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PERSONALS

Mazeltov to:

Marilyn & Gary Perl on their daughter's birth.
Michael & Ilana Silverman on their son's Barmitzvah.
Ivor & Ettie Sack on their daughter's marriage.
Jenny & Julian Josephson on their daughter's Batmitzvah.
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Howard & Shirley First on their daughter's Batmitzvah.
Jeff & Glynnis Weiner on their son's Barmitzvah.
Val & Ed Laser on the birth of their grandchild.

Condolences to:

Barry Galgut on the passing of his father.
Sandy Kodesh on the passing of her father.
Ettie Sack on the passing of her nephew.
Morris Alkin on the passing of his mother.
Errol Marcus on the passing of his stepfather.
Colin Bernstein on the passing of his mother.
Susan Malk on the passing of her father.
Sylvia Klugman on the passing of her husband.

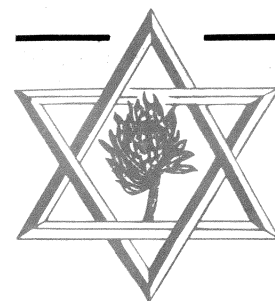
**Please join us at our
ANNUAL GENERAL MEETING**

**on Thursday, January 5, 1989
at 7:30 p.m.**

at M. Larry Lawrence JCC, 4126 Executive Drive, La Jolla

GUEST SPEAKER: Murray Galinson

Refreshments will be served.



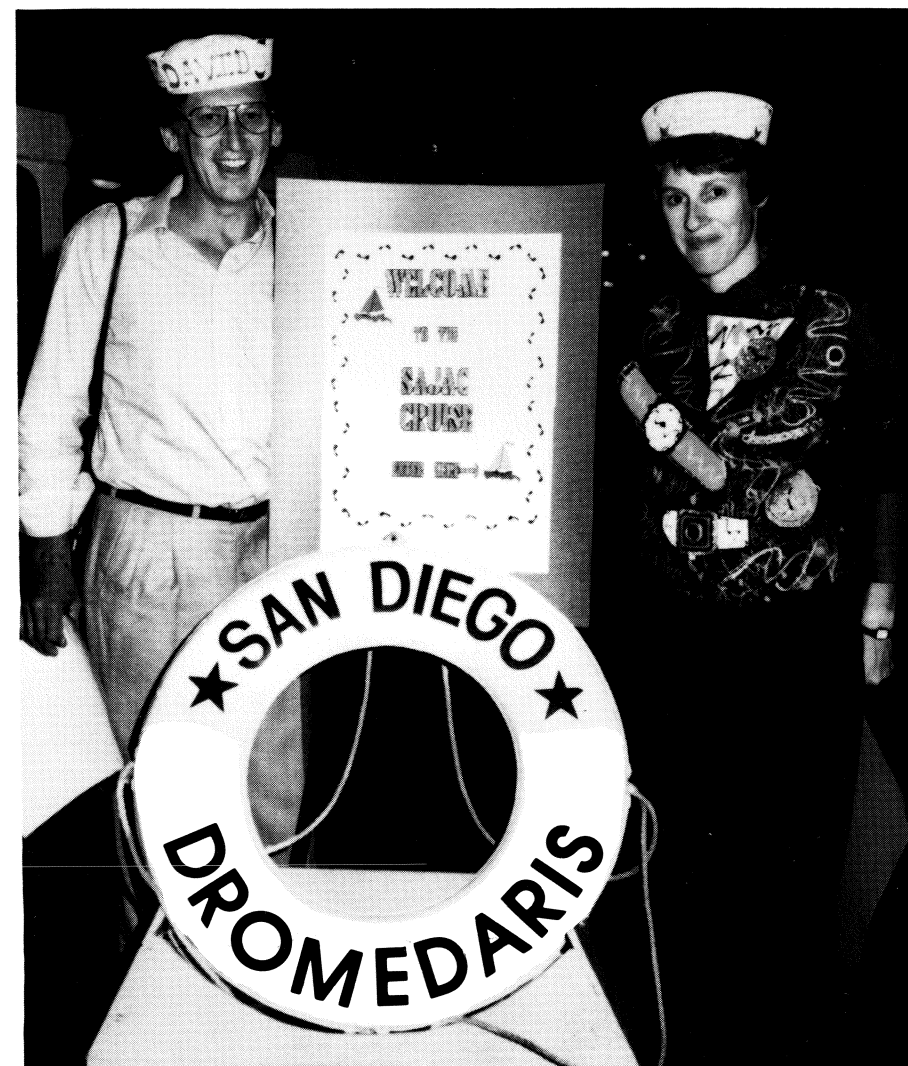
SAJAC REPORTER

The Publication of the South African Jewish American Community in San Diego

Volume 1, No. 8

Winter 1988

SAJAC's Cruise was a BLAST!



Inside ...

Newcomers Corner	2	Kid's Scene	18
President's Message	3	Singles	18
Newcomer's Tea	3	Changing Channels	19
Bon Voyage - Dromedaris!	5	Financing Your Business	21
SAJAC Golf Tournament	9	Getting Away ... "San Diego Style"	22
Letter to the Editor	12	Buy it, Wrap it, Box it	23
Chanukah Lights	13	Cook's Corner	24
Simon Wiesenthal at UCSD	16	T.G.I.F.	26
Friendship	15	Personals	28
Dear Mom	17		

NEWCOMERS CORNER

by Pam Nathan



Tony Basson

Welcome Tony Basson to sunny San Diego! Tony arrived two months ago. Tony has her daughters living here. She has been visiting on several occasions but coming to live here "is different", she says. She lives with her daughter and is very interested in getting a part time position in an office. She has previous experience working in dental and insurance environments. She loves playing bridge and bowls and going to the movies. If anyone knows about outdoor bowling greens, bridge games or part time work, please call Tony at 535-0951.

Spoke to Pam Lewis yesterday. She and her husband, Lou, have moved here after spending the past 9 years in New York. They have 2 daughters; Debbie is at UCLA and Lisa at the University of Michigan. Lou plays golf and tennis and Pam's interests professionally are real estate and travel.

Marina and Martin Datnow have moved to San Diego from Denver after being there since 1978. They have two children who have both been living in San Diego for the past year; Mark 21, and Amanda 19.

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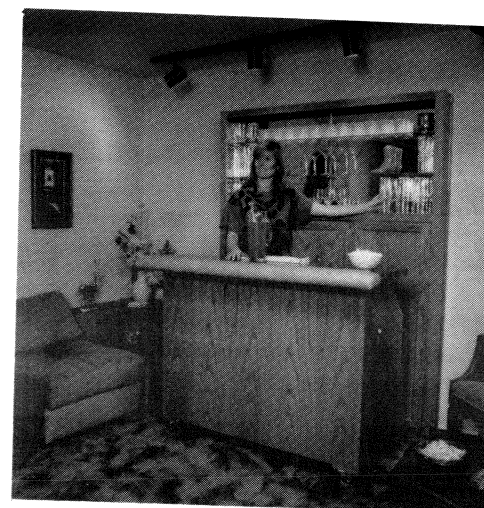
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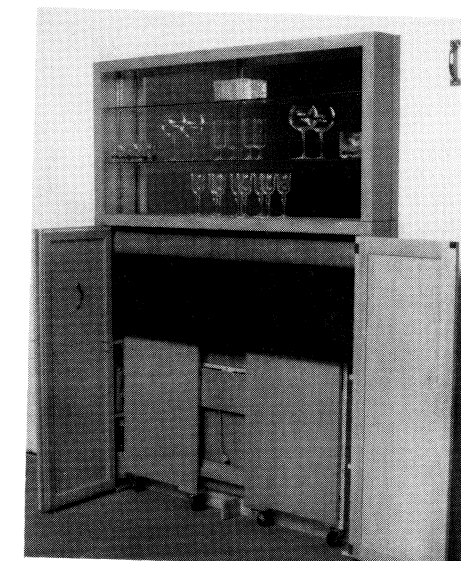
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The President
SAJAC
San Diego



Dear Leah,

Last Thursday evening Jack & Esme Berghaus called on us at our apartment to welcome us on behalf of SAJAC. First we wish to thank you very much for arranging this visit — we were very impressed and gathered a lot of useful information. Second, let us say how welcome your Shabbat gifts were and how grateful we are for them.

