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# SAJAC

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Please advise Ilana Acks of your change of address. Ilana can be reached at 793-5361 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 Felicia Belcher 552-1185 or Merle Datnow 456-1046 of all announcements, such as births, Barmitzvahs, Batmitzvahs, weddings, illnesses and deaths. This will ensure publication in the next issue of the Reporter.

### Newcomers:

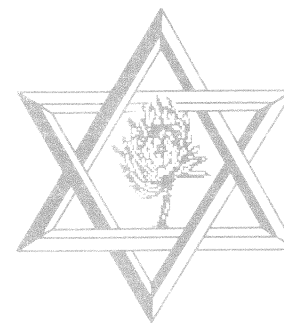
Please advise Joan Wasserman 793-8985 if you hear of any newcomers to San Diego, so that a welcome can be arranged.

### Friendship:

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 AMERICAN JEWISH COMMUNITY OF SAN DIEGO

Volume 3, No. 6.

Winter 1997



## President's Address

It's hard to believe how quickly 1997 has whizzed by! Again it's the season of Hannukah, potato latkes and Hannukah gelt. Which brings us to the issue of what latest gizmos the kids will be expecting to receive during the eight nights of Hannukah lighting.

Perhaps it's worth a thought that what your family needs most is some of your time and attention. Don't we all have a surfeit of "things"? Do we really need something else that will eventually collect dust in a closet until it's transferred to the garage? Most likely not. While America has provided us with freedoms that we may not have experienced before, it also provides us with the potential to be more tightly imprisoned than we ever feared - the prison of the mindless pursuit of material wealth. This is not to say that material pleasures and comforts are undesirable, far from it. But it is the pursuit of these "treasures" to the exclusion of all else which is so damaging when placed above the needs of our families, especially our children. It is easy to lose perspective living in a culture that so highly prizes material success and dedication to one's career. It is easy to believe that the time we shortchanged our children during the year

is vindicated by buying them lavish gifts. While these gifts are enjoyed in the short-term, the real gifts we give those we love are giving of ourselves: imparting our values to our children, spending time with our spouse doing something we both enjoy, talking with and listening to our parents. I'm not advocating abandoning the need to put effort into our jobs, merely constantly checking ourselves to see that we're not putting those jobs ahead of the sources of our true wealth, those we love.

This has been a most enriching year for me. I have been overwhelmed by the caring and supportiveness within our community. As president, I have had daily reminders of how remarkable our community is. Thank you to the Board members who have all been unfailingly supportive and committed. To the Vice-President, Sarah Trocki, who is a model of diligence and dedication and to the two past Presidents, Merle Gaylis and Denise Sneag, who have always been available to provide invaluable guidance. To all the members of our community thank you for giving me the opportunity to work with and for you. May the 1998 Presidents and Board find the excitement, fun and satisfaction that I experienced this year.

Happy Hannukah!

## MAILBAG

We'd love to hear your views and comments! Please write to us at..

SAJAC Mailbag  
P.O. Box 13608,  
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Publication of your letter is at the publisher's discretion and is limited by the space available in any issue.

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Our next SAJAC Reporter will be published in April 1998

Please submit articles, photos community news or a child's writing or art.

Please call Sarah at 623-9280  
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## PERSONAL ANNOUNCEMENTS

### MAZELTOV TO:

Bella & Herb Suchet on the birth of twin granddaughters  
June & Basil Levitt on the birth of a granddaughter  
Laurence & Rahleen Bloch on the birth of their son  
Neville & Marlene Stanger on their son Clive's Barmitzvah  
Barry & Suzanne Schechter on Daniel's Barmitzvah  
Sam & Val Elkon on their grandson Daniel's Barmitzvah  
Len & Joan Wasserman on their daughter Terry's Engagement  
Terry Wasserman on her recent engagement  
Linda-Ann and David Kahn on their daughter Robyn's Engagement  
Robyn Kahn on her recent engagement  
Sam Munitz on his recent marriage  
Ivan & Janet Rostowsky on the marriage of their daughter Kim  
Leslie Herman on the marriage of his granddaughter

### GET WELL TO:

Norman Rosenberg on his recent surgery  
Warren Frank on his recent surgery

### CONDOLENCES TO:

Rhoda Gaylis on the passing of her sister Doreen Shapiro  
The Strashoon family on the passing of their daughter and sister Kim  
Robyn Edelstein on the passing of her father  
Joan Behrend on the passing of her husband Hugo  
Linda Robinson on the passing of her father Hugo  
Debbie Shtein on the passing of her father Hugo  
Charles Frank on the passing of his sister  
Frank Stuppel on the passing of his brother  
Hetty Davids on the passing of her husband Paul

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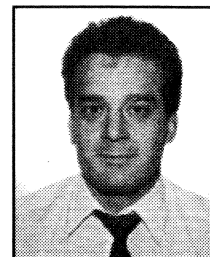
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## I went out . . . Anonymous

I went out, God.  
 People were coming and going, walking and running.  
 Everything was rushing: cars, trucks, the street, the whole town.  
 People were rushing not to waste time.  
 They were rushing after time.  
 To catch up with time, to gain time.  
 Good-bye sir, excuse me, I haven't time.  
 I'll come back, I can't wait, I haven't time.  
 I must end this letter - I haven't time.  
 I'd love to help you, but I haven't time.  
 I can't accept, having no time.  
 I can't think, I can't read, I'm swamped, I haven't time.  
 I'd like to pray, but I haven't time.  
 You understand, God, they simply haven't the time.  
 The child is playing, he hasn't time right now ... later on ...  
 The young married has his house, he has to fix it up.  
 He hasn't time ... later on ...  
 They are dying. Too late! They have no more time!

And so all people run after time, God.  
 They pass through life running, hurried, jostled, overburdened,  
 frantic, and they never get there.  
 They still haven't time.  
 In spite of all their efforts, they're still short of time.  
 Of a great deal of time.

God, You must have made a mistake in Your calculations.  
 The hours are too short, the days are too short,  
 our lives are too short.  
 You who are beyond time, God, You smile to see us fighting it.  
 And You know what You are doing.  
 You make no mistakes in Your distribution of time to people.  
 You give each one time to do what You want him to do.  
 But we must not deface time,  
 waste time  
 kill time.  
 For time is not only a gift that You give us  
 But a perishable gift.  
 A gift that does not keep.

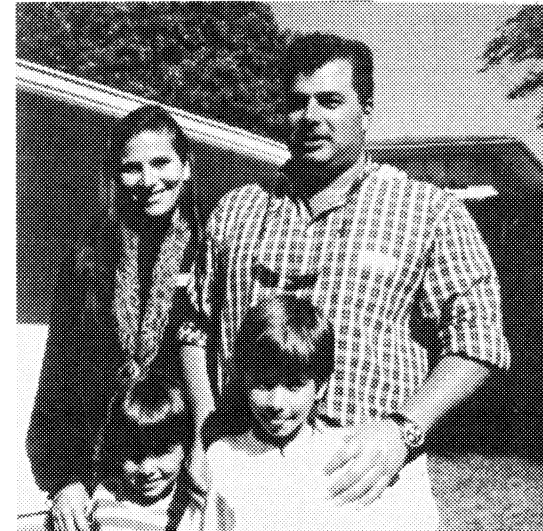
God, I have time.  
 I have plenty of time.  
 All the time You gave me.  
 The years of my life.  
 The days of my years. The hours of my days.  
 They are all mine.  
 Mine to fill quietly, calmly  
 But to fill completely to the brim.

We cannot pour happiness  
 on others  
 without getting a few drops  
 on ourselves.

■ RALPH WALDO EMERSON

## Newcomers by Pam Nathan

We haven't had so many newcomers to San Diego in years. The lottery winners certainly help to make it possible. And in chorus all the newcomers I speak to know that San Diego is by far the best place to be in the entire United States. For those of you that don't agree I'd like to hear your opinions!



The Meyersons — Reeva and Marc with sons Grant and Justin.

Reeva and Mark Myerson have been here since January, must have slipped through the cracks. Their boys are Justin 6 and Grant 4 who are both at the Academy and JCC. Reeva told me that she had visited San Diego as a teenager so she knew very well where she wished to return to. Guess what! They won the lottery! Mark is in construction and Reeva hand paints tablecloths and pillows, etc. So call her if you're interested.

Benson and Barbara Jarzyna arrived in September. Benson is a pharmacist and has been deferred until next



The Jarzyna Family — (L to R) Michael, Marina, Barbara, Jennifer & Benson.

year to requalify. He was involved with a chain of 900 Shopper Drug Marts in Canada. Barbara is a conference planner and a good one at that, I believe. It was very exciting hearing about the interesting projects she's been involved in. They are lottery winners too and have spent the last 18 years in Canada. Their daughters Jennifer, 17 and Marina, 16 are at UC High and their son, Michael 13 is at Standley High.

Roy and Linda Essakow arrived in July after living in Zurich for the past 13 years. Ian Smulowitz is their brother-in-law. They have two children. Daniela is 11 and Greg is 8 and they're both at the Academy settling in. Roy was previously a commodities trader and now ready to retire on La Jolla Farms road, and to enjoy his kids, family and the beautiful life in California.

Mark and Pam Levy live in Penasquitos. Mark is an engineer and Pam a pre-kindergarten teacher. They have finally got their green cards after waiting for two years.

Cheryl Smith came to San Diego to visit her brothers, Alan and Colin Seid in June and loved it so much that she decided to stay. In no time at all she settled down and is now living in Mission Bay and selling Mary Kay cosmetics. Her two daughters are still living in South Africa. Cheryl used to teach my daughter dancing way back when (I've lived here for 18 years.) Actually, we landed up reminiscing about Durban Beach from 1963, so we realized that we went back even further than that. Her interest in dance, choreography and theater persist. How good it feels to be reminded of your roots.



Newcomer Cheryl Smith.



David and Beverly Raik

Beverly and David Raik visited San Diego several times before moving here. They knew! Beverly is a cousin to Cheryl and Neil Rabinowitz. They're living in Windandsea, enjoying living close to the sand and sea. David owned Mr. Furniture in S.A. and Beverly was with Kelly Girl. They are waiting for their papers to come through. The ultimate test in patience.

