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We are always eager to receive articles for inclusion in our publication. Please contact Pam Nathan at 452-2280 to make further enquiries.  
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**HOLD THE DATE**

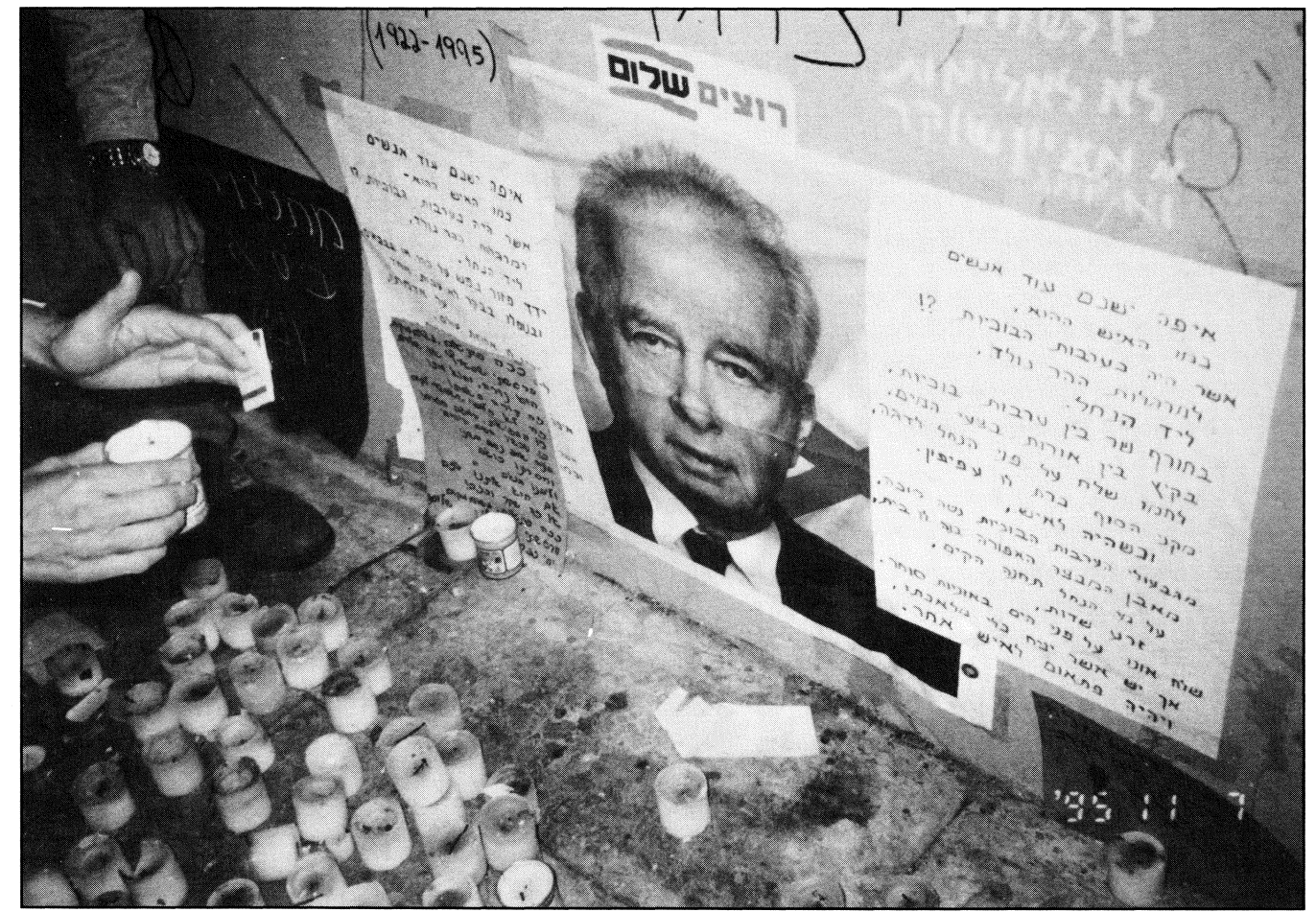
**SENIORS  
CASINO EVENT  
TUESDAY, APRIL 30th  
10:30 A.M.**



**SAJAC REPORTER**

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

Volume 2, No. 19 *CENA LEVY* SPRING 1996

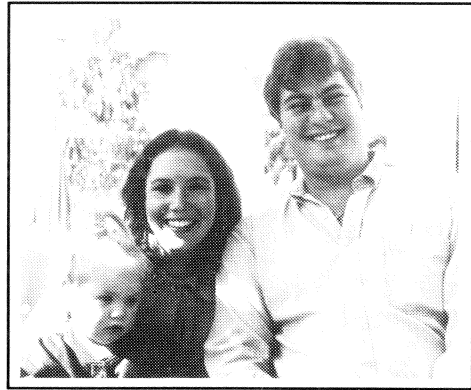


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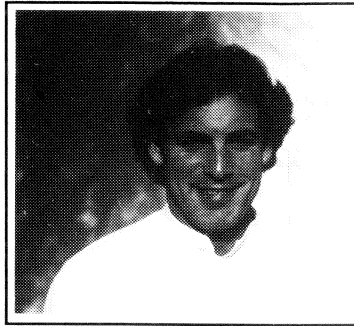
### SAJAC NEWCOMERS APRIL 1996

PAM NATHAN



Today we welcome Beverley and Byron Burland to our community. They arrived 3 months ago and are living in La Jolla at present. The Burlands lived in Dower Glen, Bedfordview, an area that did not even exist when I lived in Bedfordview 17 years ago! They have been married for 5 years and have a two and a half year old daughter, Aimee. Byron is the sole Californian distributor of a security gate system, Trellidor, with their head office located in San Diego. They intend expanding to Orange County and Los Angeles within the next 12 months.

Anthony Jaffee has lived in Chicago for the past 6 years. His family emigrated to England in 1970. He's living in Pacific Beach now. He's working in sales part time and also playing golf.

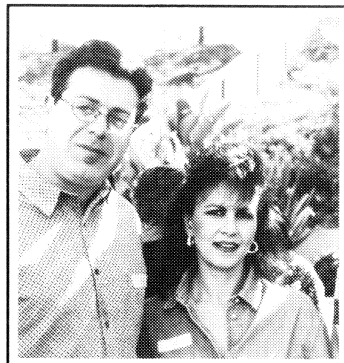


Anne Kaye decided to come and settle in San Diego in November 1995 to be with her daughter, Barbara Jucha. She is delighted to be here to enjoy her fourth great grandchild, Allison, daughter of Myron and Laura Jucha. Anne and her late husband, Morris, originally emigrated to

Houston, Texas in 1974 where their sons live now. Anne enjoys playing cards, cooking, walking and entertaining. She would love to make friends with other ladies with similar interests. Please call her at 431-9421.

Hilton and Lesley Greenbaum have joined us from Durban together with their 3 children, Sara 15, Tammy 12, and Mark 9. Sara is enrolled at La Jolla High and the other two are at the Hebrew day school. Hilton is an accountant and Lesley a lawyer and still deciding whether to go back to school again or not in order to practise here. Lesley shared how they had visited previously and just loved it here, particularly the climate.

Roy and Gila Silver are from Sandton where Roy was involved in an Insurance Replacement Franchise Company replacing all stolen electronic and household goods for the insurance industry. He's taking his time looking around for something new and in the meanwhile enjoying living in this beautiful environment of ours. They have two children, Jonathan is 28 months and Samantha 18 months so Gila has both hands full. Their house in Ridgeway, La Jolla, will be completed by April so until then they are renting in UC. To quote the Silvers: "Moving to San Diego was the best decision of our lives - we love this place!"



