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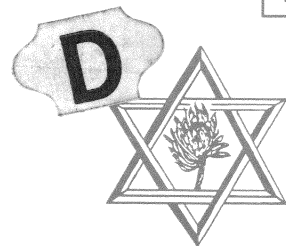
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## SAJAC

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## Newcomers:

Please advise Shelley Sass at 689-2310 or Joan Wasserman 793-8985 if you hear of any newcomers to San Diego, so that a welcome can be arranged.

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Please advise Felicia Belcher 552-1185 or Merle Datnow 456-1046 if you hear of anyone requiring meals or help due to illness or tragedy.

## Membership:

Please call Ruth Schorr 454-2261, Ilana Acks 793-5361 or Daniella Lewis 546-0887 for information about SAJAC Membership.



## SAJAC REPORTER

THE PUBLICATION OF THE SOUTH AFRICAN JEWISH AMERICAN COMMUNITY OF SAN DIEGO

Volume 3, No. 4

CELIA LEVY

SPRING 1997



### PRESIDENT'S ADDRESS

Judaism is a tradition that strongly discourages ostentation, yet Pesach is one of the few holidays where Rabbinic tradition recommends that we use all our finest tableware, even those items that are purely decorative. The reason for this is to commemorate our national freedom. As ex-South Africans, we have sought freedom, too, albeit that our search was not of the magnitude of wandering in the desert for 40 years! But this has still been a difficult transition for most of us: we have left behind beloved family and friends or we may be finding the employment conditions in Southern California less than welcoming. This provides those of us in a position to help: with moral support, job offers or information, an opportunity to perform a mitzvah. Helping each other has been the key to our suNival which has always been threatened.

Both Pesach and Spring are times of rebirth so it is fitting for us to have a "new look" Sajac Reporter for this issue. We hope that you enjoy our new format and welcome your contributions. Our quarterly magazine is a communication channel, helping us to stay in touch with what is happening in our growing community. We want our Reporter to reflect the successes, interesting activities and diverse interests within our community so please supply us with news of members' achievements, information for our Personal Announcements as well as short articles, photographs or anything else that you think may be of interest.

Chag Sameach to you and your families!



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## SAJAC NEW COMERS PASSOVER EDITION 1997

PAMELA NATHAN

Raoul and Tracy Karp joined the San Diegan community 6 months ago. Raoul is originally from Pretoria. He went to graduate school in Houston and was in San Francisco working as a structural engineer for the past 5 years. Now he is working with a software engineering company in Carlsbad. Tracy is from the Big Apple. She is currently completing a dissertation for her Ph.D. She loves doing ceramics and roller blading.

Aubrey and Sheree Meyerowitz and their family have recently relocated to San Diego. Aubrey is originally from Krugersdorp and Sheree was from Johannesburg. Aubrey is Director of International Sales and Marketing for Eco Soil Systems in Rancho Bernardo. They supply naturally occurring bacteria to golf courses to prevent diseases appearing on the turf. Sheree is an elementary school teacher. She also teaches ballet and Spanish Dance. They have three children: Laurence (16) who is at Torrey Pines High and loves playing golf. Kim (13) is attending Earl Warren School. Her interest is in dance and drama. She is also available for baby sitting. Russell (10) is at Solana Highlands. His interest is in sports and wrestling.

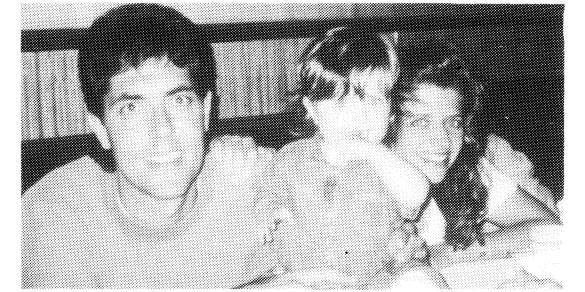


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Mark Goodman also married an American. Her name is Sheryl and she is from Covina, California. They have a one year old little girl, Talia, who is taking up most of Sheryl's time at the moment. Mark is originally from Pretoria and is the brother of Susan, who has been living here for some time. Mark is involved selling fitness equipment and has a store on Miramar Rd called Fitness Direct.

Max and Ray Saloner first came to California in 1989. At that time they settled in the Bay area where they have two sons. They relocated to San Diego in November where their third son, Allen and his wife Rochelle live. They are happy that their two married grandchildren live in Irvine so they are close by. Ray likes to play kaluki and Max plays any cards game, including bridge. Give them a call if you need an extra hand at 457-3860.



Eli Abramowitz is 37 and an eligible bachelor. He was born and raised in Cape Town. With a background in accounting and auditing, he branched out into real estate. He sold 426 properties in 6 years! Currently he is working as controller of two companies whose head office is in Chula Vista. He enjoys socializing and writing poetry. He's looking forward to settling down in San Diego, meeting locals and taking a more active role in the community. If you have a 'shayna meidel' to introduce him to, please call him.

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## THE HIDDEN MYSTERIES OF AMERICA'S SCENIC TRAIN JOURNEYS

BY AUDREY HUTCHINSON — 18th OCTOBER, 1996

Train travel in the United States is a much undervalued resource. The motor car has made it inexpensive, safe, flexible and accessible to travel in America. However, there are certain pleasures in life, where one would like to be indulged, pampered a little, and to leave the driving to someone else, whilst enjoying incomparable vistas and scenery along the way.

South Africa had an excellent train service, characterized in the true British tradition from the days of the Empire. As I child, I relished the sleeping compartments, early morning sweetened coffee (it tasted so delicious!) delivered in your compartment by a man dressed in a tuxedo with a brusque South African accent, and those wonderful silver service meals in the dining room. No meal could be complete without the hot, steamed Diplomat pudding with lashings of delicious custard. Those were the good old days!

I was persuaded to travel on the California Zephyr from San Francisco to Denver, and to experience the country's best scenery through the American Rockies. The trip is roughly a 36 hour trip, sleeping over one night on the train.

I was surprised by the immense size of the train and the sophisticated equipment used on this rather unprofitable passenger service. The trains are built in America, using only the finest equipment and providing extremely comfortable accommodation. The sleeping cars are two stories high with well appointed compartments. They tend to be small, comfortable and quite private. The washroom facilities and showers are abundant and spacious. The train is immaculately kept at all times by the Conductor manning each particular carriage.

One of the features is the Dome Car with swivel chairs that allows one to view scenery from all sides. It adds tremendously to viewing panoramic and spectacular scenery and for taking photographs. If you are lucky, you could find yourself next to an interesting train buff, who will fill you with mind-boggling statistical information, or a highly interesting foreigner, of which there are so many, who travel these special trains of America. If you are extremely *unlucky*, you could be joining the jolly *"hoi polloi"* unintentionally, who never stop talking very noisily.

Amtrak has designed special routes to take advantage of the scenery. The trains have such delicious names come to mind like the "Coast Starlight", the "Empire Builder", "Desert Wind", "The Pioneer", "Maple Leaf", or "Southwest Chief". Make sure that you take these trains during the right times, so as to avoid going through all the good scenery at night. Unfortunately the booking clerks at Amtrak are not *"au fait"* with these various idiosyncrasies.

The train driver was excited to show me his machine during a photo opportunity, when I told him I was writing this piece about "The Zephyr". He was busy poking something mysteriously when I caught him unexpectedly at a stop.

Although he was not supposed to show me the engine room, I found myself climbing the rails into a cab about 3 stories high. There were 3 computers with various pieces of high tech equipment. The steering mechanism seemed to be auto-

matic, but a set of levers appeared to control the train from the driver's seat. There are 2 drivers in the cab and they share two hourly shifts and have to keep a hawkish eye on the tracks all the time. It is a job involving a lot of concentration, but he felt he was in an enviable position to have real job satisfaction. He mentioned that the huge silver engine car cost \$2.3 million dollars to build, weighed a couple of tons and had 4000 horsepower (whatever that may mean). It all seemed impressive — rather bigger and better — as they say here in America! He did say they were not able to compete with Europe in respect of speed because of vast distances in the country and the ridership which, in real terms, is unprofitable and negligible. These trains have a capability of 130 miles per hour but usually travel at 40 - 50 miles per hour because of the undulating, rugged terrain. When traveling in the Colorado Rocks, however, they slow down to a mere 25 miles per hour.

We left San Francisco in the early hours of the morning and travelled through lush and beautiful mountain wilderness in the High Sierra Mountain Range through the mile-high Donner Pass, from Sacramento to Nevada. Reno was a 'whistle stop' with its glaring, flickering neon signs beckoning to the would-be gamblers. The mountain ranges were covered in exquisite greenery and pine trees everywhere.

The next and most beautiful part — 'the raison d'être' was spent between Glenwood Springs and Denver itself, into the heart of the American Rockies. Here you will experience the world's best in breathtaking views, 50 tunnels and a real engineering feat belonging to those pioneering years in the 20's. The train reaches dizzying heights of about 12000 feet, tons of rock formation of colours varying between pale beige and deep hues of purplish reds. The Colorado River, in its enormity, snakes its way along the mountains and the Colorado rapids can be seen virtually all along the way to Denver. We were lucky to experience the Fall colours just turning gold in the sunlight. There were beautiful farms along the way, National Parks comparable to those of Yosemite and Yellowstone Park; exquisite rock formations and vistas of unimaginable beauty for at least 200 miles. The whole trip takes about 8 hours from Glenwood Springs to Denver. Fortunately,

on this occasion, the slowness of the train allowed one to absorb all of its beauty.