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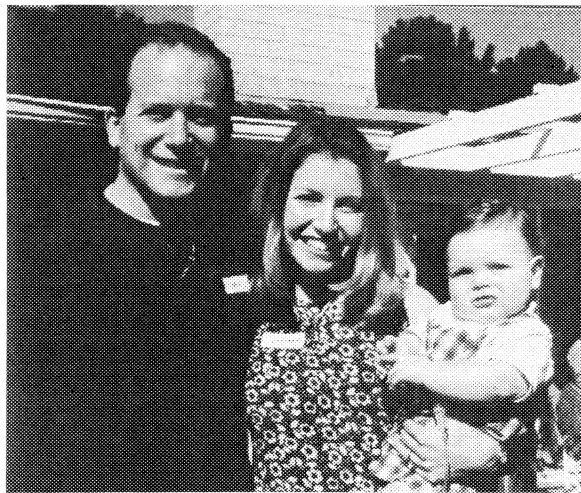
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Danielle met Nitzan Reouveni when he was visiting South Africa from Israel 12 years ago. They got married 8 years ago. Danielle explained emphatically how they had chosen San Diego after long explorations to Australia, England and several other places world wide. Nitzan has been in the jewelry business and Danielle is happy to be a homemaker taking care of their three kids, Jessica 11, Michela 7, and Ronen 4. They're living in Renaissance and happy in their new surroundings.



Ivan, Jennifer and Max Sher.

Ivan and Jennifer Sher have moved here from L.A.

They have a 9 month old son, Max and moved to San Diego motivated by wanting to be close to their family. Ivan is in real estate, working with Remax and Jennifer is involved in a home publishing business.

Clive and Lauren Gross arrived in Boston 5 months ago where they met up with Clive's brother and sister in law,



Clive and Lauren Gross

Dale and Karen Gross. Dale and Karen had been living in Boston for 4 years and where Karen was working in the construction industry and Dale in telecommunication.

"So far, because of these issues, social and cultural-identity questions have been somewhat obfuscated and did not play a major role in the elections," says Wistrich. "But one feels that if they are neglected in the longer term, an explosion point may be reached."

Prof. Wistrich points not only to the growing social and economic gap between various sectors of Israeli society and the increasing reliance on foreign workers (an Israeli version of Gastarbeiter) but also to the potential for religious fundamentalism. "If Israel is going to proceed along the lines of laissez-faire economics as a de-ideologized westernized society which suffers from a growing value-vacuum, then it will be groups like the ultra-Orthodox and the religious nationalists who will appear as the only ones with a clearly defined ideology.

The hardim (ultra-Orthodox) are the fastest growing segment in contemporary Jewry. With their rabbis, yeshivas, arranged marriages and extremely high birth rates, they are flourishing in the Diaspora, as in Israel. In Israel they have made their influence felt in public life; the haredi political parties have partly eclipsed the traditional religious parties. In the Diaspora, meanwhile, they have a growing impact on mainstream Orthodox institutions."

This growth in the influence of the haredim and in their sense of empowerment is likely to constitute a flashpoint of tension with the majority of secular Israelis. Under the previous government, many religious Jews felt alienated from what they saw as a militantly secularist posture, spearheaded by the far left Meretz party. Now the shoe is on the other foot.

It is difficult to say which camp the militantly religious or the militantly secular is the more intolerant of the other. The tragic assassination of Yitzhak Rabin brought this conflict to new levels of non-communication and willful lack of understanding. "This is the biggest divide I've seen in Israeli culture over the last 15 years", says Wistrich.

In the past 100 years, he points out, Zionism revolutionized the contours of Jewish identity. Whether it can continue to act as a centripetal force for Jews in Israel and the Diaspora is the great challenge of the coming decades.

## Bell Peppers: For fighting Disease, They're Better Red Than Green

- Alex Gramling



REPRINTED FROM: "HEALTH" JULY/AUGUST 1997

Research reveals some compelling reasons to choose ripe red bell peppers over their bright green siblings: Reds have twice the vitamin C and nine times the beta-carotene of green bells, which are picked before they ripen.

The antioxidants vitamin C and beta-carotene, it now appears, work best to prevent disease when eaten together. Antioxidants help rid the body of molecules called free radicals, which invade healthy cells and attack crucial parts of the molecular machinery to steal electrons. The resulting mutations can lead to cancer, heart disease, and other ills.

For years scientists thought that any of the key antioxidants, vitamin E, vitamin C, or beta-carotene - could battle these scavengers. But when smokers taking beta-carotene supplements actually showed a heightened risk of lung cancer, researchers began scrambling for an explanation.

A recent study by chemists in Great Britain offers intriguing clues. It seems it takes a chain reaction involving all three antioxidants to vanquish free radicals. Vitamin E launches the defense by giving up an electron to the free radicals, thereby preventing damage to cells. This, however, turns vitamin E into a potential free radical itself. Not to worry: The damaged vitamin E molecule gets repaired by beta-carotene, then the beta-carotene is fixed by vitamin C - when there is enough of it around in the bloodstream and tissues. Because vitamin C is soluble in water, its radicals wash safely out of the body.

"Nutrients act in a certain combination and certain order", says Paul Lachance, a food scientist at Rutgers University in New Brunswick, New Jersey. "You can't separate antioxidants from one another and expect a positive result."

Alas, red bell peppers have no vitamin E, but two good sources of the nutrient are fresh, raw spinach and sunflower seeds. A hearty salad with all these ingredients will pack a powerful antioxidant punch. For an appetizer, try red peppers roasted under a broiler until black, skinned and seeded, the marinated in olive oil.

Or take the advice of Jean Andrews, a Texas botanist and author of some great books on the history and lore of peppers. She eats red bell pepper slices right off the cutting board - nature's own anticancer snack. "The reds are sweeter and more flavorful," says Andrews. "Nothing else tastes quite like them."

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## Where to the Zionist Dream?

By Liat Collins

REPRINTED FROM HASHALOM

Once upon a time, the image of the "average Israeli" was synonymous with the cartoon of the kibbutznik wearing sandals and a "kova tembel" who drove a tractor to work and grew Jaffa oranges. The stereotype is about the only aspect of the figure to survive. Today's average Israeli is more likely to be found wearing Nike footwear, and driving a luxury car to an air conditioned hitech office always accompanied, of course, by his mobile phone. Israelis, it seems, have changed and with them their complex relations with their Diaspora brethren. For nearly 50 years, Israel has served world Jewry as a catalyst of Jewish identity and as the core of cohesion and continuity. It has provided a collective identity of a new kind compared to pre-State days. "Zionism has essentially been a doctrine of self-help and self-preservation, a secular survival kit for Jews living among the cannibals of the 20<sup>th</sup> century. At its most basic level that is also the meaning of Israel," writes Robert Wistrich, the Edith and Foga Neubereger Professor of Modern European and Jewish History in his introduction to *Terms of Survival: The Jewish World since 1945*.

The book, which was edited by Prof. Wistrich, was published prior to November 1995 when bullets fired by a Jewish assassin killed Prime Minister Yitzhak Rabin and sent shock waves reverberating around the globe. "The perspective from which I wrote was perhaps more upbeat that it would be today," concurs Wistrich, "but, speaking 100 years after the first Zionist Congress, it is still reasonable to assume that Israel is the only option for the Jewish people collectively that can ensure its long-term preservation and cohesion. It is partly a matter of demography and partly built in to the very existence and political structure of the Jewish state; by its very definition, Israel can - and does - carry out policies that can ensure the survival of the Jewish people."

While it is generally recognized that Diaspora Jewry is entering the 21<sup>st</sup> century in bad shape, the position of Israel has been substantially strengthened by the massive immigration of Russian Jews, a prosperous economy and the fruits of the peace process. In terms of their long-term survival, the Jews of the Diaspora are faced with a silent but real threat, says Wistrich. In Israel, by contrast, the question of the State's existence has receded, though it has not disappeared. Now, says Wistrich, it is the nature of Jewish identity itself that has become a highly controversial issue in Israel.

"The relevance of Zionism, and even of Judaism, is being increasingly questioned by Israelis, especially those who come from a completely secular position," he says. "The essence of the question is: what is the significance today of a 19<sup>th</sup> century ideology which was created to provide an answer to the crises in Jewish life a century ago. Is Zionism bound to go the way of virtually all other

nationalisms, not in the sense that it will disappear- obituaries for nationalism are usually premature- but in the sense that there is a natural process of erosion in the relevance of the values that these nationalisms originally stood for?

"Paradoxically, the more these values succeed in achieving their aims, the less relevant they become as a doctrine," he says. "Thus, for some Israelis from the younger generation, the very success of the Jewish state precludes the need for maintaining a Zionist ideology."

"The post-Zionist intellectuals have provided a somewhat different gloss on the old Zionist aspiration to normalization". Their philosophy aims at complete integration into the region, and therefore, the downplaying of Jewish particularity and uniqueness. This eagerness to throw off Jewish distinctiveness stems, perhaps, partly from a weariness of living under siege by the surrounding Arab states for nearly 50 years and partly from the desire for Israel to be a normal and peaceful westernized country".

During the past two decades, according to Prof. Wistrich, the sense of commitment to ideology and to a collective mission has considerably weakened in Israel. "It's a process of erosion seen in other revolutionary and post colonial societies; a move to throw off the old pioneering norms, to reassert the rights of the individual above those of the collective, to enjoy the fruits of affluence. Since the early 1980's, we've been moving into a society with a different set of values: more individualistic, neo-capitalist, materialist and consumer-oriented, emphasizing the claims of individual enterprise over those of the community or state."

The idea of *mamlachtiut* (state-centredness) has lost its sacred aura. It will be interesting to see whether the recently-elected Likud government of Benjamin Netanyahu can reconcile its enthusiasm for a free-market economy with its efforts to renew Zionism as a central agenda for the 21<sup>st</sup> century."

Wistrich questions whether Israeli society can really afford the risks of rampant individualism.

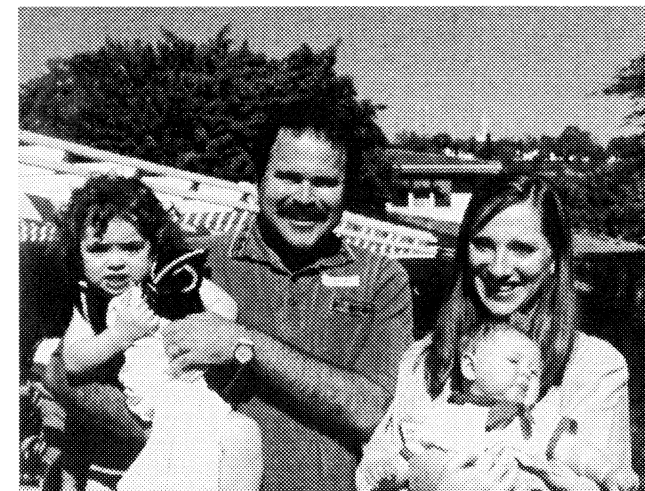
"Cohesion is a matter of survival. The egalitarian ideal has gone and there can be no return to it. But that shouldn't mean we can blithely race forward into a neo-capitalist jungle and ignore the social costs."