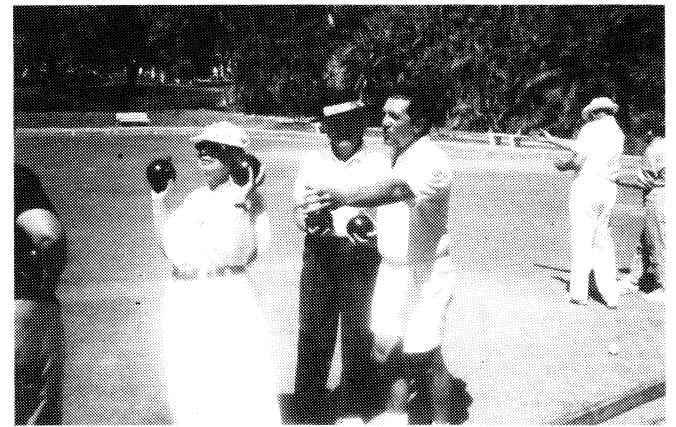
## S.A. BOWLS SCENE



Harold Shapiro, Joe Gishen (on visit) Jack Maram, Bernie Friedland, Jack Solomon, Yvonne Friedland.



Yvonne Friedland, Bernie Friedland, Herby Suchet, Esme Berghaus.



Herby Suchet and Gerald Cane instructing novice bowlers Ruti Eckstein, Lola Feitelberg, Di and Gerald Solomon.



Helen Moss, Ruth Lazarow (visitor) Esme Berghaus and Louis Levinson.



Seki Gladstone (visitor) and Bertha Levinson



Brenda Michelet, Audrey Hutchinson, Ruti Eckstein, Sylvia Kane, Lola Feitelberg, Gerals Solomon and Gerald Kane.



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## IN MY OPINION

Sharleen Wollach

Dear Editor:

I have been involved with SAJAC, almost since its inception, and have lived here since 1982. Still, every time I see a South African Jew featured positively in the news I get a thrill and a sense of personal pride.

Jews throughout time and all over the world have always made a mark in the society in which they live, and whilst factions like Hamas might do their best to "break our backs", they cannot break our Jewish spirit. Our sense of commitment and desire to succeed is stronger than any adversary.

Michael Segall should be noticed and commended for giving of his time to benefit humanity. He quietly forges ahead promoting and advocating modern medicine alongside his American colleagues. How rewarding it must be to know that you have made an historic contribution to society, albeit sometimes against popular opinion.

Dr. Segall, the director of neonatology at Children's Hospital did a magnificent job in coordinating doctors, surgeons, nurses, social workers and others in a mammoth task of separating the Siamese twins.

An unprecedented fact is that despite those who felt too much money was being spent on the project, there were those professionals who donated their time and efforts in an attempt to save a life.

Personally I feel that this procedure and all those associated with it have allowed these medical professionals to stretch their imaginations and challenge medicine in ways we laymen would never understand.

I'm sure that these efforts have made them even better doctors, better nurses and social workers, and if by some twist of fate, our families should need their services, why - they'll be ready, even more so than before!

A hearty Mazal Tov to all those involved and a Yashocoah from The South African Jewish Community (SAJAC).

## SAJAC Reporter General Information

### New Address:

SAJAC has a postal address for ALL correspondence:

P.O. Box 13608, La Jolla, CA 92039-1360

Please direct all SAJAC mail to this address

### Moving:

Please advise Denise Sneag of your change of address. Denise can be reached at 546-1922 or mail your change of address to P.O. Box 13608, La Jolla, CA 92039-1360

SAJAC uses Bulk Mail Third Class for its mailings. Third class mail is not required to be forwarded under regular forwarding orders.

Unless you notify us of your address change, you will not receive your mail.

### Reporter Announcements:

Please advise Sharleen Wollach at 455-6220 of all announcement, such as births, Barmitzvahs, Batmitzvahs, weddings, illnesses and deaths. This will ensure publication in the next issue of the Reporter.

### Newcomers:

Please advise Joan Wasserman at 793-8985 if you hear of any newcomers to San Diego, so that a welcome can be arranged.

### Friendship:

Please advise Lynne Isaacsohn at 793-1533 if you hear of anyone requiring meals or help due to illness or tragedy.

### Help Wanted/Offered:

Free Advertising (at the publisher's discretion) to all those who are looking for help or those who are looking for jobs. We will also advertise, on a no-name basis, people looking for work. For those members looking for work, please call Frank Stuppel at 551-0388 or mail your resume to: P.O. Box 13608, La Jolla, CA 92039-1360.

### Advertising Rates:

Business Card-\$30.00 ¼ Page-\$50.00 ½ Page-\$75.00

Annual Contracts are also available. For additional information call

Denise Sneag 546-1922 or Merle Gaylis 793-6023

### Membership:

Please call Rachelle Rosin 587-8529 or Evelyn Edelstein 794-5352 for information about SAJAC Membership.

## CO-PRESIDENTS' MESSAGE

This is the beginning of SAJAC'S tenth year. Ten years of dedicated, committed volunteer work coupled with community togetherness merit ten bright shining stars.

Each of these stars has a very special significance.

The FIRST STAR shines for the pioneers some may be inclined to forget - the founders of SAJAC who had the foresight to realize what an important vehicle SAJAC would be in helping people integrate into the American Jewish Community. We feel very proud to continue the work that was started then and will hopefully continue for many years to come.

We see the SECOND STAR twinkling for all of you - our very enthusiastic community who support SAJAC'S efforts and make us feel that our volunteer work is worthwhile. It is you on whom we rely for the many friendship meals, welcome visits to newcomers, attendance at SAJAC events, membership in the SAJAC directory, advertising in the reporter and many other "duties" that you so willingly fulfill. Many other communities have voiced admiration for our organization and feel that their communities would benefit greatly from such a support group. Please continue to help us help others.

The THIRD STAR goes to the 1996 Board of Directors inducted at the SAJAC AGM in January, who as those before them, give their valuable time to serve the community and keep the wheels of SAJAC running smoothly. We feel certain that this dedicated group of volunteers will generate many new ideas and visions for SAJAC.

STAR NUMBER FOUR shines for those members who open their hearts and wallets to contribute to SAJAC'S Gemilat Chesed fund thus allowing families to be helped in times of financial need. As always we thank you for your kindness and generosity.

The FIFTH STAR reminds us of this magazine, the REPORTER, the voice of SAJAC which allows us to come into your homes, share with you some anecdotes and tell a little about "home" to stir up that nostalgic feeling that never quite leaves us. For this great effort we salute the publications committee and the many people who submit their articles

The SIXTH STAR is for peace in South Africa, Israel and troubled communities worldwide. Let us hope that respect and tolerance will prevail.

STAR SEVEN reacquaints us with the many facets of SAJAC - The Friendship Committee that offers meals and words of sympathy and joy, the Welcome Contingent constantly scouting newcomers and what better a welcome than a smiling face, a familiar accent, a bottle of Kiddush wine, a SAJAC Directory and a bunch of other "goodies" that make up the "welcome basket". The Seniors have been such a successful group that we hope to cater likewise this year for our very large singles group. Looking for a job? - our employment networkers are willing to store your resume and keep an eye and ear open for job opportunities.

The EIGHTH STAR is for the sincere wish that SAJAC in the future will continue to grow and to help cushion the emigration trauma as more and more people leave South Africa to make their home in sunny San Diego.

The NINTH STAR shimmers for all our children since they must ensure that the flame of Judaism continues to burn brightly and proudly.

Last but not least, the TENTH STAR shines for happiness and good health for everyone in 1996.

May we continue to add to the SAJAC galaxy for many years to come!

Regards,

Merle and Denise

# NEWSFLASH/STOP PRESS

**Do you have blocked funds in South Africa?**

**We can offer you a project which will  
financially benefit yourselves and Israel.**

**Our special representative will be in your area in June, 1996**

**Please contact Cynthia Barmor at 212-879-9300 ext. 211**

**to make an appointment.**

### Mission to Israel: A Personal Perspective

UJF organized the first community wide mission to Israel. All sectors of the Jewish community were welcome to participate. This included 5 rabbis from different affiliations. Their presence in Israel fatefully coincided with the tragic assassination of Yitzhak Rabin. We have asked several of the participants to comment on different aspects of this unique experience.