We were extremely lucky with the weather being in the 80's. As we disembarked in Denver and spent the night there, we made preparations for our return on the "Desert Wind" back to San Diego the next day.

For the most part, the 'Desert Wind' followed the route from Denver to Glenwood and there was a pleasing repetition on the way back so you could catch up on some of the bits of scenery that you might have missed. The rest of the trip was monotonous, as the huge silver train streaked across another 1000 miles of vast and empty dessert country, Las Vegas and on to Los Angeles.

It was a good time to catch up on one's reading! Suggested books should include of course: 'Kant's Various Critiques, Plato's Early Dialogues, Wittgenstein's Tractatus Logico-Philosophicus, Homer's The Iliad, or perhaps Einstein's Theory of Relativity' — which allows plenty of time for serious contemplation.

If you are a 'gourmet' don't expect too much from the dining car — To avoid disappointment, supplement your food with fresh fruit and your own gourmet incidentals. Another suggestion — a couple of good bottles of Scotch, some good Cabernet Sauvignon — and some romance to while away the boring bits if you are not too 'trained out'.



## MAZELTOV TO:

We welcome new members since our Directory Publication:

Martin & Barbara Gluck  
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13535 Jadestone Way  
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Jeff Sacks  
209 Westbourne  
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794-8198

459-8085  
Leigh 17, Nick 15

Max & Rachel Saloner  
(Aronowitz)  
7655 Palmilla Drive #4412  
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457-3860

Terry Wasserman on her engagement to Mark Baum  
Len & Joan Wasserman on the engagement of their daughter Terry to Mark

Aliza Lyons on her engagement to Jason Bender  
Harvey & Annie Lyons on the engagement of their daughter Aliza to Jason

Steven & Brenda Abelkop on Julia's Batmitzvah  
Percy & Selma Abelkop on their Granddaughter Julia's Batmitzvah  
Julian & Beryl Frank on Carl's Batmitzvah

Naomi Aires on her Granddaughter Carl's Batmitzvah  
Robert & Andrea Furman on Danny's Barmitzvah

Gadi & Gill Hoffman on Gilad's Barmitzvah  
Ellis & Karen Bloch on Danielle's Batmitzvah  
Irwin & Naomi Rudick on their Granddaughter Danielle's Batmitzvah

Arthur & Peta Klitofsky on Wayne's Barmitzvah  
Fane & Linda Robinson on Garron's Barmitzvah

Hugo & Joan Behrend on their Grandson Garron's Barmitzvah  
Alan & Ricky Binder on Warren's Barmitzvah

Steven & Robyn Goldberg on the birth of their son Daniel  
Norman & Sylvia Rosenberg on the birth of their Grandson Daniel  
Byron & Beverley Burland on the birth of their daughter

Norman & Heather Sarkin on the birth of their Grandson in Israel  
Roy & Carol Abramowitz on the birth of their Grandson  
Ivor & Edith Friedman on the engagement of their daughter Mayley

Gerald & Diane Solomon on the engagement of their grand-daughter Mayley

## GET WELL TO:

Michael Lurie on his recent surgery

Greg First on his recent illness

Joshua Smulowitz on his recent illness

Warren Frank on his recent accident

## DEEPEST SYMPATHY TO:

Steven Goldberg on the loss of his father

Brian Berger on the loss of his father

Andrea Hermer on the loss of her mother Freda Smith

Sheryl Rabinowitz on the loss of her Grandmother

Sylvia Schmahmann on the loss of her sister

## CONGRATULATIONS TO:

Norman Sarkin who had a Hole-in-One on Friday the 22<sup>nd</sup> February at  
Coronado Golf Club - Hole #5

## Is The Grass Always Greener?

Hundreds of thousands of South Africans have gone abroad in search of greener pastures in the past ten years. For most, the relocation was successful, but it wasn't easy. That's what the magazine *Finansies en Tegniek* found when they asked South Africans to complete a questionnaire they circulated worldwide on the Internet . . . .

For Cliff Matheson the writing was on the wall in 1986 when he packed up and moved from South Africa to America. Years later he's still in Washington and still feels homesick. But life has been good to him in America and he's not about to give it all up.

Hjalmar Gerber puts it in stronger terms. In 1981 he left for Edmonton in Canada where he's spent the past 15 years doing the same work he would have done in South Africa, but with a standard of living he could only have dreamt of there. He and his family are as happy as pigs in Palestine, he writes.

These two are among numerous South Africans who replied to a questionnaire on the Internet about how they were faring abroad. The questionnaire was compiled by the magazine *Finansies en Tegniek*.

Judging by the reaction, it seems South Africans abroad are doing well. They are apparently regarded as hardworking, competent and honest, and there are many success stories.

In Silicon Valley, California, Conrad Theron has managed to carve himself a niche in the highly competitive computer industry after years of struggle. Now he is practically famous for his programming and computer designs, products and training. He feels he's reached the top of his career ladder and now sets the pace for competitors.

Joel Linton left Sandton in 1992 for Illinois in America because he and his family could no longer endure the crime. In South Africa he was an active member of the Democratic Party, but eventually his courage failed him. He still misses the country of his birth and reckons it will take five years to get South Africa out of one's mind.

But his career in marketing and advertising has taken off. His standard of living compares well with what he had in Sandton - and there's no crime in Illinois.

Former Capetonian Onne van der Wal of Rhode Island, America, spent a few years sailing around the world before specializing in yachting photography. Now he's one of the world's best and runs a successful photographic agency. But he still misses the West Coast north of Saldanha.

Former CSIR researcher Magdalene Theron moved to Florida with her four sons and battled at first to find a job. Now she's a project manger, but the most important thing is her sons have found good jobs.

Many of the successful programmers and people with their own computer businesses who responded say they've succeeded thanks to good qualifications, experience, luck, contacts and perseverance.

Yet some of them struggled for months to get anywhere. Some had qualifications that weren't recognized in their new

homeland and had to study from scratch, write exams or change careers.

Nobody knows how many South Africans are still battling to get on their feet. Several people who replied to the questionnaire said they knew of such people.

Some were so homesick they returned only to find it was no longer the South Africa of their dreams. They left again.

In the past decade or so, hundreds of thousands of South Africans have left the country - possibly more than half a million, including those who had foreign passports.

In the '80's apartheid, terrorism and fear of an ANC takeover were the main reasons for emigration. In the '90's uncertainty about the future, crime, lack of employment opportunities, poor government and collapsing services are making people pack their bags.

Officially 1,000 people a month are now leaving the country. In reality there are many more because a large number leave without stating they won't return. Young people especially go overseas to study or on holiday and decide to stay there.

Somebody in Los Angeles writes there are enough South Africans to form their own suburb. And an ex-South African in Toronto reckons there are nearly 50,000 South Africans in that city. In Vancouver on the West Coast of Canada, a Du Toit family rents rooms to South Africans. They're fully booked.

Many members of the Jewish and Greek communities in South Africa have left in the last few years. And prominent businessmen are increasing their business interests overseas and spending more time there, amounting to gradual emigration.

F&T drew up the questionnaire with the help of the CSIR and placed it on the Internet. Of the 160 people who responded some went into detail about their experiences.

The answers provide a good picture of how they're doing, although it's probably not a general indication of all emigrants because access to the Internet is limited to those who have access to computers. About 20 percent of all replies were from people in the computer industry.

If any of them had been under the illusion it was just a matter of packing up and going; they now know emigration shouldn't be undertaken lightly. You find yourself in a different culture with another language or accent, strange customs and people who know little or nothing about South Africa.

Although you start feeling at home as time goes by, in many ways you remain a stranger. As one writer put it: an eternal tourist.

Most South Africans say they're happy, but immediately add they still have regular holidays in South Africa to visit relatives and enjoy sunshine, cricket, rugby, braaivleis, biltong and Castle.

Their standard of living is higher than in South Africa, but they have to work a lot harder.

Children soon adapt. Married women don't find it so easy because it's difficult to get a work permit in a country such as America, which means they can no longer earn an independen-

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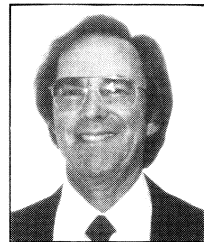


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**What Is  
A Dead Raccoon?**

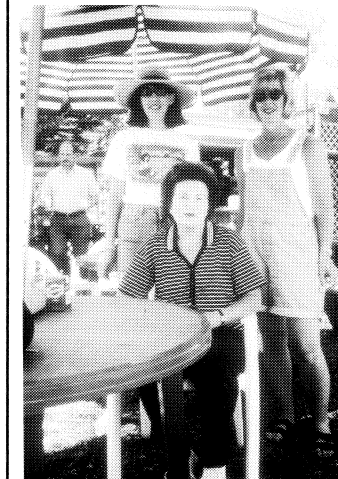
Strolling by the roadside,  
Last Sunday afternoon,  
I saw ahead a mass of fur,  
Then I drew close and lying there  
I saw a large raccoon.  
It looked well-fed,  
But it was dead.

