



Women's Health, Women's Wealth, & Women's Happiness

Insightful Life Hacks from King David Women in the know!

In honour of Women's Month in South Africa, we have created this supplement to our newsletter to offer you some insightful life hacks in the fields of women's **health, wealth and happiness** from Davidians in the know.

We explore wellness and self-care with a personal trainer, yoga instructor, physiotherapist and GP. We find out from women in corporate finance and investing how emotions and money are entangled; how to be financially empowered from a Chartered Accountant and a financial planner and, how to '**shape the life you want**' driven by values not limited by money from an amazing philanthropist and social activist. Finally, we unpack '**what happiness is**' with a social worker and a Rebbetzin, and talk to women who are figuring this all out by following their passion for the culinary arts.

These pages give space to ordinary Davidian women - wives, mothers, sisters and daughters, who may not be experts, but from whose experiences we can all learn.



WOMEN'S HEALTH

Gabi (Kruger) Riesnik
KDHSVP 1998
Personal Trainer



What work do you do and why did you choose this field?

I finished school not really knowing what career path to choose. I was not a sporty kid but loved being around people, loved learning how the human body worked, and wanted to earn a living doing so, and decided to do a degree in Sports Management and Sport Science.

I developed a passion for fitness and business. These fields together have helped me build and sustain a Personal Training practice for 16 years with a tremendously loyal clientele.

Why is it important for women to practice self-care?

If we do not look after ourselves, who will? We need to look after our minds, bodies and souls and through physical activity we can do it all. It doesn't matter how we do it or what we do, but it must be a daily practise. We are our children's role models. If we do not look after the body and soul we have, why should they?

What small practices or actions can women take today to protect their health?

Live a balanced life! Eat well (if you want that chocolate have a square or 2), sleep well (6-8 hours a night), exercise daily (release those endorphins), take time out for yourself (every day even if it is only 15 min a day), find something small every day to appreciate and be thankful for. At the moment life is tough, the pandemic is forcing us out of our comfort zones! It is a good thing! Embrace it...

What Jewish woman (past or present) inspires you and why?

My late mother, Pam Kruger, will always be my inspiration. She raised 2 daughters with the beliefs and drive that we can do anything, be anything and go anywhere. She supported us no matter what. We were blessed to have her as our mother and the life lessons we learnt will be passed down to our children.



WOMEN'S HEALTH

Nadine (Berchowitz) Hurwitz
KDHSL 1991
Yoga Teacher



What work do you do and why did you choose this field?

I am a yoga teacher and owner of a yoga studio called Yoga Lova. I came to yoga after the birth of my first child nearly 20 years ago. At the time I was working at a large listed corporate and turned to yoga for post-natal depression. From the very first class that I attended, I found a quietness and relief from the anxiety that I had never before experienced in other forms of exercise. When I came to a turning point in my career 7 years later, I decided to

take a year off and complete a yoga teacher training course. I never intended to teach yoga when I did the course. However, after I qualified, my passion for yoga was translated into a career and I began teaching yoga full time. I am so grateful to do what I love every day. I know that it sounds clichéd, but often teaching yoga gives me the same peace that I get from practicing yoga. And the best part is that after teaching each class, I am so grateful that I can give over some of this quietness to my students.

Why is it important for women to practice self-care?

Women spend their time taking care of others. Especially in today's world where many women work, but are still expected to fulfil the role of homemaker, wife, mother, friend, driver etc. Their hands are full with responsibilities and "being too busy" has become fashionable. Women have a lot of cups to fill. However, in order to fill everyone else's cups, it is vital that their own cups are filled. You cannot give to others what you don't have yourself. When we do too much for too long without a break, it leads to burnout. Practicing self-care is not selfish and self-indulgent, it is absolutely essential for mental and emotional health.

What small practices or actions can women take today to protect their health?