The many internal divisions that characterize Israeli society have not yet disappeared, as revealed by the success in the May 1996 national elections of parties like Shas (Sephardi Orthodox), the immigrant and Arab Lists, and others. In fact, due to the new voting system, the election results in some way reflected more accurately the growing fragmentation and even tribalisation of Israeli society, even if questions concerning the future of the territories and above all, security, remain overriding.



Dale and Karen Gross

Clive and Lauren's two years of previous travel convinced them that San Diego was the place to be. Karen and Dale were easy to convince and so they all left Boston to come here. They are involved in a mail order company that distributes chef's uniforms. Clive and Dale come from a family of 6, scattered between Israel, Boston, here and S.A.



Janith and Charles Jaffe with daughters Layla and Marcia.

Charles and Janith Jaffe have been here for 2 months. Yes, another lottery winner! They have two children, Layla, 5, and Marcia 2. They lived in Gardens, Cape Town. Charles is in banking and Janith family medicine.

Philip and Glenda Ginsburg are originally from Gallo Manor in Johannesburg. Philip, who is a pathologist came to San Diego for a conference last October and very soon Glenda followed to check it out and loved it so they moved here 2 months ago. They have 3 children, Graeme 15, Shaun 14 and Jodi 10. They are living at Windemere.

Danni Kaplan (27) was originally from Durban but has been living in Toronto for the past 10 years. She is Terry



The Ginsburg family — (L to R) Shaun, Graeme, Glenda, Jodi & Philip

Wasserman's good friend. When I asked her why San Diego, she replied "The weather, of course". Danni's



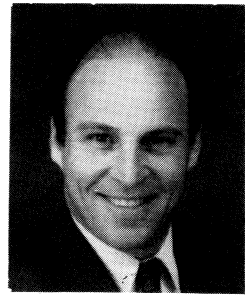
From Toronto, Danni Kaplan

area of expertise is website development so if any of you need her services please call her at 458-9420.



Bachelor, Gerard Trakman

Gerard Trakman (27) is from Senderwood, my old neighborhood. He arrived in San Diego in September embarking on a new business venture in fast foods. He was a master technician for Volkswagen, South Africa. His parents are Mervyn and Pat Trakman. He has settled in very fast indeed, lots of social events and parties to attend. He likes San Diego a lot.

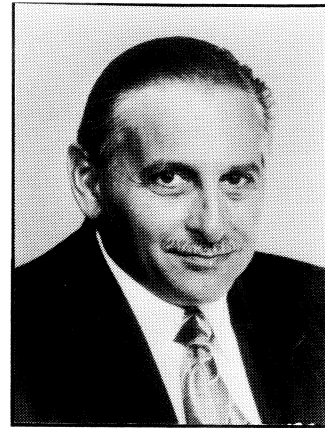


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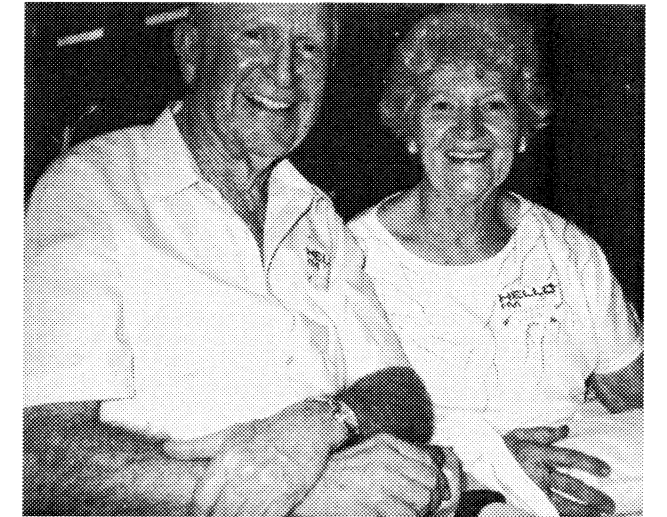


Gerald and Sylvia Kane, Naomi Aires, Essie Katzenellenbogen, Freda Swersky and Eileen Goldsmid

Arriving at the Shul, our party was welcomed with great warmth and hospitality by Rabbi Mendel Polichenco – Chabad Rabbi of Tijuana. He delivered a most informative talk on the development of the Jewish Community of Tijuana. Speaking in English, he also gave us a preview of his sermon that evening, which he later delivered in Spanish. What a wonderful and impressive character he is.

After the Service, our party participated in a 'Mexican Shabbas Meal' together with the Congregation, served in the beautiful Communal Hall. Mexican gefilte fish. What an appetizing dish!

Altogether it was a most unforgettable experience for all of us. Grateful thanks and appreciation to Sylvia and Gerald Kane, who gave us such a memorable event. The Seniors surely appreciated your efforts.



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Jack & Mona Solomon.

Of the Shul and its environment, the most striking features are the Glass-etched doors of the Holy Ark. Through these doors congregants can continuously view the Sefer Torahs in all their resplendent glory.



Bertha Levinsohn, Eva Goldstein (Tour Guide), Louis Levensohn, Mona Solomon, Norman and Lola Feitelberg.



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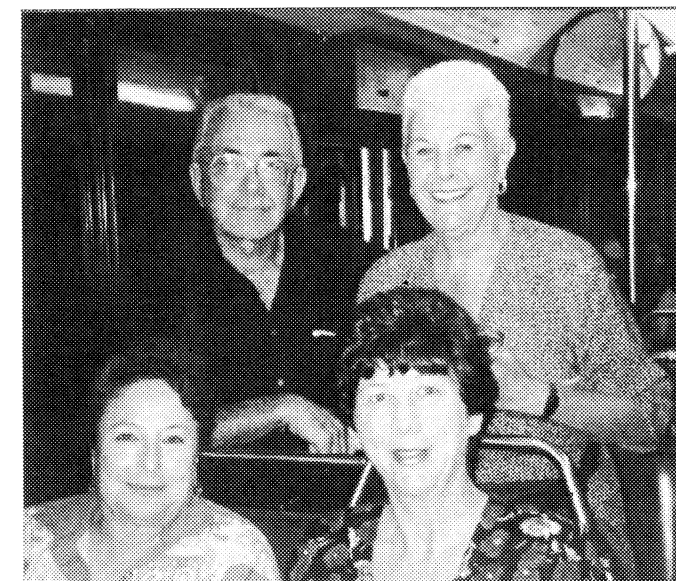
BY Louis Levinsohn

Friday, September 12th 1997 saw some 28 SAJAC seniors board "Mexicoach" for what promised to be an exciting Shabbat service in Tijuana. Few of us expected to enjoy such an exhilarating experience. Our guide, Eva Goldstein, a member of the Tijuana Jewish Community, was as charming as she was pretty.



Naomi Aires & Herby Suchet

Arriving in Tijuana in the early afternoon, we enjoyed a shopping hour along Revolution Avenida. Boarding the bus once again, Eva enticed Joacquin, our genial driver to take us on an exclusive tour of the residential area of Tijuana. Eva pointed out numerous points and buildings of interest, including the home she and her family once occupied. All of this was so exciting and new to us.

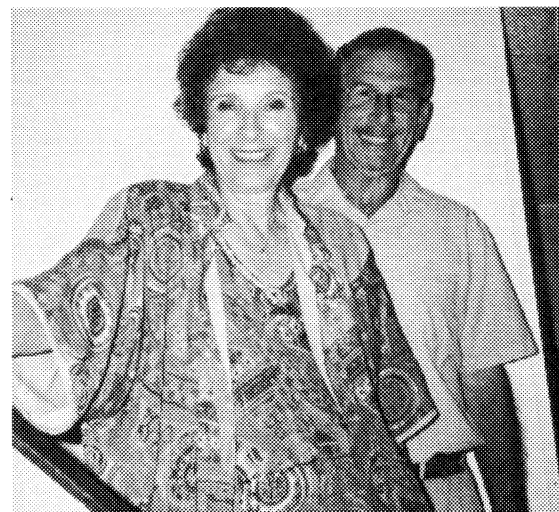


Woolfie & Eleanor Krut — Roberta Gordon and Celia Fine.



Rachel & Max Saloner

On route to the Plaza Shopping Mall, our visit was capped by an aerial display of Mexican Indians performing a religious ritual; "bird flight descent". Whirling down to earth from an 80 ft. pole in a circular motion on ropes tied to their bodies, they landed like birds. This was something to behold!



Eileen and Julian Goldsmid.

Re-boarding the bus, the next stop was the "Bakery" at the Plaza Shopping Mall. Led by Louis (the pied piper of San Diego), we invaded the bakery which Louis had discovered on a previous visit to Tijuana. What a feast of delicious items before our eyes!!! Most of us purchased at least 1000 calories each, to be enjoyed later. Thank you, Louis, for your recommendation!

## Bad Mouth Bugs can Pollute your Entire Body

By Dr. Michael J. Olmstead D.D.S.

Recent scientific research shows that bacteria (germs) that flourish in unclean mouths can pollute the heart, the stomach lining and contribute to premature childbirths.

The population of germs in our mouths is a much more serious source of medical risks than previously thought. Although these bacteria are common, *they are not normal*. We acquire them throughout our lives from our environment. Certain keys to good overall health lie in thorough daily plaque control to minimize these germs from entering our bloodstream and from being swallowed.

Recently, three studies implicate the presence of oral bacteria as a significant reservoir of disease producing potential.

### The Germ Reservoir in the Mouth

In a long-term study, researchers in Finland have shown a significant relationship between periodontal disease and cardiovascular disease. There is a statistical correlation linking germs in the mouth and deaths from coronary artery disease after studying 9766 patients between 1971 and 1987.

We cannot identify a direct cause-effect relationship because unidentified lifestyle factors may be at work. However, the number of years and the large sample size make this correlation very compelling for further study. Because the odds of dying were 2.6 times greater for those with periodontal disease, perhaps we should look at these findings more closely.