I stopped a passing fellow by the arm  
And as he pulled away I said:  
"Look, this raccoon is dead."  
"That's strange," he said, "it looks well-fed."  
Well, so it did, but on its head  
The tread marks deep and coloured red  
Left not much to be said.  
And neither did they leave much head.

So who can tell which car,  
Once here, now gone and far  
Was, unleashed by some reveller,  
Of this poor heap the leveller.  
But this October cold  
Does not afford much time  
To guess or muse or rhyme;  
The dead raccoon is left behind.

That night,  
Lured into the street  
By the blotched face of the moon,  
I heard a splutter  
From the gutter  
And turned to see raccoon  
After raccoon marching forth  
In one unending living hearse.  
And, upon my feet,  
They heaped their lifeless load.

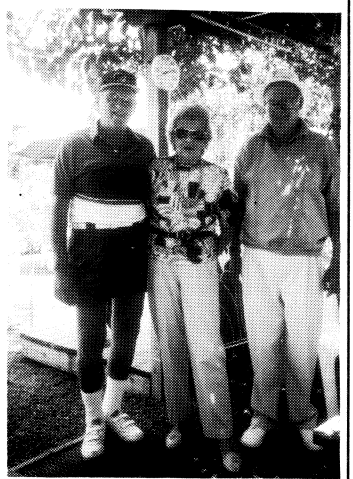
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Albert Moss, Charlotte Kassar, Lou Levinson



Mingling

**Singles Event**



Dave Hastings with two friends



Michelle Odes, Craig Ballen, Syd Israel with friend.



Geoff Phillips mingling with friends

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Norman is a member of the MDRT's 10996 honor roll, in recognition of his consistently excellent sales performance. The MDRT is an international association of nearly 19,000 high performers; only 6% of life underwriters are members. Norman qualified for membership in his first year in the life insurance business. He is also a member of the Court of the Table, an achievement attained by no more than 11% of MDRT members. In a recent interview, Norman acknowledged that these achievements indicate that "you're accepted by your peers as one of the top achievers in the industry".

The story of his success has an interesting beginning. When his father passed away, leaving no insurance to take care of his family, Norman was forced to leave university to support his

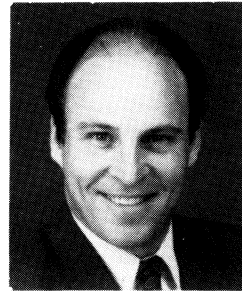
mother and brother. With each salary raise, Norman bought additional life cover, having learnt the hard way, that there would be no-one to take care of his mother if he wasn't able. Eventually, the agent from whom he kept buying the insurance suggested that Norman go into the life insurance business since he clearly believed so strongly in the product. He attributes his success to being a "people person".

He sees selling life insurance as both a science and an art. "The art is in the selling. The science is in understanding the laws".

His advice to a young person wanting a career in the life insurance business: get a financial degree and then the Chartered Life Underwriter degree.

And his advice to those of us consumers is "never look for bargains when it comes to brain surgeons, parachutes or life insurance".

Well done, Norman!



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dent salary overseas.

The emigrants wrote of wonderful opportunities offered by their new homelands. They say crime isn't a problem, especially outside the big cities. You can leave your car unlocked and losing your front door key is no big deal. The police do little apart from directing traffic and helping tourists.

But you have to be prepared to start all over. You'll battle to get the right job and will have to take anything you can get. The schools aren't always of a high standard and without courage and perseverance you won't stand much chance.

About 60 per cent of respondents recommended emigration, but emphasized that theirs was a 'personal decision'.

Nobody can tell you if you'll be a good candidate for emigration. No matter where you move, you won't know what lies in store and you'll have no idea how the yearning for friends and familiar things might affect you.

Prospective emigrants are advised to take a good look around and visit the place they want to move to. It's advisable to build up contacts first and try to secure a job in advance.

Make sure the whole family is in agreement about your plans and be prepared for disappointments, set-backs and big adjustments. People who don't adapt easily, are critical and compare everything with South Africa. They will never be happy in a foreign country. Some of them return, only to be dissatisfied once again. They become constant travelers on their way to nowhere.

"Emigrate when you're young and adaptable, otherwise don't go," emigrants advised. You'd only risk making yourself, your family and the loved ones who remain behind unhappy.

Most of the emigrants say they won't be returning. But if things in South Africa change - if crime is brought under control and more job opportunities are created - they'll rethink their plans.

\*(REPRINTED FROM: YOU MAGAZINE, NOV. 14, 1996)

**UNDER CLOSE SCRUTINY**

by Gerald Kane

During my penultimate year of study at medical school I was attracted to a most charming girl who was in her final year of study at the school of pharmacy. Until she qualified, Sylvia and I met infrequently. Later we met often and it soon became apparent that our relationship was serious. As a consequence, I was invited to meet her large family who resided in the country village where she was born and raised.

Having already been made acquainted with the names of uncles, aunts and cousins, both near and distant, that I was sure to meet, I looked forward to putting a face to the names.

One major problem demanded prior attention. Of the plethora of aunts, most were considered affable and well liked; less than a handful were less popular. It would be useful to me if, during the act of introduction, I could somehow be made aware of how that aunt was categorized; Liked or otherwise? We decided on an indicator. Sylvia would introduce me in such a way that her right hand would indicate the person I was meeting. I was however, to gaze obliquely at the left hand held at her side. When introducing me to a favored aunt, Sylvia would make a circle by opposing the tips of left thumb and index fingers. A less favored aunt was signaled with index and middle digits overlapping.

The stage was set.

As anticipated, most aunts were introduced by Sylvia with the fingers of the left hand making a circle. As aunt Theresa was being introduced I spotted them crossed.

Informal chit-chat followed. Through the corner of my eye I spotted aunt Theresa elbowing her way towards me. I was forthwith presented with a "Refusal Not Allowed" invitation to coffee the following afternoon. Sylvia winked at me confirming that I was under close scrutiny.

It must be conceded that I found the afternoon coffee interlude with aunt Theresa most enjoyable. She was a charming hostess; we had widespread topics of discussion in which there was little disagreement. I sensed that I had made a "Hit". This was confirmed when, on leaving her apartment, she embraced me and said "If anything comes of your relationship with Sylvia, you will be my favorite nephew".

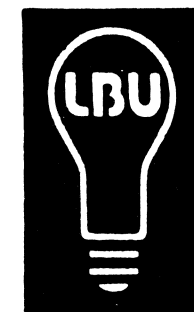
An oil strike with the first drill! This was beyond expectation. I questioned Sylvia's assessment of aunt Theresa. To me she was charming to the n'th degree.

On returning to Sylvia's home I was met by her mother and told that aunt Theresa had called soon after I had left her home and that I had been graded. What was her grading of me?

"Sylvia can do much better!"

The accuracy of this assessment I neither doubted nor contested. Sylvia was an educated, stunningly beautiful girl with the bluest of eyes. Dark haired, she was tall and slim. Her good nature and happy disposition enhanced her exquisite beauty. What disturbed me was aunt Theresa's duplicity having just informed me that I was to be her favorite nephew.

Eighteen months later, having qualified as a medical doctor, Sylvia and I married. Our wedding gift from aunt Theresa was a cuckoo clock. On every hour I was to be reminded of her by the cuckoo's appearance. Its sound was pleasant; I never trusted its time.



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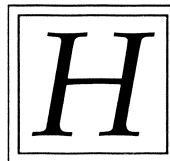
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• In April Cahora Bassa will once again start delivering electricity supplies. The supplies were interrupted for 12 years by war.

• Zimbabwe has a "lost Jewish tribe", numbering about 5,000, who claim they descend from Abraham. The men wear "yarmulkes" (skullcaps), the Star of David round their necks, and a "tallit" (prayer shawl). The women sit separately in the tabernacle. None of the community has more than a smattering of Hebrew. Their leader is Rabbi Ambros Makuwaza, who says they are one of the lost tribes of Israel. Few have been circumcised, and many have been converted to Christianity. They greet each other with the word "Shalom".

• "Dressing down" is "in" in South Africa, and President Mandela has set the trend. Business executives are starting to dress casually, with Sanlam being most progressive - senior manager, Hennie van Heerden, who wore suits for 26 years has not worn one since 1995.

• National Party leader, F.W. de Klerk will be appearing on the lucrative US lecture circuit, together with the likes of Christopher Reeve, Whoopi Goldberg, and Lea Rabin. Tickets for 4 lectures are said to be price at \$225 per person.

• Former Judge President of the Transvaal Supreme Court and retired Appeal Court Judge, Mr. Justice Petrus Malan Cillie died at age 81. He headed the inquiry into the 1976 Soweto riots.

• Ismail Mahomed, South Africa's most senior black legal practitioner, and famous in the courts for his defense of members of the ANC and his stand against discrimination on grounds of color, is South Africa's new Chief Justice.