Nate & Celia Levy:

Q: What persuaded you to go on a mission?

A: Having been to Israel many times but never on a mission, we wanted to be exposed to a different side of the country.

Q: Did this mission meet your expectations?

A: Yes. We visited many of the projects funded by the Jewish Agency and the U.J.F. obtaining a first hand insight into the areas which benefit directly from the funds raised in this country.

Q: Did you experience a difference in arriving in Israel on this mission compared to your previous visits?

A: It was very exciting to travel with 220 fellow San Diegans and arriving in Tel Aviv at dusk. We were met and greeted by a group of Israeli entertainers in one of the hangars together with the mayor of our sister city Kiryat Malachi.

*There was a spontaneous bonding and emotional reaction causing everybody to join in large groups and dance the hora to the wonderful Israeli music. After kiddush and watching the sun set, the exhilaration and excitement soon turned to sadness when just 2 days later we heard of the tragic assassination of Prime Minister Rabin OBM.*

Q: Do you feel that the trip was spoilt or that the mission lost its message because of this sad event?

A: No. In fact it was an historical and memorable experience, amplified by the ability of our group leaders and their brave Israeli counterparts to expose and allow us to visit such places as the square where Yitzhak Rabin OBM was assassinated, as well as the funeral and then his final resting place at Har Herzl.



San Diego St. in Kiryat Malachi, a small town in Israel funded by the San Diego Jewish Community.

*Optional:* Peel and slice 1 onion, slice 1 potato and 1 sweet potato (skin on) and 2 carrots. Don't make the slices too thick. Place these veggies around the chicken, pour 1 cup stock over everything and bake uncovered at 400° for 2 hours. It is important to baste frequently after the first half hour. Half way through the cooking turn the chicken over carefully, to allow the breast side to brown. When done cover to preserve juices. If the liquid gets low during the cooking add a bit more.

Have you noticed how most of your old recipes from South Africa have been changed to QUICK, SUGAR-FREE, FAT FREE, SALT FREE food. As committed as I am to giving my family healthy food, at this time of the year I get nostalgic and still like to do the traditional Yom Tov cooking. I feel that we have to preserve this dying art that our mothers and Bobbas always did. What will our children have to pass on to their families if we don't show them what our parents showed us. I know that many of you are still enthusiastic cooks, so here is a recipe for Imberlach (carrot candy). It is laden with sugar and it takes a long time to cook, and the pots are difficult to clean, but they taste wonder-

ful and I feel that I'm back in my Bobba's home again, and it's all worthwhile.

IMBERLACH (carrot candy)

- 6 cups grated carrots
- 4 cups sugar
- 1 orange (first grate the rind off and then squeeze the juice out)
- 1 lemon squeezed
- 1 teaspoon ginger

Boil carrots and sugar together in a pot for 3/4 hour stirring frequently with a wooden spoon to prevent burning. Add orange and lemon juice and ginger. Cook on low for another hour, stirring constantly. It burns quickly so don't take any phone calls unless you stand next to the pot with a portable phone!

Wet a large board with cold water and place mixture on it. Flatten it out to 1/2" thickness with the back of a wet spoon. Allow to cool and set for a few hours, then cut into squares and place on a wire rack to dry out.

*A hint on how to clean the very sticky pot. Fill it with boiling water and let it stand. This will melt the sticky bottom and it will clean easier.*

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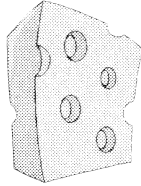
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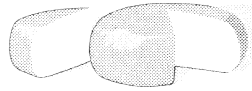
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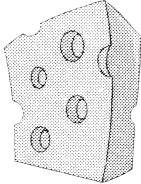
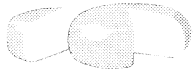
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RECIPES

Sandy Kodesh

I can't believe how quickly the weeks and months fly by and already it's another year and another Pesach. Everything today is geared towards health and fitness, so in keeping up with the times, here is a fat free kneidel recipe.

FAT FREE KNEIDEL

- 4 eggs
- 1 cup matzo meal
- 1 teaspoon salt
- dash pepper
- 1/2 teaspoon cinnamon

Mix all together well and drop into boiling salt water. Boil for 20 minutes with the lid on.

Here is my basic stuffed roast chicken which is still one of my favorite meals.

ROAST CHICKEN WITH MATZO STUFFING

I use Sheltons, Zacky or Foster Farm chickens because they are hormone free. Sheltons are also organic and you can buy them at Price Club or the health store. I usually skin the chicken. It is very easy if you use a sharp knife, and you can also cut off

all the fat that under the skin. The chicken doesn't get as crisp or look as perfect (for guests) but it is much healthier and is almost fat free.

Take the skinned and cleaned chicken and squeeze lemon juice over it. Season with salt, pepper, paprika, ginger and garlic. If you want a short cut you can sprinkle liberally with Lawry's seasoned salt, it tastes good. Place chicken in a roasting pan, breast side down.

STUFFING

- 1 onion chopped
- 2 cloves garlic crushed
- 1 granny smith apple, peeled and chopped
- salt, pepper, cinnamon and mixed herbs (as you like it)
- 4 large tablespoons matzo meal
- 1 beaten egg

METHOD

Fry onion in a few drops of oil and stir till slightly brown. Add garlic and seasoning and fry for 1 minute. Add apple and cook until it wilts and starts to soften. Add the matzo meal and keep stirring till it browns but doesn't burn. You can vary the amount of matzo meal - less will make a softer stuffing, and more will make it firmer. Take the pan off the stove and allow it to cool, then add the beaten egg and mix it in well. Stuff this into the cavity of the chicken.

WHICH BENEFICIARIES OF THE JEWISH AGENCY DID YOU VISIT?

Brenda Abelkop

We visited Kiryat Malachi, which is situated in the Ashkelon Valley, right in the heart of Israel. The town was established in 1950 as a transit camp which absorbed immigrants from Iraq, Kurdistan, Iran, Romania and North Africa. In 1958, Kiryat Malachi was declared a Council and became a "Sister City" to San Diego. The Western Region of the United Jewish Federation plays a vital role in the development of the entire Municipality. We were proudly shown San Diego Street!

In the past 5 years, 8,000 immigrants from Ethiopia and the Soviet Union have been absorbed there, 40% of the town's population are immigrants and 15% are Ethiopian. These emigrations were funded by Operation Exodus.

An enormous fanfare and program reception had been arranged in the Civic Hall on our behalf, and this was all curtailed during the week of Shiva. The children had been practicing song and dance routines which were cancelled, and the children who did perform on stage sang beautiful religious songs. Mayor Shimon Shimi spoke of Israel's darkest day and apologized for the sadness of the community, adding that they were all still in a state of shock. The young

Ethiopian girls who had sung so sweetly, boarded our bus to bid us farewell and, when handed Tootsie Roll Lollipops, wanted to know if they were Kosher!

Kiryat Malachi boasts almost 300 factories, over 400 stores and commercial establishments, 50 offices and 6 banks. 6,500 children are enrolled in the educational system — from nursery school to high school.

Another unforgettable visit was the Hofmann Community Center which is sponsored by the Jerusalem Foundation under the umbrella of the Joint Distribution Committee. This center is solely for the confined elderly who would probably have little or no social activities if it were not for their center visit several times a week.

Downstairs, in a large common room were three tables of men playing Dominoes. They were having a wonderful time - the Dominoes were large, well worn and could have told a few stories! Apparently the men and women like to separate during their leisure time at the center. The women sit together upstairs and concentrate on handicrafts, singing and general chat. Hand-embroidered Judaica is available to buy, once the women have completed their masterpieces. The embroidery is magnificent - rich and colorful - influenced by Yemenite, Afghani and Kurdish tradition. Although there was a language barrier, we were able to sing together and to hug each other. It was an extremely emotional visit!