As yet we have not decided on our future — we have family here and in the Republic, so there are many things which influence our plans.

May we wish your organization continued growth and plenty of mazel in your good work.

Thank you again,

Yours Sincerely,

Basie & June Levitt



Spacious three-bedroom, two-bath home on large lot in lovely Leucadia. Lush Landscaping with sunken jacuzzi off the master bedroom. Home is wood and glass, ocean view from loft, carpeting, skylights, two fireplaces. Walk to beach. Owner ex-South African would prefer to lease to South African family.

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PRESIDENT'S MESSAGE

As my term of Presidency of SAJAC draws to a close, I look back with tremendous satisfaction at our achievements over the two years, since the inauguration of this organization. We have become a recognized part of the Jewish community of San Diego serving the needs of South African Jews who have settled in this area.

My term has brought me renewed commitment to the survival of our Jewish heritage. It has brought wonderful friendships, which in turn have given me great pleasure and the strength to focus on the goals of the organization - to reach out and to care. It has taught me to cope with the rewards and the disappointments, the enthusiasm and the indifference, the heartbreak and the joy. It has been an exhilarating experience and has added a special quality to my life.

For all this I am deeply grateful and thank all of you who have shared special events, who have opened your hearts and your homes, who have given generously of your time and efforts in supporting and sharing in the growth of the organization.

To Les Kacev - our President-elect - I pledge my full support. Les, the officers and Board of SAJAC for 1989 will be installed at the A.G.M. on January 5th at the La Jolla J.C.C. I urge you to attend this meeting and show your support for the new Board and the continued success of SAJAC.

Leah Levin
President, SAJAC

NEWCOMERS TEA

An informal morning get-together was held at the home of Leah Levin on Monday, October 17th, where 20 South African women shared the experiences and thoughts on immigration.

Leah Levin gave the newcomers a short introduction as to the purpose of having an organization such as SAJAC and the ultimate goals. In this warm and friendly atmosphere, the guests were quick to share their experiences and reveal their own feelings on relocating and adapting to a new culture. All were very positive in their attitudes and one could not help feeling that they would integrate successfully into their new environment.

All were most impressed with the support and kindness shown by SAJAC and, in particular, the welcome committee. This service helps to combat the feelings of loneliness and alienation in new surroundings and is obviously most appreciated.

A most welcome guest was Bunny Kunin, chairperson for Community Outreach of the United Jewish Federation, who welcomed the new arrivals on behalf of UJF and invited them to a series of welcome parties open to all new arrivals later this month.

The lively chatter and feeling made it almost impossible to get the ladies to partake of the sumptuous spread, yet indicated that the morning was a great success and enjoyed by all.

Mary Alkin, Sylvia Roth and Brenda Jacobs and members of the SAJAC Board were responsible for the delicious spread and for adding to the happy atmosphere - many thanks!



Leah Levin and Bunny Kunin, V.P. Outreach for United Jewish Federation



Elsie Cohen, Esne Berghaus and June Levitt



Eleanor Lepato and Sheila Sacks



June Levitt and Joy Marcuso



Mary Alkin, Pam Lewish and Hilary Spilkin

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WINTER 1988

(Continued from page 24)

Miso Vegetable

Easy
Cooking time: 45 minutes
Makes 3½ quarts

This traditional Japanese-style soup is simple, quick to prepare, and gets its full-bodied flavor from miso paste. You may substitute other fresh vegetables in season.

2 tbsp. sesame or safflower oil
1 cup (1 med) yellow onion cut in thin half-circles
1½ cup (3 lg. stalks) celery, sliced diagonally
1½ cup (2 lg.) carrots, sliced diagonally ¼" thick
8 cup water
3 cup thinly sliced green cabbage (or Chinese cabbage)
2 cup chopped kale or bok choy leaves (optional)
juice or 1 tsp. freshly grated ginger*
4-6 tbsp. miso (brown rice or barley miso is nice; you may use others, or even a combination for a full flavor)
1 10 oz. pkg. tofu, cubed (optional)
2 tbsp. sliced green onions, as garnish
tamari or sea salt, to taste

In a heavy-bottomed, 5 or 6 quart pot, gently heat 2 tablespoons oil. Add onions and celery and saute, stirring often, until lightly browned, about 10 minutes. Add carrots and continue sauteing 5-10 minutes more, stirring to brown carrots. Add water and bring to a boil; reduce heat to low and simmer gently, uncovered, until carrots are just tender, about 10-15 minutes.

Add cabbage, kale or bok choy, and ginger juice. Simmer 5-10 minutes longer, or until cabbage is tender. Turn off heat.

In a small bowl, combine miso with enough of the hot soup broth to make a thin paste. Stir into soup.



Dear Aunt Lilly's Lima Bean

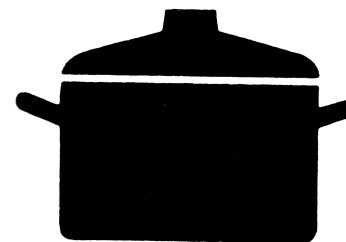
Cooking time: 1 hr., 20 min.
Makes 4-4½ quarts

10 cup water
3 1/3 cup (1¼ lbs) dried lg. lima beans, presoaked
1 lg. bay leaf
1½ cup chopped yellow onion
1 cup carrots, sliced in ¼" round
1½ cup chopped celery (include finely diced leaves)
2 cup (1 lg.) chopped russet potato (unpeeled)
4 tbsp. butter or margarine
2 tbsp. Spike
1¼ tsp. basil
2 tsp. granulated garlic
1¼ tsp. vegetarian soy bits
¼ c. thinly sliced green onion
2 tbsp. minced fresh parsley
½ tsp. salt or to taste
black pepper or cayenne to taste

Soak lima beans for 6 hours or overnight in 10 cups water. Drain and discard soaking water. Place beans in 5 or 6 quart pot with 10 cups fresh water, bay leaf, and yellow onion. Bring to a boil, cover. Simmer, stirring occasionally, until beans are slightly tender, about 40 minutes.

Add carrots and celery, and continue to simmer, covered, for 15 minutes, stirring occasionally, until potatoes pierce easily with a fork.

Turn burner to lowest heat. Ladle out 1½ cups of the hot soup broth, avoiding beans and vegetables if possible. In a blender, blend broth with bits until smooth. Add this mixture back to the soup, along with the green onions, parsley, salt, and just enough pepper to add a little spunk to the soup. Simmer gently 5 minutes, serve.



(Continued from page 23)

will be there for a week or two more. All Hanover House catalogs are tacky and all catalogs that come from places like Maine, Missoula, Manhasset Falls and Maui are just perfect.

So just learn to fill out those order forms, get all the little numbers into the even littler boxes, try and stuff all the dollars into the over gummed enveloped and give mail order to try.

Me. Well I am a mail order junkie. I buy everything and anything I can by mail. If they can't get it into a cardboard box and deliver it to my door, I am really not interested. But I did see a new idea the other day that looks like it's worth trying. It's called FEMALE order. What you do is quite simple. You



COOK'S CORNER

Linda-Anne Kahn

HEALTH GIVING SOUPS

Legumes are a versatile food and can be used to make soups, casseroles and salads. They are a wonderful source of protein and fibre and when combined with grains they form a complete protein with all 22 amino acids.

