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**SAJAC REPORTER**

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

Volume 2, No. 1

FALL 1991



The Board of SAJAC wishes each and everyone in the community  
a happy healthy and peaceful New Year and well over the fast



wishing you a happy new year

& well over the fast

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FALL 1991  
GATES OF MERCY

The Message of Rosh Hashanah and Yom Kippur

The aim of the High Holy Days with regard to the moral and ethical failings of man, is a call to see himself in true perspective; to seek out and ponder over his errors; to correct them and to enthuse him with aspirations for a better way of living—not only for his own sake but for the benefit of all mankind. This will be achieved only if we carry out G-d's law as revealed to us in his Torah. But alas, because of human nature and its indulgent tendencies the evil inclination born in us so often has sway. It thus becomes vitally necessary for all of us who have strayed to call a halt, to retrace our steps and to return to G-d if we are to improve our ways.

From the days of your fathers ye have turned aside. Return unto me, and I will return unto you, Saith the Lord of Hosts (Malachi 3.7)  
The High Holy Days with their procedures and ceremonies find their origin in the laws of our Torah. The ritual is a comprehensive system with a logical approach. It is designed to bring about a state of self realization with a view to purification of the soul. The process goes through three stages—preparation, judgement and finally atonement. With the first blast of the Shofar at the beginning of the month of Ellul we are bidden to prepare for the Ten Days of Repentance. Throughout the month the Shofar is sounded (except on Sabbaths) at the conclusion of the morning service. Psalm 27 is also recited at every morning and evening service. Then comes Rosh Hashanah, the second stage, when we enter into a period of self judgement to bring about an awareness of our shortcomings. This must be coupled with a firm resolve to make amends. Finally, on Yom Kippur, the Day of Atonement, we are at one with the Almighty —“for on this day shall atonement be made for you to cleanse you.” (Leviticus 16.30).

The Shofar is a summons which goes out to all “for there is none righteous upon earth who doeth only good and sinneth not.” Every one of us is thus enjoined to participate in the ritual. Its purpose is to help even the most wicked to attain true atonement.

Though your sins be scarlet they shall become as white as snow. (Isaiah 1.18)

Let the wicked forsake his way, And the man of iniquity his thoughts; And let him return unto the Lord, and He will have compassion upon him, And to our G-d, for He will abundantly pardon. (Isaiah 55.7)

“In a higher than their literal sense the words of the liturgy are true. Our destiny—our spiritual destiny—is written down on New Year's Day, and sealed on the Day of Atonement. We write it down in the penitence with which we greet the dawn of the year, we seal it with the amendment which we solemnly vow on the Fast of Yom Kippur—the time for penitence is with us; the Fast with its supreme task awaits us. Let us endeavour to see ourselves as we really are, our sorrow for our shortcomings, the unrest of our unshriven soul, prepare us for the final act of atonement. The Day of Atonement shall lead us, with hearts bowed in submission, to the Divine throne; and G-d will lovingly lift us up, absolved, forgiven, filled with the spirit of faith and loving obedience. We shall begin to live at last, to live before Him, to live the true life which is inspired by the constant thought of His presence.” (Morris Joseph)

This is an extract from a book entitled “Gates of Mercy” (A Guide to the Synagogue Services of the High Holy Days) written in 1979, by Louis E. Kaplan, a prominent accountant and religious lay leader and scholar, of Johannesburg, South Africa.

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CELIA LEVY SHARLEEN WOLLACH

### Dear Mom,

I agree the phone calls have been frustrating. So here it is a long letter with a blow-by-blow of Janice's greatest adventure. Its the least I can do, seeing my last letter was so yuk?

It all began last year sometime, when Anne, a producer friend of my friend Susan, asked me if I would be interested in writing a script for a Disney in-school video. Would I be interested?!! I jumped up and down, getting copies of everything I'd ever written and rewriting my resume etc., only to be told that Disney had decided to use a writer who'd worked with them before, had more experience, etc., etc. Of course what else did I expect? Did I really think I Janice from Joburg, could write for Disney? Anyway Anne was very sweet, apologized for disappointing me and said, "Maybe next time." Yeah, Yeah, I wasn't exactly going to hold my breath.

Then about two weeks ago Anne called and said she was doing another in-school video and that the writer they'd used last time had not lived up to her credentials and did I want to give it a try! Of course I never learn. There I was running around in square-circles again! But . . . and there's a moral here . . . this time it happened.

We started work the next day. Let me tell you about what work means in Disney-language. Our workday was 15 hours for the next two weeks. I say our because the producer worked with me all the way. She arrived in the morning with her fax machine, bagels and coffee and we started. I wrote and she did everything else: Gave the kids their bagels and then drove them off to camp or friends or whatever they had to do. I was to have no excuse to leave the keyboard. Some time in the middle of the day, a salad would appear. And we'd eat and brainstorm. She answered the phone and told everyone I was too busy to talk. When one persistent caller insisted on being told when he could call back she said, cool as you please, "About three weeks time would be good."

Anyway then in the evening she'd whizz off and get the kids and some Chinese dinner and rent a movie. Then we'd stop, eat, dump the kids in front of the movies and get back to work until around midnight when we'd fax the days labor to Mary so she could get it first thing in the morning and fax back her comments. I was so exciting. I just flew on the adrenaline! I literally ate, drank, and slept the script.

It was only the power of the name Disney and the fancy conference phones and video equipment that Anne brought here that kept the kids from a mutiny! Anyway finally we sent in the complete first draft script.

Once Mary approved this it had to go to all the departments, legal, educational, image, etc., etc. and everyone has their say. It usually takes about four drafts. So I had the day off while we waited for feedback. I went to the supermarket and walked around in a daze, the last three days had been so crazy I literally had not left the house! It felt like I'd been away for ages. Must just say that David was wonderful. He just handled the whole thing fantastically, ate the take-outs, helped with the kids, and only complained enough to prove he was still David.

And then the impossible happened. Mary called and said we'd done "a fabulous, fabulous, job!" one draft would be enough and we were in production. We had to go, the next day, to L. A. to the editing studios, on the corner of Hollywood and Vine (where else?).

It was just incredible, seeing all this hard work I'd done on paper come to life on the screen. I was delirious . . . am delirious.


Anyway that's as far as we've gone. Of course I will convert a copy of the movie to PAL and send it to you as soon as its done.

As I said there is a moral to this story, and to quote President Brand, "Aanhouer wen!" (Why do I remember that!)

Anyway its a great way to see out the old year and bring in the new.

I love you all. Shanah Tova.  
Janice

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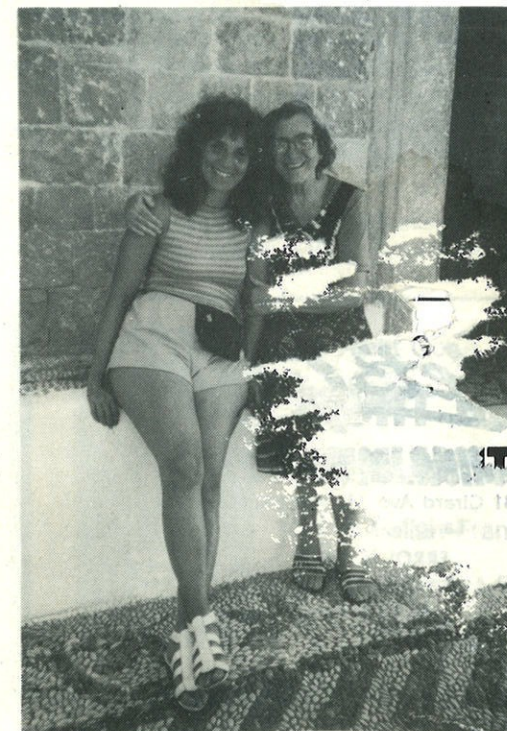
### The Synagogue on Rhodes, Greece