### Spontaneous Abortions and Gum Disease

It was found significant in a study of women who had spontaneous abortions and other abnormal pregnancy outcomes that they also had histories of the worst periodontal status in the study group.

In the United States, the incidence of premature births and resulting low birth weights are significant social and economic problems. Approximately 25% of the abnormal pregnancy outcomes (APO's) have no known cause.

Previous evidence has shown that remote gram negative infections, experimental bacterias or endotoxins of germs can induce APO's in test animals.

In this study, the data suggests that periodontal disease may represent a risk factor for spontaneous abortions and pre-term birth.

### Ulcer Relapse and Dental Plaque

A key bacteria (Helicobacter Pylori) that is involved in chronic gastritis and duodenal ulcer relapse is also found in greater density in dental plaque. A study was done in India to determine the main reservoir of this H. Pylori.

After placing 24 patients for 15 days on specific antibiotics to eliminate H. Pylori, it was found to survive in only one place - the mouth. Therefore, it is suspected that H. Pylori can repeatedly "seed" the gastric mucosa and lead to ulcers.

### Generalized Mechanism

This scenario has implicated these germs in other serious body problems: stomach ulcers and premature births. The problems can be serious - the prevention simple:

1. proper daily hygiene techniques, utilizing the appropriate devices;
2. thoughtful food choices; and
3. professional care monitoring 3-4 times per year using a phase microscope to take a painless plaque sample of the mouth germs to monitor the effectiveness of your home care efforts.

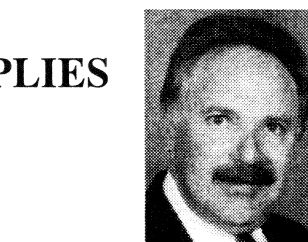
We encourage you to ask questions regarding your dental care. The sooner you take responsibility for this part of your body, the sooner you can enjoy the peace of mind and heightened wellness that may prevent life-impacting illness later.

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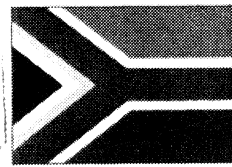
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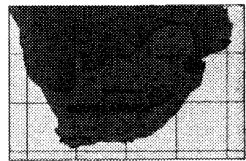
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### Three Women on a Mission

by Jean Gaylis, Felicia Belcher & Tammy Moch

"Lech L'cha Me'artzecha umi' moladetcha....."

A few weeks ago, three San Diego women, originally from South Africa, were fortunate and privileged to participate in Shabbat Services at "The Great Synagogue" in Yerushalayim, Jerusalem, where Parshat Hashavuah "Lech L'Cha.." was read from the Torah.

These women, Tamara Moch, Felicia Belcher and Jean Gaylis, representing the Women's Division of the United Jewish Federation of San Diego (UJF), had just completed an intensive leadership program here in San Diego, called "Lech L'Cha". They joined 25 other women from around the United States of America who, too, were chosen by their Jewish communities, to participate in this prestigious National Women's Mission to Israel.

The program was extremely well rounded. The curriculum and itinerary focused on the development of these women's leadership skills as well as the understanding of the dynamic changes shaping the Jewish Homeland. The women benefitted socially, emotionally, spiritually and even physically from days filled with individual and group exercises, personal and communal challenges and many eye opening experiences overseas.

Some highlights from the Mission included a private meeting with former Prime Minister, Shimon Perez, as well as Avram Burg, the dynamic Director of the Jewish Agency for Israel, the Agency directly responsible for ensuring that the precious Tzedakah dollars that we send to Israel, are responsibly used for the successful absorption of new immigrants to Israel.

They met Eva, an American woman, who had made Aliyah to Israel 3 years ago, and who, together with her husband and seven children, lived in Efrat, a settlement in the occupied territories. She felt that Jews had a biblical right to the land on which she was living.

They also met Ruawda, a Palestinian Israeli, who lives with her family in an Arab village in the Galilee. She shared her frustration as an Israeli citizen, one discriminated against, and unable to move about Israel freely, without the same rights as a Jewish Israeli. She was not a stone-throwing Palestinian, but a woman trying to instill in her children a sense of values and self worth, yet truly caught in the political process.

They visited a few absorption centers and marvelled at the way the Ethiopian and Russian olim had successfully been settled into Israeli society, under some very difficult, and extremely culture shocking circumstances. They reflected on how traumatic they felt about their emigration from South Africa, but quickly realized that it was small compared to those brave Jews who left entire families, many of whom they might never again see in their lives. The Ethiopian Jews escaped anti-semitism, persecution, and generally horrific conditions, yet always keeping their faith. They walked barefoot, hundreds of miles to Sudan, where an El Al plane, and the American Jewish Joint Distribution Committee, was waiting to free them and take them to safety, to their beloved 'homeland', Israel.



(L to R) Felicia Belcher, Jean Gaylis, Shimon Perez, Tammy Moch

A beautifully peaceful Kabbalat Shabbat was spent at the Kotel, the Western Wall, following an emotionally-charged morning at Yad Vashem, the memorial to the six million Jews, including the one and a half million children who perished in the Holocaust. The 'new' exhibits are a must for anyone travelling to Israel. One area is dedicated to the Jews of Eastern Europe, specifically Lithuania and Latvia, who lost their lives. It is a maze of cold concrete huge walls, bearing the names of all the Jewish shtetls from which our ancestors came.

A unique "outwardbound" experience at Kibbutz Tuval in northern Israel was a special highlight of the mission.

This kibbutz was founded by some ex-South Africans. Adjacent to the kibbutz is the Tuval Center, a leadership and team-building program, which is frequented by groups of people from all over the world. Many different group and communal activities are presented to people participating in this leadership course, all encouraging planning, strategy and the best available resources. One such activity involved the group walking on a thin wire, holding on to one another for support. It was soon very obvious that besides being fun, in order to be successful in achieving one's goals, one had to work together as a team.

The group left Israel, more cohesive, more committed and more passionate than ever. Their shared ideas and insights are sure to greatly benefit the women, not only personally and individually, but as a group and as a community too.

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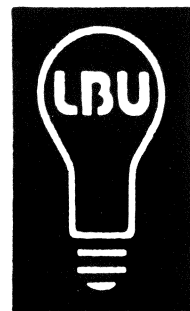


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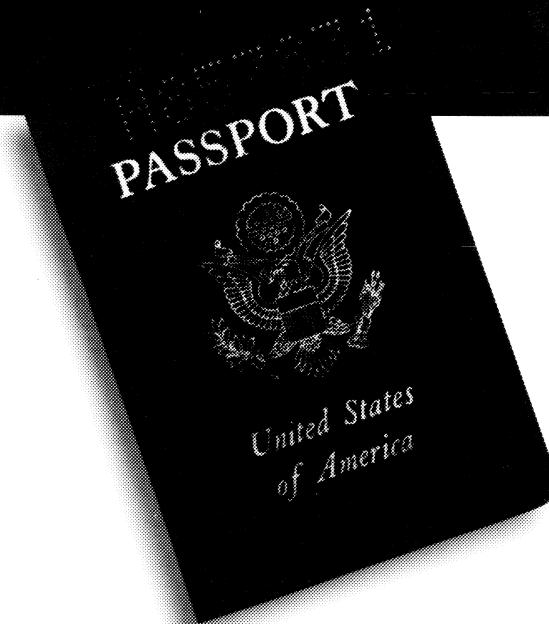
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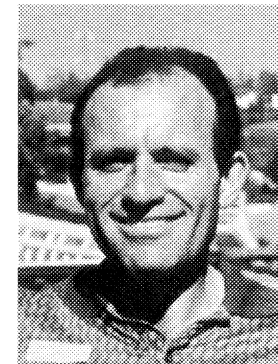
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## SAJAC BRUNCH - NEWCOMER'S WELCOME!

by Philip J Ginsburg, M.D.

Sunday November 9, 1997. 11am. A beautiful day-not a cloud in the sky & warm sun shining down on San Diego. The magnificent weather is one of the main reasons why San Diego is the most sought after place in the USA & why yet another "batch" of newly-arrived South Africans has been drawn here.



Philip Ginsburg

The venue: Home of Carol & Roy Abramowitz who graciously made their home available for the newcomers' welcome brunch. A sumptuous spread greeted us & was enjoyed by all.

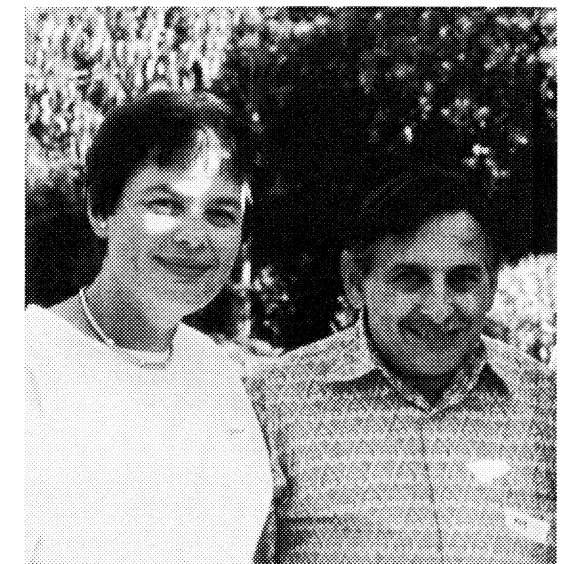
My family & I have been living in San Diego for two months. We were amazed to see how many new people had arrived during the course of the year. There was a 'mix' in terms of age, profession & lifestyles of the various newcomers but the common thread of being Jewish & from South Africa created an immediate rapport.

Ruth Schorr introduced herself & the committee members & then asked everybody to say a few words about themselves. It was very interesting to listen to everyone's anecdotes about themselves & how they came to choose San Diego. Several people had come directly from South Africa, some from other parts of America & others from Canada. By the end of the morning, telephone numbers had been exchanged & new friendships formed.