Rice combines beautifully with beans of all kinds - soybeans in Asia, chillibans in American Southwest, and black-eyed peas in the South.

If you aren't used to eating legumes, they may cause flatulence at first. Split peas, lima beans and lentils are easier to digest than others. Overnight soaking is advised for beans.

A well prepared soup can be the first course of a memorable meal, or it can be a delicious meal in itself.

Below is a list of usual, healthy and flavorful ingredients, which can be purchased at any good health store:

Miso-Rich in B-vitamins and enzymes, this soybean paste has been fermented and aged. It adds a distinctive flavor to soups and sauces. Always add miso after your dish has been taken off high heat in order to retain its high vitamin content.

Tamari-naturally aged, this concentrated soy sauce contains no sugar or preservatives. It is great for cooking, can be used on steamed or wok vegetables, grains or potatoes.

Tofu-This incredibly versatile high protein food is low in calories, and has no cholesterol. It is a soybean curd and is a very receptive ingredient, picking up flavors of other foods.

Spike-A mixture of salt seasonings, herbs and spices with a unique tangy flavor.

Split Pea Soup

Cooking time 1 1/4 hours. Makes 4 quarts.

8 cups water
2 cups dried green split peas
3 cups chopped celery
2 cups chopped onion
2 tsp. cut thyme leaf
2 large bay leaves
3 med. carrots cut 1/2" rounds
2 large cloves garlic (pressed)
1 tsp. crumbled basil leaf
1/2 tsp. oregano
1 large chopped russet potato
1/4 cup green onions chopped
1 tbsp. spike
1 tbsp. tamari
Sea salt (to taste)
Pinch cayenne
2 tbsp. butter or olive oil
2 cups frozen peas

In a 5 or 6 quart pot, bring to a boil: water, split peas, celery, onion, thyme and bay leaves. Reduce heat and simmer, covered about 20 minutes, or until split peas are a little soft.

Add carrots, garlic, basil and oregano; bring to a second boil, then continue simmering, covered, until split peas are very tender - forms thick broth.

Add potato and simmer until potato is tender.

Turn burner to lowest heat. Add green onions, spike, tamari, sea salt and cayenne to taste.

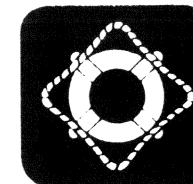
Add butter or olive oil, and peas. Heat. Heat gently, stirring until fresh or frozen peas are tender.



(More recipes on page 25)

BON VOYAGE — DROMEDARIS!

by Naomi Rudick



October 22nd, said my calendar, 8:30 p.m., SAJAC Dance on board ship, coffee and dessert, supper at 7:30 at the Bay Cafe.

This was our first SAJAC "do", and what a wonderful way it was to begin our association with SAJAC! South African friends from Irvine were spending the weekend with us, so we took them along too. Being "newies" in San Diego, we didn't even know the way to the harbor - and having got there were quite unprepared for the crowds and hunt for parking. Reason? A Marathon being run on the harbor road with scores of onlookers, and a reggae concert on the quayside drawing record crowds. Our "parking fairy", always on hand when my husband drives, found a space for us, and we weaved our way through the runners to the Bay Cafe for the pre-boarding supper.

With the first warm greeting we felt a sense of "belonging" and ease. Sailor hats, with our names on, set the nautical mood for the evening. Around us: noise, laughter, "Howzits?" as familiar faces from the "old country" were recognized, hugs, kisses, all punctuated by "how long've you been here?" People were talking about their neighbors and friends "down the road" in Waverley, Glenhazel, Bloemfontein, or whatever. Heard, "Love your sweater!", and "Oh, thanks, it's from Woollies." Had we really left South Africa?

A call to 'board the "Dromedaris" sent everyone off to our boat lying white and graceful at the quayside. But first ... a brief stop for snapshots (wearing our sailor hats of course), something to hold the memory for the future ... then on to the boat.

No time for the party mood to wane as the rhythm and strains of the rock 'n roll band greeted us. "Oohs" and "ahhs" were heard from those inspecting the dessert table - beautiful,

luscious American desserts (we were having the best of both worlds tonight!) were to be served with coffee.

With all aboard the party tempo heightened, and the beat of the band called irresistibly to all to squeeze onto the dance floor, and to "shake, rattle and roll"! One had to consciously take time off to look out of the windows, or go up on deck to enjoy the beauty of San Diego Harbor at night - the lights on the shore, the cool breeze, and the calm swish of the water.

Below deck, a dancing contest in progress. Fast, exhilarating music - and after a few minutes not but the hardy remained dancing, giving it all they had, in a circle of admiring onlookers. Julian Frank won the contest, with honors. Cheering and shouts of "Vrystaat!" voiced the admiration of all for Julian's energy and skill.

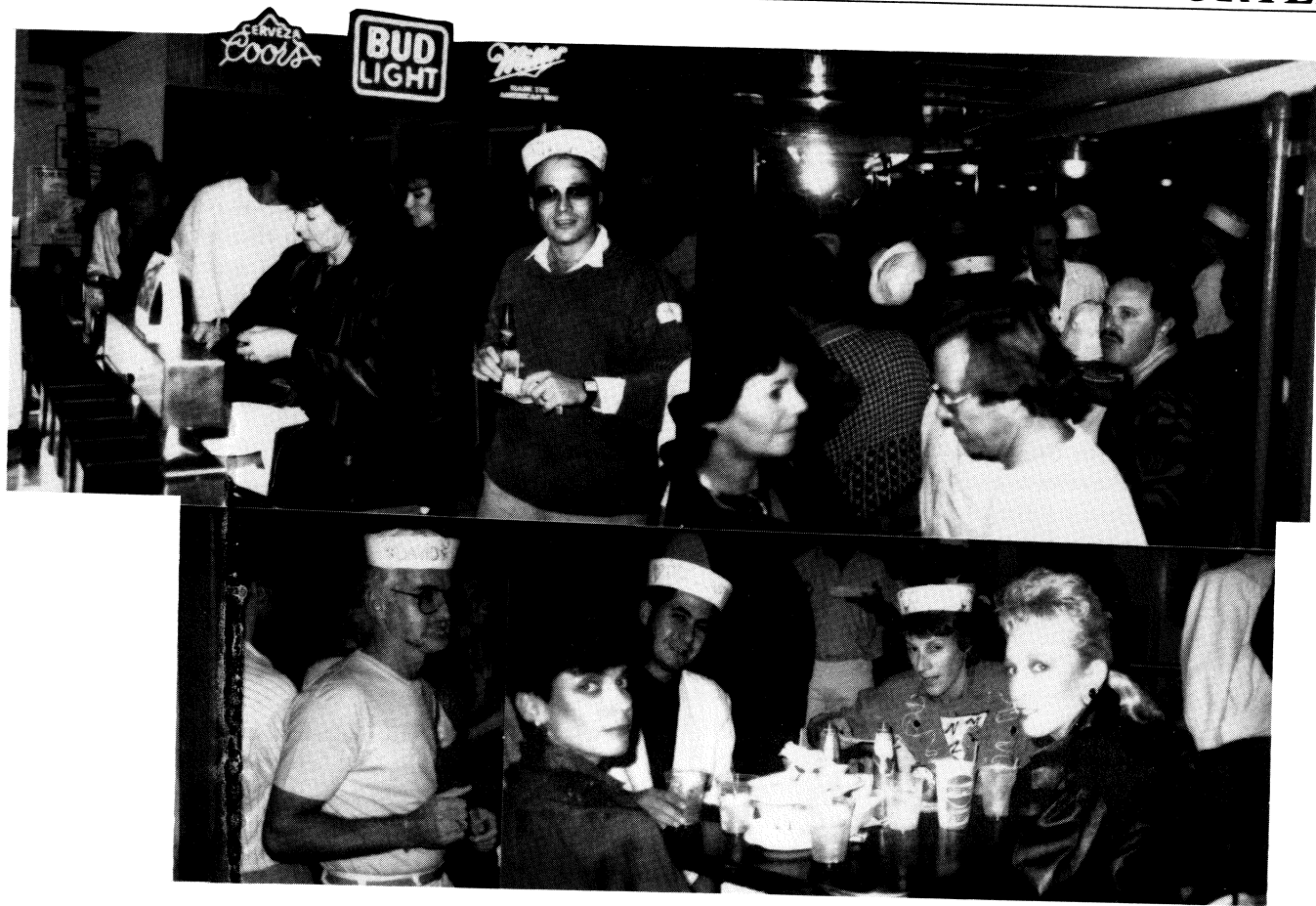
From the general hubbub, one word became clearer and clearer - "fireworks". A firework display certainly not in our honor, but in honor of the Marathon, was to take place shortly, and so there was a mass exit to the upper deck. The captain dropped anchor, and all waited expectantly for the display. It took a while, but then it happened - brilliant and beautiful, as though indeed in our honor, and a glowing bonus to our evening.