Prioritising self-care involves commitment. The more you commit to small practices, the more they become a habit and part of your daily routine. Here are a few things that I try and implement (not always successfully!):

- Find the small joys in every day by changing your mindset to see the good

- Don't over commit, you only do yourself and those close to you harm
- Schedule time for yourself and use that time for things that are important to you, whether it be a yoga class, a run, art lessons, a walk, spa day etc
- Go to bed early and wake up early
- Eat fresh healthy food
- Take a break when you need it
- Take up Yoga
- Learn to breathe properly. This is a gift you can do anywhere, anytime and create quietness even when there is chaos around you
- Don't overthink things. Every day the sun will come up, it will be a brand-new day and things always feel better in the morning

What Jewish woman (past or present) inspires you and why?

There are many Jewish woman that I am inspired by and often refer to, including Edith Eger, Golda Meir, Sheryl Sandberg to name a tiny handful. However, it is the women in my day-to-day life that are my mentors. I am blessed to have amazing friends, who uplift me daily. Women need close, reciprocal relationships, whereby you can be the best (and sometimes worst) version of yourself. I am also very connected to Yiddishkeit and try and listen to shiurim daily by some incredibly powerful, learned and brilliant Jewish women. These secret heroes often get me through my week and unfortunately, I am certain they would not want to be named!



WOMEN'S HEALTH

Vikki Newfield-Davidoff
KDHSVP 2002
General Practitioner



What work do you do and why did you choose this field?

I work as a GP at Blubird Medical with Dr Daniel Israel, and a great team of female doctors, nurses and receptionists who inspire me daily with their dedication and courage, particularly while we are on the frontline of a pandemic. I didn't ever think I would become a doctor and actually studied a Bachelor of Arts as my undergraduate degree. I was drawn to the biology side of things while pursuing psychology, and while I loved the arts, I knew I wanted to work with people. I was very privileged to study different things I enjoyed, and with medical school I saw the study of the human body as learning Bereishit / Creation - how Hashem created the human body - the myriad of tiny miracles required to make the eye see, the kidneys produce urine, the development of a fetus.

Why is it important for women to practice self-care?

I think women should practice self-care and try create a sustainable infrastructure to protect their mental health. This scaffolding might include a psychologist, life coach, or doctor with whom one develops a good

rapport. If this is in place, then we don't crash as severely (mentally and physically) when life throws us curveballs. This in turn prevents prolonged sick leave from work and prevents relationship strain. Exercise is a must, and we know it releases the feel-good neurotransmitters (endorphins, dopamine, serotonin and noradrenaline) so that we don't need social media notifications to get those dopamine hits.

Mothers (stay-at-home mothers and working mothers) need to identify the tools that will best help them get well and keep them well. For some it might be sleep-training, and for others it might be yoga, mindfulness and meditation.

With Gauteng's rampant third wave of Covid, everyone I meet is taking strain. Please be kind to yourselves and know that nobody has it easy. The Jones's have diarrhoea. OK is the new amazing.

What small practices or actions can women take today to protect their health?

Book that physio/chiro/massage, the one you have been procrastinating. We all bunched our pap smears and

mammograms in 2020 so try catch up this year please. For those of you who are running busy households, don't forget to prioritise your own health appointments while you're booking everyone else's. Ask your parents/siblings about any familial diseases like high cholesterol, Diabetes, Rheumatoid Arthritis, specifics about cancers in the family, and tell your doctors when you go for check-ups so any necessary screening tests can be done.

What Jewish woman (past or present) inspires you and why?

Yael from the Bible: she was a brave warrior in that she managed to kill the wicked king Sisera when the male warriors had failed to. In the gripping story told in Judges, she gives him milk and a blanket to rest in her tent and then once he falls asleep she kills him with a tent peg! I'm a Tarantino fan and she is definitely a Prophetess with timeless Women's Month status.



WOMEN'S HEALTH

Tami (Woolfson) Newman
KDHSL 2001
Physiotherapist



What work do you do and why did you choose this field?