by Pam Nathan

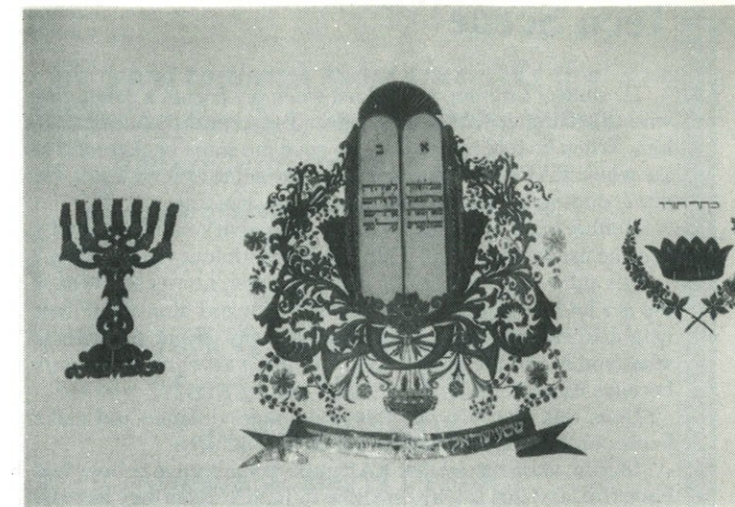
While vacationing on the Greek Islands last month, I stumbled on a beautiful synagogue on Dosiadou St. which is adjacent to Platia Evroen Martiron, otherwise known as the Square of the Jewish Martyrs in the Old City of Rhodes. Two thousand Jews were taken from this square in 1943 to Nazi concentration camps, only 50 survived. The synagogue was restored after the war although, in fact, it is 300 years old.



The caretaker of the shul is this lovely Askenazi lady, Lucia, who was sitting meditatively on the side wall next to the gate. I have only a smattering of Yiddish, and she a little more German, but we

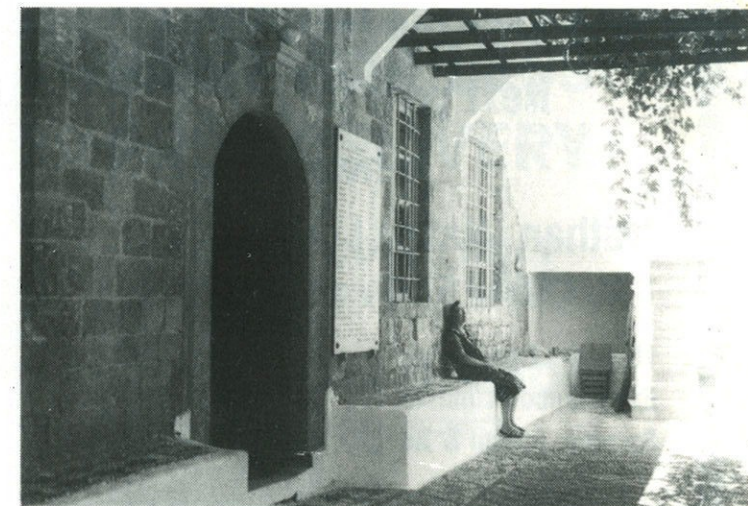


managed to communicate sufficiently well to establish that she, herself, was a survivor of the concentration camps. The blue inscription was still boldly evident on her forearm. Her children and grandchildren live in Haifa and she



Despite her loneliness since his death, she feels totally committed to continuing her important task. She told me that, at present, there are only 35 Jews left on the Island of Rhodes. When the high holidays come round, there are usually more and then they hold services.

Wandering around the synagogue, I was struck by the feeling of familiarity I experienced. It felt like home. The bima looked like the one I remember from Berea Shul, and the wall inscriptions dedicated to past loved ones, were identical to those we see in the temples here. The floor was unique in that it was made of small cobble stones, carefully laid in exquisite designs. The paintings on the wall seemed to be part of its post-war face lift. I sat down in the first row of seats and quietly allowed my Jewish heritage to envelop me.



Outside, under the Succah, Lucia and I sat side by side as we revelled in each other's presence. She was warm and gentle. She took my hand between hers and patted it reassuringly, while she smiled sincerely at me. Finally, it was time to go. We gave each other a big hug and several kisses as tears came to our eyes. It definitely felt as if this was not the first time that we had encountered each other.

by Pam Nathan

This month we extend a warm welcome to several families that have arrived straight from South Africa and also those that have moved here from other parts of the USA. The number one draw to San Diego . . . the weather.

According to David Rabie, moving here from Atlanta is like moving to a different county. He and his wife, Glenda, and their two daughters, Jane (16) and Sandi (15), have spent the past five and a half years in Atlanta where David was involved in building and property. Now, with a complete change in career, he is a consultant for Mad Engine, a screen printing factory. Glenda is an exercise trainer. She began her studies in exercise rehabilitation at Georgia State University and hopes to continue in California. They love the weather in America's Finest City.

Joining the San Diego team of physicians are Steve Rindsberg and Marshall Ravden. Steve and Denise Rindsberg arrived in San Diego in July after spending four years in Philadelphia where Steve did his residency and a further four years in Las Vegas working as a radiologist. Denise has spent the past 14 years in a career of education. She was principal of the Hebrew Pre-school in Las Vegas. She is enjoying having time to shop and getting to know San Diego. She finds the people much warmer here than in Las Vegas, less transient too and looks forward to raising her two boys, Ashley (10) and Tony (9) in this type of environment. The Rindsbergs live in Del Cerro.



Daran & Nicholas Rauden

Marshall and Linda Ravden left Cape Town in the sixties and met in London where they spent 9 years. They moved on to Connecticut for 15 years and recently decided that they wanted a change, particularly of climate. Marshall is working at Kaiser, and is feeling very comfortable living in San Diego. Linda owned two companies in Connecticut, property management and real estate. She sold them when they left and is now a lady of leisure, enjoying the good weather and not working for the first time. The Ravdens have two

sons, Daran (17) who will be attending La Jolla High School next semester, and Nicholas (13) who will be going to Muirlands.

Golda and Blackie Cooper lived in Riviera, Johannesburg until a month ago. All three of their children live in the USA. Their daughter, Jill Isakow, lives here in San Diego. Blackie is retired after having a busy law practice in SA. They love sunny San Diego, living at Ventana and are slowly settling in and getting used to the American way of life.



Brenda & Stephen Abelkop with Julia & Guy.

Stephan and Brenda Abelkop also came from Johannesburg a month ago. They have two children, Julie (6), and Guy (4). Stephan was in the motor business in SA but is looking to do something different here. They love living in La Jolla. Stephan is available for a game of golf at any time.

When I spoke to Peta Klevtovsky their lift had just come in from SA the day before so she was in the throes of unpacking all their worldly possessions (that had arrived in excellent condition) into their home in Canyon Ridge. She and husband, Arthur, are delighted to have a place of their own, and are bubbling over with enthusiasm. Peta was a pharmacist in SA and is hoping to be able to re-qualify in the States. She also has an innovative home business of "hot foil" printing. This is a method of personalizing one of stationery, ribbon, wrapping paper etc. at an extremely reasonable cost so if anyone is interested in her product please call 455-5482. Her husband, Arthur, is in partnership with a son-in-law in a computer course training company. They have three children, Kim (10), Wayne (8) and Trevor (6).

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All you have to do is write name, address and nature of your good find and mail it to SAJAC.

Thank you.

President's Message

אם אין אני לי מי לי וקטאני  
לעצמי מה אני ואם לא עכש אימתי  
**If I am not for myself, who am I?**  
**If I am only for myself, what am I?**

Hillel

As the new year approaches and the High Holy days are near, a mood of introspection possesses us. Hillel's statement above leads us toward contemplation. Without spiritual examination it is appropriate for us to examine the meaning of the High Holidays. According to Theodore Gaster in "Festivals of the Jewish Year", the ultimate aim of the high holy days is the act of regeneration. Introspection, confession and atonement are means to this end, not ends in themselves. They lead us to regeneration - effected from within, by our own efforts.