• Conservative Pretoria has a new mayor, a black woman, Nombuyiselo Joyce Ngele. Surprisingly she was voted in by the right-wing Freedom Front who preferred having a black woman mayor to a white male Afrikaner who happened to be a Nat! Ngele is divorced, has a standard 9 education, likes rugby, samp and meat, and her favorite book is the Bible. Part of the anti-apartheid struggle since the early 70s, she is now on the committee to change street names - to make sure Afrikaner names go.

• Cyril Ramaphosa, of trade union fame, and former ANC Secretary General, has turned his back on politics and entered the financial world. He was appointed deputy executive chairman of New Africa Investments, and lately has joined the board of First National Bank and South African Breweries.

• Actor and theater personality, Joe Stewardson, died in January at the age of 70. Once described as "the best English-speaking actor in South Africa", his stage career spanned 50 years.

• Former president of Bophuthatswana, Lucas Mangope, was due to appear in a Mafikeng court in February to face 200 charges of theft, fraud, and exchange control regulations.

• Donald Woods, editor of the Daily Dispatch in East London until 1977, is back in South Africa after 20 years in exile. He fled South Africa "after exposing the death in custody of Black Consciousness leader Steve Biko".

• The romance between Nelson Mandela and Graca Machel continues to blossom. Their current arrangement is for Graca to spend 2 weeks of every month at

Mandela's Johannesburg home. But according to the newspaper, The Sowetan, "Mandela has to set an example to couples in South Africa and marry Machel. We cannot have the president living in something of a 'vat-en-sit' relationship".

## Attention Kids: Learn About Credit Now to Help You Later

Do you ever wonder what happens when an adult pays for something with a credit card? You may have seen your mom or dad use credit cards to buy household items or groceries. Just like money helps you buy things, credit cards allow you to buy things now and pay for them later.

Say you want a \$60 video game. You could borrow the money from your parents to get the game now, and promise to repay it later. You would need to make payments until it is all paid off. That's how credit cards work. With credit cards, you borrow money from a credit card company, and they send you a bill at the end of the month showing everything you have bought with your card plus interest. Interest is extra money that you must pay just for using your credit card. Think of interest as renting money. The more you buy on your card, the more interest you will have to pay. Also, you must pay your bill on time. If not, you will pay penalties. It will make it hard for you later if you want a car, a house or even more credit cards.

Credit cards are used when you don't want to go to the bank for cash and don't want to write a check. It is an agreement to pay back what you have borrowed. Also, it's important to know that credit cards have a limit of what you can spend. If your credit card has a \$500 limit, you can't use it to buy something that cost \$700. Credit cards have limits so that you won't spend too much, and become unable to pay it back.

Now, let's talk about the difference between credit cards and ATM cards or checks. ATM cards and checks let you pay for your items right away. The amount that you spend is automatically subtracted out of your checking account at the bank. With credit cards, you are just borrowing the money to pay for your purchases and you will pay it back later.

The best thing that you can do it to ask a lot of questions about credit from the adults around you. Another thing in to be "smart" with the money that you have now from allowances and gifts. If you're "money smart" now, you have a greater chance of getting your own credit cards some day. And the best thing is--you'll know how to use them properly!

This article was provided by Consumer Credit Counselors, a not for profit organization, providing financial education, money management counseling, and repayment programs dedicated to improving individual and family financial security and quality of life.

All of their counseling and education services are free of charge. They offer monthly adult education programs as well as programs for kids.

For more information, please contact Gabriella Lopez, Education Director, at (619) 497-0200 ext. 26.



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

- The flames of violence and unrest in Rwanda are being fanned by illegal shipments of South African weapons "brokered by former apartheid intelligence agents and officials".
- Mmabatho, the North Western provincial capital, has been renamed "Mafikeng".
- South Africa has severed diplomatic ties with long-time trading partner, Taiwan, in favor of allegiance to China. China offers greater economic opportunities for South Africa.
- In December Mandela chastised black business leaders for their tardiness, and said their inefficiency was hampering his efforts. He said that when he tried to telephone black businessmen "the phone rings and rings and nobody answers ... Therefore, it would appear I'm consulting only whites" (who do answer their phones). "I phone Oppenheimer and I find him", he said. His criticism of white businessmen was that many of them engaged in economic sabotage overseas, saying the country was "a banana republic".
- Farmers in the Northern and North-West provinces are fed up with the S.A. Police' slow response to the constant attacks they suffer, and have been told by the President of the Transvaal Agricultural Union to "shoot to kill". Feeling under siege, the farmers have set up self-defense units and armed patrols in Saracen armored vehicles (bought at a Defense Force auction). One said that sometimes they can't help but admire PAGAD for their vigilante efforts. This high attack rate applies also to the Free State and KwaZulu-Natal midlands.

**A POEM WRITTEN AFTER ATTENDING A SAJAC NEWCOMER'S WELCOME**

*Eli Abramowitz*

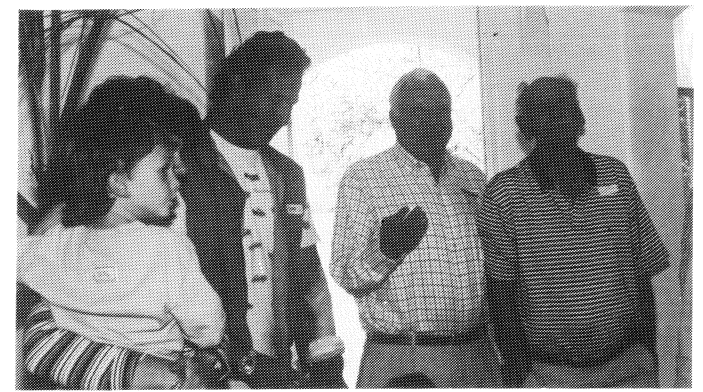
From far and wide we've come,  
 in search of warmth and sun.  
 Some with husband or wife,  
 all with the purpose of finding a better life.

So we gather together to gesels and chat,  
 about this and that.

And reminisce about "die goeie ou dae tuis"  
 in ons ou land, by die huis.  
 When braaivleis and rugby was our pride,  
 in the days before it was time to recede with the tide.

So now we have "a plek om by mekaar to kom"  
 to chat, compare notes and "brom".  
 And feel the togetherness "fhun der haime",  
 from South Africa, the land from whence we came.

To discuss the "tsores" and those left behind,  
 and our anguish at them, being so blind!  
 Here we find the understanding of our "landsleits" community,  
 as we strive to build up our local unity.



*L to R - Joshua Gaylis (held by mom Merle), Steve Schraibman (our host), Harold Shapiro & Norman Rosenberg*



*Felicia Belcher & Ruth Schorr*



*Renee Frank & Pam Nathan*



*L to R - Ray Saloner, Sarah Troki, Steven & Sharon Tradonsky, Mark Friedman*



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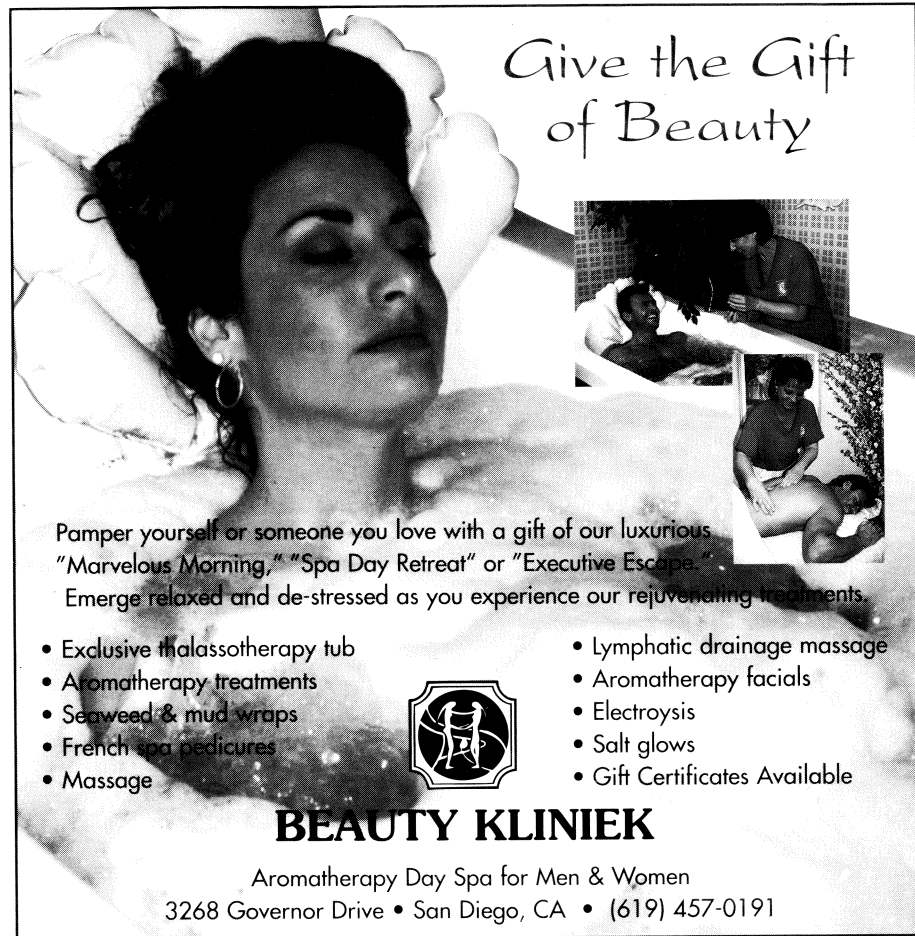
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**S.A. SCENE**