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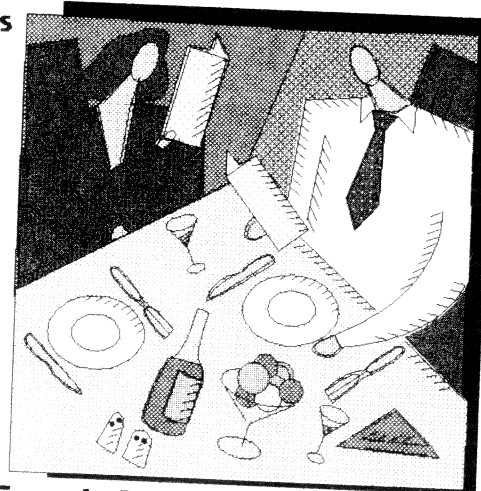
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**Post Retirement**

This phase involves tax planning in many different areas. Many taxpayers sell their homes to move to smaller residences or retirement communities and face a large tax liability on the resulting capital gain. To provide relief, you are permitted a one-time exclusion of up to \$125,000 of profit on your primary residence. To qualify, your home must have been your primary residence for at least three of the last five years and either spouse must have reached age 55 at the time of the sale.

If you file a joint tax return, you may have to pay taxes on 50% of your Social Security benefits if you and your spouse have a modified income\* that is between \$32,000 and \$44,000. If your modified income is more than \$44,000, then 85% of your Social Security benefits is subject to income tax.

Remember, the closer you are to retirement, the more important it is to review your financial portfolio frequently and make sure you are on track to ensure your continued happiness and prosperity.

\* "Modified income" means your and your spouse's adjusted gross income (as reported on your Form 1040) plus nontaxable interest plus one-half of your Social Security benefits.



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**WHAT WERE YOUR LASTING IMPRESSIONS OF THE MISSION?**

Jane Scher

As difficult as it was to be in Israel at the time of Rabin's assassination, there is no place in the world that I would rather have been. As the reality of the tragedy sunk in, we all began to understand the closeness of our connection with the Israelis. We all began to understand that when they feel pain, so do we. That we share their suffering as much as we share their joy.

The Israeli community remains divided over many crucial issues. In the same way, we in the Diaspora Jewish communities often also find ourselves divided. Every day, each one of us has the opportunity to resolve our differences constructively. The importance of recognizing our sameness - the things we have in common - rather than our differences has become very clear to me. Every Jew counts. We need each other. Let's work together to build and strengthen our community. Let's make sure that our children have a strong, united Jewish world in which to live.

**In what way was the Shalom '95 Mission different from any other trip to Israel?**

Felicia Belcher

As a first-time Mission participant I saw Israel this time in a very different way, not simply as a tourist. Through a number of personal encounters I was able to interact on a more intimate level with the people of Israel and therefore felt a closer connection to them.

After the assassination of Prime Minister Rabin, mourning together with the Israelis, crying the same tears of sorrow and saying Kaddish at Latrun which he captured during the war, I felt their sense of loss and our own, very deeply. On another occasion we were fortunate to visit with some kibbutzniks and it was a warm and wonderful feeling to drink coffee with them in their living room, discussing kibbutz life and sharing their concerns about the future of Israel. As Mission participants we were given an opportunity to visit an absorption center and chat with some young Russian immigrants and share their hopes, fears and expectations.

In the light of the above experiences I came home feeling that we and the people of Israel are part of one and the same great nation with our futures intimately intertwined. By ensuring a strong Israel, we in turn are ensured of our strength as Jews in the Diaspora.

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## HOW I NEARLY LOST MY MIND

Helene Bortz

I recently heard Elie Wiesel being interviewed by Charlie Rose on TV about his recently published biography. He was recalling his youth in Hungary and his early experience as a Kabbalah student.

"There were three of us learning Kabbalah with a rabbi" he recounts "and after a while, one lost his mind. Shortly after, the second one also lost his mind, and I am sure that if the Germans had not invaded Hungary thus forcing me to interrupt my classes, I would also have lost mine..

The Torah contains four levels of revelations: The PSHAT which is the simple meaning, the REMEZ meaning allusion, the DROSH which is extrapolation and finally the SOD, the secret, the deepest and most hidden meaning of the Torah. It is through the ultimate knowledge and mystical practices of Kabbalah that this level can be reached.

With this in mind I attended my very first "hands on" Kabbalistic experience at a class in San Diego. I had been to Kabbalah introductory classes, but those were just that, an introduction. I had also reached the magical age of

40 (before which the rabbis advise that you should not delve too much into mysticism ...).

The class sat in a circle and the leader presented the group with the letters of G-d's name. He asked us to voice the letters, to say them again and again, stretching the sounds until they became like a mantra that would induce us into a state of relaxation which would allow our spiritual being to emerge. This was very effective. When this stage was achieved, the lights were dimmed and we were asked to breathe deeply for a long time, pretty much like one would do for a relaxation exercise.

There was, however, a very special atmosphere generated by the group. It came from a heightened sense of spirituality. There was a strong togetherness but at the same time one could feel each individual bringing its unique strength to the experience.

The leader asked us to close our eyes and imagine a light. "Picture the light inside your feet, feel its light, feel its warmth". Indeed, the power of suggestion is such that I could feel my feet heating up. "Let the light travel upwards through your legs" he continued, and as the light went on its upward journey, it illuminated and warmed our bodies reaching inside our heads. There it stayed for a while as we paused to contemplate the cosmos.

## Make Your Tax Worries Retire When You Do

ANTHONY B.J. BLACK  
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Your retirement years can be the most enjoyable time of your life. Today, the alternatives available to mature Americans are practically limitless. More and more people are taking advantage of their retirement years to return to school, pursue volunteer work or enjoy other life-enriching experiences. No matter how you choose to spend your retirement years, one thing is certain: you will need more money for more years. With lengthened life expectancies, you must plan to finance your retirement lifestyle for up to 20 to 30 years longer than previous generations. That's why a careful analysis of your needs and goals is so important. Careful income tax planning should also be playing an important role in your investment decisions, particularly when you're planning the best way to make the transition between your working years and retirement years. This transition has three phases, each with its own tax planning issues.

### Pre-Retirement

During this phase, your tax planning strategies do not generally need to change much since you're still working and your tax rate probably has not yet changed. Your main concern at this stage is to maximize your after-tax invest-

ment returns and begin to reposition your portfolio to reduce risk and generate additional income for your retirement. You should begin to clarify your retirement goals and needs. If your portfolio includes a disproportionately large amount of stock in the company you work for, you may want to consider diversifying into more conservative investments.

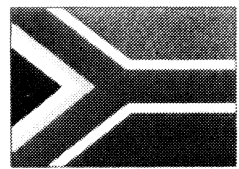
A professional financial consultant can review your portfolio and suggest appropriate investment allocations to help you meet and maintain your current lifestyle once you retire.

### Point of Retirement

Your most important decision at this point concerns how and when to take distributions from employer-sponsored retirement plans. If you are receiving a lump-sum distribution, you can choose either to:

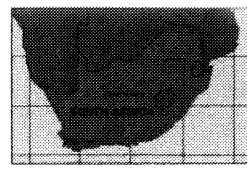
- roll the distribution into an IRA (Individual Retirement Account). Should you decide that an IRA rollover is the best option, you must take care to structure it properly. Most distributions must be rolled directly into an IRA or other eligible plan in order to avoid a mandatory 20% withholding tax.
- take advantage of a special tax treatment. If you were 50 years old by January 1, 1986, you can use five-or-ten-year forward averaging for a lump-sum distribution (with any pre-1974 amounts eligible to be taxed at a flat 20% capital gains rate, if elected). Otherwise you can use five-year averaging only once, and only after you reach age 59½.

