

Free ebook The folk literature of the kurdistani jews by yona sabar (2023)

They Called Me a Dirty Jew The Temple of Hashem Stereotypes and Prejudice in Conflict My Father's Paradise The Forest of Vanishing Stars Anne Frank Languages in Jewish Communities, Past and Present The Folk Literature of the Kurdistani Jews Jews of Turkey Jews in the Center Unwitting Zionists Dynamics of Teaching and Learning Modern Hebrew as an Additional Language The Doll with the Yellow Star The Former Jews of This Kingdom From Falashas to Ethiopian Jews The Woodcarver's Daughter The Non-Jewish Origins of the Sephardic Jews Moments in Jewish Life Let the Words Black Jews, Jews, and Other Heroes The Neo-Aramaic Oral Heritage of the Jews of Zakho Jewish Musical Modernism, Old and New The Kurds and Kurdistan Italy's Jews from Emancipation to Fascism Angel of Orphans The Jews in Sicily The Jews in Sicily, Volume 10 Notaries of Palermo Jewish Subjects and Their Tribal Chieftains in Kurdistan Jews in a Changing Neighborhood Loosen the Fetters of Thy Tongue, Woman A Bibliography for After Jews and Arabs The Jews of Ethiopia The Falashas CCAR Journal: The Reform Jewish Quarterly, Fall 2023 All the Things I Never Told My Father Sephardi, Jewish, Argentine The Beautiful People of the Book From Tragedy to Triumph Kurdish Culture and Society The Jews of the Middle East and North Africa in Modern Times

They Called Me a Dirty Jew 2012-11-27 the hate that fueled the horrors of the holocaust continued to burn long after the allied victory the ravages of racism in post wartime europe reduced the daily life of little yona levinowska to a painful and miserable existence introduced to her jewish roots much too early beaten and ridiculed on the cold streets of communistic poland and orphaned at the age of ten yona was stripped of dignity and her basic rights she was an outsider rejected lonely forgotten and lost it was against this dark backdrop of bigotry that a glimmer of hope arose follow her journey as she travels to the new born nation of israel searching for love and sense of belonging amid crushed dreams and even cruel medical experiments seeking to survive by performing at night clubs and eventually marrying a muslim out of sheer desperation yona barely cheats death time and time again helped by a kind rabbi yona eventually emerges victorious against all odds aided by a supernatural power her life just may change yours

The Temple of Hashem 1997 tzadok had planned to quit his career in archaeology and pursue religious studies full time instead he finds himself leading an antarctic expedition exploring the vast frozen continent after its partition with enki a jewish eskimo as guide of their multi ethnic team they survive the dangers of the harsh trek across the mile thick ice cap into a hidden canyon and discover the temple of hashem

Stereotypes and Prejudice in Conflict 2009-12-03 in the last two decades the study of social stereotypes and prejudice has become one of the central interests in social psychology in particular one reflection of this growing interest is the focus on shared stereotypes and prejudices the primary reason for this development is the recognition that stereotypes and prejudice play a determinative role in shaping intergroup relations in situations of conflict they are simultaneously outcomes of the accumulated animosity between the involved groups and also feed on the continuation of the conflict by furnishing the cognitive affective basis for the experienced mistrust by the parties in spite of this recognition no systematic analysis of the stereotypes and prejudice was carried out in real situations this book tries to rectify this by applying a general and universal conceptual framework to the study of the acquisition and development of stereotypes and prejudice in a society involved in an intractable conflict

My Father's Paradise 2009-10-13 in a remote corner of the world forgotten for nearly three thousand years lived an enclave of kurdish jews so isolated that they still spoke aramaic the language of jesus mostly illiterate they were self made mystics and gifted storytellers and humble peddlers who dwelt in harmony with their muslim and christian

neighbors in the mountains of northern Iraq to these descendants of the lost tribes of Israel. Yona Sabar was born, Yona's son Ariel grew up in Los Angeles where Yona had become an esteemed professor dedicating his career to preserving his people's traditions. Ariel wanted nothing to do with his father's strange immigrant heritage until he had a son of his own. Ariel Sabar brings to life the ancient town of Zakhō, discovering his family's place in the sweeping saga of Middle Eastern history. This powerful book is an improbable story of tolerance and hope set in what today is the very center of the world's attention.