Time for the auction of a basket of South African "goodies" - Fish Paste! Cadbury's Chocolate! Joko Tea! Tinned Guavas! - who could resist? No substitute for these in America. Lucky Neville Levin to have won all these.

The boat sailed on, the band played, and we all danced. We hadn't noticed the time and that the boat was heading back to the dock - a glimpse of the crew readying the ropes outside the cabin window told that story. The party was almost over. As the boat gently nosed its way into the berth, the band was playing "Rock Around the Clock" and the joint was still jumping!

A right Royal Naval Salute to Captain Claire Ellman and her able and willing crew.





WINTER 1988

Buy it, wrap it, box it, and send it. As a matter of fact, I'll take two.

by Brian Marks

"Isn't America wonderful", I recently overheard an obvious newcomer to the States say. "If you want a man, you just call a toll free number, order him ... and they'll send him to you UPS."

It took me a while to work it out, but it appears the mistake was malapropic. She heard MAIL order and thought MALE order.

Whichever way your thoughts turn is your business, but if you want to feel like a real American, a red white and blue blood American, you've just gotta buy mail order. No self respecting Yankee worth his salt would consider living without a mail box that is overstuffed and running over with everything from Sybernetics catalogs to the Horchow Collection.

Mail order is as American as the NRA. Let's face it, it's easy, it's fun, it's like buying yourself a present and it's a pretty good business just because we are too damn lazy to go shopping. But there is more to the mail order game than to simply read a catalog and order. No sireee. You have to understand the social ramifications of buying by mail. I mean ...

Every owner of a BMW, MBZ, Vette, RX7, or any car you can abbreviate and which costs over \$30,000 comes with a subscription to Beverly Hills Motoring Accessories catalog. It is

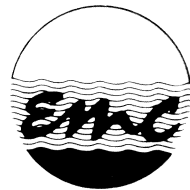
far trendier to buy those leather gloves with the holes in the knuckles from BHMA than from the dealer. You pay twice as much, but what the heck. At all costs avoid M.G. Mitten and don't get caught dead buying from Warshawsky ... even though they have the best selection and the best prices.

In clothes the pecking order is quite simple. For women it is quite acceptable (even desirable) to order from Spiegals, Nieman's, and Bloomies. You preppy types will love Talbots and the faint of heart will get a kick out of Private Moments. But under no condition are you ever to buy by mail from Sears, Bullocks, Robinsons or anywhere where it is more fashionable to carry the shopping bag than to leave the catalog on the coffee room table.

I feel sorry for us men, because the choices are not quite so simple. First you have to decide what kind of a man you are. If you are a real man, and I mean a real barbed wire on the chest man, then you can only shop from L.L. Bean or in a weaker moment from Eddie Bauer. All others are out. Everyone else can buy from whoever they like because once you have left the close confines of the boys club, then International Male, Bachrachs, Brookes Bros. or anyone will do. You guessed it, it is double L, or anything else.

But what if you are looking for gifts, La Jollans choose the Sharper Image, real handy men choose J.S. and A., good buyers choose DAK and the very good buyers go for C.O.M.B. liquidators. But in this area anything goes. Try any catalog that looks like the owners have been around a couple of weeks and

(Continued on page 24)



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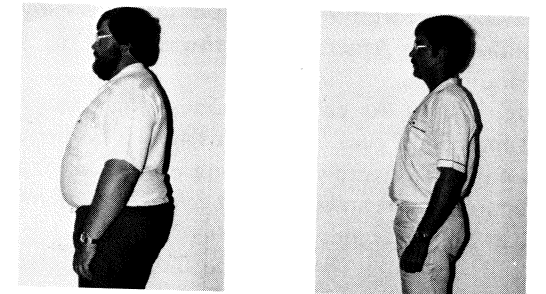
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(Continued from page 21)

public are liquidity and reduction in risk through diversification of ownership. Other advantages include: recurring access to the market for money, availability of the securities (company stock) for acquisition and management incentives, increased public and prospective employee awareness of the business and prestige. These need to be weighed with the costs of going public, which include: the initial cost, continuing cost of regulatory compliance, restrictions on insider transactions with the business or in its securities, potential acquisition by unwanted suitors, loss of confidentiality and pressure to pay dividends and to maintain earnings growth. Going public is a serious and complex undertaking which requires the expertise of experienced professionals. A free guide to "Taking Your Company Public" is available from Price Waterhouse offices.

Government-assisted equity sources

There are equity money sources that combine government assistance and private funds. The government role is to further social and/or economic policy. Thus, availability and policy changes occurs frequently.

The brevity of this article is not intended to diminish the importance of **financing** as the lifeblood of your business. Good planning and the matching of your business's money needs with the available sources are key factors in the success of your business.

Getting Away ... "San Diego Style"

by Darryl Gordon

When you can walk through Disneyland blindfolded, have your own reserved parking place at the San Diego Zoo, and are on first name basis with Shamu - you've probably been going to the same tourist spots over and over. If you think there's no alternative, you're wrong, for San Diego has an abundance of places to go, and beautiful sights to see. A drive out of San Diego will take you to even more sights. So, if you can associate yourself with one of the above, then you should read on.

Now that ski season has been officially announced, San Diegans are flocking to the local ski slopes. And if skiing is out of your league, we can still admire the snow. With the first snow fall, Julian becomes the place to be. But snow is not all that Julian has to offer. Approximately one hour drive out of San Diego, with a trip through the mountains and past beautiful lakes, Julian resembles Hermanus or Worcester, with one difference - apple pie. For the connoisseur of apple pie, this is the place to be.

Hotel Jacumbo in San Diego's back country, Fallbrook's Polo Mesa Spa, the Golden Door in Escondido, Rancho La Puerta across the border in Tecate, and Rancho La Costa up the coast offers glammers resorts and health spas.

Temecula, 55 miles north of San Diego on I-15 is southern California's newest wine-growing center. It's just like a trip down the Stellenbosh or Paarl wine route.

This should be proof enough that there's an endless variety of things to do in San Diego, but if not, a trip up the coast or inland, should lay to rest my case.

