

# SAJAC

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



## The RETURN of the SAJAC BBQ

### Sunday, October 2nd, 1994

Watch the mail for your invitation -  
Plenty of extras and NEW activities this year

We are looking for:

- Any teenager willing to assist with sports and fun activities.
- Any individuals / families / companies willing to sponsor or co-sponsor something towards the event.

Contact: Denise Sneag at 546-1922 or  
Merle Gaylis at 793-6023



# SAJAC REPORTER

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

Volume 2, No. 13

Fall 1994

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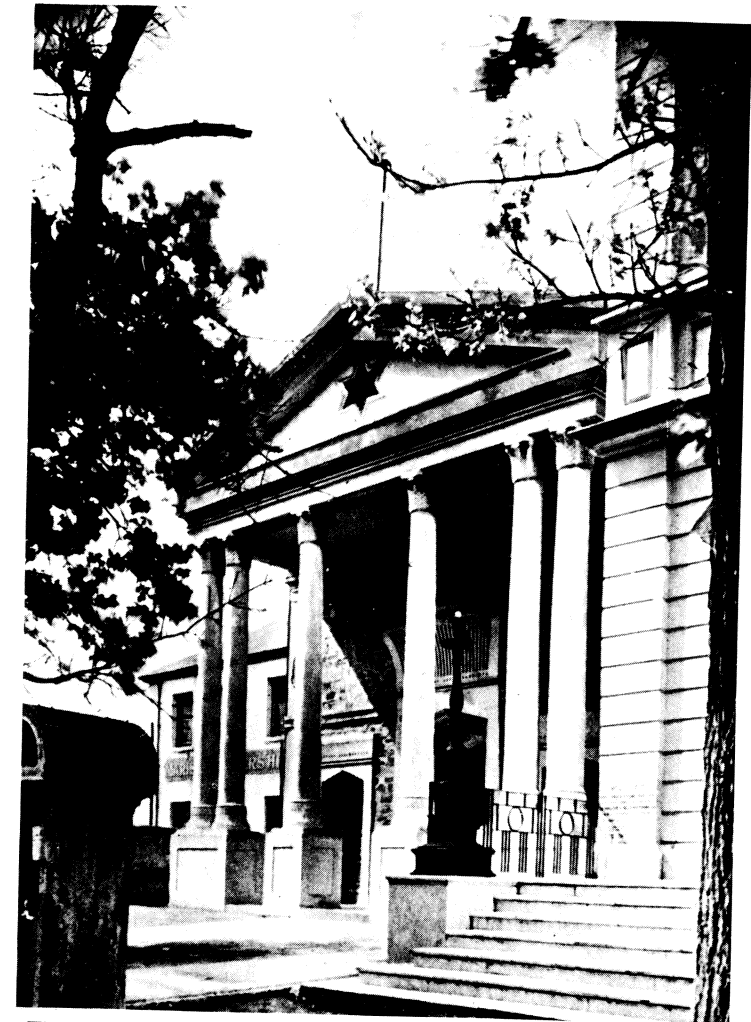
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on Sunday 29<sup>th</sup> Etul - 13<sup>th</sup> September  
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Memorial plaque to the founders of the first synagogue of the Tikvat Israel congregation. Cape Town, 1863.



The first synagogue built by the Tikvat Israel congregation. Cape Town, 1863

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NEWCOMER'S

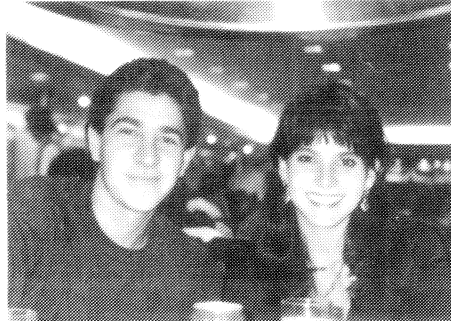
By Pam Nathan

Rhoda and Hymie Gaylis lived in Linksfield, Johannesburg and have come to join their sons, Franklin and Brendan in California. Hymie is a vascular surgeon and is lecturing at U.C.S.D. Rhoda is a singing teacher and accompanist. Her background has been in opera and musicals for the past 30 years. She has already produced a show of "The Wizard of Oz" in the short time she has been here. Call her at 535-1143 if you're interested in taking lessons.

Roland and Myrice Goldberg also join their family, the Shapiro's. They lived in Morningside, Johannesburg, with their three children, Justine and Jarrod 7, and Lara 3. Myrice is an ultra-sound technician and Roland is a dentist and is busy preparing from his California exam in September.



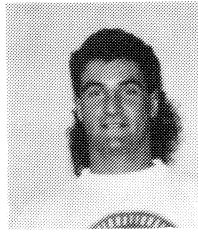
Brett and Nicky Saloner got married in SA about a year ago after a long romance and a lot of travelling back and forth during the time that Brett lived here and Nicky lived in SA. When I spoke to Nicky, she was in the middle of moving to their new townhouse in Del Mar. Brett is involved in importing clothing from the East and Nicky will be continuing her studies in psychology and hopes to enroll in a Master's program in the fall.



Gary and Debbie Meyer are from Parkwood, Johannesburg. Gary is a partner in Sunshine Plumbing, and Debbie hopes to get back into radio. She worked for Radio 702 in SA, running the newsroom and coordinating production. She speaks 6 languages, Spanish soon to be her 7th.

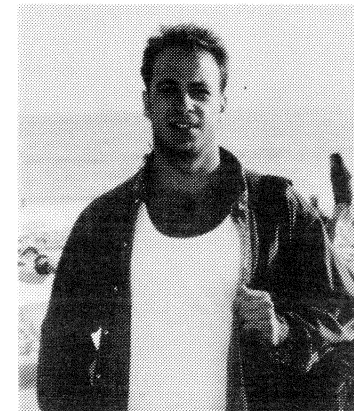


Phillipa Schachat is Selwyn's sister. She lived in Bantry Bay, Cape Town, and worked in corporate travel. Now she is working in Escondido in the same line of business. She loves being outdoors, walking and travelling. Music and visiting art galleries are favorites too.



Brian Blacher came to live in San Diego 4 months ago. He completed his degree in Physical Education at Wits and also has studied Judo. Now he has his own business as a personal trainer and nutrition consultant. Please call him at 456-2595 if you're interested in his services.

Gershon and Ruth Eckstein live in Renaissance. They are originally from Haifa, Israel, and lived in Sea Point, Cape Town for 10 years before coming to Fresno, California, in 1980. Gershon invented an irrigation patent that has been registered all over the world and hence the reason for their extensive travels. They have two children, Eran and Revi, who are both married. Eran and his wife, Heidi live in San Diego.



Sean Ellis is living in La Jolla Colony, a few doors down from the Meyers. He used to live in St. Andrews, Bedfordview, on Milner Avenue, the same street that we lived on. Sean is a chartered accountant and is working with Barry Schechter. He has participated in several triathlons in South Africa and continues to run, swim and cycle.

**MOVING?**

Please notify SAJAC of your new address.

Name: \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

**Clip & Mail to:**  
Merle Gaylis  
4719 Shadwell Place  
San Diego, CA 92130

EJENT TOCKS NEEDED ON SETHFRICAN WEDDING

James Clarke

Weds, weds, weds, I'm so sick of weds," sang the frustrated Eliza Dolittle in *My Fair Lady*. Well that's how she would have sung it in the New South African dialect.

New "Sethfrican English" is gradually permeating the old "Sefrican" accent which had us saying "Ag, pleez deddy, won't you take us to the drarv-in?"

The new Sethfrican has given us such rich phrases such as "We want piss and goodwill" and "Let's go bed-watching"

A visitor, R Stern (a former South African doctor) wrote to the Stoep to say she thinks that as "new Sethfrican" permeates "old Sefrican" we will develop an accent like the Australians.

Bertha Withers, of Selcourt she says our accent will become more like that of Birmingham, where "words" is also pronounced "weds".

The doctor says she heard a news reader talk of "packing" at Union Buildings-meaning "parking". "An Australian would have recognised the word immediately," she says. (In Birmingham they pronounce it "pear-kin".)

J Harris of Randburg has submitted the following additions for the new Sethfrican dictionary

- Fam** - what famas do
- Famas** - those who cultivate the lend
- Wekas** - they wek for the famas
- Trunspott** - Taxis, trains, etc.
- Ore-ways** - as in "I will oreways love you."

The writer also notes an extra vowel creeping into words such as "vehicles" (vee-hick-ls) but that is, I think, the Afrikaans influence. I detect that the double vowel is becoming fashionable. What has become unfashionable in Afrikaans-accented English is saying "fillum" for film.

Another reader offers:

**Ejgent tocks** - what politicians call when they have a "probe-iem".

**Confem** - as in "it was confemmed ejjent

tocks would be held".

Roy Greenfield of Randburg sent the following:

- Pepper** - as in newspepper
- Tippex** - small sachets of teal eaves
- Dotter** - female offspring
- Slipping** - not awake
- Tocks** - discussions.

Just an aside: have you noticed how the outside world never did get to pronounce the word "apartheid" correctly? Even the BBC said "apart-hite" right up to the end.



The Star Thursday May 19 1994



The Star Monday May 23 1994

MAZELTOV TO:

- ☆  
Mary & Morris Alkin on the birth of their grandson
- ☆  
Michelle & Ronnie Werbeloff on the birth of their daughter
- ☆  
Grant & Denise Neifeld on the birth of their daughter
- ☆  
Derryn & Marcos Lipkovicus on the barmitzvah of Ryan
- ☆  
Howard & Ann Katz on the batmitzvah of Sara
- ☆  
Jeff & Jenny Lazarow on the batmitzvah of Natalie
- ☆  
David Gafen & Debra Freundlich on their marriage
- ☆  
Charlie & Renee Frank the marriage of their daughter Gabby
- ☆  
Brian & Merle Datnow the marriage of their daughter Stacey
- ☆  
Dana & Craig Glasser on their marriage
- ☆  
Marcia Legator on the marriage of her daughter Dana

CONDOLENCES TO:

- ☆  
Susan Goldman of the passing of her grandfather
- ☆  
Ivor Sack on the passing of his sister
- ☆  
Sandy Sacks on the passing of her father

DOING WELL AFTER THEIR SURGERY:

- ☆  
Hans Levi
- ☆  
Fanny Lebovits

YOM TOV GREETINGS

Wishing all our family & friends a happy and Healthy New Year and Well Over The Fast  
**STEPHEN, BRENDA, JULIA & GUY ABELKOP**

Wishing our family and friends a year filled with good health, happiness and peace. Shana Tova and Well Over The Fast.  
**ADINA & IAN AIRES**

Wishing friends & family a Happy New Year and Well Over The Fast  
**JEFF & MICHELLE CHALMERS**