The typical lump sum distribution often represents the most



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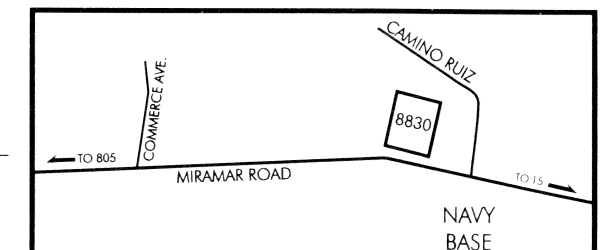
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## INTERMARRIAGE IN THE BIBLE?

by Diane Marks

Moses was intermarried. Rabbi Akiva was unaffiliated until he was 40. And Ruth, ancestor to King David was a convert. Given such illustrious company, why is it so hard for the Jewish community to accept the need for outreach work to the intermarried?

Outreach work began in San Diego county after the startling statistics became known that 52% of American Jews have married out of the faith since 1985.

Dr. Egon Mayer, professor of sociology at Brooklyn College, and Director of the Jewish Outreach Institute in New York, is widely regarded as the nation's leading expert on the growing phenomenon of Jewish-Christian intermarriage. Dr. Mayer conducted the Jewish population survey revealing the facts and Diane Marks, ex-South African teacher and assistant principal of the High School of Jewish Studies, began a program of Jewish outreach to intermarried families in San Diego County.

Diane Marks is the director of Pathways to Judaism, which is a community project for unaffiliated interfaith families developed by the United Federation Task Force on Jewish Continuity, and administered by the Agency for Jewish Education.

Both Dr. Mayer and Ms. Marks were invited to address the communities of Greensboro, Chapel Hill and Durham in

North Carolina. These communities are facing the same crisis and would like to begin outreach programming in their area. Seven keynote addresses were given, either by Dr. Mayer or Ms. Marks, to introduce these communities to the process.

For more information, call Dr. Egon Mayer at the Jewish Outreach Institute in New York at (212) 642-2688 or locally, call Diane Marks at the Agency for Jewish Education (268-9200). The Pathways to Judaism program begins again in the Fall.



Now this was a known place to me. A few months earlier I had experienced something very strange.

It was a Friday night. There was nothing unusual when I lit the Shabbat candles that night. Although this is a time when I am reflective, my thoughts are about wishes for self-improvement, a few prayers asking to live near my family or for good health and thanks.

So there I was, my eyes closed, trying to shut out the background noise and concentrating on G-d. Suddenly, invading the totality of my mind, expanding it into an infinite space, came a vision. I had never had a vision. I have no dealings with the esoteric. I do not read about mysticism. Sometimes I wonder about the meaning of the world and the sense of history but I don't spend too much time on it ... and certainly not on a Friday evening.

Here is what I saw. I saw an entire view of humankind from its beginning to its end. I saw the first man and woman as they were created by God, and joining them, civilization after civilization, the nations of the world, the multitudes, the people of Asia, of Europe, of Africa of American throughout the ages, generation after generation. And they were filling my mind in a pictorial order similar to a cosmic class picture, an infinite number easily integrated into a space which I knew was my mind yet had no boundaries.

This was not all. This sea of humanity formed a perfectly harmonious whole. In that miraculous moment, gone were my worries about the chaos I witnessed throughout my life.

Gone were all the questions. Everything made perfect sense and I opened my eyes to a wonderful feeling of total serenity.

But back to the Kabbalah class and the light still in my head. All was well until then. But the leader was not concluding. "Pull the light up, through the top of your head" and as he said this, I pictured it, the light being lifted up. It was supposed to leave behind a warm awareness, an enlightened state. Instead, to my horror, as the light was pulling up, I felt my life leaving my body, literally. Just to write the words now makes my heart skip a few beats as I remember the terrible pain. I could feel myself hurting and breaking into a cold sweat as I fought for my life. I did not want to go, I still had much to do here. As the light was going up, it was pulling my soul along.

My eyes were sealed. I concentrated my entire energy into pulling them open. I finally did and it was as if a spell had been broken. Totally shaken, I looked around and saw contented faces, soft smiles. The leader was quietly asking the group how they had enjoyed their experience and each and everyone had something wonderful to say. At first I couldn't talk and then I started telling a little bit of what I had just gone through. He looked frightened and said I should never participate in a session like this one again.

Someone who has wisdom and knowledge told me that I had been in touch with my soul that day. This may be, but I also think that I nearly lost my mind.

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## OBSERVATIONS OF A NEW SETTLER

Celia Fine

I want to thank everyone who has reached out, so warmly, to help me establish a new life for myself in San Diego. A very special thank you to Norma Cohen, Toni Basson and Frank Stuppel.

When I arrived alone in San Diego on February 18, 1995, I was overwhelmed and exhausted by the unfamiliarity of everything. I could not believe that I would ever be able to master driving the freeways. In fact, I was terrified by the very thought of it.

It is now eleven months later. I am enjoying wonderfully good health and have many caring friends. I live in a lovely, sunny apartment, and I have a job. The weather is always perfect. Best of all, I can fly along those freeways as fast as everyone else! I feel as exhilarated as when I reached the top of Table Mountain after a long, hard climb.

On the down side, I see in San Diego a second class of citizens, painfully reminiscent of life in South Africa. Another reminder of Apartheid is the apparent non-communication between Jewish and non-Jewish ex-South Africans. However, as I am a newcomer, my observations may prove incorrect. If not, perhaps, we can work towards changing things.

I wish everyone here in Paradise, a happy, healthy New Year.

## FLOWER ARRANGING

Barbara Jucha

Flower arranging dates back to the ancient Egyptians who used plant material for decorative purposes as long ago as 2,500 B.C. Since then, other cultures and nations have come and gone, yet the pleasure of decorating our homes with flowers remains. During this century flower arranging has become even more popular and most people have some plant or floral arrangement in their hall or living room.

Picking flowers in your garden or purchasing them require guidelines to ensure their longevity. Generally, all purchased flowers will need refreshing when they reach your home. Re-cut their stems and give them a long drink before arranging. Most florists condition flowers before they are sold, only re-condition them if they begin to wilt. Some flowers, however, may begin to droop even though they have been conditioned and are not short of water. In this case, cut off about 1" from the end of stems and place them into hot shallow water for 10 minutes, protecting the flower heads from steam with a layer of tissue or soft paper. Then remove the flowers and place them into deep cool water for one hour before rearranging.

Most florists' flowers are sold in peak condition, but look for flowers that are healthy, have crisp foliage, strong straight stems and tight, firm flower buds.

SPRING AND SUMMER will generally have more choice of

## Where have all the thinkers gone?

by Brian Marks

I look at today's youth and they really scare me.

No!. I am not talking about those hip hugging, tattoo displaying, pierced navel, green haired, cap backwards type of kids. Nor am I talking about the crack smoking, gun waving, authority resenting, gangland kids either.

No! My concern is for the regular high school attending, college graduating, sports participating polite children who are probably your kids ... or mine.

So why, if they appear to be so well adjusted, do I worry about them?

The reason is simple!

These young men and women are the cream of our present and the foundation of the future. And they are bland, passionless, uninspired and uninspiring.

Where is the fire in their eyes or the relentless pursuit of an idea, ideal or cause? What excites them to fanaticism or curdles their blood with passion or anger?

The answer is nothing!

Oh there are one or two who'll spike a tree to save a forest, protest against social injustice or wave the flag for Zionism, gay rights or aluminum recycling.

But the majority of young men and women today, good kids ... our kids, are just traveling through life without any real fervor. Their sole aim in life is to get a degree, get a good job and earn a lot of money. Their most passionate interests are the Chargers, Oprah Winfrey or Dr. Laura.

Now these are worthwhile ideals and life, as we envision it, would be extremely difficult without them. But kids have many years to be adults.