By Naomi Rudick

• Topping the news on the South African scene in the past few months were the revelations in the Pretoria Supreme Court by Eugene de Kock, a member of the South African Police during the apartheid regime, who described himself as having been the state's leading assassin. Speaking in mitigation of sentence (after he had been found guilty of 6 murders, 2 conspiracies to murder, and various other crimes) he said that "South Africa's array of hit squads made Cuban revolutionary Che Guevara look like Mickey Mouse". De Kock told of having been a member of the C-10 counter-insurgency unit, known as "die slagarm van die mag" (strike arm of the police force) - its purpose being "to hunt down and eliminate members of the ANC and PAC". He named senior government officials, police, and military officers who had ordered him and his unit to kill and maim people in Swaziland, South Africa and Lesotho. First-named was former president P.W. Botha, who he said had been chairman of the Security Council when hit squads from Vlakplaas were activated. Other names given included Louis le Grange (Police Minister at that time) who, after a Swaziland raid had awarded de Kock the Police Star exemplary service; as well as former South African Police Commissioners, Generals Mike Geldenhuys, Johan Coetzee, and Johan van der Merwe. More of those named were the then heads of Security, the National Intelligence Service, the Commercial branch, and various members of the Security Police and Border Control units. On two separate occasions, de Kock and his comrades had been decorated for cross-border raids into Lesotho and Swaziland. Disturbingly, he hinted that the high level of crime in the country was linked to the fact that many apartheid-era operatives had found themselves without means of making a living when the new democracy was born.

• The Truth and Reconciliation Commission (TRC), in its quest for a national catharsis of crimes during the days of apartheid (so that the country's peoples may reconcile and move forward), is urging those on both sides of the political struggle who are thought to have broken the law, to come forward and confess in the hope of being pardoned. One of those pardoned is Brian Mitchell (for his part in the massacre of 11 people at Trust Feed). Mitchell was freed after serving 4 years of a 30-year prison sentence because the TRC found that "he had acted within the course and scope of his duties" in the South African Police. Former Conservative Party MP, Koos Botha, was pardoned for the bombing of Hillview School in Pretoria, Cosatu House (Pretoria), and the Krugersdorp and Verwoerdburg post offices. Three members of Boerekommando were pardoned for bombings of the Melkriver School in Nylstroom and

the Perdekop School in Volksrust. And the list goes on .... The announcement came late December hat current Defense Minister, Joe Modise and his deputy, Ronnie Kasrils, Security Minister, Sydney Mufamadi, and Post and Telecommunications Minister, Jay Naidoo would all be presenting amnesty applications. In February the five security policemen allegedly responsible for torturing and causing the death of Steve Biko while interrogating him, were also applying for amnesty. Hearings on the Biko affair will present the TRC with its greatest test. Former president P.W. Botha, "die ou krokodil" said he is willing to cooperate with the TRC, but that he had nothing to confess and was "not guilty of any offense for which he should either apologize or seek amnesty". However, he would do all in his power to persuade former cabinet colleagues to cooperate with the commission.

• Another high news-profile is that of a Muslim-based vigilante movement, PAGAD (People Against Gangsterism and Drugs). The movement was formed in Cape Town to fight crime, as police seem unable to do so. In December, President Mandela threatened to block PAGAD as they had "overstepped the limits" in their demonstrations, and were scaring off tourists. At the time that Mandela made this statement PAGAD had sought permission to "march in public with guns and with their faces masked in Palestinian-style scarves". That same week PAGAD supporters, some masked, went on the rampage outside Cape Town's International airport where they had massed to protest drugs entering the country through customs' points. Two policemen and one journalist were hurt, while tourists and vacationers were terrified. On this occasion, after an inflammatory speech by their leader, there were scuffles with the police who were pelted with stones, pieces of concrete, bottles, and planks. The police were forced to retaliate with teargas and rubber bullets. Police investigations involving PAGAD are proceeding in more than 50 cases, one of which is the petrol-bombing of a Woodstock house owned by a suspected drug dealer. In January PAGAD was condemned for its "abhorrent behavior" by the Western Cape's leading Muslim clergy, angry over the assault by PAGAD (in a mosque) on Sheik Mogammad Moerat and his family while they were at prayer. The Muslim clergy had initially supported the movement. A further, and amazing, development is the Pan Africanist Congress' (PAC) open show of solidarity with PAGAD, especially when the two movements met to discuss their common objectives. Also, high ranking members of the PAC attended the bail hearing in Belville of a PAGAD leader who faces 7 charges, including 2 counts of attempted murder. This liaison of the PAC and PAGAD could affect the balance of power in the Western Cape.

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## THE MEANING OF PASSOVER

*Rabbi Jonathan A. Stein*

Passover is the most universally observed Jewish holiday. According to any number of studies, more Jews participate in a *seder*, eat *matzah*, or mark *Pesach* in some way, than any other Jewish festival - more than observe *Shabbat*, more than attend synagogue on *Kol Nidre*, more than light Chanukah candles.

Family certainly plays an important role in Passover's centrality to Jewish life. The fact that we gather in our homes, with extended family and friends, as well as offer hospitality to newcomers and non-Jews, is a charming part of the holiday's appeal. For many Jews, *Pesach* is as much a time for family reunion as it is for religious celebration. Childhood memories of *sedarim* long past, of unique family customs and traditions, of grandparents and great-uncles who lead the seemingly endless service which we strive to emulate as adults—all these wonderful memories add continuity and nostalgia to our gathering. In this way *Pesach* nourishes our Jewish identities as does no other time of the year.

History also plays a role in Passover's importance. *Pesach* is one of the oldest Holy Days in our calendar. Several of the traditional symbols and observances link us to Biblical times and to the great Temple in Jerusalem. In the Middle Ages, *Pesach* became, unfortunately, also a time of fear and secrecy; it provided an opportunity for outbreaks of anti-Semitism when Jews were charged with outrageous crimes like the infamous Blood Libel. Yet the important link which Passover provides to Christian history has also enhanced its status and given us important ways to understand each other's traditions and beliefs.

Theologically, Passover is at the very heart of what Judaism is all about. The movement of human history from slavery to freedom is, for Jews, the ultimate direction of life itself. *Pesach* points us toward that Messianic Age when all God's children will be liberated from slavery and bondage, whether physical or spiritual. For that reason, Passover constitutes one of the seminal historical events in Judaism, one of those few moments out of which our life as a people arises and takes form. Without *Pesach*, there could be no Judaism as we know and understand it.

Is there any wonder, then, that Passover is the most observed Jewish holiday? Somewhere deep inside we all understand the importance of this festival to the Jewish soul and spirit. Enjoy your *seder* this year; cherish the time with your family. And take a few minutes to reflect with them on the significance of the season. *Chag Sameach!!* A joyous celebration to you and your family.

## MAILBAG

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Publication of your letter is at the publisher's discretion and is limited by the space available in any issue.

## The Tragedy of the Displaced Jews in Europe

*by Bella Boner*

The author of this article is a former Pretoria resident who left South African with her parents in 1935 to settle in Palestine. In 1946 she assumed duties with the AJDC in its liaison office at UNRRA Headquarters in Heidelberg, Germany. Subsequently, she acted as assistant administrative officer with AJDC in Munich and finally was assigned to administrative duties in Frankfurt where she came into actual contact with tragic remnants of European Jewry.

January 8, 1948

Although we are glad to be on our way home, it is with deep regret that we complete our tour of duty in the U.S. Zone of Germany. It is not because of any attraction that Germany had for us personally; no, if all of the "Sheerith Hapleita" had already left we would feel no qualms at leaving too. If there has been any justification for our being away from home, it was not Germany per se, or even my husband's assignment as an Army Chaplain which kept us, but only the knowledge that we could, in our own small way, be of some assistance to our less fortunate brethren. When we say 'assistance' we do not always mean actual physical help, but what is perhaps more important - the moral support provided by advice and understanding.

Shall we tell you tales that will make your hearts overflow with compassion, or shall we give you facts which will make you raise your heads with pride? For you can find both within the DP camps of Germany and Austria. Are you aware that even now, two and a half years after Liberation, the bulk of our people in Germany and Austria are still forced to live in congested camps, without even a minimum of privacy, crowded five, six, seven and even eight in a room? Do you know that the weekly basic ration doled out by IRO is not sufficient to provide a half-way balanced diet? Are you cognizant of the fact that the Germans and Austrians who lived on the fat of the world when European Jewry was starving and suffering tortures at the hands of these Governments, are now begrudging our persecutees the seemingly 'great benefits' they receive from IRO. Have you heard that desecration of cemeteries and anti-Semitic utterances are becoming everyday occurrences? Or have you only read in your newspapers of black market dealings in the various camps, not mentioning the fact that every such deal involves either a German or an American?