Wishing all of our friends a happy, healthy New Year. Shana Tova Umetukah!  
**WITH LOVE, FRANKLIN, JEAN, GREG AND JACKIE GAYLIS**

Wishing our family & friends a year filled with good health, happiness and peace, Shana Tova and Well Over The Fast  
**FANNY AND MORRIS LEBOVITS**

We take this opportunity to wish all our friends a Happy & Healthy New Year. We have recently moved to Dana Point & our phone number is (714) 443-9860  
**JOAN & CHALKIE SAMSON**

With best wishes for a year filled with peace, health & happiness and lasting sweetness.  
L'Shana Tova  
**COLIN & JANE, NICOLE, MARK & GABRIELLE SCHER**

With best wishes for a Peaceful and Happy New Year  
**LAW OFFICES OF LEON J. SNAID**  
Best Wishes for a Happy New Year and Well Over The Fast  
**LIONEL AND LYN STEIN & FAMILY**

PRESIDENT'S LETTER

I often get asked "How is SAJAC doing?" and my usual reply is "Very well, thanks mainly to the Board and our volunteers". Being an accountant by profession, I tend to look to the numbers. I thought that I might share the following interesting numbers with you:

SAJAC has a mailing list of 498-families. Our current membership stands at 344 families. Of the non-members:

- 74 families have never been members
- 9 families have not renewed their membership since 1990
- 25 families have not renewed their membership since 1991
- 16 families have not renewed their membership since 1992, and
- 30 families have not renewed their 1993 membership

SAJAC has cash resources of approximately \$30,000. More than half of these funds are specifically earmarked for our Gemilath Chesed Fund. It is these funds which have allowed us to help those in great need. The availability of these funds allows the executive committee of the Board of Directors to quickly make decisions and to act upon those decisions. These cash resources also provide SAJAC with the flexibility of not having to organize fundraising events. In fact most of our current events are budgeted at break-even.

Having attended most of the events during 1994, I have been pleased to notice that the events have been varied and tend to appeal to different segments of our community. I was pleasantly surprised by the different faces which I saw at the "SAJAC Success Forum" and the "March of the Living" evening. The Board is always brainstorming new types of events. Our upcoming and very exciting events are the new and revived "Braai" as well as our Golf Tournament, now at a new and more convenient location.

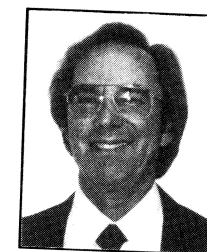
Should you have any comments on existing events or ideas for new events, please feel free to call me or any other Board member.

Best wishes for a happy New Year and Well Over the Fast.

Jeff

P.S. Happy 30th Birthday, Michelle.

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Celia Levy

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## SAJAC SUCCESS FORUM

by Pam Jaffe

An interesting and most informative evening was enjoyed by over 100 SAJAC members and their guests on June 21st at the offices of Qualcomm Inc. The evening, advertised as a success forum, was organized in a professional yet entertaining way, the aim being to share ideas and motivate those attending. The first part of the program consisted of a panel of successful South Africans who have, as one would say ... "made it". Each related their story of success and what it had taken for them to get where they are today.

Laurence and Rahleen Bloch opened the discussion of how they had built their leather business (Leatherock Int.) from a staff of 2 people 11 years ago to one of over 50 people today. Celia Levy of Ocean Air Travel has built up her travel agency in the past 10 years amid strong competition and a constantly changing travel environment. Mervyn Kodesh share his story of how he built up NEBCAL, a failing printing business, into a highly successful company growing at 25 percent a year. Linda-Ann Kahn proved to us that it is possible to follow our dreams and achieve our goals. The successful Beauty Kliniek, which has expanded 3 times since first opening, is proof of her dreams.

Throughout all the talks, the strongest factors that emerged as key elements for success were: HARD WORK, perseverance, determination, flexibility, getting good employees and in turn looking after them, and customer service ..... all thrown in with a little bit of luck!

After a short break, Michael Silverman introduced Dr. Irwin Jacobs the key-note speaker and chief executive officer of Qualcomm, Inc. Dr. Jacobs shared his success story with us, which, to say the least, is one incredible story. Qualcomm, Inc. started 9 years ago with 9 people working from Dr. Jacobs' home. Needless to say, the organization has expanded over the years and now employs over 1650 people and is constantly expanding. Dr. Jacobs has a unique vision of the future, a determination to make his dreams succeed and has equipped his organization with the people and tools necessary to bring his ideas into reality. Having digested all that information, SAJAC hopes that many more success stories will follow.

### Carrot Tzimmas

- 3 cups carrots diced
- 1 cup potato diced
- 1 onion chopped
- little oil to fry onion
- 3 cups boiling water
- 2 chicken cubes
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup golden syrup (honey or maple syrup)
- dash ground pepper
- dash ginger
- 3 teaspoons cornflour dissolved in cold water (for Pesach, you can use potato flour or matzo meal)

Heat oil in pan and fry onion till soft. Transfer into ovenproof dish. Add all other ingredients and place in 350° oven for 1 hour (or till soft).

### L'Shana Tova

A special request to those of you who write articles (or will write articles in the future) for the SAJAC Reporter. If they are done on a computer, please send in the hard copy *together with the disk*. The disks will be returned to you, just put your name on the label. Because 90% of the articles are on computers, all we have to do is consolidate them and it will be far more time effective.



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## RECIPES

By Sandy Kodesh

It's time to wish each other a Happy New Year again, and that means time to think about what to serve at our gathering of family and friends for the two nights of Rosh Hashana. Here is an interesting yet very easy recipe for herring.

**Herring and Pineapple**

I buy the basic Herring in Wine sauce and soak it for 15 minutes.

1 tin pineapple rings (I prefer the unsweetened) - cut each ring into 4 pieces

Take one piece of herring and one piece of pineapple and stick a toothpick into it. Mix 1 cup mayonnaise and 1 cup pineapple juice and stir till smooth.

Pour over herring and place in fridge.

It's good to make it 3-4 days before serving. You can decorate it by sprinkling chopped parsley on it.

**Mock Chopped Liver**

This recipe is good for vegetarians, people who keep kosher and also for low cholesterol diets.

1 1/2 cups lentils

6 cups water

salt

4 cups sliced onions

2 tablespoons oil

1/2 -3/4 teaspoon salt

1/2 teaspoon pepper and paprika

10 whole walnuts

4 hard boiled eggs

Wash lentils well. The longer you soak the lentils, the less cooking time is needed. So either soak lentils overnight and cook for 10 minutes the next day or soak for 3-4 hours and cook for 40 minutes (in same water that you soaked them in).

Keep lentils in the water they were cooked in. Fry onion very slowly over low heat till brown. This brings out a delicious flavor. Add salt and pepper. In processor chop nuts, add onions then lentils. Lastly add the hard-boiled eggs. (You can choose to use only the whites to lower the cholesterol count).

This makes a large portion that keeps very well. Make sure it is seasoned well.

**HIGH HOLIDAY MESSAGE TO SAJAC NEWSLETTER**

Rabbi Moishe Leider  
Chabad of La Jolla

Rabbi Israel Baal Shem Tov, the founder of the Chassidic Movement, related the following famous parable about the blowing of the shofar:

A king once had an only son who was the apple of his eye. The prince was well-educated; however, both he and his father decided that it was necessary for the son to travel to other countries to further his education. He was given much money and servants to accompany him during his journey. Some years passed and all the wealth that the king had bestowed upon his son had been spent. In fact, the son was reduced to absolute poverty, having squandered his father's wealth in an attempt to satisfy his newly-acquired desires throughout these travels. After many years the prince realized that he must return to his parents and to the country from whence he came. However, he had forgotten the language of that place and therefore could not communicate with his countrymen to let them know that he was indeed the son of their king. The people mocked him because he was dressed in rags and could not even speak their language. They thought he was just a pauper. They followed him, striking and beating him so badly that he became bruised and wounded from head to toe, until he finally arrived at the courtyard of his

father's royal palace. Again he gestured to the guards and tried to get their attention but they ignored him. In desperation the prince began to cry out and shout in the hope that his father should recognize his voice. When the king heard the shouting, he said, "Is that not the voice of my son crying out to me in distress?" His great love for his son welled up within him and he ran to him and embraced him and kissed him.

The king is Almighty G-d. The Jewish people represent G-d's child .... as the Torah says, "My son, my first-born son, Israel." G-d caused our souls to descend into bodies and just as the purpose of the prince's travels was to further his education, so it is our purpose to perform Mitzvot and good deeds in order that we will become more reverent and elevated to a level even higher than we were before our souls entered our bodies. However, through the emphasis on materialism and non-spiritual desires, we have strayed away from our faith in G-d to such a degree that we have even forgotten the language of our homeland. In desperation we want to return to Him ... and so, on Rosh Hashanah, we utter an incoherent cry - "the call of the shofar" ... so that our Father should recognize our voice! The shofar is indeed a cry from the very depths of our hearts, expressing to G-d our deep remorse for the past and our firm resolve to listen to our Father's voice in the future.

On hearing this cry, G-d becomes aroused and displays His great love for us. May we all have a very fulfilling and happy New Year full of blessings for us, our families, the Jewish people and the entire world.

Weddings  
Picnics  
Open Houses  
Birthdays  
Anniversaries  
Bar/Bat Mitvahs



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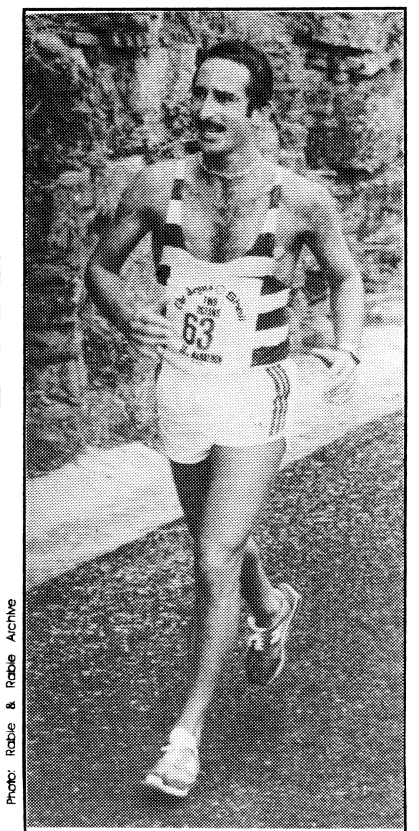
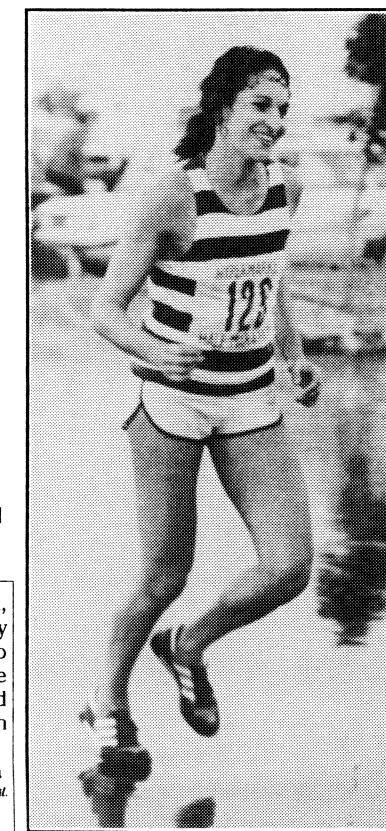


Photo: Rabie & Rabie Archive

## NOTHING TO WEAR

By Leslie Herman

Just after the war, the South African clothing industry decided to invite the Minister of Economic Affairs to its annual banquet. As I was president that year, my wife and I were expected to host the proceedings. In welcoming the Minister, I was to stress how important it was that we get government support to allow us to import new machinery and also grant greater access to imported materials.