I am a physiotherapist with a special interest in Women's Health. I treat women with bowel, bladder and sexual dysfunctions as well as children with bowel and bladder dysfunction. I treat women at all stages of life including pregnancy, post-partum, pre and post menopause. The majority of the patients I see have incontinence, pelvic pain or pelvic floor dysfunction. I am also a lactation consultant and help new moms with breastfeeding challenges.

I chose this field because of the great need to help women with these often embarrassing and overlooked issues. I feel privileged to be able to do the work that I do and have such a powerful impact on women's lives.

Why is it important for women to practice self-care?

Women are naturally caregivers and often put the needs of others before

themselves. I see many women who have neglected their own physical or mental health while looking after everyone around them. Neglecting self-care can lead to burnout and a variety of physical and psychological issues. As a women's health physio, I see the impact that stress and burnout can have on a woman's body. The pelvis is the centre of emotion in the body and stress and/or anxiety can contribute to or exacerbate existing pelvic floor symptoms.

I always remind my patients that you can't pour from an empty cup!

What small practices or actions can women take today to protect their health?

One of the most important things I educate women about is knowing the difference between what is common and what is normal. 1 in 3 women have pelvic floor dysfunction so while it is common, it is not normal and can be treated. No one should have to suffer

unnecessarily because they have been told that it is a consequence of having children or ageing, or because all their friends have it so it must be normal. Often just small changes can make a huge difference. Trust your intuition and if something doesn't feel right, seek help, and keep looking if you don't get the answers you need straight away.

As mentioned above, self-care is so important. Breathing exercises, walks, meditation or even just taking time out to enjoy a cup of tea can really decrease stress levels and improve one's state of mind – especially in these stressful times we are living in.

What Jewish woman (past or present) inspires you and why?

My late mother Ros was a woman of incredible kindness. She always went out of her way to help people and always treated people with kindness and empathy. Years after her death whenever I met people who knew her, even briefly, they remember how she treated them.

I try and practice this in my life daily and have instilled these values in my own children. My ideal is to ensure that every woman who walks through the doors of my practice leaves feeling better than she did when she walked in, both physically and emotionally. In our crazy world which can often be harsh and cruel, a little bit of kindness can go a long way.



WOMEN'S WEALTH

Ortal (Shklaz) Sharp
KDHSVP 1999
Chartered Accountant



What work do you do and why did you choose this field?

I have always enjoyed working with numbers and problem solving which, after school, drove my decision to study to be an accountant. I am a Chartered Accountant specialising in corporate finance. I advise companies on acquisitions, disposals, balance sheet restructuring and capital raising. In this role I am constantly learning and find overcoming new challenges very rewarding.

Are women more emotional about money? Is this a bad thing?

I think it is important to view money and its uses in a healthy manner. It is there to cover our basic needs being food, clothes, shelter, and it is there to be enjoyed. I believe the items we spend money on are enjoyed even more when money is appreciated. Both women and men require the same foundation when it comes to money, being hard work, discipline, and ability to budget. Both sexes are equally capable. I view the emotional element of money as wanting to

donate money in the form of tzedakah or any other form of giving. At the end of the day, giving is what makes us all better human beings. I am happy for women to be deemed as more emotional if this is the interpretation - which is definitely not a bad thing.

What is something that women can do today to make wise financial decisions?

Save! There are various ways to save including putting money aside at the end of every month, taking advantage of sales and benefiting from loyalty programmes. Specific actions we can all do, where possible, are as follows;

Don't accept the first quote, always obtain a 2nd/3rd quote.

Avoid going food shopping more than twice, and if possible, once a week. I find the more I walk into the shops the more I end up spending.

Try buy clothes for your kids during sale season for future years.

Make a real effort to understand banks' and retailers' loyalty programmes. There is money to be saved by simply swiping the correct card at retailers.

What Jewish woman (past or present) inspires you and why?