The first mention of Rosh Hashanah is found in the Mishnah, the code of Oral Tradition first compiled in the second century. Before that time Rosh Hashanah bore other names - Yom Ha Zikoron (Day of Remembrance), Yom Ha Din (Day of Judgement) and Yom Teruah (Day of Blowing the Horn) Rosh Hashanah takes place on the first and second days of Tishrei. In the Synagogue the Shofar or ram's horn is blown to remind people to repent of their wrongdoings, to reflect on their actions and to generally take stock of themselves before commencing a new year.

The main themes of Rosh Hashanah, as expressed in our prayers, are a) coronation: we accept G-d's kingship over us anew each year; and b) that we ask G-d to grant us a year of life, health and happiness. Although Rosh Hashanah is an awesome day, and obviously a time for solemn reflection and self-evaluation, it is not a day of sadness. We have faith in G-d's mercy, and are confident that He loves us despite our many faults. We approach Rosh Hashanah with happiness because it is the day for ensuring a new year better than the one before; we cannot be sad.

"This day is holy to G-d, your G-d; do not mourn and do not weep . . . for the joy of G-d is your strength") Nechemiah 8:9-10)

With these sentiments we wish you a healthy and prosperous year, may all your wishes and dreams become realities.

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## Teen Scene

Hi Dudes! Lollipop rules. Last week my friend, a columnist, who called himself, Merlin, saw Ice-T at a concert and talked to him. When he told me about it and gave me some background to the whole RAP scene I thought I'd share some of it with you. No direct quotes, the language he uses is unprintable.

Neither can I quote his lyrics, or even give you titles. So why does he use this language? Why so much violence in his songs?

His answer; he tells it like it is. No better, no worse. He says rap is a lot like country music, Country Singers sing about their neighborhood and rappers sing about theirs. What you hear is what you see in the inner cities, and if it's raw and rude that's because it's real!

Does this justify lyrics that encourage violence and make heroes out of drug dealers? What do you think?

Merlin, has a theory that RAP make some teen-age boys feel powerful, and this is why they like it. In their lives they have no real power, to quote him. "The parents control the money and the girls control the social life." So when they go to a concert and get into all the anger and violence they feel part of something strong. At the really heavy RAP concerts, 70% of the audience is usually boys.

So what do you think of all this? Write and tell us. Put your views into a RAP or prose, and we'll print it in the next issue. Stay anonymous if you like, or tell us who you are and we'll pay five dollars for each song or letter we print.

## Recipes

Here are a few recipes to serve for the Breaking Of The Fast. They are easy to make and healthy to eat

### Pasta Salad

3/4 cup olive oil  
3/4 cup vinegar  
3 cloves garlic  
2 teaspoons dijon mustard  
1/2 cup freshly grated parmesan cheese  
1 tablespoon oregano  
salt & peper  
1 lb pasta shells  
2 lbs fresh shredded spinach  
3 ripe tomatoes chopped  
1 bunch spring onions  
1 cup feta cheese  
2 cucumbers thinly sliced  
1 cup pine nuts toasted  
Cook pasta, drain and toss with half the dressing while hot. Cool and add all other ingredients and the rest of the dressing.

### Spinach & Mandarin Salad

Make layers of  
Spinach leaves washed and chopped  
butter lettuce washed and chopped  
1 avocado chopped  
1 tin mandarins  
toasted silvered almonds  
Dressing:  
1/3 cup oil 1 teas soy sauce  
1/3 cup rice vinegar dash of curry powder  
1/2 teaspoon garlic 2 tablespoon sugar  
2 tablespoon chopped spring onions

### Baked Whole Fish I

This can be done in a microwave or in an oven as desired.  
1 Whole line fish (salmon or yellowtail)  
leave side bones on to keep it firm. Wash and clean it.  
Salt & Pepper.  
Place on Saran wrap for microwave or silver foil for oven.  
Grate an onion and place over fish with salt & pepper.  
Seal the fish and cook 10 minutes in microwave or one hour in 300° oven.  
Open up and pour over 1 cup apple cider vinegar. Leave wrapping open and cook till done. Skin fish and strain juices off, cool.  
Make a sauce with:  
1 cup mayonaise  
1 cup sandwich spread (Best Foods) and juice of 1/2 lemon.  
Garnish fish and enjoy.

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## SAJAC Adopts a Family

Did you know that SAJAC stands also for South African Jewish Adoption Centre? Well it has to do with the month of Elul.

Elul is a very special month. It is a rehearsal month when we are supposed to prepare ourselves for the holy days ahead and start, in an informal way, to examine our conscience and make some adjustments where needed. For those of us who truly believe that what happens during Rosh Hashanna and Yom Kippur seals our fate and the fate of our loved ones for the year to come, these preparations are not to be taken lightly.

How should one start? Simple. Give. And give. And give. More than any other time in the year, Elul is a time to give.

Now back to our adoption program. It all started simply too. Someone told me of a Russian family who spoke French (I am French). Irina was a teacher of French in Russia and I should contact them because they were very lonely. I invited the family for a meal and that is how we met the Dorfman's. They truly are a wonderful family. The first year had been terribly difficult because Lev couldn't find a job and they were rather depressed. In fact the following week Lev was hired by a company for a post far below his qualifications and not so well paid either, but just to have a job was bliss. Sylvia and I went to visit them in La Mesa. They live in a small complex with many other Russian families. They have a two-bedroom flat, two sofas left over from the previous tenant, some boxes, mattresses given by the Jewish Family Service, a few books and one rug. Tanya is 7, yet there was not one toy to be seen anywhere. Irina did find a Russian nest doll which she presented to us with her sincere thanks for our visit. We had coffee together and asked her to accompany us to visit Regina who speaks only Russian.

Just after our first meeting with the Dorfman's I had the idea of an adoption program sponsored by SAJAC. I had no sooner mentioned it to Sylvia then she set it in motion. The Dorfman's would be our first family. Then I contacted a Jewish organization and asked the following question: "If one had to help a Russian family, who would it be?" The answer was "Regina and Igor Ovruchesky" So there we were, in Regina's flat with Irina as interpreter. Regina and Igor are both 26 and they have 2 small children. We will give you more details about them in our next issue.

By now, everyone has received the flyer introducing the Dorfman's suggesting some donations. We are grateful to them for helping us get into the spirit of Elul and provide us with the joy of giving.

Reminder: Any good clothing, household item or furniture can be given to Helen Bortz (462-6205) or Sylvia Roth (457-2809). Also anyone interested in helping with this program should contact us.

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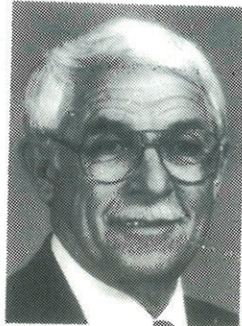
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## An unparalleled history of Johannesburg's Jews

### Book of the Week

Founders and Followers: Johannesburg Jewry 1887-1915

Edited by Mendel Kaplan and Marian

Robertson (Vlaeberg, R105)

Review by Percy Baneshik

This monumental work covers a panorama of human activity in comparatively recent history and has a wider interest than solely among the Jewish community. It details the extraordinary contribution to the South African growth phenomenon of an array of personalities deriving from an identified mere 10 percent of the population.

Early pioneers in trade and the professions abound, and the book highlights the enormously active contribution to the Witwatersrand's absolute *raison d'être* - the mining industry. For example, almost an entire chapter (contributed by Robertson) relates the careers of the Barnatos and the Albus, the one from London Cockney origin, the other from German trading stock, both developing under the stimulus of gold mining into corporate titans capable of marshalling hugely complex financial structures.

George Albu was the organizing and marshalling genius, and a great champion of the black work-force in the face of exploitation by the industry. The present Chamber of Mines was largely of his making.

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Robertson paints him as a "conventional Victorian or Edwardian father" whose time was pre-empted by his business interests and his role in the Chamber, but records him as "a typical club man, a member of the Rand Club, the new club, the Athenaeum and the German Club" - which must have taken up quite a bit of his time.