I informed the committee that my wife Clare would not be coming as all the children were down with chicken-pox, and she had not been able to get into town to buy a dress suitable for the occasion. In her own words, she had nothing to wear. Although our nanny who had also been ill, was coming back to work on the day of the banquet, it would not leave Clare enough time to buy a dress and get it altered to fit.

This caused something of an uproar, as it was felt that the occasion was such that only the president and his wife, and nobody else would be the hosts. A dress manufacturer, who also owned Elizabeth's, one of the most exclusive dress shops in the city, suggested that if she could get to his shop before twelve o'clock on the morning he would personally give instructions that it be altered and delivered by four o'clock that same afternoon.

I told him that Clare would never normally go into such a shop and pay the sort of price they were reputed to

charge. He told me not to worry about the price, it would be nominal. It would be an advertisement for someone to wear one of his exclusive haute couture gowns on such an occasion. Having done him several favors in the past, I accepted his offer.

The shop was in Joubert Street, flanked by all the salons that dictate high fashion. It was Johannesburg's equivalent of Fifth Avenue and Rodeo Drive. I imagine it was a rather diffident Clare who walked into the shop, but she was full of enthusiasm when she phoned me from the store. "They have been so helpful", she said "The gown is absolutely outstanding. Black, cut rather low, very dashing, attractively decorated with sequins of all colors. They guarantee it will be delivered by four this afternoon without fail. You will love it".

Hesitating, she went on,

"They have also shown me a marvelous two-piece knitted costume, trimmed with velvet that would be exactly right for the engagement party that we are going to next Wednesday. It probably costs the earth, and I am sure it's an extravagance that we cannot afford. But what do you think?"

Happy that the evening's dinner problem had been resolved, I assured her not to worry, I was sure that my colleague who owned the shop, would see that the price was reasonable. After all, he did owe me many favors. That afternoon, the dress was delivered as promised. However, the box did not bear the logo,

\$75,000 or an option for \$15,000. (Units have recently sold for close to \$1000,000 and prices seem to be going up). For financing, you'll have to borrow the down payment and pay mortgage and condo fees higher than your present rent. You: a) buy your unit b) buy your unit and look for another to buy c) sell the option and arrange to rent the unit yourself d) sell the option and move out because you think the conversion will attract couples with small children.

6. You have been working three years for a rapidly growing company. As an executive, you are offered the option of buying up to 2% of company stock - 2,000 shares at \$10 a share. Although the company is privately owned (its stock does not trade on the open market), its majority owner has made handsome profits selling three other businesses and intends to sell this one eventually. You: a) purchase all the shares you can and tell the owner you would invest more if allowed b) purchase all the shares c) purchase half the shares d) purchase a small amount of shares.

7. You go to a casino for the first time. You choose to: a) play quarter slot machines b) \$5 minimum-bet roulette c) dollar slot machines d) \$25 minimum-bet blackjack.

8. You want to take someone out for a special dinner in a city that's new to you. How do you pick a place? a) read restaurant reviews in the local newspaper b) ask

co-workers if they know of a suitable place c) call the only other person you know in this city, who eats out a lot but only recently moved there d) visit the city sometime before your dinner to check out the restaurants yourself.

9. The expression that best describes your lifestyle is: a) no guts, no glory b) just do it! c) look before you leap d) all good things come to those who wait.

10. Your attitude towards money is best described as: a) a dollar saved is a dollar earned b) you've got to spend money to make money c) cash and carry only d) whenever possible, use other people's money.

Score your answers this way: 1) a-1, b-4, c-2, d-3 2) a-4, b-1, c-3, d-2 3) a-3, b-4, c-2, d-1 4) a-2, b-3, c-1, d-4 5) a-3, b-4, c-2, d-1 6) a-4, b-3, c-2, d-1 7) a-1, b-3, c-2, d-4 8) a-2, b-3, c-4, d-1 9) a-4, b-3, c-2, d-1 10) a-2, b-3, c-1, d-4

### What your total score indicates:

( 10-17: You're not willing to take chances with your money, even though it means you can't make big gains.

( 18-25: You're semi-conservative, willing to take a small chance with enough information.

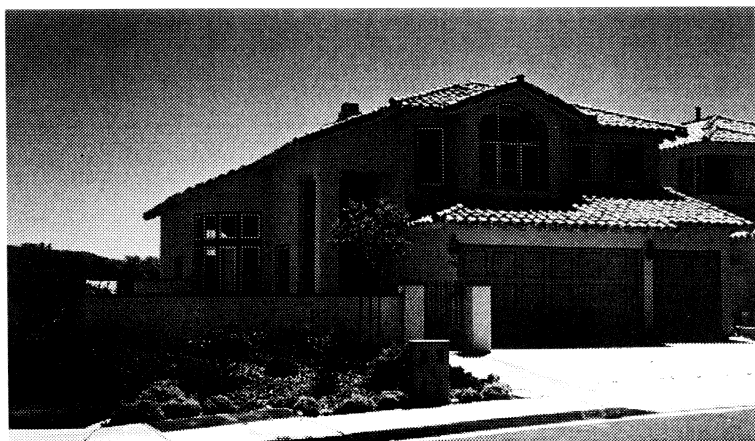
( 24-32 You're semi-aggressive, willing to take chances if you think the odds of earning more are in your favor.

( 33-40: You're aggressive, looking for every opportunity to make your money grow, even though in some cases the odds may be quite long. You view money as a tool to make more money.

(This article was excerpted from the book Feathering Your Nest, available at major bookstores.)

For further information call Hillel T. Katzeff, Certified Financial Planner at (619) 550-0425. Hillel is a Financial Advisor with IDS Financial Services, Inc., an American Express Company.

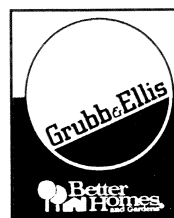
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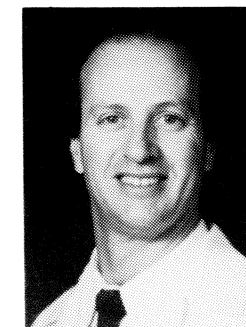
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life". Nick Bester, flying at the end, finished second in 5:42:52, and last year's winner, German Chef Charly Doll, finished 6th. The great Bruce Fordyce, trying to snatch an unprecedented 10th victory, was unable to "push the pedal" towards the end and faded into 19th place, more than 20 minutes behind Salazar.

#### RUGBY

The real England, not the pale facsimile of a team that stumbled to 4 defeats on the way to the first Test at Loftus Versveld, sent South Africans into stunned disbelief when they savaged the Springboks 32-15. Fly-half Rob Andrews, in his 58th Test, grabbed the individual glory with 27 points, including a try, 5 penalties, 2 conversions and a drop goal. 5 penalties by Joubert was all the South Africans could muster. However, the South Africans came back from the dead in the second Test to overwhelm the English 27-9, with 2 tries, 5 penalties, and a conversion, to 3 penalties.

The South Africans left immediately after the second Test for a tour of New Zealand, but they were hampered by many injuries to key players from the start, having to send 4 players home and replace them from South Africa. The New Zealanders were dominating in the Tests, winning the first 22-14 and the second 19-13.

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## HOW MUCH RISK IS RIGHT FOR YOU?

By Hillel Katzeff

You've heard the expression "no pain, no gain"? - In the investment world, the comparable phrase would be "no risk, no reward."

How you feel about risking your money will drive many of your investment decisions. The risk-comfort scale extends from very conservative (you don't want to risk losing a penny regardless of how little your money earns) to very aggressive (you're willing to risk much of your money for the possibility that it will grow tremendously.) As you might guess, most investors' tolerance for risk falls somewhere in between.

If you're unsure of what your level of risk tolerance is, this quiz should help.

1. You win \$300 in an office football pool. You: a) spend it on groceries b) purchase lottery tickets c) put it in a money market account d) buy some stock.

2. Two weeks after buying 100 shares of a \$20 stock, the price jumps to over \$30. You decide to: a) buy more stock; it's obviously a winner b) sell it and take your profits c) sell half to recoup some cost and hold the rest d) sit tight and wait for it to advance even more.

3. On days when the stock market jumps way up, you: a) wish you had invested more b) call your financial adviser and ask for recommendations c) feel glad you're not in the market because it fluctuates too much d) pay little attention.

4. You're planning a vacation trip and can either lock in a fixed room-and-meals rate of \$150 per day or book standby and pay anywhere from \$100 to \$300 per day. You: a) take the fixed-rate deal b) talk to people who have been there about the availability of last-minute accommodations c) book stand-by and also arrange vacation insurance because you're leery of the tour operator d) take your chances with stand-by.

5. The owner of your apartment building is converting the units to condominiums. You can buy your unit for



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"Elizabeth's" as expected but "Dior, or some similar haute couture designers name" and the invoice in the parcel was for an amount ten times more than Clare would have spent on a garment.

She had gone into the shop next door by mistake, and chosen an imported French designer model that had just arrived from Paris. It was a very crestfallen Clare who put it on to show it to me, but after seeing it on, we both agreed nothing could be more suitable for the occasion.

That evening at the Carlton Hotel, we welcomed The Honourable Minister and his wife, and after introducing them to everybody present over cocktails, we went in to dinner. Hors d'oeuvres, a good wine and an excellent main course had put everybody in a good humor.

Over desert and coffee, the Minister rose to say how pleased he was to be with us, and reminisced about some of his experiences when he was Ambassador to the United States. Then he announced that the Government would eliminate all red tape and adopt a more positive attitude to solving the industry's many problems in the future.

It was a successful and enjoyable evening. Even the gown episode was forgotten after the minister's promise. It had paid for itself. I should have slept soundly that night, but am afraid I tossed and turned, wondering what the hell that little Parisian two-pieced knitted costume with the velvet trim was going to cost.