Are we to tell you of the sense of frustration and disappointment that has gripped the majority of our people while they are forced to remain on the soil drenched with the blood of their nearest and dearest, and their despair and disillusionment that the world at large has done nothing to alleviate this situation? Can you visualize what effect the return of the Exodus to the vicinity of the well-known Bergen-Belsen had on the morale of the DP population.

But our Jewish DP's have shown great resilience, and still thinking of the past, and yet looking to the future, are trying to adjust their lives to the grim present. Although the Past can

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## ILLEGAL IMMIGRANTS BEWARE APRIL FOOLS DAY

by Leon Snaid

Congress has passed a law that is unclear but if it is given a certain interpretation it could delay people from obtaining their green-cards for more than 10 years, even though they have approved petitions. These people are typically the "overstays" (people who entered with a valid visa but who have overstayed the date when they were required to depart the country).

As from April 1, 1997, if you are in the U.S.A. illegally for 180 days (September 1997) you may be denied your green-card if you later become eligible for permanent residence. e.g. you have an approved petition but your priority date is not current. In order to obtain the green-card you may be forced to remain outside the country for three years before being able to enter the country as an immigrant.

It gets worse! If you are here illegally for more than one year after April 1, 1997 and later become eligible for permanent residence you could be forced to remain outside the country for ten years before being able to enter as an immigrant.

The only exception appears to be that if this law would cause extreme hardship to a U.S. citizen or permanent resident, son, daughter or parent. What is extreme hardship? It is certainly more than regular economic and social hardships "ordinarily" associated with deportation.

The law refers to people who were overstays (unlawfully present), who voluntarily departed the U.S.A. and again seek "admission." The big question is whether the bar applies if the alien does not leave the U.S.A. Some attorneys believe that it is necessary to physically depart the U.S.A. before seeking admission, while others say that the bar takes effect when the alien applies for admission (green-card status), whether or not the alien physically departed the country. When one receives the green-card in the United States they are regarded as having been "admitted" to the United States.

A few years ago a law was introduced which allowed people who were overstays to receive their green-cards in the United States by paying a fine. Prior to that time most people who were overstays had to leave the country and receive their visas at a U.S. Consulate. This particular law is scheduled to sunset (end in September 1997). The effect of this change is that many people who at this stage could avoid departing the United States and apply for "admission" by paying a fine, may be forced to depart the country. Another possibility is that this law could be extended after September 1997. Even prior to the law which allowed overstays to pay the fine there were certain categories of people who, although they overstayed in the United States, were able to adjust their status in the United States, namely parents and spouses of U.S. citizens.

Unfortunately the regulations explaining the law have not been published yet and we will not have any judges interpretation of the law until it is too late.

The law also affects those people who wish to reenter the country as nonimmigrants e.g. visitors, L-1, H-1B who have overstayed more than six months from April 1, 1997.

Immigration attorneys are trying to find interpretations that would benefit their clients and are also hoping that there may be further legislation ameliorating the impact of the 1996 Act.

What should you do if you are waiting for an Immigrant Visa as a result of an approved petition? Do not take any dramatic action unless you have consulted with an attorney. Attorneys are hoping that the regulations, when published, will provide a clearer understanding of the law.

## SOUTH AFRICAN SPORT AT A GLANCE

**SOCCER** – South Africa attempting to qualify for France 98 find themselves tied at the top of Group 3 with Congo with still 4 games to play, two of which will be against Congo. The group winner qualifies for the 1998 World Cup in France. The remaining two teams in Group 3 are Zaire and Zambia. South Africa's remaining schedule is as follows:

Congo (A) – April 6, Zaire (A) – April 27, Zambia (H) – June 8 and Congo (H) – August 17, 1997.

If all of the above is not enough, England will host South Africa for the first time in a soccer international at the home of Manchester United, Old Trafford on May 24.

**TENNIS** – After beating Russia South Africa will now meet Sweden in the quarterfinal of the Davis Cup in April.

**ATHLETICS** – Two time world cross country champion Zola "Bud" Pieterse has by virtue of her win in the South African cross country championships has been included in the South African squad to contest the event in Turin, Italy on March 23.

**RUGBY** – Five South Africans have been named to the 22-man world squad to play England's club champions at Twickenham on May 24. They are Andre Joubert, Chester Williams, James Dalton, Francois Pienaar and Johan van der Westhuizen. There are also five players from both New Zealand and Australia.

After losing Francois Pienaar (Saracens), Joel Stransky (Leicester), Steve Atherton (Bath), Rudolf Streuli (Bedford), John Allan (London Scottish) and Lance Sherrell (Milan) the South African Rugby Football Union has decided to put a halt to the exodus. The International Rugby Board has confirmed that South Africa has the power to prevent its players from signing lucrative overseas contracts. "It's a domestic matter between South Africa and its players" said an IRFB. The SARFU wants its players to remain in the country and be involved in the South African game.

**CRICKET** – South African cricket captain Hansie Cronje is to lead Ireland in England's Benson & Hedges limited-overs competition later this year. Ireland has not won a game in this competition since they first participated in 1994. The Independent Newspaper group, an Irish group that owns newspapers in South Africa, will sponsor Cronje, who played for Leicestershire in 1995.

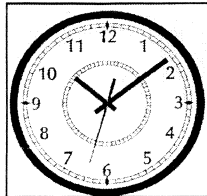
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The Illegal Immigration Reform & Immigrant Responsibility Act of 1996 will subject anyone unlawfully present for 180 days, starting April 1, 1997, to a 3-year bar from entry to the United States. Twelve months out-of-status will result in a 10-year bar.



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never be forgotten or wiped out, it is the Future which is uppermost in their minds, the Future which to so many is synonymous with Eretz Yisrael.

What shall we tell you about the adjustment to the present mentioned above? Are you aware of the fact that despite the drab existence in the camps, the birthrate is about 700 a month? Do you know that in comparison with other Displaced Persons our people, in spite of degradation and humiliation, suffering and despair, have practically no criminal record? Has it come to your attention that elementary and high schools, as well as kindergartens, are an established factor in most of the camps and this, despite the shortage of facilities, equipment and teaching staff? I have heard about the Kibbutzim and Hachsharoth where young people are being trained in agriculture and industry for life in Palestine? Have you been informed that Yshivos (Rabbinical academies) have been established throughout the Zone, that newspapers, music and drama flourish in the camps? Are you familiar with the historical commissions appointed by each community to collect the documentary remnants of the past and experiences in ghettos and concentration camps?

The better to understand all these facts let us review the history of the Displaced Persons in Germany and Austria.

The Liberating Armies found about 30,000 survivors in the different concentration camps of Germany and Austria. These Armies could not resurrect the dead, but they did feed, free and heal the survivors.

The infiltration of Jews into the U.S. zone of Germany started in the fall of 1945. The majority of these refugees desired to find a haven of peace and freedom in Palestine. They directed themselves toward the U.S. Zone in Germany in the hope that they would find help. It became more and more difficult to accommodate these unplanned and unorganized movements, since the available facilities were overcrowded and new camps could not be opened immediately. The Army, therefore, began to organize and control the influx, but although it did an excellent job in operating these camps, and deserves full credit for its endeavors to help the people, conditions were very bad. Tents suitable for young soldiers are hazardous for pregnant women, children, old and sick people who had already been weakened by the years of hardship and then the weeks of travel.

An important result of this infiltrate movement was the influx of large numbers of children, both accompanied and unaccompanied. At the time of Liberation, there were hardly any children or old people, as they were the first victims of Nazism, because they could not be utilized for slave labor. Simultaneous with the Army's provision of new camps for adults and accompanied children, was the establishment of special children's centers for the unaccompanied children.

With the arrival of large groups of children, the question of education became acute. An extraordinary vitality and ingenuity was displayed by the people; schools were organized in the camps where classes were held by untrained teachers who had neither textbooks for themselves nor

textbooks for the children. To remedy the inadequacy of the educational program, the Jewish Agency for Palestine brought over a number of trained Palestinian teachers. An education board, comprising members of the Jewish Agency, the AJDC, and the Central Committee of Liberated Jews, has taken over the supervision and coordination of the educational system, the publication of text books, and the procurement of school supplies.

With the closing down of UNRRA in June 1947, and the assumption of its responsibilities by IRO, changes were bound to occur. IRO is operating on a very limited budget. The basic supplies of food and clothing which the Army had provided through UNRRA are no longer forthcoming. IRO secures two-thirds of its basic supplies from the German economy and the rest has to be paid for. AJDC therefore has had to assume quite an added burden in supplementation, especially for children, the aged, pregnant women and invalids.

The latter part of 1947 has seen yet another infiltrate movement, though in a smaller degree than the earlier one. Thousands of Rumanian Jews flocked into Austria and from there have been trickling into the U.S. Zone. I quote from the words of a member of the UNO Commission on Palestine, who after visiting the Rotshchild Hospital in Vienna, which housed these people, wrote in his diary: "I have been in Hell today; can this be 1947?" Serious problems can be anticipated in connection with this influx. The condition of these infiltrates is not much better than that of the people in concentration camps at the time of Liberation. Many of them are so starved that for the first few days no amount of food is sufficient to still their hunger. Their clothing is very poor and totally inadequate for the heavy German winter.