There is no question that my Ima and Safta have inspired me to be the woman I am today and the woman I hope my daughter will become. My Safta is a holocaust survivor who recovered from that period in her life to inspire my Ima. My Ima arrived in South Africa from Israel speaking very little English but never let that stop her from inspiring me and my siblings to be the best version of ourselves. I am the woman I am today because of her calm and inspiring self.

They both truly embody Dr Edith Eger's view that there are no crises, just opportunities. Our lives are not so much about our accomplishments, but the way we perceive and handle that which happens to us.

WOMEN'S WEALTH

Candy (Gross) Kagan
KDHSL 2000
Financial Planner



What work do you do and why did you choose this field?

I am a financial planner and I work with my clients regarding their overall risk and investment needs, and assist with optimum planning during their various life stages and life events they experience.

This field seemed to choose me, I got into the industry during my Industrial Psychology Honours year and never left. I enjoyed the freedom/flexibility of working my own hours in a business that belonged to me, and more so the interaction I get with many different people from all walks of life. This includes the exposure to different ways of living and different industries. I feel this career has added immense life knowledge and skills I would not have gotten elsewhere. Furthermore, the life changing benefits of the products in my field, provide a feeling that I am adding value to the people and families I work and relate with.

Are women more emotional about money? Is this a bad thing?

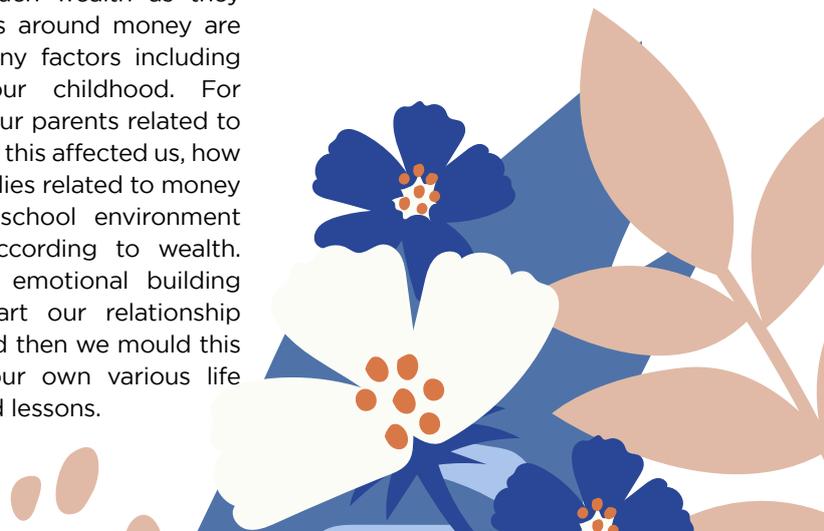
I believe this is a generalisation, certain people are more emotional about money than others. I have plenty couples where the man makes more emotional decisions when it comes to money and has the greater emotional reactions to it. Money means different things to everyone. Some are dependent on it as a means of security. Others see money as simply a by-product of working their passions. Others are obsessed with attaining as much wealth as they can. Our beliefs around money are built on so many factors including those from our childhood. For example, how our parents related to money and how this affected us, how our friends families related to money and how our school environment was shaped according to wealth. These are the emotional building blocks that start our relationship with money, and then we mould this according to our own various life experiences and lessons.

What is something that women can do today to make wise financial decisions?

I think the best advice is to pay yourself first! By this I mean it is important to strategically place money away and build a nest egg. Place your money in investment vehicles most suited to your circumstances. Just because your friend places her money in product A does not mean this will be best suited to you. We all have an array of circumstances that require tailored products. If financial matters are not your strength, then get trusted referrals and work with someone you feel understands you and is someone you can trust.

What Jewish woman (past or present) inspires you and why?

To sound cliched this would be my mother. She raised us a single parent with very little support, yet her determination saw her educate herself around financial matters to a level that I am in awe of. She is the reason I ended up in this profession and she has built more than wealth. She rose above incredible odds and instilled in us a grit that I am forever grateful for. She maintains that there is always something to be grateful for, and this is an adage/lesson I believe can see all of us through.



