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The views expressed in this newsletter are not necessarily those of SAJAC or its board.

Wishing the community a happy & healthy  
New Year and well over the fast.

ROY, CAROL, JACQUI BRAD &  
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To our SAJAC friends and family, we  
wish you all a happy, healthy New Year  
and everything of the very best Shana Tova  
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With best wishes for a year filled with  
health, happiness and peace.

L'Shana Tova Ticateva u'hatmenu.  
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Wishing you peace, good health and  
happiness throughout the New Year and well  
over the fast.

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friends.

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Wishing all our friends health & happiness in  
the New Year and well over the fast.

STAN, NATALIE & ROBYN  
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Wishing all SAJAC members a very  
Happy New Year & well over the fast.  
Thank you to the SAJAC community for  
their incredible kindness & support over the past  
year.

SUE, RUSSEL, MITCHELL &  
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Happy New Year to all our clients.  
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We wish all SAJAC members a Happy &  
Healthy New Year.

MELANIE, DAVID & MARTIN LEVY

Wishing our family & friends a very Happy  
New Year and well over the fast.

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Healthy & Successful New Year.

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Year and well over the fast.

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Wishing everyone a Happy, Healthy and  
Peaceful New Year and well over the fast.

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Best wishes to all our wonderful friends and  
their families for a Happy New Year &  
well over the fast.

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Wishing all our family and friends Shana  
Tova and well over the fast.

MICHAEL, ILANA, GREGORY &  
DORON SILVERMAN



# SAJAC REPORTER

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

Volume 2, No. 5

Fall 1992



A rabbinical calendar dated 1276 was found inserted in a 13th-century Bible manuscript. On its outer rim is inscribed the 28-year great, or sun cycle; on the inner, the 19-year small, or moon cycle.

The SAJAC Board wishes the entire community a happy, healthy New Year & well over the fast

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## I Could Do with a Really Good Laugh

by Brian Marks

I don't know how to break the news to all of you but things aren't that funny any more.

I mean, there was a time when we could joke about the elections and the candidates because they were funny. But with a month to go, neither candidate has improved any, the quality of debate and rhetoric has taken a dramatic U-turn backwards, and innuendo and sledge has become the typical 3 minute sound bite. Believe me that's not funny anymore.

It used to be funny making jokes about Barbara Bush. When she was a cross between the presidents grandmother and the Queen Mum, that was quirky enough to be quite funny. But listen to her now. With each passing day she sounds more like a politician than a mother and what is coming out of her mouth just isn't very funny.

And the budget. Why it was quite amusing to think that our state senators had to work night after night trying to sort out an unsolvable problem. Until I heard they earned a lot of extra money for working overtime and that the State was paying a fortune in interest on the IOU's they were sending out instead of checks and all of a sudden, it wasn't funny anymore either.

So let's see, what also isn't very funny.

Unemployment isn't funny. Factories closing down isn't very funny and its tough to get a laugh about AIDS, the LA riots, no money for education, rising health care costs, increases in everything, declining housing prices and polluted oceans.

I'll bet that you can't find a single solitary soul with a good joke about a homeless family with three kids sleeping in an empty storm drain at night. Or think of a catchy one liner about infant mortality, lead poisoning, crack babies and child abuse.

Oh, I know what's really funny, Dan Quayle can't spell potato. Actually that's not soooo funny. It's more a tragic indictment of our education system than a comedy.

What about the Padres and the Chargers? They used to be a real joke. But after following each team blindly for 10 long years they just aren't so funny anymore either.

So what is still funny?

Well, San Diego airport is still a joke. Getting through the Tijuana border on Sunday nights is a joke. The parking prices at Jack Murphy stadium is a big, big joke. The prices they ask for theater tickets is a real scream, and trying to sell a house is the biggest joke of all.

So how do we get through this lack of levity and attack each day with a smile on our face.

Well, I have my own secret. Every morning as I wake up, I close my eyes and pretend that I have joined the army, taken up triathloning, become a candidate<sup>3</sup> for congress, eaten sea urchin for breakfast and undergone root canal treatment.

Believe me when I say that after you have opened your eyes, you can really face the day with refreshing vigor. It's all downhill from there.

## Atara Baker – Mixed Media and Oils Artists

by Naomi Rudick

Atara Baker is perhaps less well-known to the South African Jewish Community in San Diego than she is to art-lovers here and across this vast continent.

Atara is Israeli by birth, but also very much South African by "adoption" since she lived in South Africa for 10 years. There she met and married her South African architect husband, Louis, and there their son, Yonatan was born.

Atara's encounter with African tribal culture, and more so with that of the Bushmen, proved to be the catalyst that directed her passionate talent towards the expression of the deep colors and textures of this primitive society – but in a contemporary manner.

Atara calls her paintings "my masks" as each work is based upon one of the tribal masks in her own collection, yet is, at the same time the declaration of her life's experiences, especially those of her years in South Africa. Her masks reflect the attempt to find the modern society and the revelation of personal and ancient cultural memory.

The colors she uses are earth-toned and reminiscent of "soot-smudged cave walls"; and her materials, which include newspaper and burlap mixed with the paint, produce a living, three-dimensional effect.

Atara's art studies have taken her from Rome (where she studied under the famous sculptor Emilio Greco) to London, New York (the Artists' League), and Los Angeles. In South Africa she was a pupil of the late Bill Ainslie for 6 years, and studied under Noel Bisseker at the Johannesburg College of Art. After her years in South Africa she settled in San Diego, and is currently working at her studio in La Mesa.