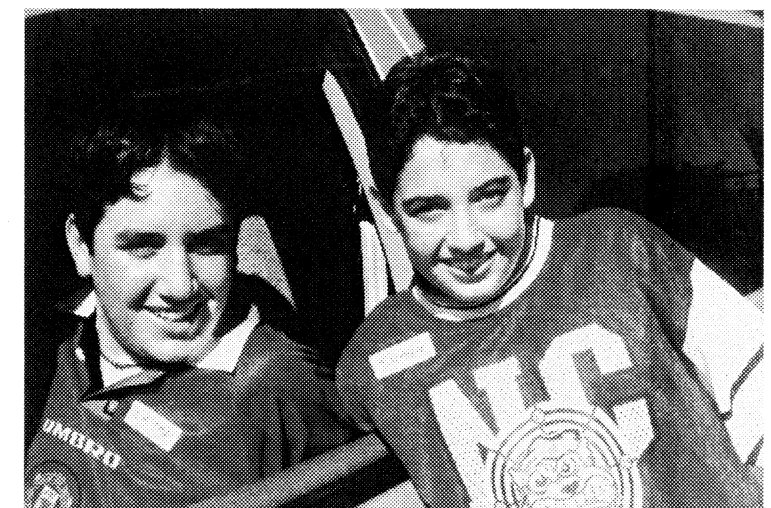
On behalf of all the newcomers, I would like to extend our thanks to Carol & Roy for the use of their home & to the members of the SAJAC committee who devote their time & energy into providing a pleasant integration into the embracing Jewish community of San Diego.



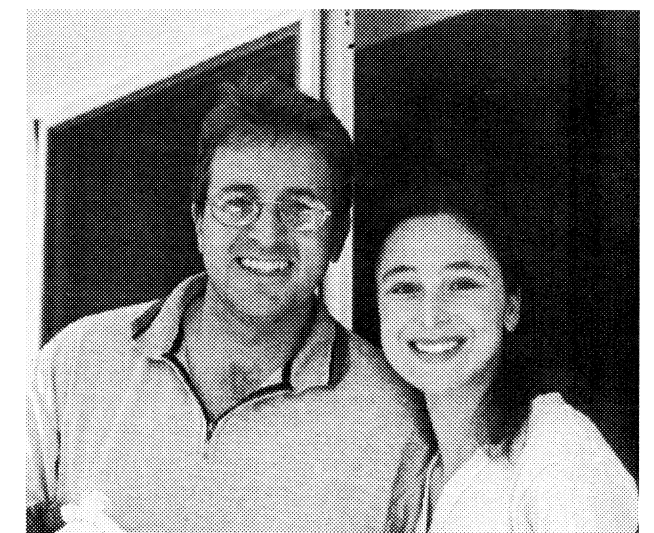
Delightful  
Alex Gaylis



Carol and Roy Abramowitz who hosted the Newcomer's Coffee.



Graeme and Shaun Ginsburg



Wayne and Hayley Henson.

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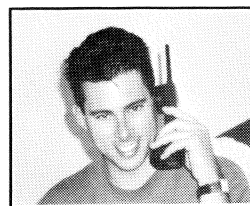


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## ZINC LOZENGES ZAP COLDS

REPRINTED FROM "GLAMOUR" FEB '97

Zinc lozenges - available at most health-food stores and drugstores - can significantly reduce the misery of the common cold. In a recent study at the Cleveland Clinic Foundation, 100 volunteers who had developed cold symptoms no more than 24 hours previously were assigned to take either a 13-mg zinc gluconate glycine lozenge or a placebo every two waking hours. Cold symptoms resolved much faster in the lozenge group - 4.4 days compared with 7.6 days in the placebo group. The zinc takers had significantly fewer days of cough, headache, hoarseness, sore throat, nasal congestion and nasal drainage. Rates of fever, muscle soreness, scratchy throat and sneezing for the two groups did not differ significantly, according to the study's senior investigator, Michael Macknin, M.D.

Before you rush out to stock up, there's one more thing you should know about zinc - 80 percent of the study participants reported an unpleasant aftertaste in the dissolve-in-your-mouth lozenge form.

When choosing a lozenge brand, taste isn't the only thing to take into account: Zinc content, calories and extra ingredients should all be considered. Here, our taste test of eight national brands:

### GNC Natural Citrus Orange Flavor Ultra Zinc Lozenge

Zinc: 10mg  
Calories: 5  
Extras: 100 mg Vitamin C, 20 mg echinacea  
Taste: The best of the bunch; a lemon-orange flavor with virtually no aftertaste; similar to a chewable vitamin C tablet

### Cold-Eeze Zinc Lozenge

Zinc: 13.3 mg  
Calories: 18  
Extras: Brand used in Cleveland Clinic Study  
Taste: Cherry - good, rich flavor; like a cough drop  
Tropical fruit - good, but more menthol than fruity; a little metallic but not unbearable  
Citrus - more or less passable, but sour medicine-like aftertaste.

### Whole Foods Cool Lemon Zinc Lozenge

zinc: 23 mg  
Calories 2 to 3  
Extras: 100 mg vitamin C  
Taste: OK; chalky lemon flavor, like Pez

### Solgar Flavor-Zinc Lozenge

Zinc: 23 mg  
Calories 4  
Extras: Vegetarian formula  
Taste: Sugary orange flavor

### Zand Formulas Herbal Lozenge

Zinc: 5 mg  
Calories: 11 to 16  
Extras: No artificial sweeteners  
Taste: Acceptable menthol-lemon flavor

### Ethical Nutrients Zinc Relief Lozenge with Cherry Flavor

Zinc: 5 mg  
Calories: 5  
Extras: 100 mg Vitamin C  
Taste: Passable; chalky, no cherry flavor; slight hint of sweetness

### Country Life Vegetarian Zinc Lozenge

Zinc: 23 mg  
Calories: 5  
Extras: 100 mg vitamin C  
Taste: Metallic, sour, curdled orange flavor with unpleasant aftertaste

### Twinlab Honey Flavored zinc Lozenge

Zinc: 23 mg  
Calories: Not available  
Extras: 30 mg vitamin C  
Taste: Metallic taste overwhelms slight lemon flavor; leaves a burning sensation as lozenge dissolves.

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### Don't tell us you own

- Stirrup pants
- White pumps
- No-name 'mystery' jeans
- Instant coffee
- Blue eyeshadow

### Your overseas visitors can be counted on to

- Rave about Cape Town
- Moan about Johannesburg
- Never visit Durban

### How to get ahead in dinner partying

- You've seen an art film in the past week
- You've read Percy Tucker's Just The Ticket
- You're armed with the latest crime stats
- You bring a bottle of French bubbly
- You turn your cell phone off during dinner
- You ring the next day to say thank you

### Joburger's scripted comments on Cape Town

- The winters are terrible
- The people are cliquey
- It's a great place to visit, but I could never live there
- I could never work there, the pace is too slow
- Do you think I could get a job there some time soon?

### You can only be a South African if

- You always ask "Is this juice freshly squeezed?"
- You look to Australia for inspiration
- You enjoy moaning to your friends, but never to the manager
- You use the downmarket word 'upmarket'
- You start your sentences with the words "Listen, just ... (as in "Listen, just fax this through for me please, thanks.")"

### Your seatmate on an overseas flight will always be either

- America's fattest tourist
- A young mum with a crying baby
- An older woman visiting her adult children overseas
- A drunken eastern European immigrant
- A young South African off on an open-ended world jaunt
- A camera-happy tourist from the Far East.

### Nifty ways to leave your lover

- Talk non-stop about your ex
- Talk non-stop about your next
- Make lots of doctor's appointments but don't say what's wrong
- Develop a passion for an activity your partner hates

### Remember

- You don't have to be a size 10 to exist in this world
- Ice-cream is wonderful - but only in small dishes
- The end of the millennium is just a switch in time
- Tradition ain't what it used to be



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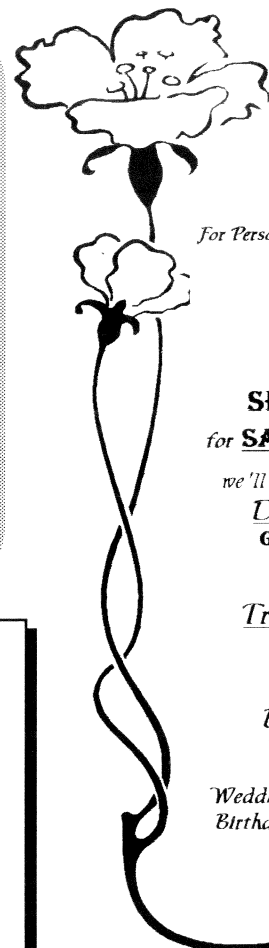
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**Fat Chat**

Review of a lecture on (1) Obesity (2) Fat as an item of food (3) How to read the fat content of food labels.

Speaker: Ilana Schraibman  
Reviewer: Gerald Kane

A score of senior members of SAJAC, we were the recipients of a most eloquent talk presented by an informed lecturer. Scientific data were made understandable to the lay audience.

1. **Obesity:** How to lose weight by ingestion of six to eight food intakes daily. There was no experience of hunger as a consequence.
2. **Fat as food:** The need to limit its intake - not to exclude it entirely.
3. **Food Labeling:** How one gets confused and misled.

Being a skeptic, consequent to listening to many "authorities" on nutrition, little did I anticipate how knowledgeable the lecturer was nor how well the topic would be presented.

The choice of lecturer was perfect; what a pity that all members of SAJAC were not present to hear Dr. Schraibman's talk.

Thanks to Pam Nathan who gave a brief lecture on the art of relaxation by using proper breathing methods.

A very special thanks to Renee Frank, who worked so hard in organizing the evening and providing the 23 people who attended with a delicious dinner, prepared solely by her.



Helen Josephson, Judy Cohen and Juliet Armist admire the cake before Ilana Schraibman's lecture!



Gerald Kane & Max Saloner.



Chief organizers of the event - Sylvia Kane and Renee Frank.



Lecturer - Ilana Schraibman



Liesel Eprile and Irene Joffa.



Pam Nathan

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dogs introduced to the islands. They too are making a modest comeback. Perhaps the most bizarre species are the marine iguanas. These hideous, saline spitting reptiles feed on algae in the ocean and then come ashore to sun themselves on the rocks. They can reach up to 2 or 3 feet in length and look just like their prehistoric ancestors. Darwin's finches are legendary. The many species of these birds demonstrate evolution in a short span of time. In times of abundant food, their beaks are small as the seeds that they eat are small and easy to crush. During droughts, only large, hard seeds are available and within a few years, the finches develop larger, stronger beaks.

The terrain of the islands varies from stark and desert-like to green and lush. Most are scenically beautiful. They are volcanic in origin and there are still active volcanoes on some islands. Because of the location on the equator, the weather is good year round.