WOMEN'S WEALTH

Marilyn (Herson) Bassin
KDHSVP 1982
Human Rights Activist



What work do you do and why did you choose this field?

I am a human rights activist working with squatter communities, as well as deep rural communities around SA. Since the early 1990's I have worked with terminal children, fighting for their rights to medical care and to die with dignity.

I founded an NGO, Boikanyo the Dion Herson Foundation (BDHF) in 2011. After being a voice for physically maimed children at Baragwanath Hospital for 4 years, I moved on to working with very impoverished families in Protea South squatter camp in Soweto. From initially establishing a massive vegetable garden in a squatter school, I went on to programs aimed at improving various facets of schooling.

Activism, and being a voice to the voiceless, has always been integral to me when helping indigent communities.

Just last month I secured running water for a school whom the Department of Education refused to assist. In 2020, I took millions of rands worth of e'Pap porridge to starving grandmothers and children living in deep rural SA – they are essentially invisible, no one knows of their struggle to survive.

My physiotherapy background, and my work with terminal children, has led to me starting a program of fitting profoundly disabled rural cerebral palsy children into special, renovated wheelchairs - a basic human right for us, a luxury for them. I also secure all sorts of donations and send them to desperate communities that most have not heard of.

I didn't choose this field. It chose me. The places I walk fearlessly around are some of the most dangerous in SA. Here I encounter children and animals in desperate need who somehow seem to find me. I help them. I have

found my soul's purpose on earth, and I am able to sleep at night.

What does it take to make a difference and leave a legacy - apart from money?

I have learned from dying children how to live - 2 remarkable little ones were my best teachers. I have come to understand that the incredible rush that I get from the drastic lengths which I go to assisting a suffering creature, actually comes straight from my soul. I know what I am doing is right and that's all that's important.

I don't think of myself as leaving any legacy, I do this work for me.

What keeps you optimistic when there's always more to be done?

The most amazing women that I meet, dirt poor, with such awful life circumstances. Some have such disabled children whom they love above life itself. There is so little bitterness in these folks, they are the epitome of unconditional love. It's my honour to work with these ladies, they inspire me to be better and to do more.

What Jewish woman (past or present) inspires you and why?

Ina Perlman has resonated with me since I did the 40-Hour Famine at school. Operation Hunger fed millions during apartheid. Perlman was an activist too, she rallied against starvation. She believed that big changes came from many smaller ones.



WOMEN'S WEALTH

Caron (Sandler) Levy
KDHSL 1979

Volunteer Dispatcher for Hatzolah & Head of King David Rosabelle Klein Nursery School



What work do you do and why did you choose this field?

I am currently Head of King David Rosabelle Klein Nursery School in Waverley (RKNS), a role I have been in since May 2015. In my previous life, I was a Speech and Language Therapist and Audiologist (Wits, 1983). I worked as such in Sydney, Australia and in private practice here in Johannesburg finally culminating in eleven years as Clinic Director and Tutor in the Department of Speech Pathology and Audiology at Wits. In 2004 I was head-hunted to run a school for Jewish children with special educational needs under the Johannesburg Chevra Kadisha. During this time, I completed an Honours in Education (Wits, 2007). After 10 years at the helm of this school for children with special needs, I was lucky enough to be offered the leadership of what was then Rosabelle Klein Nursery School in Waverley.

The other part of my life and as significant as my opportunity to lead, is being a volunteer dispatcher

for Hatzolah for the past 7 years. I am also a part of the Hatzolah Crisis Response Unit, an arm of Hatzolah. We are trained to respond to trauma and death within our community by providing psychological first aid to community members who require this after our paramedics/responders have rendered medical assistance and have left the scene.

What does it take to make a difference and leave a legacy - apart from money?