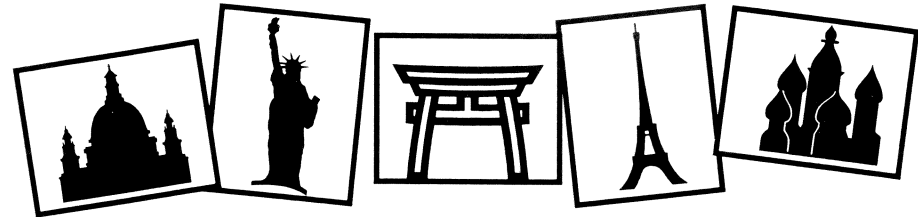
As we review all these facts our thought must necessarily stray towards the future. What is the future of these DP's in Germany and Austria? Emigration is their only hope. Under no circumstances do they wish to remain in Europe. Their painful remembrance of persecution and devastation has wiped out all hope of a future in Europe, and the disillusionment following liberation has intensified their desire to join families and to begin life anew elsewhere.

Soon after liberation the overwhelming majority of Jews expressed their desire to emigrate to Palestine.

With the virtual closing of the doors of Palestine a growing interest in emigration to America, the South American countries and the United Kingdom was expressed. The hopes raised by the initial announcement of the Truman directive for the admission of 39,000 displaced persons, were soon shattered. The actual emigration has been less than the birth-rate, and most quotas are over-subscribed, with the resultant despair and disillusionment. Emigration is the paramount thought in the mind of every DP (except, possibly, the elderly German-born Jews), and the future does not seem very bright. The only thing that sustains their morale at the present time is the hope that has been born with the announcement of the UNO decision on Palestine, that they will soon be permitted to enter the gates of the Promised Land and the optimistic prayer for the passing of the Stratton Bill.

THIS ARTICLE APPEARED IN THE MARCH 1948 ISSUE OF THE PRETORIA JEWISH REVIEW AND WAS RECENTLY REPUBLISHED IN PRETORIA.

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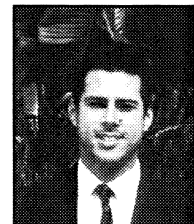
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## SAJAC'S 1997 ANNUAL GENERAL MEETING

by AUDREY HUTCHINSON



*Renee & Charles Frank, Felicia & Irwin Belcher*

bers who were asked to stand up and identify themselves. They were Sarah Trocki, Vice President; Treasurer/Past Co-President - Denise Sneag; Past Co-President - Merle Gaylis; Secretary - Harold Shapiro; and board members:

Carol Abramowitz, Michelle Abramowitz, Ilana Acks, Felicia Belcher, Mandy Chalmers, Evelyn Edelstein, Renee Frank, Mark Friedman, Andy Furman, Sylvia Kane, Gerald Kane, Daniella Lewis, Shelley Sass, Roy Silver, Steve Schraibman, Joan Wasserman, Barbara Starr & Merle Datnow..

The meeting concluded with tea and snacks.

An intimate group gathered at the JCC on Tuesday the 14th January, 1997 to attend the AGM.

Mannie Edelstein, Motivational Speaker 'par excellence', delivered an engaging talk on positive thinking. He stressed that most of us tend to indulge in negative thinking that is reinforced by negative media. The result is that we magnify insignificant problems that never come to fruition — and he stressed that a positive attitude is the only way to achieving success. He has helped many renowned sportsmen overcome obstacles and achieve their goals through positive thinking.

Outgoing Presidents, Merle Gaylis and Denise Sneag spoke of the immense enjoyment they had both gained from being involved in serving the community and how much they had learned from the experience. They enjoyed close co-operation and a warm friendship that endured throughout their terms. Thank you gifts were presented to both ladies.

Steve Schraibman introduced incoming President Ruth Schorr, who delivered a warm and thoughtful presentation.

Ruth stated that she was honored to be elected, and that she would endeavor to do her best to ensure the smooth-running, closeness and continuity of SAJAC. Denise and Merle announced the newly elected Executive Board Mem-




*Mannie Edelstein "motivating" his audience*



*Sarah Trocki, Denise Sneag, Merle Gaylis, Ruth Schorr*

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## SENIORS' CHANUKAH PARTY

Tony Basson

Chag Sameach - A wonderful crowd of about 65 people came to celebrate the 8<sup>th</sup> Annual Senior SAJAC Chanukah part held at the JCC. A dinner was served by the gracious and kind organizers of this haimishe event. We listened to the music played by Judy Cohen and joined in and sang some of the traditional Chanukah songs. It was great schmoozing with everyone - a good time was had by all. The evening ended with coffee and delicious deserts. Once again, thank you to SAJAC, Sandy Kodesh, Renee Frank, Merle Gaylis and all the volunteers. See you next year!



Dianne & Gerald Solomon, Louis Levinson, Jack Malaul.



L to R - Helen Josephson, Albert & Helen Moss.



Herbie & Bella Suchet



Dov & Bernice Borok, Harold & Shirley Shapiro, & Gerald Kane.

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- It's time to see the magnificent flower displays in Carlsbad by taking the Poinsettia Lane exit off the I-5! The ribbons of color on the hillside are spectacular and more than 250,000 visitors make their way there annually. As beautiful as the blooms are, they are not grown to be sold as cut flowers instead the bulbs are harvested and sold.

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## PRESS RELEASE — MARCH 24, 1997

### San Diego researcher Pamela Nathan shows how to reduce stress and depression in women with reproductive disorders.

San Diego, CA - An eight week stress management program reduced stress levels by almost 50% in women with reproductive disorders, according to a study conducted by Pamela S. Nathan, L.Ac. at Reproductive Endocrine Associates, San Diego with Steven Brody, M.D., Division of Endocrinology & Metabolism, UCSD School of Medicine, La Jolla.

The stress Management program called P.R.I.S.M. (Positive Restructuring for Individual Stress Management) includes instruction on how to evoke the relaxation response, maintain well being with good nutrition, support the body with beneficial exercise, build self esteem, and compassion, develop self empathy, and restructure thought processes to retain control.

The women who participated in the study also experienced a measurable reduction in depression. The study also support previous studies showing that stress may directly affect the reproductive process through metabolic changes in the brain.

"The study validates how much more control women can have over managing their stress through behavior modification techniques," say Pam Nathan. She notes that many women with unexplained infertility may be able to become pregnant through stress management.

PRISM is an eight week mind/body program based on Harvard Medical School studies to reduce stress and anxiety, increase vigor and promote a sense of well being. Registration and more information is available through Pamela Nathan at (619) 755-3340.



## Wishing You A Happy Passover

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## Ah ... Paris in the Spring

by Hélène DeLavie

The holidays, with all their glamour and dressing for the night are behind us. Many women breathe a sigh of relief as their thoughts turn to the coming season. It is not too soon to begin thinking about spring fashions. After the darkness and coldness of winter nights, it is exhilarating to think about lighter, looser dressing. The exciting news for this season is color - maybe you have already caught a glimpse of it. Top designers are making shoes in lime green, handbags in bright turquoise, and belts in fuschia. Colors are bright, bold and lavishly mixed together. For several seasons black has been widely used even in spring and summer collections. This year it is color that is getting attention. This is a great opportunity to let your imagination take over - it is a time to become more creative and more unique in your dressing. Favorite pieces from other seasons can be up-dated with colorful accessories. This promises to be a very creative, fanciful and exciting spring.

The long, lean silhouette that was Fall's signature has been softened for Spring by using sheer fabrics and asymmetric cuts which subtly reveal the body. The trend is toward a more dignified approach - giving the body a little more mystery and "theater" - rather than total exposure seen in the mini-skirt and bare midriff. A more romantic trend is evident. Designers in New York injected their collections with a realistic dose of romanticism, using innovative layering, precise tailoring, and intricate fabrics, to convey a modern, more practical femininity.

In the business setting, the fashionable, well-dressed woman can gain an edge. Here, first impressions count. And then, "staying power" is important. Can you maintain your look? Do you appear fresh and alert at 7:30 in the morning and still poised and in control at 6:00 P.M.? These are the demands placed on today's business women. The choice of quality clothing is essential if you are going to look great all day long. "Power dressing" has been replaced with a more personalized, flattering look that is still business-like but is less severe. With spring's emphasis on the romantic side, this is the time to soften your look. Light fabrics, again in bright, spring-like colors, can provide the right touch to create a new look for this season.

One of the strengths of American fashion in the mid '90s is a new-found sense of confidence. All the top U.S. designers have now established a signature style, a solid basis independent of their European counterparts. Each season they interpret and rework appropriate trends, moving their collections forward, but never sacrificing an individual philosophy. I have been intrigued to see the comparison between European and American styling and life styles.

In France, women accept that "looking great" will be uncomfortable whereas American women will wear loose, unflattering clothes for the sake of comfort. I always recommend garments that flatter the shape of the woman wearing them. For example, the right length for a skirt can make the difference between an outfit that is okay and one that is eye-catching.

I am excited about the trends for the coming season and am enjoying having my mother visiting from Paris.