A visit to Ecuador would not be complete without a visit to other parts of the country. Colonial cities and towns are historic and quite unique. A visit to an Indian market (for example Otavalo) is highly recommended.



Postcard showing off the wildlife of the Islands.

Indians come from miles around in their colorful native dress to buy and sell everything they need for the week. The people, the displays and varieties of fresh produce, the colorful clothing, and the animals all present a spectacular scene. Dormant and active volcanoes are numerous and there are snow-covered Andean peaks. The jungle still has pristine areas of rainforest where the only inhabitants are primitive Indian tribes, beautiful birds and some mammals. Unfortunately, like many other tourist destinations, theft is a problem in the cities, towns and villages. Vigilance and caution are strongly advised. Despite this drawback, the country welcomes tourists and most people are friendly, honest and helpful.



## Is Your Child as Happy as he Seems?

By Marlene Hyde  
M.A. (Clinical Psychology)

Over the years I have spoken to many depressed adults and have felt their pain. I have also been deeply moved by the despair and hopelessness that I have seen in teens and in fairly young children. Depression in children is often overlooked as it masquerades in many different ways such as "naughtiness", "moodiness", "rudeness", "out of control behavior", "drugging", "school difficulties", "inability to concentrate", "sleep difficulties", "promiscuity". As adults we do not associate the word "depression" with children and adolescents. Perhaps we find it too distressing to believe that such young people can be experiencing such painful and profound emotions. It is even more difficult to face the fact that many teens live on the brink of suicidal despair. There are many complex reasons for this: weak bonds with family members, social and academic stress, increased use of drugs and alcohol (extremely prevalent in California), media violence, the disappearance of the extended family (a familiar situation in the South African families who emigrated), the stress of adaptation to a new country.

If you are concerned about the possibility that your child may be depressed, talk to your child about it and also seek professional help.

If any teenagers reading this feel hopeless and overwhelmed by a situation, please talk to your parents. If you feel that you cannot talk to them, go to a school counselor, a rabbi or a teacher and share your feelings. There is a lot of help available and your feelings really can change. Sometimes a friend may confide in you and share depressed and sad feelings. If this happens over a period of time, encourage your friend to talk to parents or to any other caring adult.

It is "normal" for both adults and teens to feel "down" at times. Some days do not seem as good as other days, something happens that upsets you. It is also appropriate to feel depressed at times - for example, when the loss of a loved one occurs. The reason, extent and duration of these feelings is the significant difference between appropriate emotion and a depression that requires professional help. When depression is a familiar companion it is comforting to know that there is a great deal that can be done to help you to enjoy life fully again.



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## MEMORIES OF HANNUKAH 5747 (1986)

Gerald Kane

### The Hannukah the Rabbi was High

It was a late autumn afternoon when the Mitzvah-mobile came to a halt on Union Square in the center of San Francisco. Its doors slid open to discharge Rabbi Langer and members of its ecclesiastic cargo. They had come to perform a Mitzvah and allow others to achieve a similar honor. This was the lighting of the huge, oil-burning Hannukah which, for eight evenings would be lit in public to celebrate the Festival of Lights. A table topped with candle-holders each holding three candles to be lit by adults and children was on hand.

An air of festivity was enhanced by the music emanating from "Hot Borscht" - the band with a "Beet".

Blue and white helium-filled balloons rose above the throng assembled in the square; hot potato latkes were served with a glass of sweet kosher wine. Singing and dancing added to the joviality as everyone anticipated the lighting of the "candles".

Enter Rabbi Langer who like the Prophet Elijah would have to rise from terrestrial security - but not in a cloud of fire. The Hannukah was 30 foot high. How would the Rabbi rise to the occasion?

In addition to being filled with spiritual fervor and abundant learning Rabbi Langer was aware of the elevating possibilities of modern technology. A telescopic crane was on hand, its telescopic arm leading to a box resting on the ground. Holding what was described as the Olympic torch, the Rabbi entered the open box and securely harnessed himself to its wall. The telescopic mechanism was then activated whereupon the Rabbi slowly rose to the level of the *Shamash*, used to kindle three oil lamps. Hot Borscht - the Band with a Beet - exploded into *ma-oz-tsur* to the vocal accompaniment of the audience. A human *dreidel* appeared on the stage to lead the dancing.

What did the events of the evening signify? It meant different things to different people!

To members of Chabad organizers of the evening's function, it was the fulfillment of a *Mitzvah*. To residents of the St. Francis hotel directly opposite it was probably considered as another example of how California tolerates freaks, off-beats and weirdoes.

To a Jewish couple, recent immigrants from Soviet Russia, it was sheer bewilderment. Who would dare to publicly celebrate a Jewish festival?

To me, the evening's event was one of reassurance that in the United States religious freedom and tolerance is a cherished right.

Comment: Readers may be non-plussed by the word "Hannukah" to describe the holder of the Hanukkah candles. This term is correct. A Hanukkah carries 8 candles plus 1 *shamash*. A Menorah has tree paired arms and can hold no more than 7 candles. The Menorah, symbol of the State of Israel is to be seen in front of the Knesset in Jerusalem.

## "RENT" AT THE LA JOLLA PLAYHOUSE

Denise Sneag

On Sunday night August 31st, a group of theatergoers gathered at the La Jolla Playhouse, to be part of a privileged group of people able to obtain tickets for the award winning Broadway play "Rent".

SAJAC obtained a total of 100 tickets for this event, and due to the overwhelming success of this play, the tickets sold out in record time. We even had a waiting list of people hoping somebody would cop out and they could go.

The open stage layout and the fact that the band of musicians were on the stage made the viewing very interesting.

The story tells of a group of people living in New York city and is told through the music. The main character is Mark (a photographer) who is making a movie and takes a video of the different characters. It is about this group of people and about their lives and how they "pay the rent". It characterizes gays, lesbians, people with AIDS, drug addicts and prostitutes, and you live with them so to speak, in their lives. Depressing you might say - sure, but is it not the real world we are talking about.

It is amazing how involved you can become with and bond with certain characters, in such a short space of time. The subject matter didn't appeal to everyone, but the music was good, and the singing voices were incredible.

The play was written by Jonathan Larson, and the night before it was set to open on Broadway, he died tragically of an aneurysm, and so never got to see the fruits of his labor.

We hope that all those who came out, enjoyed another successful SAJAC cultural evening in San Diego.



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## The Galapagos Islands; Darwin's Laboratory of Evolution

By Brian and Merle Datnow

Travelers relating their amazing experiences on the Galapagos Islands are often met with skepticism. Stories of unique birds, reptiles and mammals seem unbelievable. The islands are indeed as amazing as the stories relate.

Located on the equator 6000 miles off the Pacific coast of Ecuador, the Galapagos (Spanish, meaning "tortoises") are a group of 13 main volcanic islands and numerous smaller islets. They constitute a province of Ecuador, and their official name is Archipelago de Colon. Discovered by the Spanish in 1535, the islands sheltered pirates and whalers until 1832, when Ecuador annexed and settled them. In an effort to halt the human threat to the ecological balance, all uncolonized areas were declared a national park in 1959. The population of about 10,000 are restricted to specific islands.

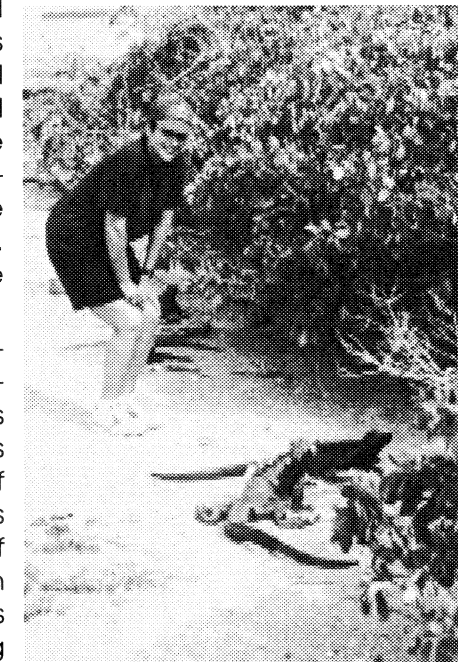
Noted for their unique animal species and distinctive varieties of species found elsewhere, the Galapagos served as the laboratory for Charles Darwin. He used his observations of the islands in 1835 in constructing his theory of evolution ("On the Origin of the Species"). The Darwin Research Station on Santa Cruz Island is charged with the task of advancing conservation and training naturalist guides.

Cruises of the islands are conducted on cruise vessels holding up to 90 passengers or on smaller motorized yachts holding up to 12 travelers. The larger vessels are faster and allow visits to more islands. Passengers sleep and eat aboard, and usually make two different shore visits each day. There are even opportunities to snorkel and swim (often among curious and friendly sea lions). Naturalist guides travel on all vessels, and brief passengers each evening about the activities of the next day. Passengers are ferried ashore on small dinghy-like boats called "pangas". The guides accompany each group which cannot exceed 20 persons. The guide stays on designated paths and conducts a running commentary of the wildlife and the habitat. Cruises begin on the islands. The passengers fly from Quito or Guayaquil to

Santa Cruz or San Cristobal Islands. The length of the cruises vary from 3 to 14 days. A seven day cruise on one of the larger ships (the Isabella and Santa Cruz are the most luxurious) is a good choice allowing sufficient time to visit the best islands.

The wildlife of the Galapagos consists mostly of birds and reptiles whose ancestors were capable of crossing the large ocean spaces. There are 56 resident bird species on the islands, 27 of which are found only on the Galapagos, and some endemic to just one island. To witness the blue-footed boobies doing a sophisticated mating dance or diving for fish from high above the ocean surface, is quite remarkable. Equally extraordinary are the male frigate birds sitting on the ground or in trees with bright red neck pouches inflated to the size of a football (on a bird no larger than 15 inches in height)

in an attempt to attract the females who are soaring overhead. Yet another anomaly is the presence of arctic penguins. This is also the only place where there are flightless cormorants, which have rudimentary wings and have lost their ability to fly. This trait evolved as the fish are so plentiful that the bird does not need to fly any distance to catch its food. The tortoises were threatened with extinction as the whalers captured them as a fresh meat source for long trips. Thanks to an international effort these prehistoric giants (which can live over one hundred years and weigh up to 500 pounds) are making a strong comeback. Unfortunately, some species are extinct or close to extinction. The most famous is "Lonesome George", the last of his species is about 100 years old. Desperate searches for a female of his species in zoos around the world have been fruitless. George is destined



Merle Datnow admiring the marine iguanas

to be a bachelor for the rest of his life. Sea turtles at one time threatened, now abound and come ashore to lay their eggs on the beaches of some of the islands. If you are fortunate you may be present when the eggs hatch and thousands of tiny turtles make their way to the ocean using the stars as a guide. Only a small percentage of the hatchlings make it to the water. Most perish on route or end up being a meal for the circling frigate birds.