**Welcome To All New SAJAC Members
From Stanley Behr**



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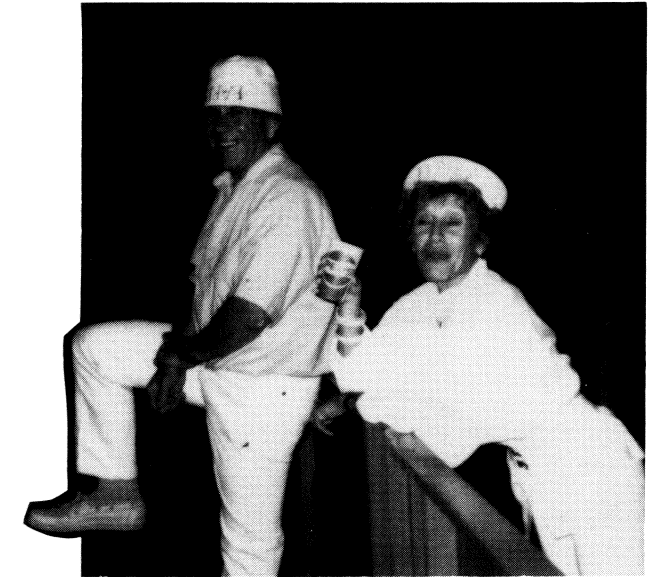
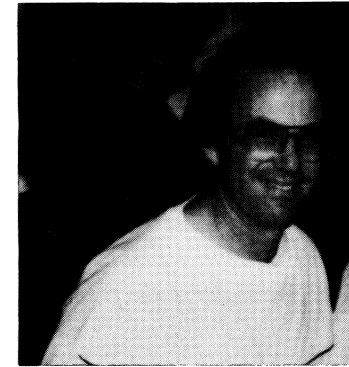
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FINANCING YOUR BUSINESS

by Jeffrey Chalmers, Price Waterhouse

This article, the last of a two part series, addresses various equity financing alternatives. Debt financing alternatives were discussed in part one of this series.

The role of debt and equity is not clear-cut. Equity capital is most often thought of as that amount invested or placed at risk in a business to borrow funds economically is a resource. Debt can be more or less permanent, often taking on characteristics of equity. Ideally your business will have a mix of capital, debt and equity which produces the best economic results.

Sources of equity funds can be divided into four major categories viz, wealthy individuals, venture capitalists, public securities markets and government-assisted equity sources.

Wealthy individuals

The most difficult money to raise is equity for start-up businesses, and the most common sources are your own funds and those of family members and close associates. There are also wealthy individuals who enjoy helping new businesses and may have an interest in the kind of business you are starting.

Wealthy individuals are good sources of start-up and early growth capital. No formal proposal or request is required as they generally rely on instinct and introductions from other individuals. Return objectives vary widely. Most individuals expect to earn three to five times their investment in relatively short time. Rarely do they intend to become permanent investors in the business.

Wealthy individuals actively monitor their investments, frequently as board members. They enjoy the social prestige of being benefactors to successful businesses. Their contacts and business abilities are often additional valuable resources.

Money from wealthy individuals varies. Amounts of \$10,000 to \$100,000 are not uncommon for a single investment. Indirect risk capital may also be available if the wealthy individual agrees to guarantee the business's obligations.

Venture capitalists

Venture capitalists (institutional risk takers) may be groups of wealthy individuals, government-assisted sources or major financial institutions. Most specialize in one or a few closely related industries. They have formal investment evaluation criteria and emphasize capital appreciation through rapid growth.

Venture capitalists have traditionally preferred proven growth businesses with potential to go public in three to five years. You may approach venture capitalists directly, but they are known to make most of their investments through referrals. Your lawyer, banker and accountant are good referral sources.

Very detailed requests or proposal documents are required, however the abilities of management will be the most closely reviewed aspect of your business.

Public securities markets

Public markets are generally for very mature businesses. Occasionally market conditions will allow less-developed businesses, with super high growth potential, to make early initial public offerings. The chief personal advantages of going

(Continued on page 22)

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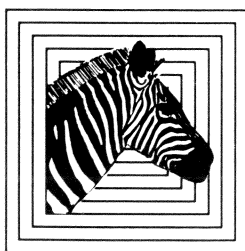
(Continued from page 19)

Last week, Channel 10 News ran a three day series investigating alternate "New Age" medicine. Pam was chosen as one of the four panel members to be interviewed. Stephen Clark, the newscaster, was very interested to understand more about homeopathy and acupuncture and how Western medical doctors reacted to these modalities. Pam spoke about homeopathy, a non-invasive, drugless therapy, very close in its principles to the use of immunization, that assists the body to heal itself, and acupuncture, the ancient Chinese medical system which encompasses the concept of energy (chi) flowing along specific pathways traversing the body, known as meridians.

Mr. Clark's curiosity led him to interview Dr. Tomito, M.D. and asked him how he felt about homeopathy and acupuncture. Dr. Tomito felt that acupuncture worked largely on the basis of a placebo effect which was refuted by Dr. Stephen Blake who said that his patients could not conceive of the power of suggestion as his "patients" are animals and they respond remarkably well to acupuncture. Dr. Tomito was also concerned about the possible toxicity of the preparations used.

Stephen Clark then took the list of products used by Pam Nathan to the Poison Control Center and not one of the substances were found to be toxic.

This response left Mr. Clark bewildered. "Why is the medical profession so unaccepting of alternate practice?" he asked. "Perhaps it has to do with lack of exposure and education in these areas," Pam suggested.



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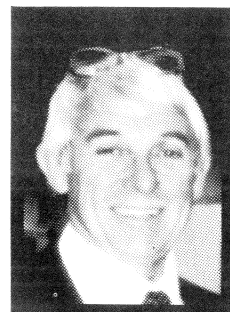
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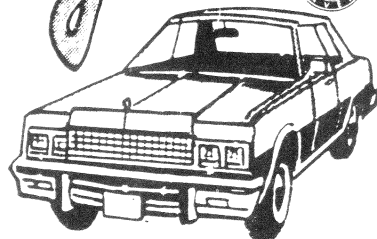
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1988 SAJAC GOLF TOURNAMENT

by Gary Perl

The 1st annual SAJAC golf tournament got off to a swinging, or should I say "splashing" start. The first ball hit (or mis-hit), commemorating the opening of the tournament, travelled all of 10 yards off the tee into the water hazard (the identity of the player will remain anonymous). This set the scene for a most enjoyable and successful tournament. The competition was keen-this was even true for those vying for the coveted "most golf" prize. Players were seen having fresh airs, missing 6" putts and destroying bunkers, all just to win a golf ball wrapped in a life jacket and some other nonsensical useless prize!

But don't get the wrong idea. There weren't only chumps out there. Players burned up the Stardust Championship Course. The Irving contingent did not, however, fall into this category. Prior reports led us San Diegan's to believe they would teach us how to play the "St. Andrews game" in the true and proper fashion. What they forgot is that this was Mission Valley, not Scotland or Germiston. Someone should tell them the idea is not to finish with the highest score. Well, at least they went home with some great memories and pride in their pockets (which were otherwise empty, having drowned their defeat by generously supporting the bar). By the way, I heard they are already out practicing for next year!

Spread amongst the field of 36 were some high rollers. I'm not sure how much money changed hands but judging by the scores there were some big winners. Throughout the tournament "shlenter" was heard whispered, and sometimes anonymously shouted around the course. Most often fingers

were pointed - it was kind of like "don't throw stones if you live in glass houses". A special investigation is underway to trace handicaps back to Houghton, Reading, Killarney, Kyalami, Kind David, Sun City and so on. These results will be made public before the next tournament.

Les Edelstein stroked his way to win the best gross, scoring in the 70's, just to show that this was a "real" golf tournament where "proper" golf is played. Gordon Koz was runner up. Best net went to Brian Judelson and runner up to Gunter Hirsch. The best team effort was Gunter, Brian Wachberger and Barry Galgut. Closest to the hole was Errol Weinberg. Barry Galgut and Brian Marks shared the longest drive.