The Forest of Vanishing Stars 2022-08-04 Yona has used her knowledge of the wilderness to help hundreds of Jews escape the Nazis, but what happens when a secret from her past emerges and threatens everything after being stolen from her wealthy German parents and raised in the unforgiving wilderness of Eastern Europe? A young woman finds herself alone in 1941 after her kidnapper dies. Her solitary existence is interrupted, however, when she happens upon a group of Jews fleeing the Nazi terror, stunned to learn what's happening in the outside world. She vows to teach the group all she can about surviving in the forest, and in turn they teach her some surprising lessons about opening her heart after years of isolation. But when she is betrayed and escapes into a German-occupied village, her past and present come together in a shocking collision that could change everything. Praise for Kristin Harmel: a powerful story of survival and resilience. I couldn't put it down. Heather Morris: a cracking story and characters that zing from the page. Totally immersive. Liz Trenow.

Anne Frank 1997-09-15 traces the life of a Jewish girl who chronicled her day-to-day life in a diary as she hid in an attic in Nazi-occupied Holland for two years.

Languages in Jewish Communities, Past and Present 2018-11-05 This book offers sociological and structural descriptions of language varieties used in over 2 dozen Jewish communities around the world, along with synthesizing and theoretical chapters. Language descriptions focus on historical development, contemporary use, regional and social variation, structural features, and Hebrew/Aramaic loanwords. The book covers commonly researched language varieties like Yiddish, Judeo-Spanish, and Judeo-Arabic, as well as less commonly researched ones like Judeo-Tat, Jewish Swedish, and Hebraized Amharic in Israel today.

The Folk Literature of the Kurdistan Jews 1982 Jews of Turkey: Migration, Culture, and Memory explores the culture of Jews who immigrated from East Turkey to Israel. The study reveals the cultural values of their communities, way of life, beliefs, and traditions in the multicultural and multi-religious environment that was the East of Turkey. The book

presents their immigration processes social relationships and memories of their past from a cultural perspective consequently this study reconstructs the life of eastern jews of turkey before their immigration to israel the anthropological fieldwork for this research was carried out over a year in israel the author visited eleven cities where he found jewish communities from the ottoman empire the book examines their history and origins personal stories of their immigration and different social aspects such as their relationships with muslims other jewish neighbourhoods the family childhood status of women marriages clothing cuisine religious life education economic conditions shabbat and holidays this is the first book that discusses multiple jewish communities living in israel who moved from east turkey the book will be a valuable resource for researchers and students who are interested in jewish and israeli studies turkish minorities and anthropology sleyman Őanlı is the chair of the anthropology department at mardin artuklu university turkey he was a visiting scholar at the moshe dayan center at tel aviv university where he conducted the anthropological fieldwork on jews who migrated to israel from turkey his research interests are ottoman jews jews of turkey jewish cultural studies and social and cultural anthropology

Jews of Turkey 2018-11-20 addressing provocative questions on synagogue participation and modern values eight contributors discuss the findings of the north american study of conservative synagogues and their members 1995 96 within the landscape of american religion the study is based on new research and a reanalysis of the 1990 national jewish population survey wertheimer teaches american jewish history at the jewish theological seminary of america annotation copyrighted by book news inc portland or

Jews in the Center 2002 a study of the iraqi jewish community of zakho that investigates the community s attachment to the land of israel the effects of zionist activity and immigration to palestine and israel

Unwitting Zionists 2010 in dynamics of teaching and learning modern hebrew yona gilead s original research into classroom interactions offers a thick description of a successful beginner level modern hebrew program at an australian university thus offering a model for renewed interest in hebrew l2 research

Dynamics of Teaching and Learning Modern Hebrew as an Additional Language 2017-10-02 a tender story about the power of love in the face of loss nine year old claudine doesn t want to leave her much loved home in france to go live in america not without her parents but she knows about the shortages about the yellow stars jews must wear and about adolf hitler and she knows that there are some things she needs to

do even when she doesn't want to it's wartime and there is much that is different now there are more things that Claudine will lose to this terrible war but not everything that is lost must be lost forever here is a moving story about lost and found lives and the healing power of love

The Doll with the Yellow Star 2016-01-05 this book studies the converted Jews in Sicily following the 1492 expulsion using contemporary sources to examine their legal, economic, and cultural circumstances it also sheds new light on Spanish royal policies and the establishment of the Inquisition in Sicily