He was knighted for his services to mining in 1912. Although Sir George may seem to have been a complete sobersides, his brother Leopold, also in the business, "was always something of an eccentric, and was known to appear in the office in Johannesburg clad in an opera cloak. The staff never forgot an occasion when, between arriving at the office at seven o'clock in the morning and leaving at seven than night, he dismissed them all and took them on again in the course of a single momentous day . . ."

Isaac Gundelfinger, an early merchant, was compiling a calendar for 1890, advertising his Market Street store, when President Paul Kruger happened to drop in. He told Gundelfinger to put his (Kruger's) portrait on the calendar, plus the republican coat-of-arms. "Asked why this included an anchor since the Transvaal was landlocked, Kruger told him that he always had his mind on an opening to the sea, particularly Lourenco Marques . . ."

History, says the historian, "does not relate why President Kruger entered Gundelfinger's shop on one of his few visits to Johannesburg - possibly to purchase some tobacco".

The volume abounds in similar stories though for the greater part it is a serious analysis of the tragedies and tactics which made Johannesburg great.

The names are legion: Mendelsohn, who became Oom Paul's publicist, running the Standard and Diggers News as a voice of the republic in a solidly Uitlander Johannesburg; Sir Harry Graumann, the first Jewish mayor of Johannesburg; and Luscombe Searelle, an early purveyor of shows to an entertainment-hungry public.

The mark these pioneers left is still highly visible. For one example, the suburb of Rosettenville commemorates the name of the Rosettenstein family, descended from a paterfamilias whose family tree is traced, filling a full page. There is also a photograph of a family gathering in 1921 of 20 descendants.

Development of the religious congregations with their schisms, and in-fighting is not shirked, and the phenomenon of anti-semitism is given close and detailed examination.

The compilers have already produced works of similar scope and interest. Mr. Kaplan, a community leader among South African Jews, has authored or commissioned no fewer than five earlier works.

Among them are two titles, "From Shtetl to Steelmaker" (1979), a history of Mr. Kaplan's millionaire family business, and "Jewish Roots in the South African Economy" (1986)

As history, this latest volume is unparalleled; considered as a "coffee-table" tome, it is a fine showpiece.

MICHAEL FAINSTEIN

Certified Public Accountant

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## FALL 1991 SOUTH AFRICAN SCENE

by Naomi Rudick

True to form, the South African Government has once again shot itself in the foot! Revelations of the government's secret funding of Inkatha has serious implications for the entire negotiating process, and therefore for the future of the country. The scandal ("Inkathagate") has embarrassed the government and severely damaged its credibility abroad. George Bush, having received assurances of the S.A. government's commitment to negotiations "in good faith", was embarrassed at having lifted sanctions just shortly before the news broke, and urged the government to take action against those involved. In Britain, the media (notably The Guardian) have called on the international community to review the recent easing of sanctions. To cap it all, the situation was worsened by renewed allegations of security force involvement in massacres and other acts of violence.

The ANC reacted by stating that the entire peace process had been jeopardized, and called for an interim government as the present one had proved itself unfit for office. They also demanded the resignations of Adriaan Vlok (Minister of Law and Order) and Magnus Malan (Minister of Defence). Bowing to pressure, President De Klerk transferred these two men to fairly neutral government posts. (Jokes abound re Magnus Malan - as having finally been put out to pasture as Minister of Water and Forestry Affairs; and "He's branched out, you know.")

Pik Botha really put his foot in it all when he criticized the Australian government for funding the ANC, and categorically denied any S.A. government support for Inkatha. "Not only is it totally untrue, I can prove that it is untrue," he told journalists. Only a few days later he confirmed that he had authorized the channeling of such money to Inkatha. A newspaper headline reported: "Pik denies and confirms cash aid".

Previous to this debacle, South African spirits had been soaring at the news of their re-admittance to the Olympics, as well as international cricket. Last report was that there could now be some problem with the Olympics.

Meanwhile, the ANC has been doing some serious shopping. Having bought Shell House for their headquarters, they are turning their attention to other acquisitions. Backed to the tune of R14 million by Swedish and Danish aid agencies, the ANC put in another bid for the country's largest black daily newspaper, the Sowetan. Argus Newspapers, however, say it is not for sale. Last year the ANC put in a bid for the City Press newspaper (Nasionale Pers) but was unsuccessful. It has been examining the feasibility of running a daily newspaper for some time.

What is up for sale is the tiny coal mining village of Grootvlei, situated between Heidelberg and Villiers. The ANC is a potential buyer, and Winnie Mandela came to look it over in her capacity as the then head of the ANC's Welfare Department. It could be used for the re-settlement of returning political exiles.

(Continued on next page)



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(South African Scene continued)

### Behind the scenes .....

Mossgas, the R9 billion mega-project on the outskirts of Mossel Bay, is just about ready to start drilling. Started in 1987 as a scheme to improve South Africa's self-sufficiency in transportation fuels, it will produce gasoline, diesel, paraffin, and industrial alcohol.

During a march in Cape Town on May 31 (Republic Day) effigies of National Party leaders - from Hendrik Verwoerd to F.W. De Klerk - were burnt. Joe Slovo, secretary for the S.A. Communist Party, dissociated himself and Walter Sisulu from the episode, saying, "Burning effigies is not part of our political style."

An historic pact between the S.A. Chamber of Mines and a Soviet delegation was signed in Johannesburg mid-July. The pact provides for the exchange of mining technology and expertise.

Australia's Foreign Investment Board has given Anglo American permission to increase its stake to 19,9% in Normandy Poseidon, a natural resources group, so providing the giant company with a foothold in Australia and a vehicle for expansion.

Father Trevor Huddleston, father of the anti-apartheid movement, is back in South Africa after an absence of 35 years; and Harold Wolpe is back after 27 years away. Both say they've returned to contribute to the "transformation of the country".

A sign of the inflationary times is the decision to replace the R5 note with a coin in 1993. South Africans are still confused with the R2 coin, which can be mistaken for a 20 cent piece.

In the Rand Supreme Court Winnie Mandela and her two co-accused were given leave to appeal their kidnapping and assault convictions.

For the first time in Soweto's history it has a black District Surgeon, Dr. Thamsanqa Bomvana, 42. Dr. Bomvana is in his 10th year as a doctor.

On April 16, Helena Botha, Pik Botha's wife, fell in her home and damaged her spinal cord. Doctors say she will never walk again, and her arm movements will be impaired. She will leave hospital later this year.

Unita's rebel, Jonas Savimbi, and Angolan President Jose Eduardo dos Santos, signed a peace agreement on May 31, ending the 16-year civil war.

The Krugerrand is to be relaunched internationally as a result of the EC's decision to scrap the ban on coin imports.

Former Sanlam chairman, Andreas Wassenaar, died in Cape Town, aged 83. He had been a director of Federale Mynbou, Federale Volksbeleggings, Gencor, and Nasionale Pers, among others.

Zimbabwe President, Robert Mugabe, is urging his ruling party to abandon socialist ideologies copied from Eastern Europe's Marxist states. He wants them replaced with social democracy.

Piet "Skiet" Rudolph, well-known rightwinger and member of the AWB (Afrikaner Resistance Movement), was arrested for refusing to be tried in Krugersdorp "by a coloured magistrate and be prosecuted by a black prosecutor" for a speeding offence. Rudolph's hand-written statement to the court said the magistrate and prosecutor were "aliens" as they couldn't vote in the country, and therefore "could not carry out justice". He refused the option of bail and was handed over to police.

(South African Scene continued)

The Boerestaat Party is offering its members "old style" ID books, at R10 each. Now that the Population Registration Act is gone, and everyone is just a S. African, Boere will be able to identify themselves via the ID books. All Boers who support the re-establishment of the old Boer republics, i.e. Transvaal, O.F.S., and Vryheid, are eligible to apply.

Sixteen year old Thinus Smit of Kempton Park killed 2 wildebeest with one shot (his first shot at game hunting!). Some are thinking of re-naming the farm ("Gelukking") where the feat occurred as "Twee-blou-wildebeeste-met-een-koel-morsdood-geskietfontein".

David Protter, convicted of killing an Israeli official during his 17-hour Fox Street siege, has been freed. He served 16 years of the 25-year sentence, and is now 41.