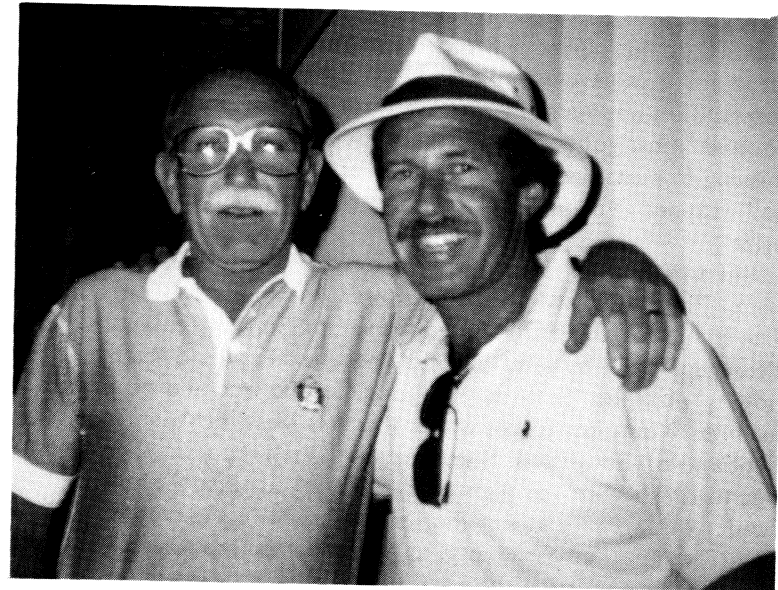
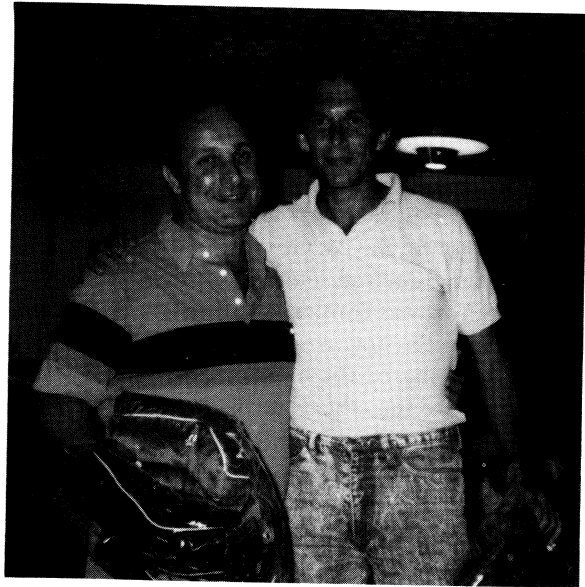
Following the round, the players, wives, kids and friends enjoyed prizegiving and a shmooze in the clubhouse, grazing kosher dogs, chips and beer. Norman Sarkin entertained with some *%#**%@ good stories. Norman topped his performance by receiving the much sought after "crier" prize - a golf ball attached to a pacifier-given only to those who truly qualify for this honor. When the floating trophy was presented a barely audible caveat filtered through the din - "you'd better make sure all recipients have green cards, we want the trophy to stay in San Diego".

A special thanks to the photographer Bryan Noar (the pic's testify to his professionalism and dedication), the golfers for their support and to all those who helped check the cricket, I mean golf scores - it sure made life easier for Neville Berman, the official scorer.

The tournament directors, Gary Perl and Sorrel Nemzer, who both went home prizeless, were adequately compensated by the success of the tournament and have promised a bigger and better tournament next year - if that's possible!

All in all it was fun - see you again next year.





CHANGING CHANNELS

Two South Africans aired their voices on local television. Colin Bernstein ... we'll let him tell it in his own inimitable way.

Sunglasses, ultra violet protection, optical purity, the visual spectrum, neutral density filter - all these I can discuss and talk about at length without a moment's preparation. To answer the question most patients ask; "are sunglasses necessary?", would elicit my favorite 2 hour reply. To expound on "...what is ultra violet protection?" would be equally forthcoming.

However, when the news crew at Channel 39 arrived at my office and prepared to ask me these same questions, I was at a loss for words. Would they believe me...? Do I sound credible ...?. Would I stumble. What would I sound like on TV.

Well, apart from profuse sweating, clammy hands, a few nervous tic's and an occassional itcy nose - it was a piece of cake.

When Dr. Harvey Shapiro, physician and resident doctor for Channel 39, happened to need an expert opinion as the truth behind sunglasses and UV400 protection, who did he turn to? Naturally, the one and only - me!! Why, well he happened to be a patient of mine but more importantly I was the expert - wasn't I - the one with the foreign accent and colored slides!

Bright lights, fancy cameras, even a script - I was intimidated, but it felt wonderful. After I promised my staff I'd include them, swore I'd say hi to my kids ... (Hi mom! just didn't seem quite right) and gave my word to my wife I would'nt

pick my nose on TV - everything fell into place.

I even begin to enjoy the role, illusions of grandeur swept through my mind, line after line, sentence after sentence came out as if I was the expert. My confidence grew, my statements bolder and my rhetoric empirical (that is, I believe in what I thought I was saying...) Every pair of sunglasses was modelled by my office staff (they relished into it). The camera man was given a lesson in optics in the exam room - afterwards he was too embarrassed to wear his "swap-meet" sunglasses - that read ... "Pure optical quality, full UV protection ..."

I was victorious, my message delivered, humanity had been served - all of these great moments on the 5 o'clock news on Channel 39 TV station condensed to 3 half sentences and 18 seconds of air time and glory! But don't tell me, I didn't enjoy it.

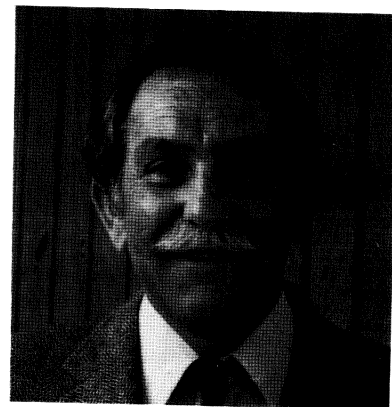
CHANGING CHANNELS

... part 2

Pam Nathan, who has been living in San Diego for the past 10 years, has a unique occupation. She is involved in alternate healing practices and is licensed as an acupuncturist and homeopath. She became interested in this field 16 years ago when her son, Alan, was miraculously cured by the use of homeopathic and naturopathic therapy.

(Continued on page 20)

NORMAN SARKIN



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Kid's Scene

by Lolly Pop

Everyone has a lot to say about how well South Africans do in other countries, and usually they're talking about adults...well why not, its usually the adults that are doing all the talking. But I've been asking some questions lately and I found out that some kids are doing pretty good things too.

Joel Padowitz entered a inter-county math competition - The Math Olympia - and was placed 2nd. Twenty-two schools entered and Joel was one of the youngest entrants.

His sister, Lisa, won first place in a national writing competition run by Extra Magazine.

Heidi Seid fell in love with ice-skating when she was 6, and she competed nationally for the first time in October, in the USFSA in Ontario, CA. She placed 1st in freestyle and 2nd in figure skating.

Leslie Rostovsky started playing tennis competitively when she was nine. Last year she played in The Nationals in Atlanta, Georgia and was placed third in the USA in her age group (14).

Donna Segall is Captain of the La Jolla High cross-country team which was placed 1st in San Diego County and 5th in all of California.

Mark Weinberg and Adi Jacobs play soccer for their schools and for theazers and as my source said, "they usually win".

Not bad heh? and there's lots more. If you know someone who's excelled please call and let me know at 581-0420 (I know better than to ask you to write in.)

SAJAC SINGLES

The first SAJAC-sponsored happy hour for young Jewish singles, held recently at Vic's in La Jolla, was an absolute blast! Of the 80-odd people there, only 40 or 50 were South African. The others included not only Americans, but also folks from as far afield as Austria, Hungary, Israel, Romania, and Russia! The catering was excellent, and the highlight of the evening was the drawing for door-prizes. These took the true South Africans form of 3 bottles of the finest Nederberg wines, and quite fittingly 2 of them were won by South Africans.