They should be spending their relatively carefree years thinking, discovering and passionately developing and fighting for their heartfelt ideals. Instead of money and success, their souls should be filled, not with the mystery of Nintendo, but with the concerns of today and pursuit of their solutions.

Where are the songs of protest, the literature of revolt?

One thing is definite. They are not coming from the usual bastions of social conscience ... the educated, liberal middle class .. but instead they are coming from the hip hugging, tattoo displaying, navel pierced, green hair, cap backwards type of kids.

So if you'll excuse me. I'm off to get an earring, a pair of Doc Martens and a cup of Java at an underground coffee spot. To be honest, I feel more secure there.

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However when Morrow went out of business I was told not to worry, the machine is really a Silver Reed, made by a very reliable Japanese manufacturer. However Silver Reed have now also retired from the scene, and machine parts are no longer available. I continue to use it even though certain portions of its casing are held together with duct tape and some moving parts are showing signs of wear. But I die a thousand deaths every time the printer hiccups, because I know it cannot be mended and that will mean the end of my long-fought battle with forces that out-gunned me from the start.

I shudder at the mention of spread-sheets and Windows, ink jets and lasers, they make me sure that word processing has gotten too involved. The pace of change in the industry is out of control, new developments are occurring every minute, and even the blue chip firms have difficulty in keeping afloat. The Victorian saying "Big bugs have little bugs upon their backs to bite em, and little bugs have smaller bugs and so ad infinitum" has never been more true.

I fear any new purchase by me of the new more sophisticated equipment now on the market will end up unused like my VCR which only a child can work. So I may, perforce, revert to writing with a pencil or a pen and forego the aggravation, confusion and despair that has been my lot over this many years.

  
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ALL YEAR ROUND - Some of the flowers available:

CHRYSANTHEMUMS: Should last up to two to three weeks. Always look for tight firm centers.

CARNATIONS: Buy when they are firm and not fully opened.

GLADIOLI: Purchase when in bud and not full bloom. Pinch the top three buds to ensure others will open.

FREESIAS: With their powerful fragrance can live for well over a week, but must be bought when only the first flower is showing, the rest still in bud.

GERBER DAISY: Available in many colors and is long lasting, but handle carefully as the petals drop off easily.

IRIS: Comes in white, blue, yellow and purple, last up to five days and some have double flowers. Look for firm stems. Buds will open in hours and give you much pleasure.

ROSES: Are best purchased in summer months when they are in season. They are expensive in winter and generally the quality is inferior and often sometimes die without fully opening.

ORCHIDS: Are excellent value for money. Dendrobium and Cymbidium orchids can last for as long as six weeks.

SPRING BULB FLOWERS should be purchased in bud as their life is short when once fully opened. Tulips stems tend to bend towards the sun. To help keep straight, half turn the

vase, or use a medium wire and wrap loosely round stem. However, they are beautiful when bending naturally in a vase.

VASES: An assortment of vases can be used including watering cans, bottles, jugs, kettles, jars, wooden boxes and even fancy paper bags.

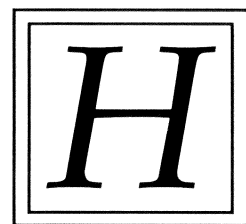
The use of flowers to make a personal statement in any home is a delight, not only to you and your family but to anyone enjoying your hospitality.

I have been blessed with not only the love of flowers but the ability to arrange and share this blessing with those around me. I hope these tips will go towards enhancing your life too.

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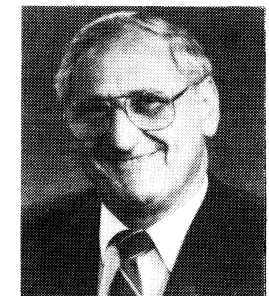
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## SENIOR HANNUKKAH PARTY

Barbara Jucha  
Annie Kaye

On December 10, 1995, the Seniors were treated to a most memorable evening. I would like to thank all the volunteers who worked so diligently to provide an excellent Chanukah dinner at the JCC.

The food was excellent but the decor of blue tablecloths and balloons, white napkins and plates and bowls of wonderful salad awaiting us was spectacular.

We were treated to hot delicious vegetable soup, potato latkes and apple sauce (so what else would you serve on Chanukah), followed by a fish lasagna.

After filling ourselves we were then treated to a variety of entertainment.

The entertainment included Hebrew songs, romantic Spanish melodies sung to us by a young Mexican and a superb collection of old songs sung in Yiddish.

But what would an evening be without a nostalgic sing along in Afrikaans, led by the "one and only Rhoda Gaylis". Rhoda also accompanied all the evening's entertainers on the piano.

Finally it was desert time and no one was disappointed. Many culinary artists were at work and it was a hard choice which to sample. We all went home a little wider around the waist.

It was a delightful evening with everyone making an effort to meet old friends and make new acquaintances. Once again, our thanks!



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## COMPUTERS AND ME

Leslie Herman

People who continue to write with a pencil or a pen to transfer their thoughts to paper have much to be thankful for. It is we who were born BC (Before Computers) and thought that using a word processor was the way to go, are the ones who are suffering unending aggravation, confusion and in extreme cases, despair. I continually lose much of what I write in the labyrinthine depths of my computer, never to be found again. This has drawn to mind the cost, and anguish suffered by me since I so hopefully entered this brave new world of communication.

Gutenberg's invention of the printing press, which was followed some centuries later by the invention of the typewriter, has proved in retrospect to be the starting point of the downhill slalom, that is irresistibly leading us, at breakneck speed, down a slippery track to chaos.

My entry into the minefield of computerism, was the purchase of a Bondwell 12. CP/M word processor, that I now believe was outdated before it left the shop from where I bought it. The course of lessons that was to be given free of charge never transpired, because the training class in Solana Beach closed down before my first lesson.

The firm I bought the Bondwell from had been taken over by new owners, who denied any knowledge of such a computer and admitted no responsibility for its repair. I used the machine for a year or two but the cost of putting it into a custom-made, suitably padded box and shipping it to Los Angeles every time it needed attention, proved costly and onerous. I parted with it with no regrets when spare parts became no longer available.

My grandson told me that I should replace it with an IBM Clone preferably an AT with a hard drive. I did not know what it meant, but the Computer Center in Pacific Beach said that they did, and as the price they quoted for one was reasonable, I purchased it. Within one month the firm closed its doors, and I again had a machine without an agent.

My operating program is WordStar, the leading system in use when I started. But now it appears to have fallen out of favor, and nobody that I know, can help me with it. I am hesitant to try to learn WordPerfect or whatever system is in use at the moment, because past experience has shown me that it will probably be outdated by the time I have mastered it.

As if these troubles were not sufficient, I have a similar sorry story with the printer. Mine is a Morrow MP100, a simple machine, and Morrow, was a respected name in the trade.



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## The Internet, What It's All About

by Martin Levy

About ten months ago my friend started to tell me about some of the cool things he did on the Internet. They sounded very interesting and I convinced my parents to get me access.

I found many fun things to do. One of my favorite Internet activities is talking to other people. There are many places on the Internet that are devoted to talking. I soon made many friends.

Another very interesting thing to use is *Usenet*. It is a collection of groups with letters on many subjects. It is very similar to E-mail which is also very interesting.

The third group is the "file transfer" group. This includes FTP, gopher, and the World Wide Web. FTP stands for File Transfer Protocol, and is a way to transfer files. Gopher is a play on words (go for/go fer) and is run on a menu system you "burrow" just like a gopher. And last and most popular, the World Wide Web, which was based on gopher. It is a collection of file written in text that tells the program to put in pictures, sounds and *links* to other Web files.

"What can I do on the Internet?", is a question that I have heard many times. One of the things I enjoy the most is going around and chatting to other people. Another fun thing is "surfing" the Web. You can get many interesting pictures there. Some of my favorite places have pictures of South Africa, and others have Jewish information.