Willem De Klerk, younger son of President F.W., is to marry Erica Adams in South Africa in December.

Johannesburg now has a bilingual parking meter - the EPM5. It is a "smart" machine which speaks both English and Afrikaans, and records parking time not paid for. Also, it will accept both old and new coins, but will reject foreign coins. It's being tried out on Main Street.

Take your own sandwiches with you when you fly SAA! The S.A. Institute for Medical Research revealed that 47,7% of 86 dishes of in-flight airline meals tested last year revealed contamination with the faecal organism E.coli. This was apparently "an improvement" on 1989 when the percentage was 57! SAA says its kitchens are hygienic, and that bacteria could be introduced by raw and semi-processed foods.

Lastly, under 18's can now attend the Durban July - but they can't bet!

## The Man in the Mirror

When you get what you want in your struggle for self  
and the world makes you king for a day,  
just go to a mirror and look at yourself  
and see what that man has to say.

For it isn't your father or mother or wife  
who judgement upon you must pass;  
the fellow whose verdict counts most in your life  
is the one staring back from the glass.

Some people may think you are a straight shootin' chum  
and call you a wonderful guy.  
but the man in the glass says you're only a bum  
if you can't look him straight in the eye.

He's the fellow to please, never mind all the rest,  
for he's with you clear up to the end,  
and you're passed your most dangerous difficult test  
if the man in the glass is your friend.

You may fool the whole world down the pathway of life  
and get pats on the back as you pass,  
but your final reward will be heartache and tears  
if you've cheated the man in the glass.

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## The New Immigration Laws

by Leon J. Snaid

The Immigration Act of 1990 has made major changes to the law. Most of the provisions that relate to hiring foreign workers come into effect on October 1, 1991.

Our immigration laws still make a distinction between:

- A. Temporary jobs, and
- B. Permanent jobs.

There are many types of temporary job related visas designed for different occupations. This discussion will be limited to hiring "professionals" (H-1 visas)

This category is for an individual of "distinguished merit and ability who is temporarily to the United States to perform services of an exceptional nature requiring such merit and ability".

Generally speaking a person of "distinguished merit and ability" is a person who has at least a bachelors degree or its equivalent (Someone may have many years of experience so that their knowledge is equivalent to that of a person with a college degree).

The services to be performed must require someone who has a degree. In other words the services must be of an "exceptional nature requiring such merit and ability".

Accordingly, this visa would not be available to a brain surgeon who was seeking employment as a butcher, nor a butcher seeking employment as a brain surgeon.

An alien's occupation may qualify him or her for permanent residence. The general rule is that it is necessary to prove that there are not sufficient U. S. workers who are able, willing, and qualified to do that job. This process of proving a shortage of qualified workers is known as "Labor Certification".

### THE QUOTA SYSTEM — Third and Sixth Preferences abolished

**Beginning October 1, 1991** the annual "quota" for work related green cards will increase more than 100%.

President Bush said "(This Act) dramatically increases the number of immigrants who may be admitted to the United States because of the skills they have and the need of our economy. This legislation will encourage the immigration of exceptionally talented people . . ."

Under the existing law, if a labor certification is granted to an alien, he or she is then categorized in either the third or sixth preference for immigration purposes. Generally, employees with college degrees fall into the third preference, where such professional qualifications are required for the position. All other positions are classified in the sixth preference. The waiting time for the green card is much shorter for people in the third preference as opposed to the sixth preference.

Under the new law (effective October 1, 1990) there will be longer be the third and sixth preference distinction. Instead there will be three categories of workers:

1. **PRIORITY WORKERS** (no labor certification required);

2. **PROFESSIONAL HOLDING ADVANCED DEGREES AND ALIENS OF "EXCEPTIONAL ABILITY"** (Labor certification required)
3. **OTHER WORKERS** (Labor certification required)

### PRIORITY WORKERS

This includes:

- A. Aliens with "extraordinary ability" in the arts, sciences, education, business or athletics. (intended for the finest professional in any given field, these visas require the alien to possess "sustained national or international acclaim" in his or her field and recognized achievements, extensively documented);
- B. "Outstanding" professors and researchers (including research laboratory workers in private industry) recognized internationally as outstanding in their field, who possess at least three years experience in teaching or research in their field and entering the U.S. for a tenured or tenure - track position; and
- C. Multi-national executive and managers (employed with the sponsoring employer or affiliate for a least one year in the three preceding Application for Permanent Residence).

### PROFESSIONAL HOLDING ADVANCED DEGREES AND ALIENS OF "EXCEPTIONAL ABILITY"

This includes aliens with Masters degrees or the equivalent and aliens whose "exceptional ability" will "substantially benefit" this

country. ("Exceptional ability" by definition requires more than a mere degree or license.)

### OTHER WORKERS

This is for all workers needed by U.S. businesses and institutions but whose skills are not special or unique:

- A. Skilled workers (Aliens with two years training or experience not employed in work of a seasonal or temporary nature);
- B. Professionals holding basic degrees (that is baccalaureates);
- C. "Other workers" (a catchall category which includes lesser-skilled workers, but with a limit on them).

The labor certification process remains intact except that employers will be required to notify bargaining representatives of an application for labor certification or, if no such representative exists, to notify the employees through a conspicuous posting of notice.

At the time of preparing this article, the regulations which will effect the interpretation of many of the phrases and provide procedures for the operation of the new law have not been published. At this time there is much speculation regarding the interpretation of many phrases. The extent to which this law will improve our existing laws will depend in large part on the regulations which will interpret the Immigration Act.

Nevertheless, the new Act is certainly an improvement over the existing law.

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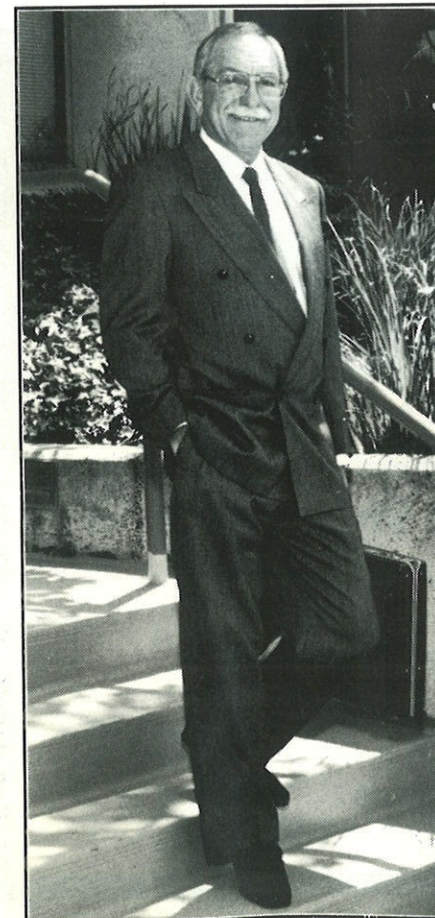
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## Aromatherapy: Fragrances can bring powerful healing to mind and body

by Linda-Annae Kahn

Does the aroma of apple pie baking in the oven or fresh brewed coffee evoke certain feelings for you? Close your eyes and remember the first time you went to the seaside and experienced the smell of the salt air and seaweed. Conjure up the smell of the country, of farms, chickens and the smell of pine trees. You are experiencing the power of aroma on the mind and the emotions.

Estimated at 10,000 times more sensitive than taste, our sense of smell evokes memories as well as emotions of past events and places. Smell has a profound effect on behavior, mood and functioning of the body on a subconscious level.

Aromatherapy is a holistic therapy, the art of using essential oil from plants in the pursuit of well being, whether mental, emotional, physical or aesthetic. The word "aroma" means a fragrance or sweet smell and "therapy" means a treatment designed to cure. The fragrance in a plant is stored in its essential oil. Thus, in using essential oils, aromatherapy recreates for us the environment we miss by living in towns and cities with fragrances of trees and flowers which would naturally surround us in the country.