Most of the animals allow the travelers to get very close without retreating. Because of the remoteness of the islands and the small number of visitors over the years, they do not know humans as being a threat. An exception is the land iguana, they are shy of humans and other animals as they were almost all killed off by



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## SNIPPETS FROM SA

By Sarah Tracki

- A ceremony took place to mark the opening of the up-graded Table Mountain cableway system. This key tourist attraction has been consistently voted SA's most popular tourist feature.
- Although SA failed to win the bid for the Summer Olympics in 2004, Mr. Sam Ramsamy confirmed that SA would participate in the bid to host the 2008 Olympics.
- Airlines are finding SA one of the costliest countries to fly into, according to a statement issued by the Airlines Association of Southern Africa. The cost of aviation fuel bought in Johannesburg was 30% higher than the rest of the world. These charges eroded the profitability of airlines and helped to discourage tourism.
- Allan Boesak, the fallen ANC hero, has been accused by his former bookkeeper of squandering money donated by the American singer, Paul Simon and others for black victims of apartheid to fund a high life of luxury, cars, clothes and the best restaurants. \$500,000 donated by Mr. Simon, the Coca Cola Foundation and Scandinavian aid agencies to help SA's most needy has been misappropriated. Three years ago Dr. Boesak was cleared of the allegations by an ANC international investigation. But when the Scandinavian churches put pressure on the SA authorities, the matter was taken up by the Office for Serious Economic Offenders. The trial, due in February 1998, of one of the anti-apartheid struggles most charismatic leaders, threatens to embarrass the ruling party.
- Michael Jackson, much to the anger of wife Debbie Rave, met up with ex-wife Lisa Marie Presley during a recent concert tour of SA. Lisa Marie happened to be attending a world Seminar in Johannesburg for the Church of Scientology during Michael's visit. Michael was delighted to accept an honorary membership from the Phokeng tribe.
- Demitrio Tsafendas 79, who killed Dr. Hendrik Verwoed 31 years ago, has given his first interview. Despite being certified as insane and having spent the last 30 years in a mental hospital, Tsafendas is being elevated to the status of a meaningful figure in SA's transition to democracy - almost a hero of the revolution. A documentary is being prepared on his life. Although Tsafendas had a history of mental instability, he was given a job as a messenger in SA's Parliament in Cape Town. On September 6, 1966, he stabbed the Prime Minister to death.



- The poet, Mzwakhe Mbuli, who led the celebrations at President Mandela's inauguration in 1994 and was one of the organizers of the Two Nations' Concert which the Prince of Wales and Prince Harry attended, is in custody charged with bank robbery.
- Helena Amram is Israel's leading matchmaker. Private detectives and psychologists are used to vet the lonely hearts. Her services are in such demand that she plans to expand her cupid's wings and services across the globe, including Cape Town. Over the past 30 years, Amram has transformed the ancient tradition of Shadchan (matchmaker) a central figure in every Jewish Community - into a \$20 million business. But her services don't come cheap; - \$3,000 to \$12,000 are prices quoted for her service. The richer the partner required, the more you pay! "It's cheaper than divorce!" she claims.
- President Mandela has recently been trying to act as peace broker between Libya and Britain, much to the wrath of the USA. Mandela, accompanied by Graca Machel, landed in Tunisia and traveled 100 miles from the border by car because of international sanctions banning flights to Libya. President Mandela embraced Colonel Gaddafi amid tumultuous rejoicing in Tripoli and presented him with SA's highest honor - a medal, called The Merit of the Order of the Cape of Good Hope.
- Winnie Mandela's candidacy for the deputy presidency of the ANC has taken a new turn with her launch of an all out populist challenge to the party leadership. Mrs. Mandela, who is still facing investigation by the Truth and Reconciliation Commission for her alleged involvement in at least eight murders and is facing a rash of legal demands over her non-payment of various debts, has correctly guessed that President Mandela's heir apparent Thabo Mbeki, the current ANC deputy president, is doing all he can to block her campaign. She has in effect now taken him on. Mr. Mbeki's office already feels deeply threatened by her challenge.
- The notorious John Vorster Square Police Station has recently been renamed Johannesburg Central Police Station and a large bust of B.J. Vorster has been removed.
- Motorists in SA could be issued with \$70 spot fines if caught using hand held cellular phones while driving.
- There was worldwide coverage of Prince Charles and Prince Harry's five day trip to South Africa. The trip included a tour of "The Bronx" (Hillbrow) and a day long sojourn to a private game reserve. The highlight of the tour was their attendance at a concert performed by the Spice Girls, currently touring SA. Prince Charles also took time to visit his brother-in-law, Earl Spencer - their first meeting since the untimely death of Diana, Princess of Wales.
- The newly refurbished Blue Train is now back on track and will be operating its thrice weekly runs from Pretoria to Cape Town. At a dinner marking the event, a framed Nelson Mandela dress shirt, with an autographed certificate of authenticity, fetched \$30,000.
- For people wanting to make contact with other South Africans living in the USA, here is the South African Internet address:  
[www.southafrica.co.za/saw/survey/](http://www.southafrica.co.za/saw/survey/)  
 Good luck and happy Internet surfing!



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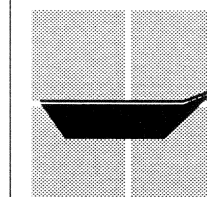
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will soon be. There were so many wonderful things about this program. I want to write about it all in detail some day. I want to write about Linda and Cynthia, our vibrant and knowledgeable teachers, who allowed us to feel that we weren't evil for not knowing what to do about the Christmas tree issue, and who showed us that although Judaism is steeped in ancient tradition it is also young and alive and growing and that it has a place for all of us. I'd like to write about the fabulous male and female Reform and Conservative rabbis from all over San Diego who came and spoke to us and seemed to love being bombarded with questions. And about all that food and music. And about the people who came, like us, from all over the city, with the same doubts and insecurities, wanting but not quite knowing how to begin to bring Judaism into their lives and into their homes. The single parents, the young couples without children, the middle-aged couples with grown children, the people who were raised with different religions, or with no religion at all - how they all showed up week after week to learn, when they could have been watching the ball game or throwing another steak on the barbecue.

This last Chanukah we invited two families to our house for a little party. We did it all - the potato latkes, the dreidels, the menorah, and the music. I'd like to be able to say I did the same for Passover, but I really wanted to

practice on my own family - the mere thought of putting on a seder for other people made me break out in a cold sweat. Now that I've done it once, I'm sure I'll be able to have friends and family over next year.

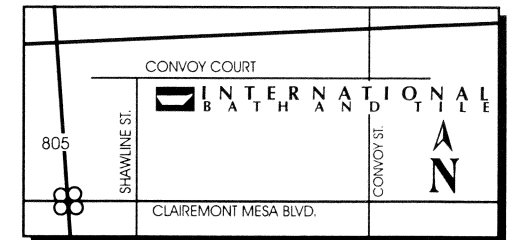
But the thing I'm the most proud of is seeing how meaningful our Jewish rituals have become to my children. And what is especially wonderful is that they have friends who call them and ask if they can come to our house for Shabbat. These children aren't even Jewish but they too want to be a part of this very special time. They've learned the blessings almost by heart and their eyes shine as they recite them with our children. They love the blessing for the wine, and the blessing for the bread. But most of all they love the blessing for the children.



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**Celebrating the Change of Seasons**

By Adam Behar

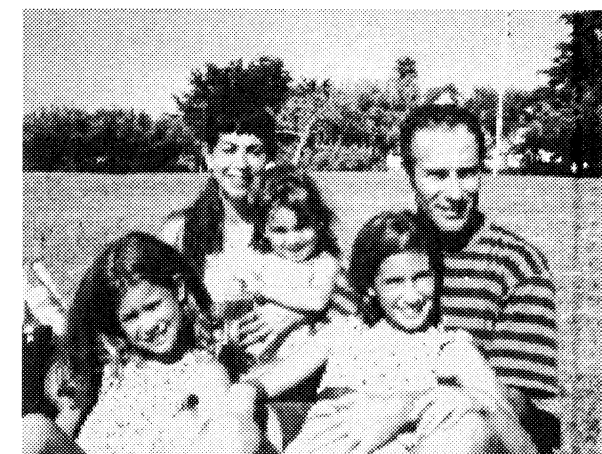
More than 70 people came together October 19 to kiss the summer goodbye atop Sea Grove Park at the foot of 15<sup>th</sup> Street Del Mar.

Hosts Dave Hastings and Hillel Katzeff billed it the "End of Summer" bash, but, given the blue sky, bright sunshine and warm water, perhaps "Endless Summer" would have been more appropriate. Only in San Diego!

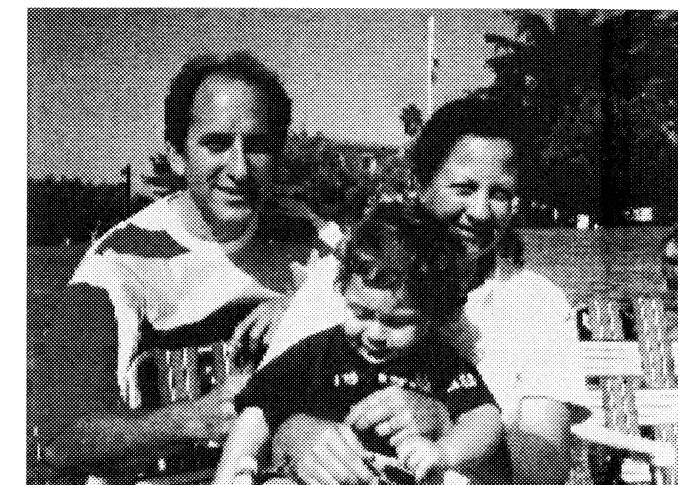
With the ocean temperature lingering in the upper 60s and above-average waves, several in attendance surfed while others reclined in beach chairs after enjoying a meal of chicken, potatoes and salad provided by Kevin Fisher's Rotisserie Affair Catering. Young couples, lots of "little ones" and singles mixed nicely, as did Jews from South Africa, America and Mexico.