The next day I met Clare's uncle and jokingly told him of the misadventure that had befallen us, by Clare unwittingly going into the wrong shop. He laughed at the story, but said it was something of a family failing, and gave me no sympathy.

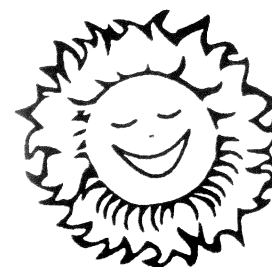
He then told me that he had recently bought "Norman Ansteys", the oldest department store in town. (A sort of Gimbel's of New York). As one of Johannesburg's biggest financiers, he was always involved with mergers and take-overs, and such. Hilda, his wife, had been wanting to redecorate their mansion for some time, and he thought this was the opportunity to let her have her way, at a minimum cost.

"Go into Anstey's and get whatever furniture, carpets and drapes you need", he said. Surprised by his unusual generosity - millionaires are usually very close with money - she decided to re-do the whole house. Six bedrooms en suite, the dining room and reception rooms, not to mention the huge entrance hall and the main staircase.

Over the many weeks that the decorators were in and out of the house, he was in England on business. When he returned, he was delighted with the completely new appearance of his home and congratulated his wife on the wonderful job that she had done.

That is, until he received the account from John Orr & Co, another store altogether, and traditional rival.

Like her niece, she had gone into the wrong store by mistake.



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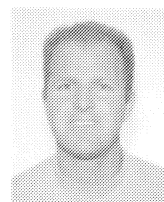
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SUCCESS FORUM

By Sylvia Schmahmann

On Tuesday, June 21, SAJAC hosted a highly successful function in the new Qualcomm auditorium in Sorrento Valley. Hillel Katzeff and his wife Linda are to be congratulated on their excellent organization of a stimulating and inspiring evening.

The South Africans who were featured during the first half of the evening, were introduced by Mannie Edelstein, who quoted Early Nightingale's definition of success as "a progressive realization of a worthy ideal".

Laurence and Rahleen Bloch, the owners of a now

flourishing bag and belt business, Leatherrock International, were a great inspiration to everyone starting a small business.

After selling baskets and woven goods, imported from South Africa, at various fleamarkets, they were offered a small business which was up for sale. They started out eleven years ago with 2 desks, 1 sewing machine and 2 Vietnamese ladies, who fortunately knew something about the products being manufactured. Buying this little business proved to be their lucky break, but their success cannot be ascribed merely to good fortune. It involved a great deal of effort and three years of constant struggle and cash flow problems.

After meeting up with a couple from Paris, who sold them some interesting components, the business started to take off. They have now established an export market and achieved well-deserved success after all their hard work and perseverance.

Celia Levy started Ocean Air Travel 10 years ago. At first she worked for another travel agency to enable her to adapt to a new culture. One needs a substantial amount of capital in a travel business, as tickets have to be paid for promptly. Celia says she has been fortunate in having a partner who is financially secure. She enumerated several factors which have contributed to her success. First of all, she loves people and is blessed with an excellent memory. She recognizes people and voices - a great asset in this type of work. Realizing the importance of meeting people, she joined various orga-



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AS SEEN AT THE "MOCK WEDDING"

TENNIS

South African Tennis, on the verge of financial collapse, have called in Minister of Sport, Steve Tshwete, to arbitrate the power struggle between the Tennis Federation of South Africa and the South African Tennis Union. The former, with their battle cry for parity in administration, and only 170 Playing members, have ousted the 38,000 strong SATU in the struggle for control. Sponsors, including Standard Bank and Sun International, are becoming disenchanted and unlikely to continue funding an administration that doesn't seem to know what they're doing.

GOLF

South Africans playing abroad, have had phenomenal success in 1994. Ernie Els won the US Open, David Frost the Greater Hartford Open, Ian Hutchinson the Klondike Classic in Canada, Simon (Scruffy) Hobday the US Senior Open, and wonderful Nick Price the Western Open and the British Open, to become only the 8th player in history to surpass \$6 million on the US tour.

Ernie Els' meteoric rise is particularly well-deserved, and at 23, he certainly has a bright future. In 1986, at 16, he became the youngest ever winner of the SA Amateur, eclipsing the great Bobby Locke, who annexed the title as a 17-year old prodigy in 1935. Ironically, his first shot as a pro in the qualifying school in 1989, was a disaster, landing in a water hazard, and a double bogey. However, he showed his resilience by graduating

"cum laude" from his class and winning the tournament with a 14-under 278.

In 1992 he was ranked 407th in the world, now he is 8th. In late 1993 he won the Dunlop Phoenix with a 271, and followed that with 268 in the Dubai Desert Classic, including a miraculous 61, to beat Greg Norman by 12 shots.

COMMONWEALTH GAMES

South Africa is sending a team of 108 to the Commonwealth games in Victoria, B.C. in late August. This is made up of Aquatics 25, Wrestling 5, Cycling 7, Boxing 6, Weightlifting 2, Gymnastics 3, Badminton 6, Men's Bowls 7, Ladies' Bowls 7, Athletics 28, Shooting 12. One of South Africa's brightest hopes would appear to be Elana Meyer, Olympic Silver medallist in the 10,000 meters. However, Zola (Budd) Pieterse may go to court over her omission from the team, after an anonymous telephone caller told the Athletics Union she was unavailable. Other well-known men's Marathon runners, such as Daniel Redeye, Zethелеle Singe, Lawrence Peu and David Tsebe, were not considered as they were committed to participating in events in other countries.

COMRADES MARATHON

Former World Marathon record-holder, American Alberto Salazar, produced the finest display of front-running ever seen in the Comrades Marathon, to win the uphill race from Durban to Maritzburg, in 5:38:39. He took the lead at 25 km and stayed out alone unchallenged for 62km of "painful torture that was the longest of my

## SPORTS DATE

by Jeff Suchet

## MEN'S HOCKEY

In a 4-nation Tournament in Spain, South Africa beat Spain, drew with world #1 Holland, and lost 1-0 to England and finished runners-up. Continuing their tour, they beat Belgium 1-0 and 2-1.

## BOXING

"Baby Jake" Matlana, the world WBO flyweight champion, defeated Britain's Francis Ampofo with a 9th round TKO, in his second defense of this title. However, according to his manager, he is a prophet without honor in his own country. People in South Africa say he is just lucky, and he is better appreciated in Britain than South Africa.

## CRICKET

The South African Cricket Team, touring England, had many unresolved country matches before the first Test. However, in the First Test, they amassed a total of 358 in the first innings, with skipper Kepler Wessels getting 105 and Gary Kirsten 75. They then dismissed the MCC for 198, and eventually set them a target of over 450 to win the match. Brilliant bowling by pace-men Craig Matthews, Alan Donald and Fanie de Villiers, however, enabled the Springboks to dismiss the home side for only 99 runs in their second innings and win the test handsomely. As an aside, England captain, Atherstone, was spotted on TV rubbing something on the ball behind the umpire's back and was censured and fined 2,000 Pounds.

Back in the Transvaal, Jimmy Cook, 41, is the new Transvaal Cricket Coach. South African pace bowler Fanie de Villiers predicts that cricket will soon become an "Afrikaans sport", and he points to the success of the 10-year old program to bring cricket to the Afrikaans schools. Soon, he says, our teams will be 60% Afrikaans, 30% Black and only 10% English.

However, Mini-Cricket, has made tremendous inroads into Black Schools in the promotion of the sport there. Ali Bacher, the father of Mini-cricket, based his proposals on informal beach games played by youngsters in the West Indies. (One of West Indies cricketers who started off in

Mini-Cricket is Brian Lara, who set the cricket world alight with a record 375 in a Test, and a 501 not out in a first-class match).

Mini-Cricket uses small, mass-produced bats and stumps, and semi-hard balls, and has grown to such an extent among primary school children in South Africa that an upgraded version of the game, using full-size kit, was launched recently in the under-privileged areas.

## SOCCER

The touring South Africans had hope turn to heart-break in their only test against the Australian Soccerroos, a team which went within a whisker of competing in the World Cup at the expense of Argentina. Prospects of victory rose when a Neil Tovey pass sliced the opposing defence, but Mark Fish, a fraction slow on the ball, gave the Aussie defenders a chance to clear the ball to their midfielder, Jason Polak, who kept running on and on with the ball against a defence which didn't tackle him but kept falling back. Polak just kept on going to finish his run with a strong shot which gave South African goalkeeper Steve Crowley no chance. Even though the South Africans improved in the second half, they were unable to penetrate the opposing defence and lost 1-0.

South African football promoters hope to stage a 4-nation Tournament in November, consisting of Brazil, Germany, England and South Africa.



nizations and made an effort to become integrated into the community at large. Advertising is another important factor and she made an effort to advertise in various magazines, sticking to her available budget.

According to Celia, this is a very stressful and competitive industry. Travel agents work on fixed commission and have to conclude the deal before receiving this commission. You have to be familiar with international tariffs and know the right people to deal with and you also need the right tools for the job. Knowledge of the industry is very important, and you have to educate the public too. Celia says it is good to have the support of members of the family and is grateful to have the assistance of her daughter Sharleen and also the sup-

port of her husband Natie, who makes an excellent travel companion!

Two other vital factors are tight credit control and strong staff. Celia feels like the captain of a ship who sometimes has to chart her voyage through rough seas.

She stressed the fact that computers had to be handled with great care - it is disastrous if you press the wrong button. Her talk ended with a couple of amusing stories.

Mervyn Kodesh, another successful entrepreneur, came to San Diego 9 years ago. Before settling here he bought a house suitable for a family with six children and leased it.

With a background in accounting and retail, he was searching for a service business when he found a virtually bankrupt printing business. He sank all his capital into it, though he knew nothing about printing. It was a crazy risk to have taken, but he made it. He believes that his success can be ascribed to the employment of the finest people and going all out to deliver excellent service (South African style). He believes in giving his staff outstanding benefits. This wise investment in good people, coupled with extremely hard work, has paid off, and the business has been growing by 25% a year.

Last but not least we come to Linda Ann Kahn who says that success lies in the quality of your journey. Hers has been very exciting in spite of hard times.



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Linda's husband emigrated a month before her and when he left, she expressed her dream to have a spa by the sea. If you have vision and goals, you can do anything, says Linda.

With only \$15 to their name, she opened a small skin-care salon. She needed capital to expand, and as it was difficult to get loans, she borrowed \$12,000 from the family. Having got workmen for \$9,000, she had \$3,000 to play with. Since then, she has expanded her business three times.

Nowadays it is a very competitive business. In the early days she used to advertise for \$25 in the Pennysaver.

Linda now has 25 people on her staff. Her motto is to do her best every day. She attributes her success to determination, setting high goals and lots of hard work. She loves her work, and be-



lieves in hiring the best people.