In my capacity to serve our community by volunteering for Hatzolah, I have had the privilege of working with like-minded individuals who are amongst the most committed, genuine, and motivated professionals, and this is an honour that I cherish always. To be on the other side of the phone when people are desperate and reaching out for help and to be able to say that yes, help is indeed on the way, is a privilege.

As part of the Hatzolah Crisis Response Unit, to be able to assist people in their time of sorrow, whether

it is just assisting with logistics in their time of devastation, or holding them in their time of pain, is an honour and a role that I take very seriously. The anguish and despair of a community member accompanying the death/trauma of a loved one requires much compassion, care, empathy, insight, professionalism, and dedication. It is with much humility that I can assist in these worst of times.

Dispatching during COVID times is challenging too. The calls received late at night are ones of fear and confusion. COVID is in the air literally and figuratively and people are terrified. Hospitals are full. Our ambulances and responders must sometimes wait in the parking lot of the hospitals to then be diverted onto another hospital, bed availability notwithstanding. People are calling us as their first point of reference for advice/help/guidance when previously they would not have made that call to Hatzolah. The sense of confusion and fear is pervasive, and not one dispatch shift goes by without nerves and heightened tension as to what that shift may bring. In the

dead of night, with only our dispatch phones and dispatch radios for company, this can be a lonely ride.

However, I would not give this up for anything. The individuals that make up 'Team Hatzolah' are inspirational individuals, each doing what they do in the best way possible. The collegiality, laughter, commitment, dedication and professionalism are awe inspiring. Each segment of Hatzolah works like a well-oiled machine and is a tribute to the individuals who manage each part of the whole. The focus and attention on each patient are astounding. The sense of belonging to such a magnificent organisation is humbling. I am forever grateful to be a part of this team.

What keeps you optimistic when there's always more to be done?

I am forever enthused by 'Team Hatzolah' and 'Team RKNS' - pillars of my life and our community that are humbling and inspirational. I am so grateful to be a part of both. It is clear that the path well-travelled has certain common elements therein - the opportunity to assist members of the community in which ever way I can and thereby deepen my respect for the innate goodness of people, struggling in a crazy world.

What Jewish woman (past or present) inspires you and why?

Golda Meir, a strong, inspirational leader who was hard hitting and

uncompromising when it came to her ideals said "To be or not to be is not a question of compromise. Either you be or you don't be." This adage is how I have tried to live my best life. Notwithstanding a beautiful and close-knit family, good friends, and a connected community here in South Africa, the paths chosen for me or the paths that I have chosen, reflect those ideals of service to our people. As Golda Meir said, "Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." I certainly hope that what I have aspired to be, has come to fruition - a contributing part of a team and a productive member of our community.



WOMEN'S HAPPINESS

Carin (Marcus) Berman
KDHSL 1994
Clinical Social Worker



What work do you do and why did you choose this field?

I am a Clinical Social Worker/ specialising in the field of Grief, Loss, Bereavement and Palliative care. I run a private practice working with children, adults and families. I also work in hospital settings and in the corporate space. I feel truly privileged to do this work and feel that the career chose me. Having lost my father at age 11 on the Helderberg air disaster, I couldn't have known then the influence this experience would not only have had over my life, but also my career path. I have come to regard impermanence and death as our greatest teachers as I believe that that we only truly 'live wholeheartedly' when we have an awareness of life's present and transient nature. The gift of living is life itself! Human resilience and courage remain my lighthouse and I have the sacred privilege of walking alongside people as they navigate life's sufferings and joys. To witness life's ending, allows the observer to make meaningful decisions for life.

How do you personally invest in your own wellbeing?

What is 'wellbeing'? It is total self - physical, spiritual, emotional, psychological - wellbeing.

I came across a beautiful quote that says "The antidote to depression is PLAY!" (for me it's certainly not exercise)

I play, I walk, I laugh, I dream, I talk, I cry, I pray, I eat, I bake, I read, I sit in quiet contemplation. I engage being a wife, a mother, a daughter, a sibling, therapist, friend and community member amongst other roles that I so value.