Atara is a member of the San Diego Artists' Guild, and her work is in private collections in South Africa, San Diego, Palo Alto, California, Washington State, Ohio, Colorado, Utah, Chicago, Connecticut and Mexico. She has exhibited widely over the years, at the Martin Wagner Gallery in San Diego, the Los Angeles County Museum of Art, the Reed Whipple Cultural Center Art Gallery in Las Vegas, and is this year's award winner at the San Diego Mid-Winter Open Award Show at Balboa Park.

If you wish to contact Atara, call her at (619) 646-6907.

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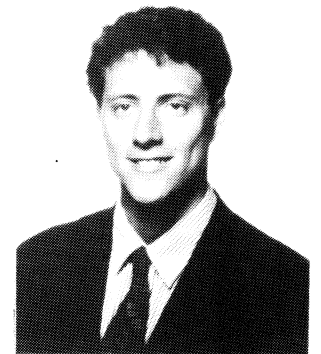
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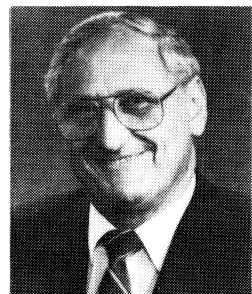
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## Vacation Getaways – A Retreat for the Body and the Mind.

by Linda-Anne Kahn

A half a century ago, Rancho La Puerta, in Tecate, Mexico, established itself as the first fitness resort in the USA. It lies at the south rim of the last surviving Southern California "safe zone" for the environmentally sensitive. The air is clean and clear, the soil is completely virgin and the vineyards stretch for miles.

It was here that Deborah and Edmond Szekely determined their mission: to make healthy people healthier – and to use every possible resource to achieve that goal.

Their dream continues now, 50 years later, with an unwavering commitment to total well being and an unrivaled garden setting at the foot of a sacred mountain – Mount Kuchama. The guests who flock to the Ranch become "family for a week".

As you drive through Tecate . . . nothing prepares you for the wide splash of brilliant tropical gardens and classic colonial architecture beyond the Ranch's big iron gates. The 150 acres of gardens and waterworks, nourish the eye and soothe the spirit.

This widely imitated, but never replicated place is a Shangri-La for fitness seekers. The schedule is both comprehensive and versatile. You can begin your day at 6 a.m. with yoga, in a glass sided pavilion with a crackling fire, to take the edge off the early morning. Mountain hikes of varying lengths jumpstart the heart, or one can ease into the day a bit later with wake-up exercises and a stimulating meadow hike or . . . breakfast. Miles of unspoiled hiking trails beckon.

Then the day gets down to business: Between 9 a.m. and 5 p.m. – 45 minutes classes begin every hour, with generally five to choose from at any given time. You begin to have a bouncing walk, glowing skin, and upbeat attitude . . . a lift from the real world.

To give balance to your active day and to maximize results you can choose from cardiovascular workouts, strengthening/toning exercises, stretching and flexibility, co-ordination and balance – jazz, tennis, volleyball, relaxation – yoga, T'ai Chi, meditation. Enjoy a deep tissue massage or herbal wrap at the end of the day, to ease tired aching muscles.

You can laze beside the pool, or retire to the study where you can study Spanish. Nutrition and vegetarian cooking demonstrations help you to learn how to take the Ranch home with you. Do not miss the acclaimed "Inner Journey" program.

In the evenings you may watch a movie, or attend a lecture on a wide variety of subjects. Interesting professionals in the health field share information on public speaking, aromatherapy, psychology, positive thinking and many fascinating subject. Sleepy eyes and a tired body may force an early bedtime.

The basics of the fresh spa cuisine is the organic vegetable farm, on 300 acres of gardens and grounds. Calories are displayed for each dish, if you can resist only one serving.

Your stay must be for a week, with a Saturday check in. The Rancheras and Haciendas are cottages accented with unique native arts and crafts. The villa studios and villa suites are set apart in their own complex of gardens, and are more expensive.

Rates range from \$1,200 double occupancy to \$2,000 double occupancy in the suites and vary according to the season.

You will emerge from your stay at the Ranch feeling fully alive and balanced, mentally, emotionally and physically.

See you there!

**Mazel Tov to:**

David &amp; Helene Bortz on the birth of their son.

☆☆☆

Les &amp; Robyn Edelstein on the birth of their daughter.

☆☆☆

Myron &amp; Laura Jucha on the birth of their daughter.

☆☆☆

Colin &amp; Linda Bernstein on the Barmitzvh of their son.

☆☆☆

Harold &amp; Myla Frysh on the Batmitzvh of their daughter Lara

☆☆☆

Mervyn &amp; Sandy Kodesh on the Barmitzvh of their son Bradley.

☆☆☆

Jeffrey &amp; Jenny Lazarow on the Barmitzvh of their son Gavin.

☆☆☆

Charlie &amp; Renee Frank on the engagement of their son Warren to Romi Nathan.

☆☆☆

Eli &amp; Norma Kaufmann on the engagement of their son.

☆☆☆

Andy &amp; Pam Nathan on the engagement of their daughter Romi to Warren Frank

☆☆☆

Jeff &amp; Sandy Sacks on the engagement of their daughter Nicole.

☆☆☆

Alan &amp; Rochelle Saloner on the engagement of their son, Brett and also their daughter, Stacey

☆☆☆

Sid &amp; Denise Selati on the engagement of their son Rob.

☆☆☆

Susan Slender on her engagement.

☆☆☆

Barney &amp; Yvonne Friedland on the marriage of their son.