It is also important to become known and one of the best ways is to lecture to women's groups. She also believes in networking and getting exposure through writing articles. Linda had to learn about marketing and advertising, and was always on the alert for new developments on the beauty scene. She was eventually joined in the business by her husband.

The keynote speaker of the evening was Dr. Irwin Jacobs, the Chairman of Qualcomm Inc, who was introduced by Michael Silverman. Not only is Dr. Jacobs

my story and he also said that all Jews must learn from it. "You must publish it in the Jewish Press", I was told for the second time, "and you must call it 'Muser Haskel — A Lesson to be Learnt'".

Whenever I used to travel to Johannesburg, Rabbi Kossofsky would say to me, "You know, I still remember that story. Have you written it yet? Has it been published?"

"In the meantime, not", I would have to confess.

"Don't neglect it. There's a lesson to be learnt from it", he reminded me.

So, at last, I have decided to do what those great rabbis advised me.

*This story was first published in the Yiddish literary journal, Dorem Africa, 5 (237), Sept./Oct. 1977 published by the Yiddish Cultural Federation of South Africa. It was translated into English in June 1980 in Muizenberg, Cape Town, by Marlene Davis Stanger who edited it in San Diego in September 1992.*

*NOTE FROM THE TRANSLATOR/EDITOR: Chazan Kuperberg died in Johannesburg, South Africa a few years after this story was translated. He never had the benefit of seeing it published in English. This is dedicated to his memory with the wish that many people will learn from his lesson.*

## THE NEWS BIZ IS SHOW BIZ

By Brian Marks

I used to think that I knew what news was. But now I'm not so sure.

I mean whenever I was in journalism school we learnt that "Dog Bites Man" was never news. But when "Man Bites Dog ... Aha! that was real news. Somehow that seems to be lost these days.

Yesterday I was driving back from Orange County and tuned into the network on-the-hour newscast.

Item one (the headline): Lisa Marie Presley admits she is married to Michael Jackson.

Item two: Hollywood madam Heidi Fleiss is arraigned on tax evasion charges.

Item three: Tanya Harding considers huge lawsuit against Penthouse for revealing honeymoon photo spread.

Item four: Talks break down between the owners and players of major league baseball.

Now I like a bit of kiss and tell as much as the next man, but if those are the four biggest news stories on the continent then we are in serious trouble.

One thing is obvious. Those items only made it on the air because nothing happened to O.J. Simpson that morning. They certainly did not replace a news flash on Haiti, Bosnia, Rwanda, the economy or a major debate on the health care proposal that had happened the night before.

The reason is simple.

The news media treat us like idiots and we react like idiots in return.

Why else would we be saturated with tabloid newspapers, tabloid type TV programs, tabloid type talk shows and even tabloid style network news? When are we going to say ENOUGH!? That this is nonsense, it means nothing and that we don't give a fairy tale about which side of the bed Madonna gets out of every morning.

Take the bull by the horns and turn it off, tear it up and refuse to get sucked into this never-ending drivvle that is passing for news.

Substitute Connie Chung for MacNeil Lehrer. Switch off Rikki Lake and watch the Lakes on the Discovery Channel. Change from the National Enquirer to the New York Times. Let these people know that we are tired of chewing gum for the mind and that we really do care, and that we really are interested in what is actually going on in this broad and diverse world.

As for me, I've just had it. I'm mad as hell and I'm not going to take it anymore. I've got a really sweet plan in mind, one that is going to shake the very foundations of reporting in this country.

"What is it?", you ask. You'll see. News at 11.

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When the excitement had died down, the man asked where my friend and I were staying and several people invited us to lunch.

"My dear and honored friend", the man from Bialistok announced to me, "you and your friend will dine at my home — it is one hundred percent kosher!" He added that even Dr. Steinberg, our chaplain at Praga military camp, had once been his guest at his home!

Fortune had been kind to this man and had reversed the wheel of fate into his financial favor. He had a fine home to which he had invited many guests for kiddush in our honor.

He regaled us all with the story of his misfortune all those years ago, and told us how heavy debts and high taxes had made him the victim of "Grabsky's Agala". Grabsky was the Prime Minister of Poland at the time, and the Agala was the cart that transported government officials around the town to confiscate the possessions of those who had been crippled by the high taxation and had fallen into debt. "I became a poor man and I struggled to make a living in the markets. But now, the wheel has turned back and, thank G-d, I'm back in the saddle!" he told us happily, adding, "I no longer need to strain myself with heavy suitcases. And my family, thank G-d, is well provided for".

That week, and after Yom Kippur, when we returned to the military base, we lacked for nothing. The man sent

me and my friend the finest and best kosher food and he arranged for Dr. Steinberg to give us longer leave for Yom Kippur than anyone else. I will never forget the warmth and heartfelt hospitality of this man and his family — this man, whom I had once helped years before.

Years later, when I lived in Durban — I went there with my wife in 1934 — Rabbi Yizchak Kossofsky vacationed at our home almost every year. We always told each other stories that happened in life; stories that seemed like miracles.

Once, I told him the story about the man at Bialistok station and the sequel to this story, in Warsaw. "Wonder upon wonder", he exclaimed, when I came to the end of the story, "such a thing you must write in a Jewish paper. And you must call your story 'Send Your Bread on the Water'". When a man does good, it always comes back to him ...".

I spent 10 years in Durban, and then moved with my family to Bloemfontein, where we spent 20 years. Rabbi Kahanaman, when he visited Bloemfontein, would visit me. Once, after a trip to Johannesburg, where Rabbi Kossofsky had told him my story, he came to me and said, "I want to hear from you exactly what happened. I want you to tell me personally".

I repeated the story to him. How can one refuse such a great and famous rabbi? He showed great interest in

one of San Diego's most successful entrepreneurs, but he is also a great philanthropist who believes that the highest form of charity is to give someone the chance to earn his own living. He has made enormous contributions to various charities and is also responsible for creating thousands of jobs. Dr. Jacobs has made a tremendous impact on the economy in San Diego with his contribution to the development of electronic theory and practice.

The company was founded in 1985 with eight people, working from Dr. Jacobs' home. The company's rapid growth necessitated moving to premises in La Jolla Village Drive and later to still larger premises in Sorrento Valley. At present Qualcomm employs 1650 people, and an additional site has been acquired recently.

The company's business is focused on digital communications, using satellites. A major part of the business is providing communications for the trucking industry. Qualcomm had to contend with a well-financed competitor which involved a great struggle, but eventually the competitor ran into trouble, and this gave Qualcomm the edge.

The business has expanded internationally, into Canada, Mexico, Europe, Japan and recently into Brazil. They hope to start in South Africa as well.

The manufacturing of cellular phones is a rapidly growing business with 16 million subscribers in the United States. Because of the vast number of users, the radio spectrum would not be sufficient, so it was decided to switch to a digital system.

There is a great potential for business in China and in India as well as in South Africa where comparatively few blacks own telephones. Today good communications are essential for the efficient running of modern business.

Dr. Jacobs believes in employing good people and providing them with something interesting to stimulate and develop new ideas. Management needs experienced people. It is essential to develop new ideas rapidly into manufacturing in order to lead the field.

The stimulating and most enjoyable evening ended with the presentation of a lovely artistic plaque, made by Linda Katzeff, to Dr. Jacobs. We look forward to another evening of success stories.

## SAJAC REPORTER

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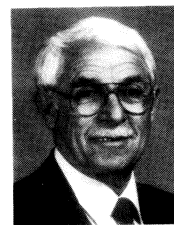
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**THE RAVAGES OF TIME**

by Sylvia Schmahmann

Age is in the mind, they say. Well, I feel like a sixteen-year-old, but unfortunately the mirror reflects a different image. In fact, I have reached that stage where I try to avoid looking in mirrors because I am startled by the frightening testimony to the ravages of time!

I have never thought of myself as being old. There was a time when people would not believe my age. I started having some misgivings about my so-called youthful appearance, however, when I was on my first trip to Israel at the age of 48.

It was a hot day at the Kibbutz where we were staying for a day or two. I was laden with my overnight bag, coat and jacket which I was carrying because of the heat. I must have looked somewhat bedraggled when the young man leading me to my room turned and exclaimed: "Isn't it strange the way they always seem to give the rooms upstairs to the elderly people?" I couldn't believe my ears! Me elderly? "Young man, don't you dare call me elderly!"

Completely taken aback, he talked his way out of his terrible faux pas: "Oh, in Israel we refer to anyone over the age of 18 as elderly". Well, the first thing I did was to give myself a facepack.

Another occasion where I had to face up to being considered old (I was then in my early fifties) was at the

hairdressing salon. A three-year-old girl was patiently waiting to have her hair done for a special occasion. Suddenly she piped up: "Debbie, are you going to do me next or are you first going to do that old lady over there?" I looked around to find the old lady, when the awful truth dawned on me! Of course, we all had a good laugh, and I took comfort in the memory of my idea of age as a child, when I thought a 30-year-old was ancient!

About six years ago I was here on a visit and had occasion to catch the bus. Not knowing the fare, I asked the driver: "How much to the center of Town?"

"For you, only 50 cents", he replied.

"Gee, that's fantastic", said I, prancing happily to my seat - until the truth penetrated. Senior fare! Well, I was a Senior, but only just! And I didn't think it showed. I was depressed for the rest of the day.

Being a Senior does have its compensations, as most cinemas, restaurants and organizations give Senior discounts. That is the only advantage I can think of, however.

An Afrikaans friend of mine in South Africa says: "Oud word, is nie so erg nie. dis net die lelik word!". Why can't someone find a permanent miracle cure for sagging muscles and wrinkles?

Come to think of it, I have heard of a cure of sorts for wrinkles which I would like to pass on to you: Just take off your spectacles!

pectedly on the scene, with their smart red-braided collars, and demanded to know why we had defied the dress code and worn our civilian shoes.

I tried to answer but they were not listening. Instead, they arrested us and told us we'd have our chance to speak — at the military jail! "I was trying to do good", I thought, "I was honoring Rosh Hashanah, and now I'm going to land up in jail. Such a thing has never happened to me ..."

As we marched back in the direction from which we'd come, I became aware of two Jews running behind us. They ran up to the police and appealed to them to let us go. They explained that it was the Jewish New Year and that the shul committee had personally requested our release. Their appeal was successful and, once again, we headed for the shul.

In the courtyard, a large group of people were standing around a man who was gesticulating wildly with his arms and telling them a story, as if inspired by some inner fire! We, too, stood and listened.

"... and you have to do a favor for ANY JEW", he was saying. "Once, as if in a miracle, a Jew gave me five zloties and helped me carry my heavy load ... Times of trouble had taught me that when others are in trouble, you have to do everything you can to help.

"When those soldiers were arrested, I went inside the shul and appealed to the elders. I warned them that they had to secure the soldiers' release". I was standing

some distance away from this man, but I heard him repeat, "When a person is in trouble, you must help!"