The Former Jews of This Kingdom 2003 in the light of the Israeli government's plan to halt Ethiopian immigration this book provides original research into the transformation of the Falashas to Ethiopian Jews during the twentieth century which made them eligible for immigration into Israel adding a new dimension to the question of who is a Jew namely the case of the manufactured Jew

From Falashas to Ethiopian Jews 2017-09-25 after a pogrom forces Batya's Russian Jewish family to leave their home and make the journey to America Batya hopes her new life will offer her a chance to become a woodcarver like her beloved father but while many things in America are different from the world of her shtetl one thing seems to be the same only boys can be woodcarvers still Batya is determined to learn with the same perseverance that helped her family survive and start over in an unfamiliar land Batya sets out to carve a place for herself

The Woodcarver's Daughter 2021-04-01 the author uses linguistic, ethnographic, and historical evidence to support his theory that the origins of Sephardic Jews are predominantly Berber and Arab

The Non-Jewish Origins of the Sephardic Jews 2012-02-01 moments in Jewish life brings together the artist's personal memories with brief descriptions of the meaning and history of the rituals at daily life and the special festivals that make up the Jewish year

Moments in Jewish Life 1996 seldom has a small grassroots organization polarized American Jewry as did the American Association for Ethiopian Jews (AAEJ) and seldom has a grassroots organization been so successful how were five governments persuaded that it was to their interest to allow the threatened Jews of Ethiopia to fulfill their dream of rejoining their brethren in Israel from 1974 through 1991 active AAEJ members demonstrated that it was possible to rescue Black Jews from Africa they enlisted the support of college students, American rabbis, editors of the Jewish press, and other Zionists Lenhoff's memoir provides many untold stories behind this historic drama how Israeli Ethiopian Jews and American Jews worked secretly to rescue over 1,000 Ethiopian Jews how Jerry Weaver masterminded Operation Moses the first mass

exodus of black africans as free people not as slaves how two gutsy american women set up a situation allowing israel to rescue 14 000 ethiopian jews in one day of operation solomon there is more the intrigues in israel between the politics of religion and the law of return the daring heroic adventures of courageous ethiopian jews as they trekked from ethiopia to sudan these are the stories of activists who challenged the establishment and won black jews jews and other heroes is written from the first hand experiences of one of the aaej s three presidents scholar activist howard lenhoff lenhoff and gefen publishing house are especially pleased to present also as part of this book the untold story of righteous gentile jerry weaver

Let the Words 2006-07-21 in 1951 the secluded neo aramaic speaking jewish community of zakho migrated collectively to israel it carried with it its unique language culture and customs many of which bore resemblance to those found in classical rabbinic literature like others in kurdistan for example the jews of zakho retained a vibrant tradition of creating and performing songs based on embellishing biblical stories with aggadic traditions despite the recent growth of scholarly interest into neo aramaic communities however studies have to this point almost exclusively focused on the linguistic analysis of their critically endangered dialects and little attention has been paid to the sociological historical and literary analysis of the cultural output of the diverse and isolated neo aramaic communities of kurdistan in this innovative book oz aloni seeks to redress this balance aloni focuses on three genres of the zakho community s oral heritage the proverb the enriched biblical narrative and the folktale each chapter draws on the author s own fieldwork among members of the zakho community now living in jerusalem he examines the proverb in its performative context the rewritten biblical narrative of ruth naomi and king david and a folktale with the unusual theme of magical gender transformation insightfully breaking down these examples with analysis drawn from a variety of conceptual fields aloni succeeds in his mission to put the speakers of the language and their culture on equal footing with their speech the martin buber society of fellows at the hebrew university of jerusalem have kindly supported the publication of this volume

Black Jews, Jews, and Other Heroes 2007 tackling the myriad issues raised by sander gilman s provocative opening salvo are jews musical this volume s distinguished contributors present a series of essays that trace the intersections of jewish history and music from the late nineteenth century to the present covering the sacred and the secular the european and the non european and all the arenas where these realms converge these essays recast the established history of jewish

culture and its influences on modernity mitchell ash explores the relationship of jewish scientists to modernist artists and musicians while edwin seroussi looks at the creation of jewish sacred music in nineteenth century vienna discussing jewish musicologists in austria and germany pamela potter details their contributions to the science of music as a modern phenomenon kay kaufman shelemay investigates european influence in the music of an ethiopian jewish community and michael p steinberg traces the life and works of charlotte salomon whose paintings staged the destruction of the holocaust bolstered by philip v bohlman s wide ranging introduction and epilogue and featuring lush color illustrations and a complementary cd of the period s music this volume is a lavish tribute to jewish contributions to modernity