☆☆☆

David &amp; Julie Isaacs on their marriage.

☆☆☆

Selwyn &amp; Barbara Klein on the marriage of their daughter Robbi

☆☆☆

**CONDOLENCES TO:**

Paulette Friedman on the passing away of her father.

☆☆☆

Brian Judelson on the passing away of his mother.

☆☆☆

Neville Levin on the passing away of his father.

☆☆☆

The Wapnick family on the passing away of Tony.

## Ilana Zimmelman Story

After buying take-away pizzas from a restaurant in Camps Bay, the pretty dark-haired girl and eight of her friends went to the beach to watch the sun set. They talked until darkness fell, then left the beach to continue to talk over coffee. Ilana Zimmelman, 23, of Cape Town was saying good-bye to friends she didn't think she would ever see again. She was to leave shortly for America, where she faced uncertain prospects for a lung transplant - the only thing that could save her life.

Three months have passed since that day. Last week Ilana chatted to me on the phone from America - and it was a joy to hear her. "I'm alive," laughed the girl who was told by doctors last year that she had a month or so to live. "It's an absolute miracle."

Ilana was a victim of a deadly disease, **primary pulmonary hypertension**. The ailment, which causes patients to become short of breath and tired, usually strikes women between 20 and 35. Because lung transplants are no longer done in South Africa, the diagnosis is usually a death sentence here. But the operation can be done abroad - if you have R600,000. Undaunted, her family set up a special fund for Ilana and got the Reserve Bank's permission to send the money out of the country. Two months ago, she had a lung transplant and a corrective heart operation in America. The family still needs to collect R420,000 to cover the cost of the surgery, and Ilana will have to take medication for the rest of her life to prevent rejection of the lung, at a cost of about R4,000 a month.

Now Ilana is recuperating in St. Louis. "I am so excited because I'm alive and well that I can't sleep at night," she said over the phone. "People who aren't dying don't know just how wonderful it feels to realize you're alive."

Until last June, Ilana led a normal life, sharing a cottage with a friend and often dancing the night away in discos. In the morning she walked to the station to catch the train to go to work as a window dresser, but she started getting so out of breath she had to stop and rest a couple of times on the way.

In August, after a party celebrating her 23rd birthday, she lost consciousness for a while. A cardiologist who examined her said he could do nothing for her. Then her family learned about a new procedure for lung transplants and corrective heart operations done in St. Louis. On March 25, Ilana and her mother left for America. And just six weeks after doctors determined she would be eligible for the transplant program, they found an appropriate organ and performed the six-hour operation.

Ilana recovered so well she was discharged 17 days later. "The greatest danger is that my body will reject the lung," she says. "I am thoroughly monitored every day in case this happens. The scar is still very sore but I can put up with the pain. I can put up with anything because I'm alive."

Readers who would like to donate to Ilana's fund should make checks out to the Vaad Hoer of St. Louis/Ilana Zimmelman Fund and send them to Chaim Lang, 4415 Collwood Lane, San Diego, CA 92115

*Reprinted by permission of YOU magazine.*

## Why Weight? - The Benefits of Strength Training

*by Gail Gluckman, Fitness Specialist*

A fitness program, like a well-balance diet, consists of several components: aerobic conditioning for the heart, strength training for the skeletal muscles, and flexibility training for freedom of movement. The body cannot function without the heart, so aerobic activities are an essential part of any fitness program. Then why do strength and flexibility training? Why does one need strong, pliable muscles? Do muscles really matter? The answer is a resounding yes.

As one gets older, the metabolic rate (the rate calories are "burnt" or used up) slows down by about 3 - 5 % every decade due to the loss of about a pound of muscle every one or two years. This process begins as early as age 20 and by the time one reaches 30, one has lost about 5 pounds of muscle and gained 5 pounds of fat, provided one still weighs the same. Since a pound of fat occupies more space than a pound of muscle, one probably has gained inches as well - those bothersome fat deposits on the abdomen, upper arm, chest, hips, or legs that just do not seem to go away.

Strength training or working out with weights not only stops this process of muscle loss and fat gain, but actually reverses it. Muscle tissue has a high energy (caloric) requirement even when the body is at rest. Each pound of muscle uses up about 50 calories per day. Fat tissue, on the other hand, has no energy requirement at all. The more muscle mass a body has, the more calories it will use just to keep itself functioning; in technical terms, the basal metabolic rate is higher. This means that one person who has the same body weight but more muscle mass than another will use up more calories daily, even just sitting at a desk or lying on the couch. Strength training increases the amount of muscle in the body and so raises the metabolic rate and helps one to lose or use up those stored body fats.

In addition, strength training improves physical capacity, whether one is a top-class athlete or just an average person performing daily tasks. A strong body can better handle the stresses of day to day life - for example, stronger neck, shoulder, and back muscles will not tire as quickly if one sits for long periods of time. Having toned muscles also reduces the likelihood of pain or injury. Well-conditioned lower back and abdominal muscles play a key role in the prevention of lower back pain. Since stronger muscles, tendons, and ligaments are better able to absorb shock, they are not so easily injured by daily physical activities. Research findings show that the majority of muscle injuries that occur from physical activity could have been prevented by having better conditioned muscles.

Strength training is the most effective way to shape or sculpt the body, improve posture, and enhance overall appearance. And, as a natural outgrowth of looking better, one will begin to feel better about the self - to walk taller and with more ease, not just physically, but mentally as well. "Pumping iron" is an ideal way to take one's mind off one's worries and relieve stress. Adherence to an exercise program also develops self-discipline and the ability to focus, which carries over into other areas of life. Better focus means better

concentration - daily tasks will not take as long as before. Instead of the "no time" to exercise, one will have more time, not to mention more energy, to do more of the fun things.