## Whose Life Is This Anyway?

by Brian Marks

There is something almost sinister in the way we all seem to live our lives more and more vicariously these days.

I mean, we seem to have become content with our role as spectators, living our lives in adoration and awe of the select group that has somehow been ordained to typify both the highest and lowest echelons of achievement.

What else would explain why we have become voyeurs, spending endless hours observing the lives of everyone from a sports hero accused of murder to the tragic life of a six year old beauty queen? We allow the talk shows to parade the dysfunctional and base with increasing frequency, elevate the physically gifted to G-d like status and relinquish our roles as parents and role models to those that earn seven figure incomes.

What in heavens name is going on here?

Although the results are complex, the reasons are quite simple. It's easier.

Yes, its easier to watch, relinquish, excuse, resign and transfer, than to do. Its easier to show a child an example of what they should become than to actually provide them with that model oneself. But it's not really our fault.

No, life is a lot harder these days and it seems to be getting even harder. Just surviving takes an extreme effort, sapping our energy, sucking the marrow from our bones. And the results are quite predictable

There is little energy left to do the real things, the important things, the things we promised ourselves we would do to become better people, better parents and better citizens. So it is just easier to watch, to observe to live more vicariously.

What's the answer then?

A wise man once told me that if you keep walking on the same road you always end up in the same place. And what's even truer, is that if you veer from the road for a short while and then return to the same road, you will still end up in the same place. The answer lies in our ability to re-route our lives, to choose a new path, to walk a road that is less traveled, but is more scenic, more enlightened and more fulfilling.

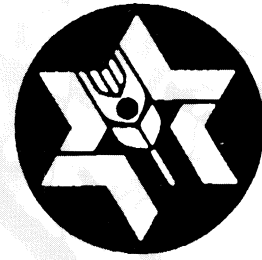
Walking on the beach holding your child's hand never earned anyone a bigger paycheck, but it always reaps rewards that are quite priceless. Playing ball in the backyard won't change the Dow Industrial average, but can send your family's stock through the roof.

We all want to be good providers, but sometimes we tend to forget what it is we should be providing.

Lets get home before dark with enough energy to do, to be and to experience. It is never worth losing this and reducing personal experience to the passive experiences of others.

Oh I'm not preaching. I'm as guilty as sin. But I am going to take that different path, because I want to end up in a different place. I've decided I am going for a walk, later, after the Bulls game.





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## WHAT'S HOT & WHAT'S NOT IN SOUTH AFRICA IN 1997

### Dance

Out: If you were dancing the Macarena as the clock struck midnight - stop. Played to death on radio and television, the Latin American dance has given way, once again, to ...

In: The Madiba Shuffle! Why? It's local and therefore lekker.

### Dress:

In: As far as colors are concerned, brown and midnight blue are in, and the 70's are the decade to dress for. Overly rounded hips and bottoms will be horrified to hear that body hugging skirts and trousers are all the rage in the early part of 1997. In fact, it is more of the feminine and less power dressing. Another hint, trash the kaftans and invest in a slinky satin evening gown.

Out: The color we all thought would never go out, black is losing favor, especially lacy black items and big voluminous evening wear.

Trendy clothes

In: Platform shoes and sandals in purple and heavy sneakers. Baggy jeans and the street look are back.

Out: The black and white color mix, electric orange and tight fitting jeans are destined for the fashion trash can.

### Sports gear

In: Sports stores report a new focus on sports and fitness equipment. Scuba-diving is also becoming quite popular. Brand names and championship clothes merchandising are big this year and Bafana Bafana shirts and South African cricket kits are selling well, along with international sports equipment like Wimbledon memorabilia.

Out: Pack away those rollerblades, haven't you heard rollerblading was the sport of 1996?

### Fitness

In: The latest trend in fitness is a strong emphasis on mind and body. Yoga, relaxation technique and improved postures are the way to go. People are also being encouraged to become more socially interactive during their classes. Outdoor fitness may witness a marketing scheme to capitalize on the decade-long popularity of walking. New technology has given birth to the technique "spinning", an indoor studio cycling class where people are guided through a course on a specially designed bicycle.

Out: High impact has seen its last class, with the new focus being on medium intensity exercise and a swing back towards moderation.

### Food

In: The mushrooming of "fast-fish" outlets is a swimming new trend. The range of ethnic cuisine has also increased dramatically since last year. South African diners can now choose from varieties as far afield as North Africa and Scandinavia.

Out: The days of eating at the steakhouse are gone.

### Holidays

In: South Africans want value for their money, and with the fluctuating rand, the Indian Ocean Islands like Mauritius and the Seychelles appear to be top of the "must visit" list. People will also be looking for new adventure holidays for 1997, that offer travelers flexible options that are economically viable. Other places which will still be popular are Europe and Australia.

Out: The days of package tours are now something of the past.

### Music:

In: Donna Lewis is rumored to be a rising star in 1997 - not every one's taste but sure to make a few million.

Out: Locally, the Springbok Nude Girls, Squeal, Henry Ate and Amersham did exceptionally well, and internationally Alanis Morissette and Celine Dion bowled the world over.

### Sunglasses

In: The Jackie O sunglasses for winter, the wrap around look like the Arnet and Diesel styles for summer with different color frames and silver lenses.

Out: Cheap imitations that do more damage than good are a definite no-no.

### Sport

In: 'Tis the season to play cricket.

Out: 'Tis not the season to play rugby, but on top of that, local rugby bosses appear to have perfected the art of alienating fans.

### Television

In: Digital TV. Forty five channels and nothing on? The debate continues while the sales keep sky rocketing.

Out: Astrasat. Some rockets take a little longer to get off the ground.

### Family Life

In: Motherhood. Both Madonna and Pamela Anderson gave in to their biological clocks this year, producing a daughter and a son respectively.

Out: Marriage is most definitely not a prerequisite for motherhood. Well, Madonna certainly doesn't seem to think so and Pamela's impending divorce must be steering her for single parenthood.

### Animals

In: Caring for your pets, and if you don't have any, showing a little consideration for your neighbor's dogs and cats.

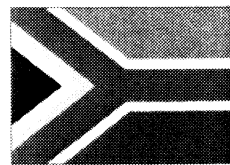
Out: Firecrackers that terrify pets.

### Finance

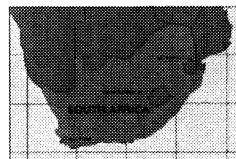
In: Saving, paying your debts and taking advantage of the tax amnesty.

Out: Buying on credit and speculating about how low the rand really will go.

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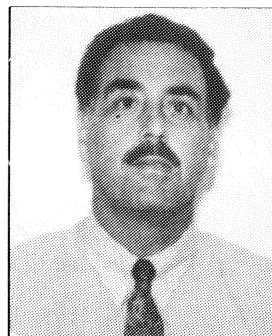
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| Bouidoir biscuits   | Romany biscuits | Lemon creams    | Zoo cookies        |
| Ultramel custard  | Peri Peri       | Marmite         | Aeromilk bars      |
| Smarties  | Tex Bar         | Chocolate log   | Lunch Bars         |
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**SOUTH AFRICA'S  
PUBLIC HOLIDAYS FOR 1997**

New Years Day	Wednesday	1 January
Human Rights Day	Friday	21 March
Good Friday	Friday	28 March
Family Day	Monday	31 March
Freedom Day	Sunday	27 April
Public Holiday	Monday	28 April
Worker's Day	Thursday	1 May
Youth Day	Monday	16 June
National Women's Day	Saturday	9 August
Heritage Day	Wednesday	24 September
Day of Recognition	Tuesday	16 December
Christmas Day	Thursday	25 December
Day of Goodwill	Friday	26 December

**JEWISH HOLIDAYS 1997**

Tu B'Shevat	Thursday	23 January
Fast of Ester	Thursday	20 March
Purim	Sunday	23 March
Sushan Purim	Monday	24 March
First day of Passover	Tuesday	22 April
Second Day of Passover	Wednesday	23 April
Seventh Day of Passover	Monday	28 April
Last Day of Passover	Tuesday	29 April
Yom Ha'atzmaut	Monday	12 May
Pesach Sheni	Wednesday	21 May
Lag B'Omer	Sunday	25 May
First Day of Shavuot	Wednesday	11 June
Second Day of Shavuot	Thursday	12 June
Shivah Asar B'Tammuz	Tuesday	22 June
Tisha B'Av	Tuesday	12 August
Rosh Hashanah	Thursday	2 October
Rosh Hashanah	Friday	3 October
Fast of Gedaliah	Sunday	5 October
Erev Yom Kippur	Friday	10 October
Yom Kippur	Saturday	11 October
First Day of Succoth	Thursday	16 October
Second Day of Succoth	Friday	17 October
Hashanah Rabbah	Wednesday	22 October
Shemini Atzeret	Thursday	23 October
Simchat Torah	Friday	24 October
First Day of Chanukah	Wednesday	24 December

**CONGRATULATIONS**

Marge Kalmanson and Harold Krasner on being  
selected to represent the USA at the Maccabi Games  
in July 1997.

Lindy First for being selected to the Maccabi Under  
17 tennis team. Lindy is only 14 years old which makes  
this achievement even more spectacular.

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