I try not be afraid to be vulnerable, as my vulnerability is humanness and humility, and I try every day to embrace my faith, courage and resilience. As I navigate through this world, I remind myself frequently of the Serenity Prayer: "G-d grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference". Being a

Logotherapist, meaning and purpose are cornerstones to my wellbeing as is my strong faith and belief.

What small thing/s can women do to inject more happiness into their lives?

What is happiness? "Happiness is not a goal in and of itself, it is a by-product of doing what you enjoy!"

Engage, honour, embrace and keep showing-up for yourself. Examining the narrative of 'Self-care' is not 'Self-fish'. Women are so many things to so many people. Please make sure you keep your watering can full - an empty can, can't nourish flowers. Women are role models to our younger generations, there is incredible power and responsibility in that. Seek out joy and happiness - sometimes it's smaller and closer than we think.

What Jewish woman (past or present) inspires you and why?

I am truly inspired by all women, present and past. Women are powerful, brave, vulnerable, resilient and courageous. Women are the source of life. I salute and honour all women, for all that we do, all that we are and all that we aspire to be.

(Author unknown)

Shout out to everyone who is trying right now.

Trying to do the right thing, Trying to stay open, Trying to keep going

Trying to hold on, trying to let go, trying to find their flow

Trying to stay afloat

Trying to meet each new day, trying to find their balance

Trying to love themselves, trying things and new ways.

I see you. I'm there too.

We all in this together!



WOMEN'S HAPPINESS

Deanne (Blankfield) Sackstein
KDHSL 1991
Rebbetzin



What work do you do and why did you choose this field/get into this field?

I have the privilege of being the Rebbetzin of a thriving community. This job focuses on a broad spectrum of activities from teaching, counselling, programming and events, to the feeding of souls both spiritually and physically! My husband and I have 5 children, ranging in age from 13 to 25. Growing our kids, emotionally and spiritually is my greatest field of work. It requires the most out of me and is the most rewarding work of all!

I also run a domestic training and placement agency together with our domestic worker, as well as a tablecloth business.

By nature, I am a nurturer. My work provides the platform for me to care for, support and empower others. This brings me great joy!

How do you personally invest in your own wellbeing?

The tools I find most effective for my wellbeing are:

Prayer - connecting with our Creator through thanking, praising and requesting.

Shabbes - switch off technology and switch on the family bonding, nourishing the eternal Soul.

Chessed - acts of loving kindness, how best can I serve our community.

Teaching Torah - as it reminds me to connect to the source of all life, all happiness and all success.

What small thing/s can women do to inject more happiness into their lives?

Without a doubt every woman would benefit from learning more about their Souls journey through the light of Torah, no matter your level of religious observance! Our sages teach

that genuine happiness comes from understanding our unique purpose in this world. Women crave substance. The more we nurture that yearning, the more the spirit feels fulfilled. Find a teacher who you can relate to, with whom you resonate, and whose voice, style and ideas move you.

What Jewish woman (past or present) inspires you and why?

Our great Matriarch, Rachel Immeinu! She had the accute awareness of seeing the needs of others. She had the ability to say, "what does Hashem want from me RIGHT now?" She had the faith to know she could never be fulfilled by destroying another, and understood that living in the present, and doing the right thing in the moment, without getting caught up in the what ifs, is the way to achieve greatness.



WOMEN'S HAPPINESS

Candice (Garrun) Davies
KDHSVP 1998
Cooking Instructor



What work do you do and why did you choose this field?

I run an online cooking subscription of follow along cooking classes complete with downloadable and printable recipes and shopping lists. I help make life easier for people as my recipes are tried and tested and absolutely flop proof. They are simple recipes with ingredients that are easy to find and really and truly are delicious.