Two age old myths about strength training have deterred many people from ever picking up a weight. One is that building muscle tissue will make a person "muscle bound" and inflexible. A well-designed strength training program will not only strengthen muscles, but balance them as well, thus increasing flexibility. Inactivity causes inflexibility. Recent studies comparing weight lifters to gymnasts found weight lifters to be just as flexible (if not more so) as gymnasts.

The second myth is that having more muscle will make one "chunky" or "bulky" - fear foremost in the minds of women contemplating lifting weights. Think of the untrained muscle as a nerf ball. It has less muscle tissue and is somewhat soft (this is commonly referred to as having no muscle tone). As one trains with weights and increases muscle tissue, the muscle becomes more like a tennis ball in density, but is not necessarily bigger in size. One might weigh more due to an increase in muscle density, but will lose inches and be shapelier because of the loss of body fat. Women simply do not have the amount of male hormone necessary to build the muscle size that men can, but they certainly can increase muscle tone and strength by working out with weights. Besides, strength training is the most effective weight-bearing activity to prevent loss of, and even increase bone density and retard the development of osteoporosis. The benefits of strength training far outweigh the perceived negatives. The bottom line is muscles do matter.

When starting a strength training program, one should take care to learn the proper techniques. Most clubs have qualified one-on-one trainers who can design personalized programs to help build muscle strength, balance and flexibility as well as meet one's individual goals. Many clubs also offer strength training classes, or one can hire a personal trainer to come to the home. In any event, it is important to look for an instructor who has a solid knowledge of strength training, good teaching experience, and who will take an individual's needs and goals into account.

Yes, the heart is the fuel pump of the body and must be conditioned by doing aerobic activities (walking, running, etc.). But the muscles are the working parts of the body and it is just as important to keep them in good condition with strength training as well as flexibility training. After all, one cannot condition the heart if injuries due to weak muscles or muscle imbalance keep occurring every time one takes to the running track or the aerobic floor.

*Gail Gluckman is the Supervisor of the Strength and Conditioning Center at the La Jolla YMCA where she teaches strength training classes and one-to-one training at Club La Jolla and the Mission Valley YMCA. Questions about strength training or other fitness issues? Call Gail at 551-1142.*

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## Newcomers

This month we welcome Norman Kane's parents, Sylvia and Gerald, who are originally from Durban. Gerald, a reknown surgeon, used to run the anatomy department at Westville. In recent years he has been visiting the US yearly as guest teacher at UCLA medical school. They have been in San Diego for the past five months and find it exciting and wonderful being here. They have even found a place to play lawn bowls at Balboa Park already.

I was delighted to be able to put Alice Miller in touch with the Kanes as she, too, loves playing lawn bowls. She plays bridge too so call her if you need a fourth at 551-8602. Alice lived in Johannesburg most of her life, although she was born in the US. She was widowed last year and made the decision to return to the US and take up her citizenship. Her two daughters, Audry Hutchinson and Sara Trocki joined her. Audrey has lived in Boston for many years as well as spending time in New York and London, working for UTA airlines and travelling extensively. Sara used to be the vice-principal of HA Jack school and in more recent years turned to insurance professionally. They are eager to meet new people and are enthusiastic and excited about their new environment.

Yvonne Amata is an amazingly courageous woman. Originally from South Africa, Yvonne and her husband, Jack, were living in Zimbabwe. They applied for and finally obtained their green cards to entitle them to become residents in the US. Six days later Yvonne's husband passed away tragically, following surgical complications. This brave lady decided to pursue their dreams in spite of it all and came over as a single parent with 2 young kids living in Hartford, Connecticut for the past five and a half years. Her move to San Diego was motivated by her desire to reunite with her South African family and for her son Allen, 18, to attend UCSD. Her daughter, Ruth Ann is 15 now. Yvonne is a very capable medical receptionist and is looking for a position. She can be contacted at 535-9669.

Deena Strauss has also lived in Connecticut for the past five years working with emotionally disturbed adolescents. The San Diegan climate was a major influence on her desire to move here. Deena is 29 years old, loves being social, swimming, travelling, reading and going to the beach. She is looking for a job in an administrative capacity. She has writing and computer skills. She can be reached at 538-1619.

Bella and Herbie Suchet's greatest aspiration at present is to become beach bums. They have been on vacation for the past year. They started off on the East coast and have made their way across country making use of their valuable time-share accommodations. They have a son in Canada and a daughter in New York. Herbie is a retired pharmacist. Bella raved about how wonderful people have been to them in San Diego. Our reputation seems to improve all the time.

Ian and Linda Smulowitz are originally from Sandton. They had visited San Diego several times before moving here in June. Ian has already completed redoing his exams as an insurance broker and is busy interviewing presently for a position. Linda is a speech and drama teacher.

Robin and Lyn Isaacson arrived 2 months ago after spending the last 10 years in New York. They are originally from Clifton, Cape. Robin is involved in retail ladies apparel and Lyn is a medical cytotechnologist. They have two children, Jared, 6, and Nicole, 4.

Helen and Michael Cobb are from the Vall. Michael was a timber

merchant and is also a skilled auto technician. He has a position in Orange County at present. They have three children, Tayna 16, Leanne 12, and Kara 7. Speaking to Leanne, I learned that the most impressive aspect of living in the US is TV. "You can get the BEST CHANNELS" she said. The Cobbs are eager to meet people as they don't know many people living in this area. They have just moved to La Jolla, near the Y.