Essential oils are the life force or the energy of the plant. They are likened to the hormone of the plant and contain its healing powers. They are quite different from fatty oils and have a consistency more like water than oil. The essential oil is what gives fragrance to a rose blossom or a sprig of rosemary.

The oils are present in tiny droplets in many plants — in the roots (vetiver), in the leaves (rosemary), in the flowers (lavender), barks (cinnamon) and in resins (frankincense and myrrh). They are also present in some fruits (lime, grapefruit).

Therapeutically, essential oils are readily absorbed through the skin during a massage, in a bath, in skin preparations and compresses. They have balancing effects in helping the body restore itself to health and well being.

Essential oils are 60 times more powerful than the plants they are extracted from. In practical use, the strength of the oil must be taken into account. Some of them applied to or taken in excess can have the reverse effect of the one desires.

For effective therapeutic use, it is crucial that only pure essential oils are used. Unscrupulous suppliers will dilute the oils in a carrier base or adulterate them and pass them off as pure, natural essences. Chemical copies of natural essences do not work for medicinal purposes.

The oils should be stored in dark bottles, away from light, heat and dampness. They need no preservatives, as they have natural preservative and antibiotic properties. They have a shelf life of several years if stored correctly.

Aromatherapy does not remove stress, it helps us by balancing the disturbance and strengthening the weaknesses. It is an alternative treatment for stress, anxiety and depression.

When aromatherapy is used holistically it is a total treatment which balances the mind, body and spirit, while taking into account lifestyle, eating habits and relationships. There is more to an aromatherapy treatment than essential oils and a massage. It is an interactive healing process in which both the therapist and client play an important role.

A trained aromatherapist looks far beyond more application of essential oils and seeks to help the whole person in maintaining balance.

The next time you feel depressed, reach for some rose oil. It is a well known antidepressant and aphrodisiac. Inhale the essential oil of neroli (from the orange blossom) for an uplifting effect, and massage onto a scar for healing and tissue regeneration. Birch, rosemary and marjoram will help relieve tense muscles and pain.

If you are studying and can't concentrate, basil is the oil of choice. Juniper is excellent for water retention, and geranium has balancing effect on the psyche, as well as astringent properties when used on the skin.

Feeling tired? Massage some essential oil of lemongrass on the soles

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Feeling tired? Massage some essential oil of lemongrass on the soles of the feet. End your day with a delightfully relaxing bath of lavender and chamomile.

The oils can relax or stimulate, sedate or uplift. Lower concentrations work best for emotional problems, higher concentrations for physical problems.

Consulting trained aromatherapist is advised before using these oils. Small amounts can build up to a toxic level over a period of time. Oils of sage, penny royal, thuya and cinnamon are toxic and should not be used.

When diffused in the air, the aroma particles are inhaled through the nostrils and transmit message via the olfactory nerve directly to the limbic system of the brain. This triggers memory, emotion and feelings and can affect our conscious thought and reaction. Thus, aromatherapy has a definitive effect on our body through our sense of smell.

The use of aromatic oils dates back some 5000 years. In Egypt, the high priests, doctors and embalmers were recognized as experts in aromatherapy. The embalmers knew the power of plants with antibiotic and antiseptic properties to preserve human bodies.

From the Bible, the holy anointing oil which God directed Moses to make from myrrh, sweet cinnamon, calamus, cassia and olive oil would have been a powerful antiviral and antibiotic substance. Cinnamon is a powerful antiviral and antibacterial agent with antifungal properties as well. Myrrh is an effective antiseptic and also stimulates cellular growth.

Hippocrates, the father of medicine, said the way to health is to have an aromatic bath and scented massage each day. He recognized that burning certain aromatic substances could protect against contagious diseases.

In India temples were built with sandalwood, ensuring an aromatic atmosphere at all times. The ancient Greeks and Romans used aromatic oils extensively. It was believed that essential oils could temper the effects of alcohol. Myrrh and rose oil were used at feasts and orgies.

In 3000 B. C. the Chinese used calamus roots and mugwort leaves as hygiene aids, and burned aromatic woods and herbs. Ayurvedic medicine is the oldest form of medicine practiced in India 3000 years ago. One of the principal aspects of Ayurveda is aromatic massage.

In more modern times, studies in Paris in 1887 showed microorganisms of yellow fever were killed by cinnamon, thyme, lavender, juniper, sandalwood and cedarwood. This proved their antifungal and antibacterial effects.

Until the 19th century there was continual use of essential oils in the treatment of disease. The scientific study of the therapeutic use of essential oils was started by a French cosmetic chemist, Renee-Maurice Gattefoscé in the 1920s. During experimentation in his laboratory, Dr. Gattefoscé badly burned his hand, but immediately plunged it into a container of lavender essence. The result was that within a few hours the burn had disappeared and left no scar.

Similar results are confirmed by the famous French physician Dr. Jean Valnut in his book, *The Practice of Aromatherapy*, which was the first book on aromatherapy to be written and has become a classic textbook of serious aromatherapy practice.

Dr. Valnut used essential oils as antiseptic treatments in the healing of war wounds during World War II. Today, French physicians treat many serious illnesses, nervous diseases, cancer and infections with essential oils. Studies in France on teatree oil demonstrate it to be non-toxic, antiseptic and it effectively kills candida, trichinosis, and all kinds of fungal infections. The oils are considered to be alternatives to antibiotics by many French doctors.

In England the aromas of essential oils spread by vaporizers are being used in several hospitals against airborne infections. To assist sleep, Oxford nursing unit patients often receive aromatherapy massage with lavender and geranium. Oils of geranium, lavender, lemongrass and teatree are being used instead of chemical disinfectants and antiseptics.

In 1986 Danish psychologist Arnie Meander wrote an account of the damaging effect of tranquilizers. Instead he used lavender, melissa, marjoram and others to wean the patients off tranquilizers. The patients were also administered megavitamin therapy of calcium, magnesium and vitamin B complex.

As with many natural therapies, aromatherapy is encountering a resurgence of popularity in the 1990s. As its historical uses are being proven by science, aromatherapy may indeed become a treatment of choice in the future!

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Lifestyle as Medium

by Steven M. Swersky

Jerry Drummond spends two hours on Tuesday afternoon visiting Gayle Falrew. As he strips off his very expensive, formal black suit he begins his weekly ritual of casting aside the trips and traps of his normal life. For two hours he becomes a victim, a fawning glob of obsequious feebleness, willingly catering to Gayle's every wish and command. And he pays her a fortune to let him behave like that.

In his real life Jerry is a senator, a man of confidence and strength who commands incredible power, and holds sway over the lives and destinies of countless individuals. So why the heck is he doing this?

It's easier to accept the deed than to understand why he does it. The main reason is that he is in California, where lifestyle often dictates an individual's identity. You are your lifestyle, you become it. Jerry's lifestyle of power makes him seek counter-balance and release every so often by becoming a victim.

In California if something's new, it catches on. Last month I heard of a new religion which is spreading around, called, of all things, Atomic Analytics. Here's the gist of it: since everything is composed of atoms, it becomes logical that the interplay of atoms is much more important than most people realize. These atoms, the very building blocks of our existence, can be seriously disturbed when harmony-disrupting behavior upsets the balance of fragile bonds between them. The proponents of this quasi-religion have compiled an impressive list of things to do and refrain from doing to keep the good old atoms in shape. These rules are guideline for a lifestyle, a way of life.

I found out about the whole thing the other night when I overheard my waiter chastening his whining girlfriend in the strangest vocabulary. What should have sounded like "Get the hell

off my back!" came out as "You're disrupting my atoms!" I had to find out more, and the two poor kids took great pleasure in explaining all the meat of the new religion to me, a willing audience, who looked as though he could be a convert.

What can be learned from all this? That when suddenly a fad catches on the participants don't simple DO the fad, they BECOME it. Their lifestyle makes them what they are.

How do you turn a complete idiot into a genius? Let him win the Lotto! Suddenly everyone treats him like Albert Einstein. A one-dollar ticket can create a demi-god. He becomes a major celebrity, just for buying a high house and a fancy car, and he can get dates with beautiful hangers on. His lifestyle makes him the genius, makes him the loved one.

