comfort.
- Consider calling a friend or family member.
- Share a meal with someone.
- Attend a small gathering if it feels right.
- Speak to someone who understands your experiences.
- Reach out to your community leader/Rabbi.



Look After Your Body And Mind

Emotional distress can affect our physical well-being, especially as we age. One small act of self-care each day goes a long way.

- Try maintain simple routines.
- Get enough rest.
- Eat regular nourishing meals.
- Take a gentle walk if possible.
- Practice slow comfortable breathing.
- Spend time outdoors, in fresh air or in a peaceful environment.
- Make time for activities that bring you pleasure.



Let The Light In, One Step At A Time

Chanukah reminds us of the importance of light, hope and perseverance during difficult times.

- This does not mean we must push away our sadness or pretend everything is okay - hope and grief can exist together.
- Perhaps lighting the Chanukah candles, saying a prayer, listening to music or sharing a family memory can bring comfort.
- Sometimes a small light can help us through a difficult day.



Be Mindful Of What You Watch And Read

News and social media can evoke painful images and emotions, especially around anniversaries and significant events.

- It's ok to take a break - limit how often you watch the news or go online.
- Avoid graphic images or distressing videos.
- Spend time on activities that bring you peace.
- Looking after our emotional wellbeing means we are recognising that we also deserve care.



Remember: You Don't Have To Be Strong All The Time

Many of us have lived through challenging experiences throughout our lives, we have faced loss, migration, separation, uncertainty and change.

- We have drawn on our inner strength and the support of others around us.
- Being resilient doesn't mean we have to always be strong.
- Sometimes being resilient means that we are hurting and allowing for someone else to care for us.
- Asking for support is a sign of self-care.

Please remember you are valued, you are important and you are part of a community that cares about you. We hope you find moments of peace, warmth and connection, and may the candles of the Chanukah bring you comfort, healing and hope.

With Warmth and Love, the COA team.

May we all find ways to bring light into one another's lives - not only during Chanukah but throughout the year.



If you need support, JewishCare and Jewish House are offering free emotional support over the phone from 3rd-23rd December, 9am-9pm, on 1800 979 676.

There will also be a drop-in space at JewishCare from 7th-11th December, 9:30am-12:30pm. Drop in, connect with others and have a cup of tea.





Keeping your brain at the front of your mind: Managing dementia risk

In the last newsletter, I explained that while many people experience subtle memory changes as part of the ageing process, dementia is not a normal part of ageing. Currently, over 450,000 people live with dementia in Australia, with increasing incidence as the population ages.

Although new drugs may modify the course of Alzheimer's disease (the most common cause of dementia), these drugs are not widely available and do not address all forms of dementia.

Therefore, health professionals and scientists strongly support strategies to prevent or delay dementia, by managing important **risk factors** relating to **health, lifestyle, and environment**.

What's the evidence?

Groundbreaking research over the last decade indicates that **reducing key, modifiable risk factors could prevent around 45% of cases of dementia**. Evidence shows that people who live healthy lives have a lower risk of dementia. If they do develop dementia, this tends to occur later, meaning they live more years in good cognitive health and fewer years with the disease.

Did you know that these risk factors are not just relevant for older people? Anyone can proactively work on reducing their risk, and research shows that midlife (45-65 years) may be particularly important.

So what should we do to reduce dementia risk?

- **Education:** while access to education early in life is important, mentally stimulating activities later in life also provide protective benefits. I suggest attending one of COA's interesting U3A lectures this month; joining the Scrabble club; or attending an art class at COA.
- **Physical and mental health:** High cholesterol, high blood pressure, obesity, and diabetes are linked with increased dementia risk, especially when they occur in midlife. See your GP for routine health checks to identify and manage these conditions early on.

Injured brains are more vulnerable. Always protect your head: wear your seatbelt in cars and a helmet while bike-riding, and let someone else climb the ladder when building your Succah!

Depression is also associated with cognitive changes, and increased risk of dementia. Highly effective treatments are available, so please reach out to your GP or the Jewish Care Psychology Centre if you experience changes in your mental health.

- **Lifestyle factors:** It's no surprise that smoking, excessive alcohol consumption, and physical inactivity increase our risk of dementia. Your GP can help with strategies for quitting smoking and reducing alcohol. COA has fantastic opportunities to get moving, including chair yoga and tai chi. If you have chronic health conditions, see an exercise physiologist to safely increase your physical activity.