Carolyn and Leon Wolpe arrived five weeks ago after living in Seapoint, Cape for the last 14 years. Carolyn is originally from England. Her special interest is karate and is presently focused on finding a dojo that practises the same style karate that she is trained in. Leon is a company director. They came to San Diego to join Leon's brother. Their two girls, Catherine and Natasha are 6 and 4. Carolyn was another one to express how arm and friendly the SAJAC community have been towards them. Yay, SAJAC!



Sarah Trocki



Alice Miller



Audrey Hutchinson



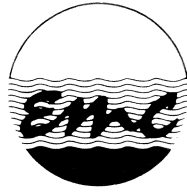
Deene Strauss



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## The effective use of equity in a growing company.

by Jeff Chalmers

Equity is the most costly capital source for any company. However, in a growing company, one has to ask that age old question about the size of the slice versus the size of the pie. Put in other words, 100 percent of a \$1 million company as compared with 50 percent of a \$5 million company. The effective use of equity in a growing company will definitely increase the size of the pie.

Some sources of equity financing are wealthy individuals, venture capitalists, and the public securities market. Each of these sources have different requirements as to the amount of their investment, the returns required on their investment, their involvement in the business and their requirements as to audited financial statements.

Wealthy investors - These individuals will generally invest based upon their instinct rather than a formal investment criteria. Introductions by a respected friend and or business acquaintance is more important than the underlying business plan. These investors will generally expect returns of three to five times their investment in a relatively short period of time.

These individuals will enjoy a position on the board of directors as well as frequent updates on the status of their investment.

Tax considerations are also important to these individuals and consequently deals should be structured to maximize tax benefits. The personal guaranty of these individuals on loans or leases may also be a valuable intangible.

Venture capitalists - The relationship with a venture capitalist (VC) can be likened to a marriage. In the beginning, one has to get to know one another and understand each other. An introduction from a good friend generally sets the stage for a mutually beneficial relationship. The VC really needs to know you before he will commit to anything. Expect a thorough due diligence review of the business, its products, management and an exit strategy (that is the place where the VC can realize his investment).

Assuming the dating works out and depending on how demanding a fiance' you are (how much money you need), the VC will buy you a ring (provide you with some small funds to work with). Generally a prenuptial contract is a must and this contract provides that the VC will keep the house and all the furniture should you get divorced. The VC will also closely monitor how the money is spent

and often will require a seat on the Board of Directors.

Beware if your business is not what its touted to be. VC's are quick to run to divorce court. In addition, VCs generally require that their investment grow by 3 to 10 times over a five year period. One may ask how this impacts a deal? The valuation of a business as determined by its expect value in five years will determine the size of the investment by the VC as well as the current value of the business.

Exit strategies are generally the public market or the selling out to another company. This will allow shareholders to realize their share value. Either method will suffice for the VC, as long as there is value in business.

Public Market - The public market is probably the most difficult market to raise finance. Under the watchful eye of the Securities and Exchange Commission (SEC), seasoned management is often surprised by their rules and regulations. Costs of going public are high. Expect to pay 10 percent of the capital raised. In addition, continuing compliance costs, such as accounting and legal fees should be considered. Once public, one has to answer to the investment community for everything. Slight dips in earnings are extrapolated into bankruptcy, while bumper profits are generally discounted in advance. Its an uphill battle so be prepared for a bumpy ride.

On the flip side, the growing company has access to the vast amounts of capital at money managers' command. The ultimate realization of one's wealth is generally through the sale of shares on the public market.

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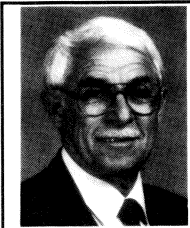
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Celia Levy

## Time-Share

by Herbert Suchet

Our daughter emigrated to the U.S.A. seven years ago, and when our son and his family left for Canada over three years ago, my wife and I decided to sell our holiday home in Umhalanga Rocks and purchase time-share, which we intended to exchange for vacations to the U.S.A. during our annual visits to our children.

However, we had fears in this regard, due to the bad publicity time-share had received, both in South Africa and abroad, and we made numerous enquiries to find reputable time-share developers from whom we could make our purchase. And then we found Adrian, a wonderful time-share agent, who understood our needs and fears perfectly, and with who's help we were able to separate the wheat from the chaff.

He explained to us that, for exchange purposes, one joined a company named R.C.I., which serves more than 1 million members world-wide, at nearly 2000 resorts in over 60 countries. And the marvellous thing about time-share is that we can swap our time-share, subject to availability for similar time-share anywhere in the world. Although time-share is divided into different time zones, depending on demand, one can purchase inexpensive red-time (peak period) time-share weeks at resorts in South Africa, and use those weeks in the Caribbean, Hawaii, or anywhere we choose.

Also, if we do not want to use this years time-share, we can carry it forward to next year, or if we wish, we can borrow next years time-share and use it in advance.

Armed with these impressive facts, we proceeded to purchase 6 weeks from developers backed by such reputable names as Syfrets, and stocks and stocks, at resorts in Natal. There is an annual levy payable for the purpose of maintaining the quality of the resort, which in our case amount to R300 - R350 per week per annum. So, all in all, we worked out that with the levy or R350 and the exchange fee of R259, we could have a weeks holiday for up to 6 people, anywhere in the world, for R609 or just over \$200. What a win!!