Still, behind all the show and facade, lurks the REAL person - the real you. The person you are in the darkest depths of the night when you are alone with your thoughts and feelings. The same one who asks "why an I so driven by such weird and unusual forces? Why do I try so hard to be like such and such?"

Most often the only answers we find for ourselves in the whispers of the night relate to the simple nitty and gritty of everyday life. Questions of our very existence boil down to answers like: "Because you drive a Toyota." Or "Because you went on a date with someone who models for Nordstroms." Or "Because you want your daughter to be a better ballerina than you were."

Everyone is aware that the world is driven by rules. Myriads of interconnecting regulations that demand that we do this, refrain from doing that. Starting with the rules of morning hygiene, to the courtesousness required by your family and contemporaries, to rules of the road, to rules of work and money, to social responsibility, to criminal laws etc., etc. The rules are for everyone, regardless of individual natures and desires and you have to follow the rules. But all the multifarious groups and sub-groups of people have their own

individuals whose needs and desires clash head on with half the rules they are forced to obey twenty four hours a day.

These conflicting desires manifest themselves in all sorts of problems: aggression, fear, anxiety, depression. Some awkwardness gets into just about everyone's life and it usually causes major bummers. One way to dodge the bummer is to form your own subgroup by finding three other people who are willing to express themselves in the same way as you. Hey presto! - you will have created a lifestyle. Once created, it will be accepted by everyone as soon as you publicize your manifesto. Of course, you will draw scorn and disrepute from all quarters, but then you will have something to wear like you wear your jacket: SELF RESPECT. You can be a proud Wally. Before you were just a wally.

Groups as well as individuals rank their lifestyles. Lifestyles with the most status have these characteristics: (1) They are new and different. (2) There are quite a lot of people who subscribe to the way of life, but not too many, otherwise the group would lose its exclusivity. (3) Every member is a "changed person!!!"

Climbing into a lifestyle of higher rank is a path chosen by many. They lie in their beds unable to sleep because the dripping tap keeps asking what they're going to BE next.

Think about TV commercials in which famous sportsman, or actor, or whatever, endorses a particular product. You see them drive up to fancy restaurants in fancy cars in the company of beautiful young people. Perhaps you see them hitting a great shot, or throwing a great pitch. All they're telling you is that their lifestyle is wonderful and yours stinks. Do what they do, and you can be something more than you are.

Politicians like Jerry Drummond usually start their careers without realizing the demands and stress that await them after achieving success. Still less do they realize how difficult it will be to deal with all the money and power. So it's no surprise that they often turn to the aberrant safety valved so available in free California to find the REAL person inside. Which in Jerry's case is actually

a waste of time - there is no such thing as a real politician.

People in charge of the country, and therefore, in charge of our lives have a fairly good understanding of the importance of lifestyle. They try to put as many of us as possible into the comfortable little boxes on the hillside and label us "Middle America", the backbone of the nation. To each other we look so static, complacent, and contented in our California homes with barbeque and yard - but behind those closed doors hides desire, desire, desire, forever percolating at the back of our minds, in our dreams. This way of life is a type of confinement, designed specifically for people who need confinement. The lifestyle of the average Joe was designed by the government to lock him up inside a set of parameters. No finer method of control has ever been designed.

Sadly, the establishment of middle America has a motto tattooed on its forehead where it can't see it: "This is all temporary, I'm moving on a soon as I can."

And the joke of it is that you know as well as I do that a tattoo is definitely not temporary.

Socialization has taught us to define ourselves by only a small number of key adjective: I'm a lawyer, I live in Mission Springs. I am the wife of an astronaut. I guard the Temple. In fact, lifestyle is so important to who we are that when asked, we usually say things like "I paint for a living."

I live in such a way, therefore I am. If I change my lifestyle, I am no longer me, I am somebody else.

Frankenfurter, of Rocky Horror fame, explained that easiest way to become somebody else is simple to change your lifestyle. His agonizing plea slipped right over the heads of most of the audience when he said: "Don't dream it, be it!"

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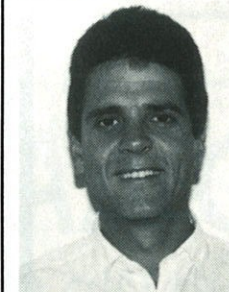
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# THE FAT YOU EAT IS THE FAT YOU WEAR

or

(Calories Are Not All Created Equal)

by Dr. Basil Sacks

Dear Editor,

I would like to offer my response to Linda-Anne Kahn's article "To Your Health and Beauty" (SAJAC Reporter, Summer 1991 issue).

In common with Linda-Anne Kahn I believe that our health is, of course, our greatest and most vital asset, and we have to learn to take informed and educated care of it, but I strongly disagree with much that she had to say. To this end I would like to present my comments on our modern-day dietary and health dilemmas.

What's the biggest "preventable" health problem facing us in the west today? - No pimples, or wrinkles, or even blackheads - but CARDIOVASCULAR DISEASE i.e., the stuff that causes arteries and eventually leads to heart attack, or "a coronary". In a large way, this is a "preventable" disease. The risk factors are about 9 or 10 in number and include the questions of: Genetics, Gender, Race, Age, Stress, High Blood Pressure, Abnormal Blood Fats (Cholesterol, the "good" HDL, and the bad LDL, AND triglycerides), Smoking, Obesity and Inactivity.

Looking at this risk, and having prevention in mind, it should be obvious that we can't change our parents, or gender, racial group-

ing, neither can we turn the clock back; but we CAN work at the other risk factors.

THE factor in which we should invest all our efforts, and the one that has been proved in many reputable long range studies, is the reversal of Inactivity or Sloth. That is, we need to bring good, sufficient and appropriate exercise into our lives - and for exercise to become a "LIFESTYLE" activity it's got to be comfortable, enjoyable, injury-free, convenient, affordable, available and APPROPRIATELY EFFECTIVE i.e. 'AEROBIC'. Aerobic or brisk walking or striding, happens to fit all the requirements.

According to the Framingham study, Center for Aerobic Research, Dallas, K. Cooper et al, N.E.J.M. Nov. 1989, and MANY others, the reason that exercise is THE most important prescription is not only the benefits to your heart and blood vessels (reduction of B.P., reduce pulse rate, reduce workload of the heart, increases stroke volume and thus the overall efficiency of the heart action, reduction of total cholesterol and bad cholesterol - L.D.L., increases good cholesterol - H.D.L.), but also the 'Domino' effect it has on other risk factors. It certainly helps in controlling weight, it gives the impetus to quit smoking, it's a great stress breaker and it reduces B.P. So, instead of lying awake at night in a cold sweat anguishing over your bad family history, age or gender - you should rather grab with both hands "good, sufficient and appropriate exercise" and make work like hell for you.

Also, it wouldn't hurt to do a few other positive things - such as to consider Nutrition as the next important adjunct to exercise. Together the harmony of exercise and good eating practices will create good music!

Let's look at the food groups in an intelligent way, so that by making intelligent, informed food choices we can improve our chances even more.

So let's consider Nutrition, body weight & body composition in tandem. In 1900 the rate of obesity in the U.S. was about 5%.

.... Fat made up 27% of the daily U.S. calorie intake.

In 1990 almost 40% (70 million) of the U.S. population is, by definition, obese.

.... Fat makes up 42-48% of the 'Average' American diet.

Need I mention the obvious that in 1900 we had no cars, washer/dryers, vacuums & remotes on our TV's? Statistics show that as a nation, we're getting lazier.

Is it not obvious, therefore, that after exercise and nutrition body weight & body composition needs to be "cleaned up"?

Well, its quite simple, really - all we need to do is to revert to a 1900 life-style - and, don't laugh - I mean become more active, and eat leaner - eat foods that derive less than 30% of their calories from FAT.