As he spoke, the incident that had taken place at Bialistok station years before surfaced in my mind.

Then the man spoke to me and asked me where I was from. "From Bialistok", I replied.

"You're from Bialistok", he repeated. I think at that point he recognized me, though, in uniform, we all looked rather alike.

"Are you really from Bialistok?", he asked again.

"I told you already, that's where I'm from", I said. "And, you know, a similar thing happened to ME at Bialistok station..."

"The Jew wanted my address to return the money I had lent him, but I told him not to worry. Then he shouted "Oy, an angel; oy an angel" but I told him I wasn't an angel, just a human ..."

"Oy, Rabaynu shel olam", the man shouted. "Oy, it's YOU!" he said, his voice choked with emotion.

"You are the one who helped me", he cried, hugging me to his chest. I felt his tears and, I must admit, I was deeply touched as well.

From all sides of the courtyard, people came to see what was going on and they all wanted to hear the story from beginning to end — with all the details!

It was a story with a lesson: when a person is in trouble, you must not be indifferent. You must help them.

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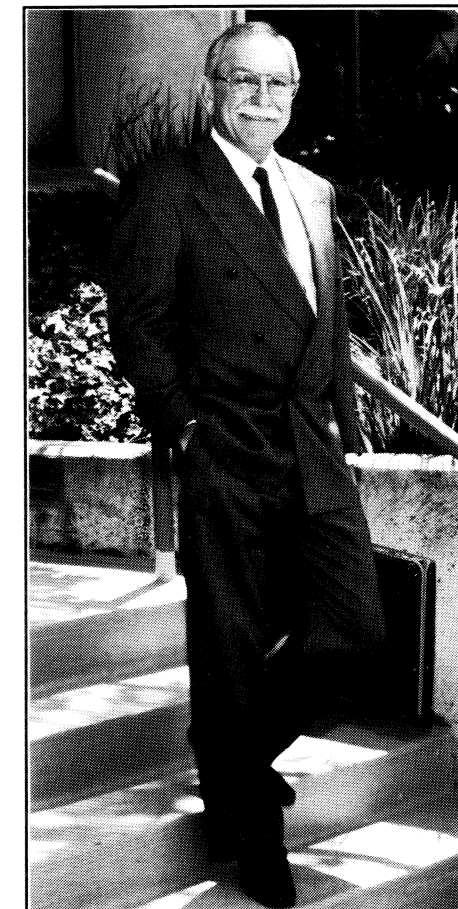
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"Travel in health and be happy! Don't worry about the money", I assured him.

"But I must pay you back!" he exclaimed, as the train began to chug slowly out of the station. He stood at the window with his arms outstretched and, looking at me fondly, repeated, "Oy, an angel; oy, an angel!" as the train drew further away.

I ran alongside the train for a while and, smiling, shouted, "I'm not an angel — I'm just a human!"

On my way back, I was filled with an exceptional inner happiness and I began to sing. When I returned I must have still been singing because my father said, "What happened to make you so happy?" I told him the story and he kissed my forehead. "I'm very pleased. You did a mitzvah. May The Almighty bless you!"

Three years later, I was called up for military service by the Polish army. Luckily, they had exceeded their call-up quota, so I was told I would not have to serve. However, a short time later I was called up for a one-month training program at the vast army base in Praga, a suburb of Warsaw.

During those four weeks we had to do strenuous exercise and march long distances in our heavy army boots that gave us painful blisters. You cannot imagine what hell it was!

As it happened, Rosh Hashanah fell during this month and the Jewish soldiers were permitted to attend shul.

My friend, who was also a chazan, and I wanted to go to the big Tlomatzke Shul in Warsaw. It was a long way from Praga, but we were especially keen to hear the service of the well-known chazan Moshe Kusevitsky. The distance wasn't the problem. The problem was how we'd walk this distance in our heavy boots! We considered various alternatives: perhaps we should wear our own shoes — they were light and comfortable and if a soldier saw us, maybe he'd forgive us! It was, after all, Rosh Hashanah. Anyway, if HE didn't forgive us, we'd pray for forgiveness on Erev Yom Kippur, we joked.

We weren't entirely convinced so we weighed up the risks once again and decided to give it a try! We would walk in our own shoes that were a pleasure to the feet...

In high spirits and in comfort, we walked to shul and, as we approached, we saw a group of worshippers gathered in the courtyard. There was another large group at the door, but they could not get inside: the sanctuary was packed. We maneuvered our way to the entrance, but the shamas blocked our entry.

"We thought soldiers could get in", we told him.

"I'm sorry. There's no place inside — not even for a soldier!"

Just then, a man stood up from his seat and approached the shamas. "You must let Jewish soldiers in — the congregation elders said so", this man told the shamas.

The next moment, the military police appeared unex-

## REVIVORS OF JEWISH IDENTITY

By Charlotte Kassir

Imagine sitting in the comfort of a beautiful room, and being transported mentally and emotionally to the very place our people, our kith and kin, were reduced to less than animal status, and exterminated like vermin, in a manner never known in the history of mankind.

Such was the SAJAC meeting on July 21st at the home of Jill and Norman Smith, our gracious hosts.

The crew on that brave expedition:- Jane Scher, Annie Magrones, Jill Smith and Yael Aires. Also a junior hostess (a student) Ruthanne Amato.

Our vessel was a well-documented video, with explanations all the way. The crew were the guides. We marched with the marchers to Auschwitz and Birkenau. (The narration was so real, that when I say we, I mean those of us on board.) I almost felt I was there, touching the stones, the walls and the cobbles on which the victims dragged their feet to their final destination .....

I remember only too well the outbreak of World War II. I remember our fears, our anguish and our helplessness, when we watched Hitler's gesticulations and heard his promises to the Germans. The Newsreel in the cinemas were our only source of information.

All we could do, was hope and pray that the worst would not happen...

Alas, it did happen and we in the far corner of South Africa learnt the truth from the survivors, few in number as they were. Each story and its horrors renewed our grief, our outrage, outrage because even after the Liberation, the survivors' tragedy continued. They were orphaned and homeless. No country gave them refuge. Kindness and understanding was slow in coming.

And then a miracle, a Ray of Hope ... in 1947 the "free" world woke up, as though to atone for their indifference and to pacify the Jews. A decision was made at the U.N. - the Jews would have a homeland. ISRAEL was born.

By now, all of us Jews all over the world considered ourselves survivors together with the remnant of the Holocaust, so much so, that the euphoria at the thought of a Homeland overshadowed the tragedy of the six million dead.

The state of Israel and its future was the daily topic. Gradually the Holocaust was almost forgotten. For 45 years there was silence. Most of us went on with our lives .... and now another miracle.

A new generation. Born after the War, after the Holocaust, after the rebirth of Israel, they could so easily have gone on without thinking of a past so tragic and yet so great. These are our young, the Revivors of Jewish identity, who rekindled the Jewish flame with the spirit of new pioneers. They said Kaddish at the scene of Death and danced in Israel on Yom Ha'atzmaut.

(continued next page)

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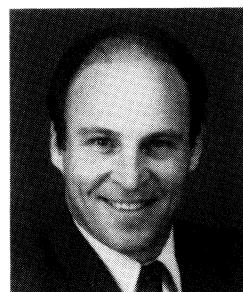
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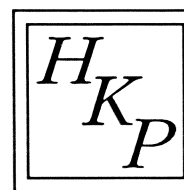
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(THE RAVAGES OF TIME *continued*)

Young Ruthanne Amato, one of 7000 students who went on this pilgrimage, read to us from two articles she had written where she described her emotions both in Poland and Israel. "From the mouths of babes we learn Torah". Need I say more?

Had the evening ended then, we all would have felt filled with the same emotions our guides felt on their Pilgrimage.

But there was more. Apart from coffee and delicious dessert, there were four of us who had recently visited Lithuania.

Julian and Jenny Josephson enthusiastically related their experiences and there were many, one more interesting than the other. But since the hour was late, and our evening was full, they stopped short with a promise to tell more on another occasion.

I for one, as I'm sure the others are, am looking forward to the next instalments.

I was born in Lithuania and would have liked to describe my "walk down memory lane". Hopefully these will be another occasion, when I'll be able to answer some of the questions I was asked during coffee.

This was a most memorable evening. A heartfelt Thank You to the hosts and organizers.

I commend the Revivors.

Chazak Ve'ematz in your endeavors in Jewish Continuity.

## SOUTH AFRICAN SCENE

By Naomi Rudick

In South Africa the change for the better, after the peaceful elections, is quite staggering, and the country is enjoying a honeymoon period with its new government. All the main contenders on the political scene achieved most of what they had set out to do, and South African is now poised to become the leader of Sub-Saharan Africa. At a Pretoria summit President Mandela brokered peace talks between Angola and Zaire (Zaire is accused of allowing passage of war supplies to the Unita rebels in Angola), and will later meet with Unita leader, Jonas Savimbi, in Pretoria. These summits herald the end of the 19-year civil war in Angola.

The peace and tranquility of the honeymoon were somewhat shattered when the Minister of Finance, Derek Keyes, announced his retirement, for personal reasons. The stock markets rattled, but the president moved quickly to reassure business and bolster investor confidence by appointing Chris Liebenberg, former head of Nedcor, to the post. Liebenberg will not be involved in party politics, which means that a new cabinet post will be created and a new National Party member will be elected to the cabinet.

The new budget, announced mid-June by Derek Keyes, was hailed both locally and abroad as one of "sound economic management" by the new administration. The budget provided for a one-time levy of 5% to

the dealers in our town with goods obtained from Warsaw. His business was growing and he employed several people, since it was too large an undertaking to manage alone.

At that time, I was studying in a Yeshiva. This had been my father's wish. I was very happy there and this, too, became the fulfillment of my own wish.

One day, one of my father's employees didn't come to work and, short of help, he asked me to go to the railway station to inquire about certain goods he was expecting to arrive by train. At the station, I noticed a man heavily laden with parcels. He had two parcels suspended by a long piece of string hanging over his left shoulder, front and back, and two more balanced in a similar way across his right shoulder. He was also carrying two huge suitcases.

I looked at him in amazement and wondered how anyone could carry so much at once. He stumbled towards the ticket counter where he put down his suitcases and began to rummage in his pockets for money. I was standing at the next counter asking about my father's goods and overheard the man, frantic by now, arguing with the ticket seller. He didn't have enough money for a ticket and was offering to barter some of his goods for his fare. The ticket seller refused. "I can't accept anything but money, and besides, you're almost late for the train..." he told the overburdened man.

"Oy, Got!" he exclaimed in desperation, "What will I do? What can I do?" I realized he was Jewish and ran

up to him to ask him what the matter was.