Well, last July, we left South Africa on one years holiday, having saved up 16 weeks of time-share, 4 weeks of 1990, 6 of 1991 and 6 of 1992, which we exchanged for 6 weeks in Florida and 10 weeks in California. After spending August - November with our children and grandchildren, we spent 6 glorious weeks at the most wonderful resorts in Florida, from Cocoa Beach in the North, to Miami Beach, then the fantastic Florida keys, on to Orlando at the Orange Lake Country Club, with their wonderful golf course and manicured gardens, and finally 2 weeks at St. Petersburg on the Gulf Coast. We then flew west, and spent the next 10 weeks touring California. Our time-share weeks, which began in La Jolla, continued to Del Mar, Carlsbad, Oceanside, Palm Springs, the wonderful Lawrence Welk Resort in Escondido, Laguna Beach, some of which resorts we spent two weeks at. Almost all the resorts had 2 bedrooms, 2 bathrooms, full kitchens, swimming pools and hot-tubs, etc. etc. The accommodations and facilities at each venue was equal to 5-star in South Africa and Bella and I cannot recommend the time-share exchanges highly enough.

Having travelled all over Florida and Southern California, we naturally decided that your wonderful city would be our new home, and I returned to South Africa to make the necessary arrangements. While there, I again contacted Adrian, purchased some more timeshare, and during our conversation, he informed me that South African's who have emigrated and have blocked rands, can purchase time-share with these blocked rands. This, I found to be unbelievable, so I checked with the foreign department of my bank, and learned this to be not only true, but that the annual levy could also be paid with blocked rands.

As so many South Africans living abroad, have their investments in blocked rands, I thought that I should tell SAJAC members that this fantastic opportunity exists. And even if you don't have money tied up in these blocked rands, the price that one can purchase red-time time-sharing in South Africa, when converted to dollars, is very much cheaper than similar American time-share.

If you are interested in making use of this incredible facility, please don't hesitate to call me at 455-7277. I will be only too happy to assist you.

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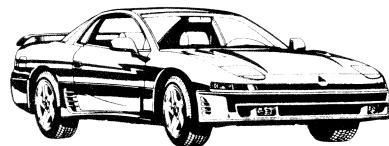
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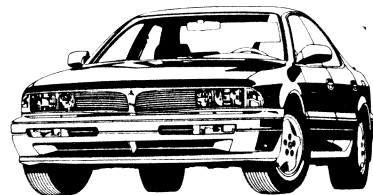
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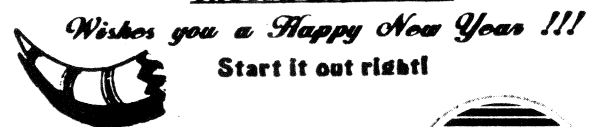
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## Healthy Fast-Food?

by Sandy Kodesh

During summer the whole pace of my life changes. Strict routine falls away, the long hot summer days become timeless. Days start when our eyes open & mealtimes happen when our bodies remind us that it is time again to put more fuel into our ever moving bodies. We are out & about always finding new and interesting things to do, usually accompanied by many more people than I ever thought could fit into my van. And then it happens - hunger strikes, regardless of time or place. We are all starving and have to eat immediately. It's as if the body cannot carry on for another minute unless food and drink is poured into it. The cries of, "MacDonald's", "711", "anything quick & easy", ring out. I have strong feelings about the quality of food that enters the bodies of myself and the people I care for. It upsets me to see a body crying out for fuel so that it can carry on supporting life in the best possible way, receiving second grade food.

In my travels I have found a fast food outlet that serves fresh organic foods, put together in an understanding of food combinations. The name of this restaurant is *Garden Taste* and it is situated in Del Mar, on Camino Del Mar, just north of the turn-off to the Amtrak Station opposite what I call "SAJAC Beach".

*Garden Taste* offers high quality fresh food. They serve vegetable or fruit juices that are fresh and seasonal. They also make

non-dairy smoothies out of fresh fruit that is frozen and blended with no use of sugar or sugar substitute, wheat grass is served to order. A cooked and un-cooked soup is served daily with unusual tasty herbs and spices. Salads are served with sprouted grains and beans and salad dressing are made with nuso & tahini. Vegetable pizzas are made with soy cheese and 7 different vegetables. The crust is made from nutritional Kammut flour.

Veggie burgers are served on sprouted rye or Kamut rolls and are freshly baked. The patties are made from sprouted beans, lentils, chick-peas & fava beans, that are mixed and blended with vegetables.

Another unusual but nutritional flour that is used to bake bread and muffins with is SPELT. Its an ancient grain, much healthier than wheat and high in protein, calcium and other minerals.

Their raw fruit pies are delicious and wonderful to serve at home as they look so tempting to eat. They are open 8am - 9pm everyday and the owner Sheila Gabayson has a knowledge of macrobiotics and is a nutritional counsellor. Her restaurant is pure vegetarian and she uses no dairy products, salt, vinegar or sugar.

Now this information might frighten off most people who love their drive-thru burgers & fries pick-up, but with nutritional knowledge infiltrating our lives daily, what the hell, it's worth a look in and a taste - maybe it could become our new way of life.

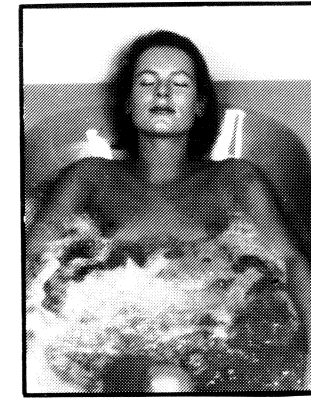
My children love the smoothies that are a meal in a glass, which to me is better than a greasy salty meal in a packet.