I'll let you in on a 'trade secret' - by cutting the fat, you don't really need to join ANY weight loss program - including mine - because

- 1) FAT is almost 3 times as rich in Calories as Protein and Carbohydrates. (Carbohydrates and protein are equal in calories)
- 2) For every 100 Calories of excess FAT you eat, 97 will be incorporated into your body.  
For every 100 Calories of excess Protein or Carbohydrates you eat, 77 will be incorporated into your body.
- 3) FAT is so hidden we often look at food and say "mmm, its innocent", or "it's nutritious", or "it's only protein", and yet it's loaded with FAT.
- 4) Good fat, and especially bad (Saturated fat) has an incredibly powerful influence on blood cholesterol, more so than dietary cholesterol!

5) Reducing to a normal weight in and of itself has a positive effect on reducing Cholesterol.

So, by reducing fats - all fats - not only do you reduce your risk by reducing weight and changing your body composition to leaner, you also take care, to a large extent, of your Cholesterol.

A few examples of how innocent masks fat.

A peanut is a 72% FAT Calorie food (i.e. 72% of its Calories come from fat - whether its good fat or bad fat is not the issue.)

A Macadamia .....	96%
An Almond .....	80%
An Avocado .....	92%
An Olive .....	100%
Cheddar Cheese .....	73%
Whole Milk .....	50%
2% Milk .....	35%
Tuna in Oil .....	40%
Tuna in Water .....	6%
Tofu! .....	54%
Brisket .....	85%
"95% Fat Free" .....	30%
94% .....	54%

To have a good understanding of what "% FAT CALORIE FOOD" means:

- 1) 1 medium potato = 100 Calories - almost all Carbohydrate  
1 Medium potato + 1 big dollop of butter or margarine = 200 Calories - what have you added to make it 200? answer - 100 calories of pure fat - this is now 50% FAT CALORIE FOOD.
- 2) 3 oz. lean chicken breast = 100 Calories - almost all protein.  
3 oz. Southern Fried Chicken = 200 Calories. Where did the extra 100 calories come from? Answer - 100 Calories of pure fat (vegetable oil). - this is no a 50% FAT CALORIE FOOD.

So, what need to be done is to make choices where our foods are 30% Fat Calorie foods or less. It's not a good behavior trait to say - 30% average for the day - because then you allow yourself a fat free breakfast and lunch and a fatty dinner, rather, choose mainly from (most if you can) 30% fat calorie foods.

The question of 'Good fat' or 'Bad Fat' is, truthfully, not relevant - we should be making blanket or drastic reduction in all fat calories - because even "good" fat blood lipid raising properties.

We also know that certain Cancers occur in people with high fat intake. - So fat really is the enemy.

Besides recommending a book by a Colleague of mine, Robert Stake, M.D. of Phoenix called "THE 30% SOLUTION" - (in my opinion, , the dieters Bible - there is no better book on the subject), a short cut is to learn to read labels intelligently, and buy only foods which have less than 30% of their Calories from FAT.

REMEMBER: 1gm. of FAT = 9 Calories (research is tending closer to 11 calories!).

A typical label

a) Servings per container ..... 2 Calories per serving ..... 270 FAT per serving ..... 10 gm. Protein ..... 20 Carbohydrates ..... 25	Fat per serving - 10 gm. Fat Calories per serving = 10 x 9 = 90 Fat Calories as a % of total Cal. = 90/270 x 100 This is a 33% Fat Calorie Food.
b) Servings per container ..... 2 Calories per serving ..... 150 FAT per serving ..... 8 gm. ..... .....	Fat per serving = 8 gm. Fat Calories per serving = 8 x 9 = 72 Fat Calories as a % of total = 72/150 x 100 This is a 48% Fat Calorie Food.



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So, what the FDA should have done (and they were lobbied), and I urge you to do this in your lives, is to look at the Four Basic Food Groups (FBFG):

1. Meat, Poultry, Fish, Eggs, Legumes.
2. Milk and Milk Products.
3. Fruit and Vegetables.
4. Cereals and Grains.

and redefine them as follows: (after all, it's really only the fat that counts. So you don't have to regard Meat as a condiment or a side dish - there's nothing wrong with meat - simply choose LEAN meat and watch your TOFU intake! (Remember? - TOFU is a 54% Fat Calorie Food).

- Every food and every food combination can be classified into 2 Food Groups: Lean and Fat foods groups, depending on its % Fat Calorie Content, 30% being the dividing line.
- This classification is based on the major source of Calories, whether protein, carbohydrates or fat. When the major source of calories in a food is protein, it is classified as a "Protein" food etc.
- Finally, the LEAN food group consists of Carbohydrate foods and low fat content Protein foods. The fat food group will consist of Fat Foods and medium fat content Protein foods. (e.g. meats, fish and poultry products with the major source of calories from protein, but with a fat calorie content between 30 - 40% of Total Calorie.

**LEAN FOOD GROUP**  
0 - 30% Fat Calorie Foods

<b>Protein Foods</b>	<b>Carbohydrate Foods</b>
Meat, Fish, Poultry	Vegetables (excluding Soy bean/Tofu)
Cheese (Mainly Cottage)	Fruits & Juices
Dairy Products (Skim & Low Fat	Bread & Bread Products
Vegetables (excluding Soybean & Tofu, etc.)	Cereal & cereal Products
Soups (chicken & beef broth)	Soups
Eggs (Egg whites & Egg white products)	Crackers, Cookies
	Snacks, Desserts

**FAT FOOD GROUPS**  
30 - 100% Fat Calorie Foods

<b>Fat Foods</b>	<b>Protein Foods</b>
Meat, Fish, Poultry (over 40% Fat Calories)	Meat, Fish, Poultry
Cheese	(30 - 40% Fat Calories)
Dairy Products	
Soups (over 40% Fat Calories)	
Eggs	
Fats & Oils	
Fruit (Avocado, Olives)	
Vegetables (Soybeans/Tofu)	
Breads & Bread Products (40 - 60% Fat Calories)	
Crackers, Cookies	
Snacks & Deserts (over 40% Fat Calories)	

In summary, all foods in the Lean Food Group have a fat content ranging from 0 - 30% of total calories, and all foods in the Fat Food Group have a fat content ranging from 30 - 100% of total calories, the dividing line is 30% Fat Calories, the nationally accepted standard for maximum fat intake.

Foods can be further classified into Protein Foods, Carbohydrate Foods and Fat Foods depending on the dominant source of calories in each food. In general Protein foods have calories from protein and fat. The calories in Carbohydrate foods are mainly from carbohydrate; they also contain small to moderate amounts of protein calories and insignificant to small amounts of fat calories with a few notable exceptions. Fat Foods have their calories mainly from fat. Butter, margarine and oils are pure fat; other fat foods have moderate amounts of protein and in the case of Dairy Products, small to moderate amounts of carbohydrate calories.

Meat, fish and poultry are either Protein or Fat Foods, depending on their % Fat Calorie content. Vegetables, fruits, breads and cereals with few exceptions are Carbohydrate Foods. The exceptions are tofu, a vegetable; and avocados and olives, which are fruits. Tofu is approximately 50% Fat Calories; avocados and olives are approximately 90% Fat Calories. Dairy Products are Fat Foods.

The virtue of the proposed classification in addition to its simplicity, is the educational value to the nutritionally unsophisticated American public. Currently, the average American thinks that the prime of beef and a filet mignon are highly regarded as protein foods along with cheddar cheese, regular milk and peanut butter. They consider a chocolate candy bar, a doughnut, ice cream and pumpkin pie as "sweets." The fact is, and this comes as a big surprise to 95% of my patients, everyone of the above has far more calories from fat than from protein or carbohydrate and therefore, the should be classified as Fat Foods.

**BASIL A. SACKS**  
M.B., Ch.B.(uct), M.F.G.P.(S.A.)  
Diplomate American Board of Bariatric Medicine

*Wishing everyone and their families a Very Happy New Year and well over the fast.*  
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*Hag Sameach to all our dear friends & family. May your year be a sweet one.*  
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*Wishing our SAJAC friends and family a healthy, happy, prosperous New Year and well over the fast.*  
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*May the coming year bring all the blessings of health, happiness & peace to our family, friends & Kol Yisrael*  
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