"I have no money and I must travel to the market", he told me. He was referring to the market some distance away where, once a month, farmers and peasants from the surrounding areas came to buy goods. "I make my living from the market. Oy, what shall I do?" the man despaired.

I spoke soothingly to him and gave him five zloties for a ticket. The ticket seller mumbled dispassionately that he doubted the man would be in time for the train, but sold him a ticket anyway.

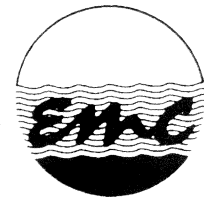
The Jew grabbed his suitcases and tried to run. "Let me help you", I called, running after him.

"Thank you, thank you, thank you!" he cried breathlessly.

"You have such a heavy load. I want to help you", I told him.

"Oy, good health to you!" he said gratefully.

Once we reached the train, our problems were not yet over. We had to find a way of unloading all the parcels and "peckalach" into a compartment. We untied the parcels from his shoulders and I passed him the heavy suitcases (to this day, I cannot understand how he had the strength to carry even one) as he rushed onto the train. Then I handed him his parcels through the window. Shoving a crumpled piece of paper at me he shouted: "Write down your address so I can send your money back!"



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apparent need to recreate that which was a reality for the 1700's, instead of beginning a new era with new stories, new messages, and new fresh approaches. I feel this is definitely the road to travel, but as knowledgeable adults let's preserve the historical uniqueness of past authors, and allow these stories their rightful place, somewhere between old English and the present. I agree that we need to accentuate our time of heightened sensitivity and make literature available that meets those criteria.

I don't feel that shielding children from life's harsh realities necessarily protects them from their environment. What they do not understand, they do not have the adequate tools to make reasonable decisions about, particularly in our society where violence, prejudice and intolerance are predominately displayed. I agree the time has arrived to reevaluate our education, its foundation and, its goals, allowing for more esteem building in the young. This is a "positive" step in an exciting direction; what disappoints me is not starting with a clean slate and modern stories that are relevant to the 1990's and beyond.

This is definitely one book worth reading often, side by side with the original Mother Goose; older children will feel compelled to actively participate in what can become fascinating discussions.

## SEND YOUR BREAD ON THE WATER - AN INSTRUCTIONAL LESSON

*By the late Chazan D.B. Kuperberg  
Translated from Yiddish by Marlene Davis Stanger*

After the First World War, many Jews in Poland lost their means of livelihood and were forced to seek new ways of earning a living.

My father was a timber dealer in the pre-war days. He owned trees in the forest near Bialistok where we lived, and employed several people to help him fell the trees and saw them into logs, which were then sent down the river to Germany. He made a good living and our family was quite well-to-do.

After the war, the Polish regime nationalized the forests and thousands of families were forced to find new means of support. Some families got together to buy buses that transported people from one town to another — the people called them "modern balagalas", or modern carts! However, not all Jews wanted to do this. For one thing, competition was steep and incomes were, therefore, reduced. And, besides, in their opinion, the business of climbing up and down - on and off the buses — was best left to angels; after all, hadn't that been the subject of Jacob's dream about the angels on the ladder to heaven?

Many Jews became traders, dealing in all kinds of wares, and my father became a wholesaler, supplying

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be placed on all individuals and companies earning taxable income of R50,000 or more. The levy is to pay for the country's transition to the new democracy since the "miracle" election cost R4 billion instead of the originally estimated R3 billion. Keyes also announced a range of moderate "sin" taxes. He cut the corporate tax rate from 40% to 35% (retrospective to April 1, 1994), but raised the secondary tax on companies from 15% to 25%. While companies would pay the same amount of tax, this structure would be more favorable to small business. Generally speaking, the budget was aimed at social spending and the government's Reconstruction and Development Program (RDP). A major overhaul of the tax system is expected in time for next year's budget.

Japan set a shining example to the world when it announced an assistance package of \$1.3 billion over the next 2 years, to be used for the government's RDP. Japan believes that such investment ensures the development and stability of all Sub-Saharan Africa, and is prepared to give more assistance after 2 years when this money has been absorbed. This package is the largest amount of foreign assistance that the country has received to date.

On May 26th South Africa was re-admitted to the British Commonwealth, after an absence of 33 years. South Africa's return as the Commonwealth's 51st member was hailed as beneficial to all concerned, and would lead to immediate involvement by member nations in the country's RDP. Benefits include facilitation of trade and travel with member countries, participation in the Commonwealth Heads of Government meeting every 2 years, and participation in the Commonwealth Games. South Africa is certain to be present at the Commonwealth Games in Canada this year. Yet another membership benefit is the relaxation of work permit conditions for persons under 26 years of age when they are in other member countries.

Still, with all the good news, there are some rumblings of discontent. Some feel the 5% levy will not be produced by many companies whose taxable incomes are hidden in certain inflated expenditures, while others think the levy will slow economic development.

The 18th anniversary of the June 16th uprising was the

quietest since 1976. At a rally to commemorate the event, some ANC supporters expressed disappointment that the government had not declared June 16th a paid public holiday as they had thought that with Mandela in power "the interests of black people would be looked after very well". Mandela was also criticized by the Azanian People's Organization which compared his actions to that of the old National Party government, and accused him of bowing to white interests. Political correspondent, Kaizer Nyatumba, accuses Mandela of being too accommodating to whites, and says that a strong voice to the left of the ANC is needed in Parliament.

The refrain, "Like Old Times", was heard again when Minister of Defense, Joe Modise, sought an interdict early June to gag the Weekly Mail and Guardian, to prevent publication of certain military information. His action smacked of similar measures taken by his Nationalist predecessors.

The far right has suffered great setbacks (one of which is recent police crackdowns on its members), and is said to remain bowed, but not beaten. Yet their numbers grow, and there are now more than 120 far right-wing groups, compared to 80 at the same time last year. Only about 15 of these are thought to hold some potential for violence and disruption - the Boere Republican Army being the most feared.

The East Rand townships have unfortunately remained strife-torn areas, due to tensions between local self-defence units and the ANC's local leadership.

Three properties in the Randburg area, north of Johannesburg, have been expropriated by the PWV government for housing squatters in transit camps. The white owners were unhappy at having to give up their land, but they were paid R620,000 for their 5 hectare plots.

#### **This and that ...**

Harry Oppenheimer succeeded where Henry Kissinger and Lord Carrington failed, namely, by bringing Inkatha into the April election at the eleventh hour. He provided an unmarked private jet to ferry Inkatha and ANC negotiators around, and managed to coax the two parties to make a deal. Harry Oppenheimer is said to be the

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world's second richest man, after the Sultan of Brunei.

Now that it is a Commonwealth member, South Africa plans to extradite Bob Aldworth (of Barclays Bank BOB Machine fame) from Britain to stand trial for allegedly misappropriating more than R400,000 from the bank. Aldworth, now suffering from Parkinson's disease and cancer, is said to be in financial difficulties.

Former Bophuthatswana president, Lucas Mangope, had to return his two luxury cars, valued at more than R2 million, to the government. The cars are a bullet-proof BMW 750i convertible worth R1.4 million, and a R700,000 Mercedes Benz import. Also, almost 200 government vehicles, used by former ministers (as well as their relatives and friends) in Bophuthatswana have disappeared. The vehicles should be returned so that they can be sold. 45 ministerial vehicles had been recovered after the riots in March, but most were in poor condition, and some had been used to deliver milk and eggs in the area.

The biggest foreign trade fair ever seen in South Africa is set for Johannesburg next year. "Made in Europe 1995" is aimed at opening trade links with European countries.

Under the ANC's proposed new health care program, "Sangomas" will become part of the country's main stream health system. "Traditional healing will become an integral and recognized part of health care in South Africa", however traditional healers will be monitored and controlled to avoid harmful practices.

The Blue Train launched a new service to the Victoria Falls in May. The service will operate 3 times during their winter season.

Winnie Mandela is in the news again: She billed the government for flights and hotels for her party of 8 during the opening of Parliament, while 4 members of the party were her personal bodyguards! Winnie is Deputy Minister of Arts, Culture, Science, and Technology.

Dirk Van Zyl, the world's longest-surviving heart transplant recipient, died at the age of 68 from causes unrelated to heart failure. Van Zyl received his new heart in 1971.

Dimitrio Tsafendas - the man who stabbed Hendrik Verwoerd in 1966 - is being transferred to a mental hospital after 28 years in prison. Tsafendas is now 76.

"Laduma" (meaning the sound of thunder in many African languages) is the name of South Africa's first national lottery which was launched in July. The projected weekly prize will be R1 million, and proceeds will be used to create jobs.

The Mohegan Indian Tribe here in the U.S. has appointed Sol Kerzner to develop a casino theme park at Montville, Connecticut (a few hours from Boston and New York). The Hartford Courant (Connecticut's largest newspaper) calls Kerzner the South African Donald Trump, and says that Indian reservations are not all that different from homelands. After construction, day-to-day management of the park will be undertaken by Sun International Management.

**POLITICALLY CORRECT OR POSITIVELY SILLY?**

By Renee Sack

"Positive Mother Goose" written by Diane Loomans, Karen Kilberg and Julia Loomans p.p. 18, \$14.95

When reviewing a book that rewrites a two century old piece of literature it's important to understand for whom children's books are really written. Are they to provide lesson-building vignettes of life, morality, truth, and positive motivation, or are the purposes more simple, creating the foundation for imagination, however impossible and frivolous? The Mother Goose stories were rhymes which depicted the political humor of the time. They are a history of political satire, in a time when literacy was a privilege. On the basis of this discovery, I felt compelled to agree with some critics, that stories for children not be taken too literally as they represent the realm of a child's imagination, where anything is possible. It occupies a space where reality intermingles with fantasy. So, after all Mother Goose is nonsense, and nonsense is deemed to be fun. Charles Perrault, who is thought to be the author of Mother Goose, also created Cinderella, Sleeping Beauty, Little Red Riding Hood, Blue Beard and Puss in Boots.

I find Diane Loomans, Karen Kolberg, and Julia

Looman's interpretation of more positive messages within the complexity of the original not only distasteful, but silly. Who would dream of altering classic literature to portray a "kinder, more gentle" approach, when writing new stories would be more appropriate. I'm sure political correctness is the avenue of choice for educators and parents alike, but why is it necessary to stifle fantasy, imagination, and wide-eyed fascination by an "I'm Okay, You're Okay" story. Why does the author feel that everything has a happy ending? Does our need to soften life's rough edges go too far when expecting two-year-old to have the same analytical approach to good and bad? The child is just loving the rhyme, flow and multitude of possibilities as "The End" approaches.