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## Yom-Tov Greeting

As I write this letter to you, I realize that I need not remind your readers that we are rapidly approaching Rosh Hashanah 5753.

Rather than focusing on the physical aspect of the Days of Awe, I find it significant to look at the "spiritual needs" we all have. All of us need to do some serious soul searching, and in doing so may figure out what we can do to enhance our spirituality.

Everyone searches for spirituality in one way or another. Some find it in meditation, others in yoga, and there are those of us that find it with our families at a relaxing Friday Night Service. As human beings, we all need to feel a sense of completeness. No person can feel filled when their spiritual cup has a hole in it.

Let us prepare for this Rosh Hashanah and not be content with just a physical presence at our synagogue. We need to feel a spiritual rejuvenation and also feel deep down that as a people, specifically as the "chosen people", we make a difference. How we find that spirituality again may be different for each one of us.

(prayer reprinted from Tikun Hanefesh - Renewal of the Soul)

Avinu Sheh Bashamayim

Let not my prayers be in vain.

This day I resolve:

To live by the teachings in the Torah

In all that I do.

I pledge to bind myself to my fellow Jews,  
Wherever they may be.

I pledge to remember Jerusalem and Israel.  
To work to keep them safe and secure.

I pledge to strive for democracy  
Here in this land that I love.

I pledge to accept Your commandment  
To give equal dignity to all Your children.

I will love and care for my family,  
Giving them, not only material things, but  
My time and instruction,  
Let me be an example to my children  
Of the right way, the Jewish way.

I will conduct my business affairs  
In truth and righteousness  
I will seek to improve my character,  
to overcome my faults.

Help me, O G-d, to keep my resolutions,  
When I forget, forgive me,  
When I falter, remind me,  
When I weaken, correct me,  
In my efforts, be with me.

May the year 5753 bring self fulfillment for each and every one of us, our families, community, country, and all Israel.

B'vrakha L'Shana Tova

Rabbi Arthur Zuckerman

## SINGLES PARTY A SUCCESS -

### An Elegant and Enhancing Evening in La Jolla

The second singles party of the year was another success. This time the event was held at a restaurant in La Jolla. The late summer evening was warm and welcome with expectations. A group of about 100 elegantly dressed and groomed young men and women mingled and made acquaintances in the atrium, while a pianist played and sang and created a background ambiance conducive to conversation. A more mellow experience than the first party, the La Jolla venue was more relaxed. The comments after the party were positive and encouraging.

We have heard that there have been two engagements as a result of the last party. We must be doing something right. Mazel Tov to the couple concerned!!!!

If anyone has any ideas or suggestions for a next SAJAC Singles and Young Couples event, please call Hillel Katzeff at 452-9530.

## SOUTH AFRICAN SCENE

by Naomi Rudick

With the virtual collapse of negotiations for the New South Africa, the ANC has been left with but one card to play, namely, mass action. South Africans agree that mass action will be seen more and more on their political scene, although it spells trouble for negotiations. In 1990, when the ANC returned from its political exile, it held three trump cards - mass action, the armed struggle, and international opinion (which included sanctions). Today armed struggle is no longer an option since the organization agreed to negotiate for peace; and international opinion, headed by industrialized countries, now prefers to play a conciliatory role in view of Pretoria's efforts towards democracy.

The mass stayaway on August 3 was hailed by the ANC as a resounding success, while the government complained of widespread intimidation and stone-throwing incidents. Of course, in the suburbs the stayaway was hardly noticed, and life went on as usual. This mass action lasted only 48 hours, but the costs are still being counted: the possible loss of about 500,000 additional jobs, the blow to business and consumer confidence which will further delay economic recovery, and the weakening of the financial and commercial rands.

The Small Business Development Corporation, in an effort to promote economic growth, announced that it would make R500 million in bank loans available to small and medium-size businesses. Their aim is also to bring more black businessmen into mainstream business.

Yet another "scandal", in a seemingly unending series, has been exposed by "The Star". Ex-undercover police agent and self-confessed arms-dealer, Jennifer Du Plessis, has stated in an affidavit that former members of the security forces are selling illegal arms in South Africa. Involved in all this are a former colonel in Military Intelligence, and an ex-member of the defence force's counter-insurgency unit. Ms. Du Plessis was offered arms for sale from a cache, said to have come from Renamo, and which cache was buried near Queenstown (on the border between Ciskei and South Africa). Yet another "salesman" had Uzi machine-guns, AK47s, and R-5 assault rifles to trade, and which he said came from Eastern Province Command and Speskop (Special Forces headquarters near Pretoria). "The Star" holds "shopping lists" detailing the arms, in the handwriting of these men. It seems that if you have the right contacts, "buying guns and explosive in South Africa is like buying groceries", and many former SADF officer have access to illegal arms.

An interesting item of news is that ex-South African Defence Force Special Forces members, (known as "recces"), including a major-general, have been recruited to train an elite army unit for President Gaddafi of Libya. This was done through a Spanish company, Handlingair, registered in Torremolinos, Spain. The London Sunday Times revealed that the Libyan government had

signed a letter of intent to recruit such former S. African military personnel to develop an elite Libyan unit. This special deal is said to have been negotiated by Adnan Kashoggi, the Saudi arms dealer who also controls Handlingair. Libya has been accused by the West of "exporting terror" in its support of guerilla movements throughout the world. The former head of the Civil Co-operation Bureau (which used the recces) said that of the former members were having difficulty finding work, and that they had no control of such ex-operatives.