If you'd like to be notified of future SAJAC-sponsored happy hours, please call Diane Marks at 450-0433 or Bryan Noar at 272-4684. See you there!

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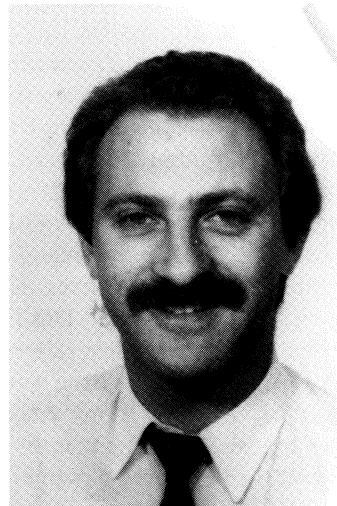
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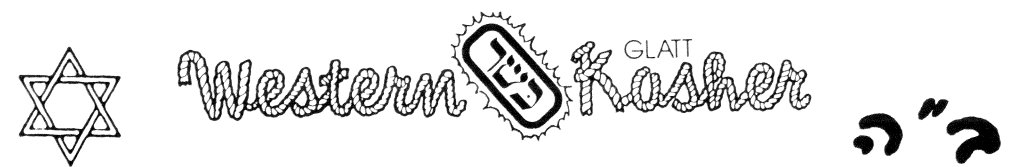
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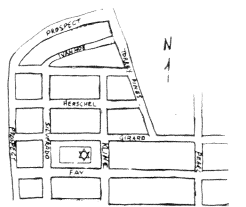
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September 1, 1988



Dear SAJAC,

The worst part about being an immigrant is being away from my family at holiday times. I have dealt with the separation by pretending I didn't care and in my mind devaluing the specialness of the holiday spirit. I deliberately tried treating the holidays as just another day. To do otherwise was too painful. I even stopped attending services as I could not prevent myself from sobbing while sitting in Temple, coming to terms with the loneliness & isolation of being so far away from the people who are so very dear to me. Most certainly I could not contact or write to them either as this upset me too much.

The kindness and support I have gotten from SAJAC of late has made dealing with these issues a little easier. I was feeling so isolated and ready to discard my dreams and ambitions due to numerous factors getting in my way. Life was not treating me very fairly despite my attempts to overcome all the negative stresses. For once, it all got too much for me.

You became aware of my plight and, without even really knowing me, stepped in and offered me support. Having been very independent ever since I was young accepting your help was hard for me. This was so not necessarily out of pride, but more out of habit of having to fend for myself.

I didn't know how to thank you. What is more you wouldn't even let me. I wanted to tell the world and you stopped me. You told me it was nobody's business. I think I understand now the

meaning of true Jewish charity.


I feel it is such a pity that so many people I talk to have the wrong idea about SAJAC. I did too. Experience has taught me however, that the organization is not simply one offering a few social activities. That may be one of its functions, but it is by far not the primary goal. The strength & support members of this organization have to offer, surpasses the purely entertainment component, which so many people I have spoken to seem to identify as being the extent of SAJAC's purpose.

I just want to let you know that I am very grateful. Of course no one can replace my family. But, knowing that I am not alone & feeling encouraged and supported during the final stages of a marathon-type gives me much strength. I look forward to helping others in a similar way in the not too distant future. You have a fan for life!

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DEAR MOM

February 27

Dear Mom,

Well I am now definitely an American. Last week we went with the kids to Universal Studios, and *loved* every minute of it. Didn't even blink an eyelid at the long lines, we just used the waiting time to eat and shop ... how adjusted can you get! And believe it or not I volunteered to be an extra in an episode of Star Trek. There I was; ALIEN NUMBER FIVE practicing "beckoning motions". Only problem was that I was so thrilled by the whole thing that I couldn't stop smiling long enough to look "solemn".

Actually we went because we have something to celebrate ... Michael has a job! A real job, not just another one of these Scam Diego type things, but a job with an established company. And I have my old David back! He's even started oversleeping again, and that grey tinge his eyes take on when he's stressed has almost disappeared.

The kids are doing great except that they both have colds and Sarah seems to have developed some sort of allergy.

What's worrying me the most is that your last letter went on and on saying nothing. It's not your usual style and I almost expected to get another one to explain. Anyway please phone me or write soon and tell me what's going on.

There's going to be an election this year, in November, I think. Though I must say I can't see why they bother. I mean the policy differences between the Republicans and Democrats seem small compared to Nats. vs. Progs. that is seems more like a "Looking for Mr. Goodguy" competition, than one that has anything to do with politics. Please Mom, remember I've only been living here six months and my opinions are probably very naive ... I can just see you now, ready to tell anyone who'll listen, that your daughter *who* lives in America and *knows* what's going on ... MOM DON'T DO IT!

This has been one of the coldest rainiest February's in living memory. HA HA Don't you love the way they always say that. Anyway it's dark by 5:30 p.m. According to the living memories its supposed to be light until much later by now. I kind of liked it at the beginning of winter, all cosy and soupish, but now its just dark, and cold.

Well I guess that's all for now.

Please write soon. I want to know what you're not telling me.

Lots of Love

Janice



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SIMON WIESENTHAL AT UCSD

by Carole Cohen

How does one approach a man like Simon Wiesenthal? Or write about him? Not having facts and figures like this remarkable man had at his fingertips, nor an incredible amount of knowledge on individuals, dates, times and events of their atrocities, what is left but to simply chronicle his devotion.

Why? - is the question asked by all. Why does a man who went through the atrocities of a nazi camp want to spend the rest of his life, sifting through information, tracing movements, following suspicions, recording and sometimes capturing these horrendous figures of history? Because, he says, he wants the future killers and murderers to know they'll not be allowed to exonerate themselves from their actions. No matter how much time passed, they will be held accountable for every unbelievable, irreconcilable misdeed they have committed. And, to remind everyone, the world, the diaspora, to be on the look out for persecution, for racism, for fanaticism, and to be mindful of it, observant of it, and to be in a position to control it. Another Holocaust must never re-occur ... not only against the Jews, but against any nation or people.

Simon Wiesenthal, brought with him a message. He brought with him a set of truths. He spoke simply, understandably, with no pomposity nor superiority. One could almost have been in a room alone with him, like a kindly old grandpa, instead of a huge gymnasium filled to capacity with both old and young, while he recounted his endeavors, and told the history of all those people who had been involved in the annihilation of Jews and others during the time of Nazi Germany.

What was definite was his immense love and caring for the future generations of humankind. That he should seek out Nazi criminals and collaborators so that the future world will have a chance of freedom against a set of maniacal murderers. That bits of evidence, pieced slowly together, would finally triumph in the capture and prosecution of an Adolf Eichman! That understanding numbers like 600,000 or 6,000,000 would

eventually be incomprehensible to the average man, that a Nazi Party led by an Adolf Hitler could actually eliminate 6,000,000 Jews and 5,000,000 others. This is just too much!

So he, his volunteers and co-workers set about tracing and capturing the "smaller fish in the sea". Those involved in betraying families, individuals, and acquaintances. Those involved in the murder and torture of men, women and children. Those who "followed orders" against the innocent. That in this feat, he would bring home to the world, information and a realization that would impact their lives, that they could understand, and that they could feel. As he said, to take away the statistics from the Holocaust and bring it to the common man for him to understand.

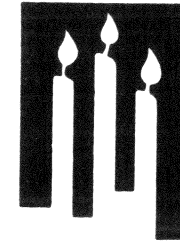
Some years after the war, three rabbis came to Simon Wiesenthal. They had found a room full of Jewish Holy Books and asked him to help sort through them and decide what to do with them. He did.