The flip side to this discussion is plainly obvious. From the wonderful introduction, "To the vision of a peaceful world that lives in every child's heart", together with the tremendous color illustrations by Ronda E. Henrichsen, is a tribute to where children's literature should be heading. The rhymes included in this edition are; "The Old Woman Who Lived In A Shoe", now "The Bold Woman Who Lived In A Shoe"; "Boys And Girls" (What are little boys made of ..); "Hey Diddle, Diddle", "Sing A Song of Sixpence", "Twinkle, Twinkle Little Star", and "Humpty Dumpty".

The intent is noteworthy, the messages are positive and uplifting, and the idea is forward thinking, a tremendous reflection on where our recreating the educational message should begin. My only concern is the (continued next page)

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Include fruits, vegetables and grains into your daily diet. Eat a healthy diet and avoid chemicals and preservatives.

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Exercise is beneficial to your health and fitness, but over-exercise can create free radical damage. Include moderate exercise into your daily life.

Regular massage, meditation and yoga will help you to be balanced and deal with stress more efficiently and boost your immune system.

Develop a positive mental attitude - the mind is our most powerful resource and our thoughts can affect our bodies.

Avoid heavy chemical cleaners and household detergents.

Avoid smoking. Second hand smoke is even more detrimental to your health.

The degenerative diseases typical of older people can often be treated, but are much more easily PREVENTED - they are virtually all either caused by, or accelerated by an unhealthy lifestyle.

How wrinkles and aging develop CAN be affected by you!

It's your choice!

"Old age must be resisted and its deficiencies supplied"

- Cicero -

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## DIVINE PROVIDENCE

By Helene Bortz

I once attended a class called "EMET" or Emotional Maturity through Torah, an outstanding mental and spiritual journey designed by Myriam Adahan.

The method is aimed at eliminating or at least reducing stress brought on by miseries in the ordinary course of life as well as family and social interactions. It is based on Torah principles and is highly effective.

One of the best tools is "Ashgakhah Pratit" or Divine Providence. It is based on the Jewish belief that nothing happens in this world that hasn't been ordained by G-d.

Where you live, whether you are successful or not in your profession, wealthy or poor, have smashed your car door, or had to have your appendix out. None of these things, however much you agonized over each of them, has much to do with you, and when autumn comes and the leaves fall from the tree, remember that the side they fall on was also pre-ordained. The concept is humbling and at the same time very comforting.

However, your actions which relate to the commandments are not pre-ordained.

You are the one to decide whether or not to give charity, control your temper, avoid gossip, love your fellow Jew or give your children a Jewish education. These decisions are yours only. They can also change a course that was predetermined for you. You will encounter them at every moment of your life and you should spend a great deal of time and effort weighing decisions that pertain to them.

It is ironical that most of our energy is spent trying to achieve results which do not depend on ourselves, and very little time on those which do.

The realization that certain things in our life were "Beshekt" does alleviate a large amount of stress. It also encourages us to have a positive outlook because we will then tend to find the good in any disaster.

"It wasn't meant to be, because ...."

However, this same realization also means that we must get our priorities in order and when it comes to Mitzvot, take the full responsibility of our actions.

Our children all need parents who spend as much time nurturing their Jewishness as they do perfecting their sporting or artistic abilities. And the day we spend more time learning how to improve our soul rather than our body, we're well ahead!



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## EMPLOYMENT ELIGIBILITY VERIFICATION - FORM I-9 COMPLIANCE

By Gary B. Perl, Esq.

The Immigration Reform and Control Act of 1986 ("IRCA") imposes two onerous, yet important, obligations upon employers. Firstly, employers are required to verify the employment eligibility of each employee by completing a form commonly referred to as the "I-9" form. Secondly, employers must not knowingly hire or continue to employ any person who is not authorized to work in the United States.

The intended purpose of this law was to stem the flow of illegal immigrants coming to the United States to find employment. It was hoped that employers would be more careful about whom they hire when faced with penalties for non-compliance.

At first glance the IRCA requirements appear to be straight forward and easy to follow. However, a quick check of an employer's I-9 forms most often reveals non-compliance in one form or another and exposure to large and sometimes crippling fines.

#### Employer Obligations

IRCA requires an employer to have each employee present documentation to prove identity and employment eligibility within three (3) business days (or immediately for casual workers) of commencement of employ-

ment. Within the same time period, a form I-9 must be accurately completed in accordance with current federal regulations, taking into account issues such as expiration dates of employment authorization, and validity of each employee's documents.

A list of documents that may be presented appear on the reverse side of the I-9 form. The employee elects which documents to provide. An employer may not request specific documents from the list. To do so would violate the anti-discrimination provisions of IRCA and potentially trigger an investigation by the government agency charged with enforcing IRCA's anti-discrimination provisions.

Employer obligations do not end after completing an I-9 form. Employers have an ongoing duty to comply with the provisions of IRCA. If, for example, an employee lists an expiration date for employment authorization, the employer must verify the employment eligibility of that employee before expiration. Also, the employer is required to keep the forms for certain periods after hire or termination dates.

Non-compliance can take the form of hiring unauthorized foreign born workers and "paperwork violations" (failure to correctly complete the form).

Penalties for knowingly hiring or continuing to employ unauthorized workers range from \$250.00 to \$2,000.00 for each unauthorized worker. A pattern or practice of knowingly hiring or continuing to employ unauthorized workers carries a criminal penalty which can include imprisonment.

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Penalties for paperwork violations range from \$100.00 to \$1,000.00 for each violation. Each mistake (error or omission) on the form may be considered a separate mistake for purposes of assessing the penalty. Thus, two errors or omissions on each of twenty forms can translate into a penalty of \$40,000.00. This scenario could apply to businesses that have never even employed a single foreign worker.

Non-compliance is discovered through the Immigration and Naturalization Service ("INS") raiding businesses without any prior notice or warning. Employers are then obliged to produce their I-9 forms and certain other employee related documents within three (3) days of the raid. These raids are random or lead driven and often target certain industries or businesses such as hotels, restaurants, food processing plants, and construction and textile facilities.

In 1993 the INS issued a Notice of Intent to Fine against a well-known entertainment company in Southern California for "paperwork violations" to the amount of \$394,000.00. The matter was reportedly settled for \$260,000.00. In June 1994 the INS announced its intent to impose a penalty of more than \$1.2 million against an Orange County company for presenting documents that had been back-dated and knowingly hiring undocumented workers.

It is imperative that employers take the time to understand their rights and obligations under IRCA. Early planning and implementation of proper procedures and safeguards will minimize an employer's exposure to potentially large penalties.



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**THE FREE RADICAL THEORY OF  
AGING**

By Linda-Anne Kahn

Beauty Therapist

What a stressful society we live in! Hurry, Hurry! Deadlines to be met! Achieve! Make a success! Do it now! Eat on the run? Coffee here! Hamburger there! Are you getting old before your time? Wrinkles? Heart Disease? Arthritis? Cataracts?

Intrinsic and extrinsic factors such as vitamin and radiation deficiency, malnutrition, stress, smoking and pollution contribute to the above conditions because of free radical formations. The free radical theory of aging postulates that damage caused by these unstable molecules causes mutations, which contribute to aging in the cell and age-associated disease.

**WHAT ARE FREE RADICALS?**

Free radicals are highly aggressive, highly reactive, unpaired oxygen electrons. They are like sharks roaming the cells and will attack almost any molecule, including D.N.A., in their quest to bind and pair up. Free radicals attack the lipids in our skin cell membranes and have been theorized as any important cause of aging at the cellular level. Many body cells such as cardiac muscle, are damaged by toxic lipid peroxides.

The majority of free radicals are formed in our bodies, however exposure to environmental and dietary free radicals increases free radicals in the body, adding to the load.

Oxygen is necessary for life and a crucial part of cell metabolism. An increase in tissue oxygenation increases fibroblast production which strengthens collagen and therefore elasticity of our skin. However, when oxygen combines with air pollutants, certain drugs, alcohol or smoke and its electron pair becomes uncoupled, the molecule becomes toxic and is known as superoxide. This generates free radicals as it steals electron pairs from other molecules. An oxidation occurs much like a rust (oxidised iron), which is greatly responsible for much of the destruction and aging of the cells of our bodies.

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Other pollutants causing free radicals are pesticides, hydrocarbons in the air, and solvents like formaldehyde; benzene and toluene found in cleaning fluids. Cigarette smoking, fried, barbecued and charbroiled foods and coffee contribute to free radical damage. Exposure to the sun creates free radical damage.

Collagen is a protein in the dermis of our skin, which has the ability to bind water. Elastin gives the skin its resiliency. The connective tissue is under the supervision of D.N.A. As we age, the collagen undergoes changes, becoming stiffer and less moist and the elastin loses its ability to snap back when stretched. As free radicals attack collagen and D.N.A. they cause cross-linkage of the collagen molecules, and wrinkles are formed. Progressive D.N.A. damage can sabotage cell division, weaken our immune system and may help explain the high level of cancer in our society.

**WHAT ARE ANTIOXIDANTS?**

Our bodies fight free radicals with substances called antioxidants. Antioxidants bond to these highly reactive oxygen ions and render them harmless before they attack and damage cells. The body produces several enzymes such as superoxide dismutase (S.O.D.), catalase and glutathione peroxides to neutralize free radicals and keep our tissues healthy. However, certain situations of excessive radiation or smoke or other factors can result in increased oxidative stress to the body and the body's own antioxidants cannot fight off free

radicals. Thus this "first line of defense" does not function efficiently.

**WHAT CAN WE DO TO COMBAT FREE RADICAL DAMAGE?**

The "second line of defense" comes from natural food substances containing antioxidants. DIETARY ANTIOXIDANTS such as beta-carotene, and other carotenes, E and C, selenium, flavinoids, and co-enzyme Q10 are of extreme significance for protecting our cells against damage.

BETA-CAROTENE, a precursor to Vitamin A, is the most powerful free radical quencher and is found in green leafy vegetables, yams, broccoli and carrots.

VITAMIN C boosts immunity, protects against pollution and cigarette smoke and enhances wound repair. Vitamin C is found in strawberries, papaya, red pepper, broccoli and oranges.

VITAMIN E and the trace mineral selenium work together to help against free radical damage to the cell membranes. Vitamin E appears to enhance the immune response, improving the body's resistance to disease. Vitamin E and selenium are found in whole grain cereal and bread, almonds, soybeans, spinach and broccoli, seafood, sunflower seeds and wheat germ.

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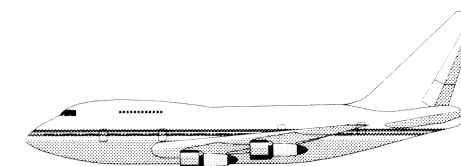


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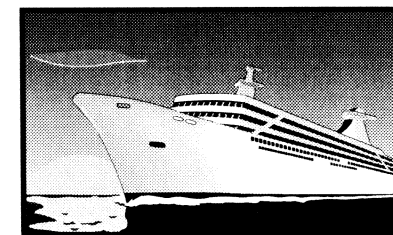
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