The Neo-Aramaic Oral Heritage of the Jews of Zakho 2022-02-10 as the kurdish question becomes more prominent in middle eastern politics it is attracting attention from the media the academic community and governmental and non governmental organizations swamped with questions from the press and academic departments students of kurdish topics have needed a comprehensive bibliography on the kurds this book meets that need an introductory essay provides users with general background information on the kurds and kurdistan with over 800 entries the annotated bibliography provides information on the most important works about the kurds and kurdistan published from world war ii through 1996 emphasizing recent titles the book focuses on english language scholarly works arranged in topical chapters the book opens with a section on general works then covers travel works history and archaeology politics minorities and religion in kurdistan society economy language and education literature and folklore and culture and arts

Jewish Musical Modernism, Old and New 2008-11-15 how did italy treat jews during world war ii historians have shown beyond doubt that many italians were complicit in the holocaust yet italy is still known as the axis state that helped jews shira klein uncovers how italian jews though victims of italian persecution promoted the view that fascist italy was categorically good to them she shows how the jews experience in the decades before world war ii during which they became fervent italian patriots while maintaining their distinctive jewish culture led them later to bolster the myth of italy s wartime innocence in the fascist racial campaign italy s jews experienced a century of dramatic changes from emancipation in 1848 to the 1938 racial laws wartime refuge in america and palestine and the rehabilitation of holocaust survivors this cultural and social history draws on a wealth of unexplored sources including original interviews and unpublished memoirs

The Kurds and Kurdistan 1997-06-25 a biography of tiefenbrunner born in 1914 in wiesbaden pp 31 81 deal with the holocaust period in 1938 tiefenbrunner immigrated to belgium where he opened a home for german jewish refugee children in brussels he married in 1940 in 1942 the tiefenbrunner home became one of the seven orphanages which operated under the auspices of the association des juifs en belgique ajb and the only one which was religiously orthodox between 1942 44 hundreds of children passed through the home which had a capacity for ca 40 children at any one time notes that feeding the children was a constant problem after the liberation in september 1944 tiefenbrunner continued to run the home as an orphanage for child survivors it closed in 1960 and tiefenbrunner died in 1962 his parents and five of his siblings perished in the holocaust he and two siblings survived the book is based on interviews with family members and survivors who spent time in the home as children relating their stories as well pp 155 171 contain an account of his wartime experiences by aron peterfreund

Italy's Jews from Emancipation to Fascism 2018-01-18 this volume documents the history of the jews in sicily based on notarial and court records it illustrates the economic social and religious history of the jewish minority and the relations with the christian majority the volume is provided with additional bibliography and indexes

Angel of Orphans 2009 this volume deals with the experience and the position of non tribal jewish subjects and their relationships with their tribal chieftains aghas in urban centers and villages in kurdistan it is based on new oral sources diligently collected and carefully analyzed

The Jews in Sicily 1997 bibliog p 204 index

The Jews in Sicily, Volume 10 Notaries of Palermo 2007-04-30 maverick israeli poet yona wallach 1944 1985 is often remembered for her outrageous and unconventional personality and the controversies engendered by her sometimes shamelessly erotic verse but she is regarded by many of her friends and colleagues as the most important among the israeli poets of her generation perhaps even the greatest hebrew poet of modern times and has had a profound effect on israel s cultural life ever since her works began to appear in periodicals in the early 1960s zafrira lidovsky cohen presents the first full length critical analysis in english of her works exposing the roots of her poetry in the poetic revolution in israel during the 1950s and explain how she epitomizes the literary climate of her time wallach s poetry reflects the cultural crises that shook the academic world of the 1960s and the intellectual battles many artists fought with the prison house of semiotic systems in which the human mind they felt was entrapped mysticism religion and prophecy passion genius sex and madness are only some of

the terms associated with this woman and her poetic art which one critic has called a unique combination of elements of rock and roll jungian psychology and street slang break neck pace and insistent sexuality cohen paints a background for yona wallach s poetry by outlining her short life and surveying her critical reputation drawing on her own rich and varied background in bible mythology hebrew language and poststructuralist and postmodernist literary and linguistic theory cohen traces wallach s poetic corpus translates and interprets representative examples of her works and situates them within a variety of historical and literary contexts