This room of books had been collected by the nazis for a museum in which they would have had relics and examples of the 'extinct' Jewish people. When the rabbis and Wiesenthal were sifting through the books, one rabbi gave a gasp and collapsed on the floor. He came to, and cried, holding a book tenderly in his hands. The book was a Siddur from his own home, with an inscription on the second page which had been written by his sister, as the nazis reached their door. It asked that whoever found this Bible, please to not allow their deaths, and the deaths of the Jews to go unanswered and unaccounted for. It was at this moment, more clearly than at any other, Simon Wiesenthal states, that his conviction and devotion to seek out nazi criminals became his commitment.

We stand in salute to Simon Wiesenthal, and to those who take it upon themselves to become the conscience of our world, and the caretakers of its people.

CHANUKAH LIGHTS IN KABBALAH

by Rabbi Moise Leider
Chabad of La Jolla



Jewish people seem to have a love affair with lights. We begin the Shabbat joyously by lighting candles in our homes before sunset and each year, we commemorate our departed loved ones with the lighting of Yahrzeit candles lasting for 24 hours. Our synagogues are adorned with a "Ner Tamid" - "Everlasting Light" in remembrance of the menorah kept lit perpetually in the ancient Holy Temple in Jerusalem. Each year at this time we light the Chanukah candles, reliving the great victory of the Maccabees over their Greek/Assyrian oppressors.

Light has always been seen by the Jewish mystics as a favorite metaphor for describing the various emanations and manifestations of G-Dliness. The Torah is seen as a light coming from the very essence of G-D Himself. There are many reasons for this: (a) light is not a physical thing (b) it delights the soul (c) it has no color nor shape by itself but takes the form of the vessel that contains it (d) light cannot be seen by the naked eye in great intensity (e) it is emitted from a luminary without being separated from it (f) it irradiates all physical objects and is able to easily penetrate them (g) a small amount of light dispels a great amount of darkness.

It is no wonder then, that the miracle of Chanukah has to do with lights and in fact this is the predominant theme of the entire holiday. Unlike the lights of the Shabbat candles and even of the Holy Temple, these lights must be lit *after* sunset, facing *outside* and *increasing* each night.

Clearly, there is a lesson in all of this that is much more profound than we might have previously thought. By lighting the Chanukah menorah, we are, in fact, drawing down a tremendous spiritual energy coming from G-D's very essence. This "light" permeates every aspect of our lives bringing great blessings to us and our families. Immediately we feel very happy inside and wish to express that emotion together with our families and friends through Chanukah gatherings featuring dreidel games, hot delicious latkes or jelly donuts and good comraderie. Everyone is affected by the sight of a menorah and the darkness in their lives is banished.

The fact that the Chanukah candles are lit when it is dark and they face the outside, emphasizes the fact that their job is specifically to spread the light outside where darkness exists and by doing so, even those Jews who may not be within the fold can see it and come back in. By increasing the lights each night we strengthen our own dedication and resolve to grow in observance of the Mitzvot and be stronger Jews. May this Chanukah bring an "Ohr Penimtee" - "a deep, hidden light" into the world, guiding our paths and blessing all of us and Israel with health, happiness and peace.



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T.G.I.F.

by Sandy Kodesh

A meeting was held on November 30th when Rabbi Laurie Coskey was to speak to a group of ladies about shabbat in San Diego. Unfortunately, at the last minute she called in ill, Leah Levin had to think very quickly.

The meeting was held at Brenda Jacobs' house and by 9:30 a.m. 25 bubbly, chatty ladies, totally unaware of Leah's problem were waiting to hear Rabbi speak. Leah, ever calm and in control, opened the meeting and explained the situation. Then, because there were many newcomers present, she outlined SAJAC's role in the community.

As Leah finished her talk, Barbara Sherman, Women's Division Campaign Chair for UJF, and Nadja Frank, Executive Director of Women's Division walked in. Whew!!! the replacements had arrived.

Barbara Sherman really opened her heart with special emphasis on her move from New York City to San Diego — from a life of secure Jewishness - to an emptiness in which she had to create her own Jewish world.

She drew a parallel between her move from East to West coast, and our move from one continent to another, while admitting that her move was not as traumatic as ours. In New York City they were surrounded by Jewish people everywhere, and without special routines or observances felt very comfortably Jewish. They never went to shul, or observed Friday nights, and their children never went to Jewish schools. Another interesting fact was that they never had a desire to visit

Israel. Barbara related an intimated picture of her family life, which was comfortably Jewish, without doing anything obviously Jewish.

When they arrived in San Diego, the difference in culture really hit them. They lived in La Jolla, and had no Jewish neighbors. Her children went to the local schools, and had no Jewish friends. On Rosh Hashana, when her child stayed away from school, and learnt that they had written a test while he was away, the principal had no sympathy for him. How could the school give recognition to Jewish, Mexican, Chinese, Italian and all the different nationalities that meet in this melting pot of freedom. She now had to work consciously on something to which she had never previously given thought.

Six years ago Barbara went on her first trip to Israel, and since then she has returned no less than 11 times. Her children have had Bar & Batmitzvahs. Back in New York, Jewish children do not emotionally have them. Its a choice that each one makes, and not a natural pattern of growing up Jewish.

When you choose to live in Southern California, and especially La Jolla, you have to consciously work at being Jewish.

The women related well to Barbara and she closed by thanking the South African Jews for everything they have contributed to the Jewish community in San Diego and emphasized the importance of co-operation and friendship between the South African and the Americans.



On Friendship

by Gabi Jacobs

Although friendship is universal, it refers to different types of relationships in different parts of the world. Since arriving in the United States, I have observed that in the USA there is no one specific definition for the term, "friend". I am not alone in my observations. Margaret Mead (1901-1978), an American Anthropologist, distinguished between styles of friendship in America and other regions of the world.

Few Americans stay put for a lifetime. They move from town to town, from the city to the suburbs, from a job in one region to a better job elsewhere. They move from the home where they raise their children, to the home where they plan to retire, and their children to college in a different state. With each move, Americans make new friends.

By American terms a friend can be a business associate, a trusted confidant, a childhood playmate or even someone whom one has known for a few weeks in a new place. A friendship in America may be superficial, casual, situational or deep and enduring. But to a South African, who sees only the surface behavior, the differences are not easy to distinguish. Who then is a friend?

In South Africa, friendship is quite sharply distinguished from other, more casual relations. For a South African, or at least for me, friendship is more particularized and carries a heavier burden of commitment. In South Africa, adolescents form deeply sentimental attachments. Unlike most Americans, South African "friends" spend a large part of their lives together. South African Jews are usually confined to a small

community and friendships which develop as early as nursery school, continue right through to college and some extend even further. Because of the close knit Jewish community, one finds that even when friends are separated, the friendships are often regained in later years. After all, the friends we made in South Africa are lifelong friends.

There are many South Africans who will agree they have had difficulty in establishing solid, secure and intimate friendships with Americans. Americans view friendship more tentatively, and their friendships are subject to changes in intensity as people move, change jobs, discover new interests and progress from high school to college. Most South African "friends" share hopes, fears and dreams. They form a common front against the world of school and family and join in a kind of mutual discovery of their own lives and that of each others. Like ties of kinship, South African friendships are irrevocably binding.

Today, South Africans are dispersed around the world. However, time has shown that the miles that lie between them cannot break these bonds. Because of the circumstances under which these friendships were established, and the lines along which these friendships developed, South African "friends" are friends for life. Thanks to SAJAC these bonds are strengthened even more. In time, with a little patience and a little effort, we will learn to adjust more easily to the American way and we will eventually make new friends, Americans that we can call true "friends".