The ANC, in its turn, has refused to comment on 600 armed ANC members whom it abandoned in Lusaka. This claim was made by the International Freedom Foundation in an issue of its publication "Sub-Saharan Monitor". The men "are lurking in the streets of Lusaka, killing indiscriminately as they fight for survival". These Umkhonto weSizew (military wing of the ANC) members are said to be afraid to return to South Africa as they may be prosecuted for crimes unrelated to their political activities. The decreasing numbers of donors to the ANC has left the organization without the funds to look after those left behind in Lusaka. The ANC says that IFF is well-known for its bias against the ANC.

News of the right-wing in South Africa is that the Conservative Party has split, and that the dissidents have taken about 40% of the party's supporters with them, and challenged Dr. Andries Treurnicht's leadership. The split was a long time coming, and Dr. Treurnicht did everything in his power to keep the party together. The breakaways are in favour of negotiations with all groups, and will negotiate for a separate Afrikaner state in the New South Africa.

A new bill before Parliament provides for high-speed trial by television, using the latest hi-tech video equipment to rid the justice system of the backlog of 40,000 prisoners awaiting trial throughout the country. This system will enable magistrates to rule in small crime cases, without the suspects having to appear in court. They will give evidence in a special room at the prison, and they magistrate will view them on TV in the courtroom.

Political instability and violence have dealt a big blow to the South African tourist industry. The tourist trade had increased considerably with President De Klerk's political reforms two years ago, but since the ANC quit the talks on a democratic constitution and took its protests to the streets, tourism is down. Satour has launched a R10 million advertising campaign in the Far East, North America and Europe.

A survey conducted for Satour in England shows that white South Africans are seen by the British as "rude, rich, and snobbish", and that they live in a "dry and dusty, violent country which, as a holiday destination, is about as tempting as Beirut". Researchers are quick to point out that these beliefs are because of ignorance. Those tourists who do visit South Africa, can't wait to get back, and found



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## South African Scene (continued)

the people to be friendly and hospitable. Although the image of unfriendly South Africans came from a minority, it was a "consistent theme in every group questioned", said Market Research Services, the British company used by Satour.

The Performing Arts Council (PACT) and the ANC have locked horns, and a protest at the State Theater resulted in 150 arrests. PACT reacted to a pamphlet titled "The Fat Cat of PACT", distributed during the march on August 3 by the ANC's Department of Art and Culture. It all has to do with the structuring of a joint working group, and the ANC's complaint that Afrocentric culture should be included and expressed by the organization as well as Eurocentric culture, and not Eurocentric culture only.

The Johannesburg Stock Exchange took a big tumble when De Beers announced a 26% drop in earnings for the 6 months to June. De Beers has also announced that it will cut purchases from diamond producers, to save itself money. The company's shares have fallen by about R33, and by about the same percentage, since the beginning of the year.

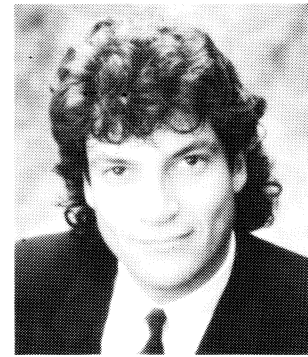
On the sports scene - Keppler Wessels, who captained South Africa in Australia, New Zealand and the West Indies last summer, will head the national side this season. South Africa takes on India in a 4-test tour at the end of October, and then host West and possibly Pakistan in a 3-cornered match in the new year. Wessels was the obvious candidate as Clive Rice is now in semi-retirement.

South Africa received "a rude welcome" to African Football when Zimbabwe beat them 4-1 in a first-round, first-leg African Nations Cup match in Harare. The Zimbabweans were strong and confident in front of their home crowd of 60,000. Apparently Robert Mugabe met with the Zimbabwean team that morning, and told the players that he wanted them to whip South Africa - three goals would not be enough. The resulting onslaught was obviously too much for the South African team.

The sports isolation of the past many years has taken its toll of South African players. On August 15, Naas Botha and his team "fumbled their way through the undergrowth of isolation" and eventually played a great game, yet lost 24-27 to New Zealand. The New Zealanders were superior in discipline and technique.

Marino Chiavelli, once thought to be the 5th richest man in the world, is now in debt for a least R50 million, and is the center of a fraud scandal "of telephone number proportions". A flashy man, with his passion for women, diamond rings on his fingers, and gold teeth, he has sought the limelight in Johannesburg since he arrived 12 years ago. The "bargain-basement" sales of his properties started this year.

The most beautiful girl in the land, Miss South Africa Amy Hope Kleinhans is "looking forward to being an inspiration to all South Africans". She rejected speculation that as the first black Miss South Africa she was a "politically correct" choice, and said that she would handle such allegations during her reign with "a smile, lots and lots of smiles". Amy is a teacher and model.



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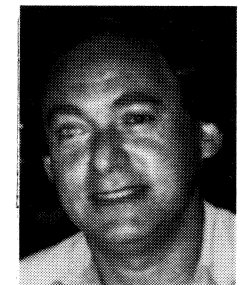
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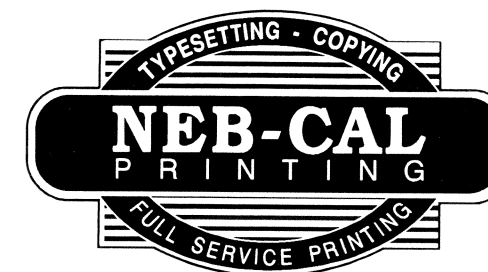
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