Jewish Subjects and Their Tribal Chieftains in Kurdistan

2007-01-01 a bibliography for after jews and arabs presents the original bibliography as completed in 1992 without changes as a glimpse into the historical record of a unique scholarly political poetic and cultural journey the bibliography itself had roots in research begun in the late 1970s and demonstrates a very wide arc in addition to the bibliography we include three accompanying texts here in behind the scenes before after jews and arabs alcalay takes us behind the closed doors of the academic process reprinting the original reader reports and his detailed rebuttals and in a bibliography for after jews and arabs a brief introduction alcalay contextualizes his own path to the work he undertook in methodological historical and political terms also included is a poetics of bibliography publisher s description

Jews in a Changing Neighborhood 1975 with a special focus on europe and the role of german english and italian jewish communities in creating a new jewish ethiopian identity the book investigates the formation of a new ethiopian jewish elite

Loosen the Fetters of Thy Tongue, Woman 2003-09-03 at the end of 1984 and in may 1991 virtually the whole of the ancient black jewish community of ethiopia known as the falashas or beta israel was transported to israel in two massive secret airlifts this drastic step was necessary because the situation of the approximately 50 000 people had become desperate the only way to rescue them from intolerable conditions was to unite them with their co religionists in the promised land where throughout the centuries they had longed to live in the first two editions of this book david kessler gave a brief outline of the history of these people from biblical times and described their struggle against the lay and religious establishment for recognition as an authentic branch of the jewish people the airlifts of 1984 and 1991 were a vindication of their claim this third revised edition comprises the whole of the original volume and is enhanced by the addition of a new preface and an afterword which seek to reply to criticisms of the author s

argument about the origins of the falashas and include some new thinking on the subject drawing on tradition and legend to reinforce his argument the author again traces the source of the community to the jewish settlements which existed in ancient egypt particularly at elephantine on the Nile and in the ancient meroitic kingdom in present day sudan known in the bible as Cush

A Bibliography for After Jews and Arabs 2021-02-04 this issue of the ccar journal focuses on language including articles on the languages of diaspora jewry the language of lifelong learning the language of inclusion and the language of sacred text additional articles book reviews and poetry are also included

The Jews of Ethiopia 2013-04-15 a blond blue eyed little girl the only child of an educated jewish family of Krakow Poland she was only 5 years old when the bleak years of World War II began and Nazi Germany occupied Poland separated from her parents her grandparents never heard from again this is a story about a child surviving an impossible ordeal and the courage she discovered in herself along the way

The Falashas 1996 a much needed monograph on the role of Sephardic Jews in Argentina and an important contribution to the study of Jews in Latin America overall choice at the turn of the twentieth century Jews from North Africa and the Middle East were called Turcos Turks seen as distinct from Ashkenazim Sephardi Jews weren't even identified as Jews yet the story of Sephardi Jewish identity has been deeply impactful on Jewish history across the world Adriana M Brodsky follows the history of Sephardim as they arrived in Argentina created immigrant organizations founded synagogues and cemeteries and built strong ties with coreligionists around the country Brodsky demonstrates how fragmentation based on areas of origin gave way to the gradual construction of a single Sephardi identity this unifying identity is predicated both on Zionist identification with the State of Israel and national feelings for Argentina and that Sephardi Jews assumed leadership roles in national Jewish organizations once they integrated into the much larger Ashkenazi community rather than assume that Sephardi identity was fixed and unchanging Brodsky highlights the strategic nature of this identity constructed both from within the various Sephardi groups and from the outside and reveals that Jewish identity must be understood as part of the process of becoming Argentine

CCAR Journal: The Reform Jewish Quarterly, Fall 2023 2023-12-11 a tribute to Ethiopian Jews in Israel