I absolutely love to cook! While growing up in my parent's home, our domestic helper was the most phenomenal cook, and I remember always hanging around the kitchen wanting to learn what she was doing. I have been teaching people how to cook since I was in my early twenties, and I feel very grateful that I am able to do something I am totally passionate about.

How do you personally invest in your own wellbeing?

I make time to do things that fill me up as much as possible. I practice yoga regularly and enjoy running. I stimulate my mind by learning new things especially things geared towards entrepreneurs. I try get enough sleep (although with 3 young kids this is sometimes challenging) and I keep a close eye on my stress levels. I also make sure (as much as possible) that I am taking care of myself physically and mentally so I can show up for all the people in my personal life and in my business.

What small thing/s can women do to inject more happiness into their lives?

- Eat good food of course!
- Move your body in a way that it enjoys and responds to
- Practice gratitude - even though

things may be unbelievably hard there is always something to be grateful for

- Spend time (physically and digitally) with people who are positive and uplifting. Say goodbye to "doomsdayers"
- Find something you enjoy doing that makes you feel fulfilled (if it is not your job, it can be a hobby)

What Jewish woman (past or present) inspires you and why?

Without a doubt it is my mom. She has taught me to never back away from a challenge and to face what life hands you in a way that can only make you more self-aware and developed. She shows up for the people she loves in her life in the most present way and goes out of her way to be kind and generous to people. She is the strongest woman I know and inspires me to be the best version of myself that I can be.



WOMEN'S HAPPINESS

Kim (Gelgor) Tobias
KDHSL 1986
Artisanal Designer Cake Baker



What work do you do and why did you choose this field?

I matriculated from King David in 1986 and went on to graduate as a fashion designer. My ambition was to become a fashion buyer for chain stores. My career did a full circle after having children and I started an agency to sell clothes to the chain stores. This is part of my creative flare. My field now is an artisanal designer cake baker.

This addiction found me. I needed a creative outlet, and I went on a fondant flower making course with my friends and a firecracker went off in me to pursue this as a business. I started small and simple with birthday cake orders. I slowly started educating myself and teaching myself new decorating skills. I love the different mediums that I use to create all sorts of edible art. From fondant to chocolate, wafer paper to sugar, the list is endless. I try not to repeat the same cake twice.

One trip to London, I met up with a top international baker who gave me a full day course on sculpting in her studio. I then went to Paris to do a professional course in Macarons, (pronounced, Ma-ca-ron). This encouraged me to become a "happiness influencer".

I love that I bake for happy occasions and simchas. I take such pride in my work and try fill the customers brief to the last detail. I also love to add a touch of emotion so that the cake is more meaningful to the recipient. I am very energetic and passionate about creating the perfect personalised cake.

How do you personally invest in your wellbeing?

I am an energy bunny, so I exercise a lot. I cook healthy and eat healthy. I never eat my cake as it would be a calorific mistake. I have finally worked out my perfect recipes and I know they taste delicious. My passion for

my business feeds my mental health. The support of my husband and kids also keeps me feeling invigorated to continue. Their pride is infectious. I work late into the night or wake up very early in the morning, so my creation doesn't take up family time.

What small things can women do to inject more happiness into their lives?

I firmly believe that happiness breeds happiness. If you exude happiness and passion for life, it becomes infectious.

I absolutely love what I have chosen to do. I do it with so much love and energy that it is felt by people ordering and eating them. That makes me happy.

What Jewish woman inspires you?

My grandmothers and my mother were always my biggest influence. These incredible women had the same creative passion as me. They made the kitchen seem like a Pandora's box for me.

My mother, Irma Gelgor, used to whip up dinner parties without a fuss. She loved me being around her, absorbing everything I saw. She is the positive force in my life. My grandmothers and aunt used to teach me traditional Jewish dishes during Yom Tov. I used to absorb their energy. They did everything with love. It is a heritage that I take pride in and continue to teach my kids. They know that our kitchen is the heart of our home. My husband knew to build my kitchen as the best room in the house, as that's where we spend most of our time.