"What do I need to get on the Internet?", is another common question that I hear. The bare basics that you need to get a text only account (like DOS) is a 286 with about 1MB of harddrive space, 640k of memory and a 2400 baud (bps) modem. You will also need a "terminal emulator" (vt100) and it will cost about \$15 a month. For a graphical account (like Windows) you will need at the minimum 386, Windows, 4MB of memory, and a 9600 baud (bps) modem. It will be very slow, so I would recommend a 486, 8MB of memory, and a 14,400 bps modem. You can get the software from your provider, and it will cost about \$29 a month.

I think that the Internet is very fun. Both parents and kids will think that it is better than TV. Not only can you find stuff to help you with your homework, look at pictures of where you were born, etc. you can also talk to other people!



Esther Hope & Juliet Armist



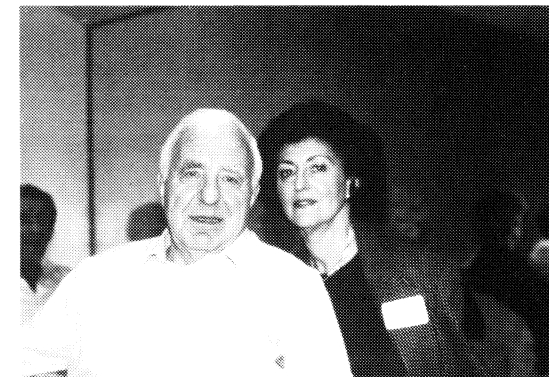
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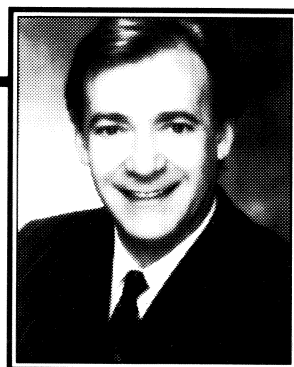
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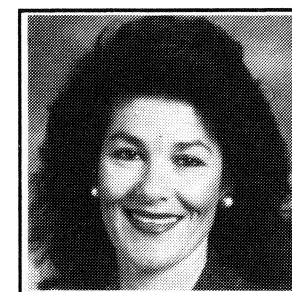
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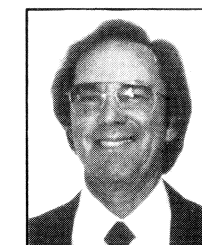
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## WEIGHT MANAGEMENT PRESENTATION

Hillel Mazansky, M.D.

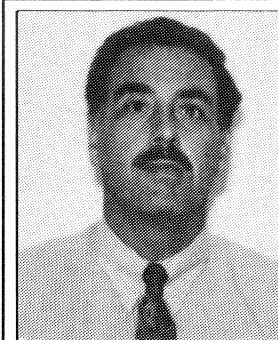
Members of SAJAC were treated to a very interesting lecture and lively discussion with three of San Diego's leading weight management consultants on Tuesday, November 28, 1995. Much insight and knowledge was gained from the lectures by Doctors Howard Hunt, Morton Shaevitz and Ilana Schraibman.

Dr. Hunt is an internationally recognized authority in health management and risk assessment. He stressed the importance of regular vigorous exercise in order to achieve the desired weight. Weight loss from exercise requires approximately 45-60 minutes five times a week. Cardiovascular exercise, where oxygen usage is increased, is of greater significance than muscle building.

Dr. Schraibman, an ex South African, discussed the "non diet" method of weight control. She drew an analogy between South Africans and Americans, both of whom manifest the highest incidence of obesity in the world today. Dr. Schraibman stressed the importance of behavior modification for maintaining long term weight loss.

Dr. Shaevitz enlightened the audience of the widespread incidence of obesity, citing many statistics. He described multidisciplinary approaches for the successful and long term treatment of obesity. Dr. Shaevitz is internationally known, and is considered one of the ten leading experts in the US in the treatment and management of obesity. He is an Associate Clinical Professor of Psychiatry at UCSD, School of Medicine, and a board certified clinical psychologist.

Those interested in receiving more information about the various treatment modalities should contact the participants directly.



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## FACES.

*by Claire Ellman on the Shalom '95 Mission.*

Empty, sad, angry, confused  
Faces told it all.  
One of us? How could that be?  
We are impermeable!  
We don't kill our own!

A rolling tear, a ruby nose,  
Distant eyes, looking nowhere.  
A look of despair, pain intolerable,  
Not knowing how to repair,  
The moment, the future.

Sorrow all around,  
glimmering in the candle light,  
Reflecting the pain in the wax  
as it flowed,  
like the blood and the tears  
slowly, painfully.

The silence in the faces,  
the silence all around,  
questioning, debating  
in quietness and solitude.  
All thinking the same.  
What happened here?  
How did we lose our innocence?  
It took just a moment,  
a second that changed our lives.

For the future..are there smiles?  
Is there laughter all around?  
Is the pain forgotten, the lesson learnt,  
the tears dried up,  
the faces shining in the bright sunlight?



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people (including 5 children) at KwaMakutha, south of Durban. Bail of R10,000 each was extended. Among those appearing with Malan were former police commissioner, Johan van der Merwe; former Law and Order Minister, Adriaan Vlok; and defence chiefs Jannie Geldenhuys and Kat Liebenberg.

In December, the South African cabinet approved the appointment of a Truth and Reconciliation Commission (TRC) which will, for the next 18 months, "hear evidence of human rights abuses by those fighting for and against apartheid from 1960 to December 6, 1993." The TRC was established with a view to "coming to an understanding of our past, of reconciliation and of the reconstruction of this once so deeply divided and conflict-ridden society .....". Head of the TRC is Bishop Desmond Tutu.

This and that .....

A unanimous decision by the UN General Assembly voted to waive the \$93 million owed by South Africa for the years 1974-1994. The arrears were forgiven for "exceptional and unique circumstances".

A big row has erupted at Wits University through the Deputy Vice-chancellor, Professor Malegapuru William Makgopa, having allegedly misrepresented his credentials and falsified his CV. The university has been split into two opposing camps.

In Glenhazel, about 100 residents underwent police training in a community effort to reduce the crime rate. Most of these volunteers are Jewish, some very orthodox who trade their "yarmulkes" for policemen's caps when on duty.

Bob Aldworth, former chief executive of Barclays Bank, and of BOB machine fame, voluntarily returned to South Africa to be charged with corruption, fraud, and theft, totalling R7.79 million. Aldworth is very ill, suffering from throat cancer and a heart ailment.

Moshoeshe II, King of Lesotho, died in January in a car accident.

The S.A. Reserve Bank has granted permission to Bank of America to open its doors in South Africa. Bank of America will provide its clients with better access to the South African market.

Tony Bloom, former chairman and chief executive of The Premier Group, now lives in London, and has been appointed as a part time member of the British Library Board. The British Library, national library of the UK, currently stores 12 million books, manuscripts, etc. Bloom is still active in business in the UK.

South Africa is to join Russia's space program, and the first astronaut from the African continent will be a South African.

SAJAC Los Angeles was reviewed and praised in "The Star & SA Times International" in its January 10, 1996, issue.

South African wine has become the fastest growing export from the country. South Africans are finding some of their own wines scarce, while Australian, Chilean, and Spanish imports are not to be found in their stores. South African wine export sales rocketed from R80 million in 1989 to approximately R480 million 1995.

Vice-President Al Gore and his wife paid a 2-day visit to South Africa in December - to forge a relationship between the two countries.

Joan Brickhill and Louis Burke, famous for their stage productions in South Africa, have a \$200 million contract "to renovate and revive the Shakespeare Festival Theater complex at Stratford, Connecticut". They will build a classical theater theme park with hotels, stores, pubs, and restaurants on a riverside site. They estimate that the theme park will attract 3,000 visitors a day.