All the Things I Never Told My Father 2013-12 from 1984 to 1991 Israel conducted a series of dramatic rescues bringing thousands of Ethiopian Jews to the State of Israel codenamed Operation Sheba this

effort involved various covert means including large scale airlifts and exchanges for arms to save these jews from intolerable conditions in ethiopia and the sudan but as dramatic and uplifting as this effort was there are still troubling questions about why it took so many years for israel to act on behalf its african compatriots this is the complete story behind the israeli rescue of the jews of ethiopia how tragedy was turned into triumph these rescue operations represented the culmination of complex political maneuvering in israel and illustrated what israeli resolve can accomplish when jewish lives are endangered it was an inspiring effort as william safire wrote at the time thousands of black people are being brought to a country not as slaves but as citizens on the other hand there is much to deplore how long it took for the leaders of israel to recognize and take action to save this ancient african branch of the jewish diaspora known as the falasha the reasons are the result of the complex intersection of israeli geostrategy pressure from the american jewish community and ethiopian domestic politics as well as racism and debates about the jewishness of the falasha community

Sephardi, Jewish, Argentine 2016-10-31 unique timely and up to date this volume is the first comprehensive bibliography on kurdish culture and society compiled to help students educators researchers and policy makers find relevant information with ease the book includes more than 930 items in four major languages arabic english french and german this work covers the fields of anthropology archaeology art communication demography travel economy education ethnicity health journalism language literature migration music religion social structure urbanization and women s studies the volume includes books and book chapters journal articles ph d dissertations conference papers articles in dictionaries and encyclopedias and important sites essays provide an overview of kurdish society as well as surveys of kurdish life in syria the former soviet union europe and lebanon an invaluable guide for researchers interested in the kurds and kurdistan this book will aid in the location of information that is highly diverse and scattered with its focus on a timely subject this book fills a major gap in the bibliographic literature

The Beautiful People of the Book 1988 despite considerable research on the jewish diaspora in the middle east and north africa since 1800 there has until now been no comprehensive synthesis that illuminates both the differences and commonalities in jewish experience across a range of countries and cultures this lacuna in both jewish and middle eastern studies is due partly to the fact that in general histories of the region jews have been omitted from the standard narrative as part of the religious and ethnic mosaic that was traditional islamic society jews

were but one among numerous minorities and so have lacked a systematic treatment addressing this important oversight this volume documents the variety and diversity of jewish life in the region over the last two hundred years it explains the changes that affected the communities under islamic rule during its golden age and describes the processes of modernization that enabled the jews to play a pivotal role in their respective countries in the nineteenth and twentieth centuries the first half of the book is thematic covering topics ranging from languages to economic life and from religion and music to the world of women the second half is a country by country survey that covers turkey syria lebanon israel palestine iraq iran afghanistan yemen egypt the sudan libya tunisia algeria and morocco

From Tragedy to Triumph 2002-06-30

Kurdish Culture and Society 2001-02-28

The Jews of the Middle East and North Africa in Modern Times

2003-04-30

answer for tourism grade 12 comrades marathon (PDF)

- [higher secondary answer bank \(PDF\)](#)
- [classical mythology twelve audio cassettes elizabeth vandiver \[PDF\]](#)
- [decenzo and robbins 10th edition \[PDF\]](#)
- [synthesis paper \(Read Only\)](#)
- [chapter 08 mcgraw hill \(Read Only\)](#)
- [lesson 5 practice b holt geometry answers \(2023\)](#)
- [electronics repairs user guide \(Download Only\)](#)
- [the lynne truss treasury columns and three comic novels \(PDF\)](#)
- [rough guide east africa \(Download Only\)](#)
- [wbcs physics question papers Full PDF](#)
- [geometry teacher edition online \(PDF\)](#)
- [pearson custom program answers Full PDF](#)
- [drama theory grade11 caps exam question paper \(PDF\)](#)
- [strategic management of healthcare organizations 6th edition \(Download Only\)](#)
- [zimsec geography past exam papers \(2023\)](#)
- [physics extended essay guidelines \(Read Only\)](#)
- [a thin ghost and others mr james \(Download Only\)](#)
- [enriques journey the story of a boys dangerous odyssey to reunite with his mother sonia nazario .pdf](#)
- [illustrated textbook paediatrics 3rd edition download \(Read Only\)](#)
- [icse class 10 question papers 2012 \(2023\)](#)
- [web page style guide \[PDF\]](#)
- [it business management solutions inc \(2023\)](#)
- [answer for tourism grade 12 comrades marathon \(PDF\)](#)