Social isolation is another important risk factor, and ageing may be a time of increased loneliness. Thankfully, COA has numerous social opportunities, such as the monthly Supper Club, social bridge, Mensch Club especially for men, knitting groups, etc. Exercising with friends (e.g. walking, tennis) is a fantastic way to combine social and physical activity. Spirituality and faith can also provide connection, community, and purpose.

- **Senses:** Poor hearing and vision can contribute to cognitive difficulties because the brain is not receiving high-quality information. Hearing and vision loss are well-recognised risk factors for dementia, so please use your seichel and get your senses checked with an audiologist or optometrist!
- **Extra tips:** **Sleep** and **healthy eating** are also linked with brain health. See your GP if you frequently have trouble sleeping. Aim for a broad, colourful diet, including foods you love in moderation.

LM Neuropsychology Pty Ltd Assessment & Rehabilitation

Dr Loren Mowszowski

B. Psych(Hons), D.Psych(Clin. Neuro), MAPS, FCCN, NAN
Clinical Neuropsychologist
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Saje Woollahra

Level 2, 156 Edgecliff Rd
Woollahra, NSW 2025



T: (02) 7235 0066



E: loren@lmneuro.com.au



Provider no. 4511215H

I am happy to help with personalised strategies for dementia risk reduction and maximising your cognition.

Feel free to contact me by email:

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A MEANINGFUL MOMENT

Through Kosher Meals Delivered

Sometimes, a simple meal delivery can lead to a very special connection.

Alex Collins, one of our dedicated Kosher Meals on Wheels volunteers, has been delivering meals to Estera Tuvell for some time. During a recent delivery, Estera's son, Hershel, was visiting and asked Alex if he would like to lay tefillin.

For Alex, it was a meaningful and memorable moment, one that beautifully reflects the connections that can grow through volunteering.

Hershel also shared his appreciation for Alex, describing him as an amazing person who always arrives with a smile and a cheerful hello. He said that nothing is ever an issue for Alex, who delivers each meal with genuine joy and a willingness to help.

It's moments like these that remind us that Kosher Meals on Wheels is about more than delivering meals — it's also about kindness, connection and community.

“ *He always delivers with a smile and a cheery hello.* ”



Alex and Hershel sharing a meaningful moment.

REMEMBERING MICHAEL SHAPIRO OAM Z" L

1934–2026

The COA community is deeply saddened by the recent passing of our much-loved member and volunteer, **Michael Shapiro OAM z"l**.

Michael's Australian story began in 1968, when he left London for a new life on the other side of the world as one of Australia's famous “**Ten Pound Poms**”, a nickname given to British migrants who came to Australia through the post-war assisted migration scheme. The Australian Government subsidised most of the cost of the journey, with eligible adults paying just £10 for their passage, with children generally travelling free.

For thousands of families, it meant packing up their lives in Britain, boarding a ship bound for Australia and starting again thousands of kilometres from everything that was familiar. Michael was one of them.

That £10 ticket brought him to Australia in 1968 and marked the beginning of a new chapter — one that would eventually make him and his wife, **Yvonne**, such a cherished part of the COA community.

Michael and Yvonne have been dedicated volunteers and long-serving members of COA, generously giving their time and becoming much-loved faces around the Centre.

Michael will be greatly missed. We wish **Yvonne and the entire Shapiro family** a long life, and may Michael's memory be a blessing.



ASK A YOUNG PERSON...

If they know what these items are ?



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- > Mushroom Blintzes
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- > Tuna Lasagne
- > Fried Fish
- > Fruit Compote
- > Chocolate Brownie

Soul Gourmet



- > Minestrone Soup
- > Pumpkin Soup
- > Potato Latkes
- > Baked Salmon
- > Roast Beef
- > Spaghetti Bolognese
- > Beef Patties
- > Roast Chicken
- > Sweet & Sour Chicken
- > Butter Chicken
- > Cup Cake

Pita Mix



- > Chicken Soup & Matzo Ball
- > Vegetable Soup
- > Brisket
- > Baked Salmon
- > Fried Fish Balls
- > Beef Meatballs
- > Beef Goulash
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- > Roast Chicken
- > Chicken Paprika Strips
- > Carrot Cake

Nutritious. Kosher. Delivered.

2027 MEMBERSHIP OFFER

Renew by Dec 31 and Save \$10 on your 2027 Membership!

Your membership supports a vibrant local community for Jewish seniors, helps deliver kosher meals, provides social events and activities while offering purposeful volunteering opportunities.



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Join or renew today - call 02 9389 0035 or visit our website:

www.coasydney.org/membership