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## Kinah of Rabin

The mighty have fallen  
Young mothers weep  
And the question that reverberates  
Along this small and special land  
Is why  
The people of Israel  
Sit in the street and light candles  
Mourning candles  
The heavens are still in place  
The sky has not fallen  
Still something is different  
A man was murdered for his beliefs  
By someone who disagrees  
And who has no regrets  
Peace was the belief  
Peace at all costs  
Even death  
The man who knew this I admire  
Although I did not know him  
I still feel the pain

Of his decisions and his uncertainty  
And I wonder who will take his place  
And I wonder about the unity of Israel  
And suddenly  
I am afraid  
But then I remember what he said  
Milk and honey  
Not blood and tears  
And I think that there is hope  
Because there always is  
And I dry my eyes  
And sew my clothing  
Because I know  
What once was started  
Will be finished  
I am not afraid  
Because I look to the future  
And I learn from the past

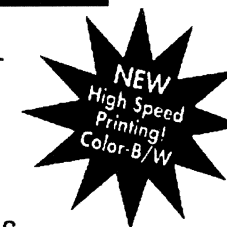
- Nicole Scher -

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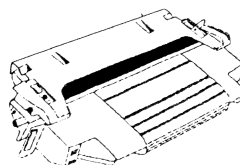
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## Life goes on

Rabbi Moshe Levin

.....telephone cards used to make calls from public phones have Yitzhak Rabin's picture. On the rear bumper of many cars the sticker saying, Shalom Haver is still the most common one. And almost every minister who addressed us was either introduced with a reference to the assassination or made such a reference in his or her speech. But despite those reminders, one finds Israel anything but obsessed with the murder of its Prime Minister barely two months ago. And that seems precisely one of Israel's great strengths - its ability to mourn and move on. Many people outside this country could hardly believe that Israel did not succumb to chaos immediately following Rabin's death.

I was here with the San Diego Mega Mission when it happened, and I saw the hoards of diplomats pouring in from all over the world. They seemed somewhat concerned. I heard from Rabbi David Clayman, the director of the Jerusalem office of the American Jewish Congress, that many were fearful that there could be a revolution, and that some capitals kept promising to be on standby in case the diplomats needed to come home quickly. The fact is that Israelis were saddened, but it is a state that is directed towards the present and the future. It holds the past in high esteem, but it does not live in it.

There are several examples of this principle which deserve to be identified. First, is the ruling recently by Israel's Supreme Court that women must have equal rights in the military. This ruling came down in a case of Alice Miller who wished to attend pilot training but was refused admission. The Supreme Court ruled that she must be allowed to apply like any male, and she did. Unfortunately, she was rejected on the basis of the psychological testing, which for her took several hours while for men it lasted only a few minutes! But the case was heard and a breakthrough was made. Israel functions on a democratic judicial system.

The second case affects more people. It was the decision to inform the Minister of Interior that Jewish identity cannot be withheld from converts, even if they were converted through Conservative or Reform rabbis. This is valuable because there are so many obstacles put before potential converts in Israel that need to be overcome. The connection with Rabin's assassination is, again, that democracy not anarchy prevails in Israel.

Finally, the Palestinian Elections are due in less than a week. Israel had every right to close down the elections, and claim that it is still in the period of mourning. She could have argued that moving ahead in the peace process would further endanger Israeli politicians and diplomats, and therefore could not be held. But Israel's response is to set aside the sadness and go on with Yitzhak Rabin's dream.

The Kikar where Rabin was shot is still covered with candles, graffiti, and flowers - but the young people are gone, except those who come now, to look. Rabin's grave is now a tourist stop - but he is only one of several important Israeli leaders buried on Mt. Herzl. The traffic is back to normal and television programs have all resumed their regular programming. There was a notice placed in all Orthodox shuls announcing a rally this Saturday night to oppose the East Jerusalem Arab right to vote. But the rhetoric is substantially reduced and civility prevails. Rabin's assassination will be felt in Israel in many ways. But its impact is most likely to be very subtle!

## PERSONAL ANNOUNCEMENTS

### Mazeltov to -

Hillel & Linda Katzeff on the birth of their son  
Sid & Paulette Friedman on the birth of their grandchild  
Colin & Jill Berman on the birth of their daughter  
Sid & Denise Selati on the birth of their granddaughter  
Paul and Debbie Shtein on the birth of their son  
Hugo and Joan Behrend on the birth of their grandson  
George and Molly Lemberg on the birth of their grandson

Stan and Sheryl Kaffel on Jared's Barmitzvah  
David and Melanie Levy on Martin's Barmitzvah  
Nate and Celia Levy on their grandson Martin's Barmitzvah

Ilana Lipman on her engagement  
Steven Sass & Shelley Cohen on their marriage  
Midge and Mike Kellen on Dana's Marriage  
Dana Kellen on her marriage  
Avra and Barry Kassir on their son Barak's marriage

### Condolences to -

Roy Slavin on the loss of his Mother  
Michael Cobb on the loss of his Father  
Nicola Borok on the loss of her Father  
Robyn Edelstein on the loss of her Mother  
Evelyn Edelstein on the loss of her Grandmother  
Michael Feinstein on the loss of his Father  
Derryn Lipcovicious on the loss of her Father  
Loren Pinn on the loss of her Father  
Yvonne Friedland on the loss of her father

### Get Well to -

Albert Moss after surgery  
Lauren Baram after her recent illness  
Barry Schechter after his surgery  
Addison Schonland after his recent illness  
Bernice Borok after her recent illness  
Sydney Kahn

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## SOUTH AFRICAN SCENE

Naomi Rudick

A recurring theme on the South African scene over the past few months has been a lament over the "brain drain" from the country's shores. It has been directed mainly at doctors who have left, or are leaving South Africa, but includes also other emigrating professionals. The first indication of this worry appeared late November in a small, low-key news item which reported that the government was entertaining the idea of enlisting Cuban teachers to ease the severe shortage of science and mathematics teachers. At the same time the Health Minister, Nkosazana Zuma, announced on her return from a visit to Cuba that she had concluded an agreement with Cuba to send 200 doctors to South Africa early this year. The doctors will be on 1 year contracts, extendable to 3 years, and will work mostly in rural areas where the shortage of doctors is most acute, for example, KwaZulu Natal. Cuba has a surplus of doctors and is happy to have them absorbed via this deal.

Late December, an article "SA's best, brightest go elsewhere" focused on 6 countries (Britain, USA, Canada, Australia, Israel, and New Zealand) in which South Africans have become top earners. Adam Teeger of "The Star & SA Times International" in London said that "the vast majority of S.A. emigrants had tertiary educations and were highly regarded for their work ethic, reliability and training".

By early January a news headline shouted "Hands off our doctors!". South Africa was appealing through formal and

diplomatic channels "to stem the brain drain - particularly the loss of doctors". The health minister instructed South African diplomats in London "to appeal to the British health authorities to stop poaching S.A. doctors", and asked the High Commissioner in London to talk to Britain's National Health Service. Vice-chancellor, Mamphela Ramphele, of the University of Cape Town appealed to Australian universities to convince South African students to return home. The loss of thousands of doctors has forced the government to allow more than 4,000 foreign doctors into the country.

Associated with the brain drain are articles about the wave of emigration. Emigration peaked between 1985 and 1987, then dropped to its lowest level in 1992, but is now rising fast again. During December the Board of Jewish Education's official figure for pupils leaving King David Schools (Linksfield and Victory Park) to emigrate was 77 (which represents 36 families). The emigrant families believe that the figure is really much higher. One emigrant said, "None of us are leaving because we don't want to be here. We all love this country but crime has become unbearable". These sentiments were echoed by others, one of whom spoke of "14 weeks of terror" (2 armed robberies and a car hijacking), while another explained, "I am leaving all our luxuries behind, just so I can live without security gates, and my kids can be safe when they ride their bicycles outside".

In other news - during November former Defence Minister, Magnus Malan, and 10 former colleagues were officially arrested and charged with murder in the Durban Regional Court. The charges relate to the January 1987 killings of 13

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