Hastings, a real estate agent and Katzeff, a financial planner, said the event was just an excuse to bring Jewish people together to meet new friends and get reacquainted with others in a prime location.

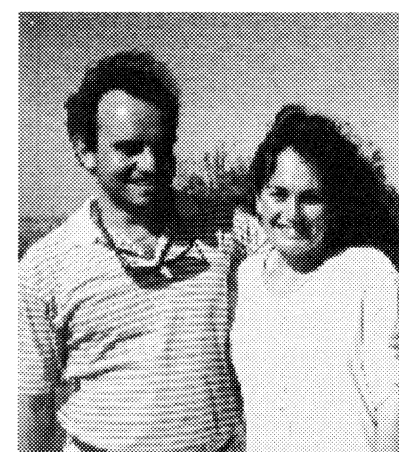
Who can argue with that?



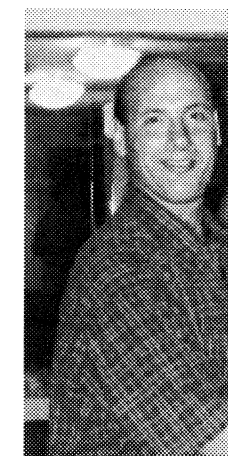
The Lieb family — Dave and Liz with daughters (L to R) Mati, Abigail and Laurie



The Katzeffs — Hillel, Linda and Jacob.



Shaun and Yael Edelstein



Adam Behar



Zara & Gavin Sclar with Karen & Dale Gross

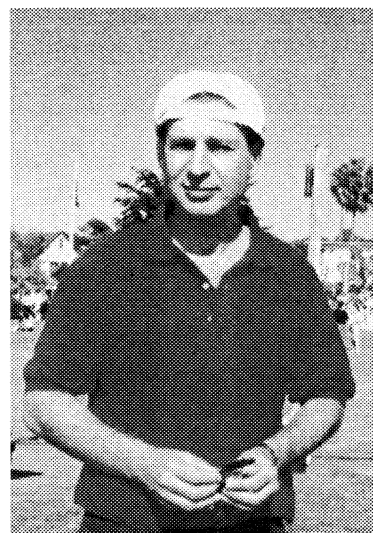


Brother & Sister — Selwyn and Phillipa Schachat



Three Good Friends — Beverly Koseff, Beverly Behar and Michelle Abramowitz

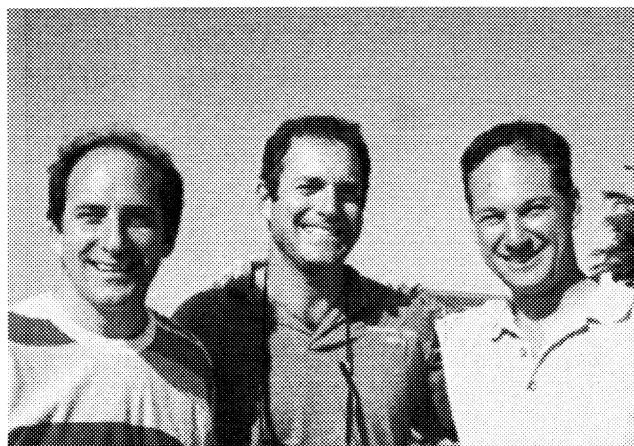
more photos...



Swinging Single - Mark Friedman



Shelley and Steven Sass



Kevin Fisher of Rotisserie Affaire flanked by Chief Organizers Hillel Katzeff (left) and Dave Hastings (right)

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I have 10 years experience working as a therapist and having immigrated from South Africa, I am very familiar with the challenges of acculturation.

--- ❖ ---

a pillar of the community, made the best matzoh balls in the world, invited homesick army boys to her house for Shabbat, and often included my family at her Passover seders.

She was not only a great matriarch, she was a great Jewish mama. After those Passover seders I would come home filled to the brim not only with delicious food, but with the traditions that had been passed along from mother to daughter for hundreds of years. Did my mother find Auntie Sylvia terribly intimidating? Did she think that she could never measure up to someone like her? That it had to be all or nothing? My mother died when I was 18 - nearly 20 years ago - so I will never know the answers to those questions.

Now I can see why it was such a struggle for me to start these rituals at home when I became a wife and a mother. Somewhere in the back of my mind, there was a little voice telling me first if my own mother hadn't been able to do it, that I wouldn't be able to do it either. I remember on Yom Kippur when my husband and I were in our early 20s and living in Los Angeles. While Jews all over the world sat in synagogues, fasting and atoning for their sins, we went to a Chinese restaurant and ordered sweet and sour pork. I'm not too sure what kind of statement I thought I was making but I was determined to make it anyway. Throughout the meal I tried hard to ignore the lump of guilt in my throat that made swallowing the pork so difficult.

When we had children I told them that it would be enough for all of us to celebrate the Jewish holidays at people's homes. And for a while it was enough. And then we moved from Los Angeles to a small, rural community in San Diego where there were no Jews to be found and I was suddenly struck with an intense feeling to do something about my Judaism. I told myself it was for the sake of the children, that it was terribly important that they have a sense of pride and belonging in their heritage, but now I see that this was only partly true. It wasn't only for them.

**Tentative Beginnings**

So one night I put the pair of Spanish candlestick holders that I'd ordered from a catalogue on the table, along with a huge, golden challah and a bottle of Manishevitz. I also brought out the old prayer book that I had used so many years ago, because I wasn't sure of the words of the blessings. Three pairs of eyes looked up at me expectantly, waiting for me to do it, whatever it was that I was going to do. I fumbled and stumbled so badly and felt so awkward about the whole thing that I almost gave up that night, seeing that it was just not meant to be, that like my mother, I just didn't have what it took to be a Jewish mama.

Like everything else in life, when you do something often enough it gets easier and you get better at it, which is what happened with our Friday night ceremonies. But

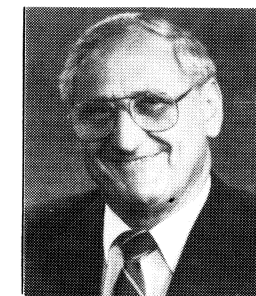
there was still the question of the holidays - how could I ever put together a Passover seder - and why would I want to ... what did it all mean anyhow? We were still new to the area and I had no idea what temple to join, or even if I wanted to join one. So when I saw an ad in the paper, sponsored by the Jewish Federation, for a nine month-long program for intermarried families and unaffiliated people who wanted to learn more about being Jewish, I signed us up. We fit into all these categories.

None of us wanted to go to the "Pathways To Judaism" program - it was to be held on Sunday afternoons and the thought of driving for 25 minutes on a Sunday afternoon to sit with a bunch of strangers to learn about Jewish stuff was about as appealing as a trip to the dentist. The day before it was about to begin, I remember saying to my friend Elaine that I hoped it would be a very, very bad program. That after going once or twice we would know that it was obviously going to be a waste of time and we wouldn't have to go anymore. And then I would be able to give myself a little pat on the back and say "Well, Brigid, no one could say you didn't try, could they?"

**The Path**

Next week my family will graduate from our "Pathways" class. I get this little lump in my throat when I think about it - how long and empty our Sunday afternoons

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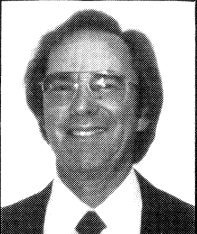
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## SAJAC ANNUAL GOLF TOURNAMENT

By Mannie Edelstein

The 10<sup>th</sup> annual SAJAC Golf Tournament was held at the challenging Carmel Mountain Ranch Golf Club on September 14. It is a tribute to the outstanding talents of tournament organizer, Colin Berman, and the support of SAJAC's Denise Sneag and Sarah Trocki that 54 golfers from San Diego, Los Angeles and Johannesburg were attracted to play in this tournament. San Diego golfers beware as the "uitlanders" took the top honor in the form of Ronnie Moss from Johannesburg who won the overall SAJAC tournament. Ronnie's performance was truly remarkable as he has never played on this course and he is over 60. Runner up was L.A.'s Gary Hesp. An outstanding time was had by all.

### 1997 SAJAC RESULTS

#### 'A' DIVISION

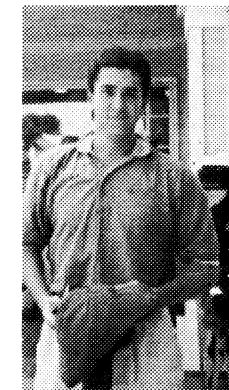
**GROSS -** 78 Ronnie Moss  
79 Gary Hesp  
**NET -** 72 Mike Kessel  
73 Dennis Goodman  
**LONG DRIVE -** Colin Bernstein & Gary Hesp  
**CLOSEST TO THE PIN -** Ian Aires & Gary Hesp

#### 'B' DIVISION

**GROSS -** 81 Len Brenner  
90 Sheldon Cohen  
**NET -** 69 Julian Frank  
72 Brett Saloner  
**LONG DRIVE -** Clive Moch & Joel Benatar  
**CLOSEST TO THE PIN -** Kevin Swartzberg & Errol Lurie



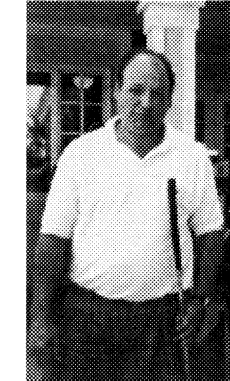
Colin Bernstein



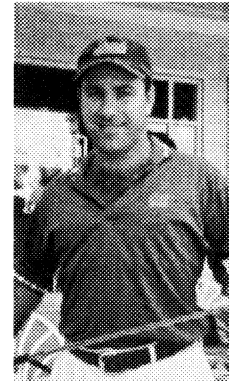
Brett Saloner



Joel Benatar



Another Winner! - Len Brenner



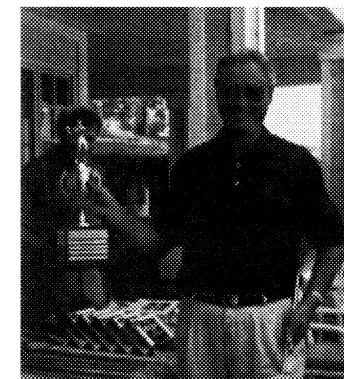
Well done, Gary Hesp



Errol Lurie



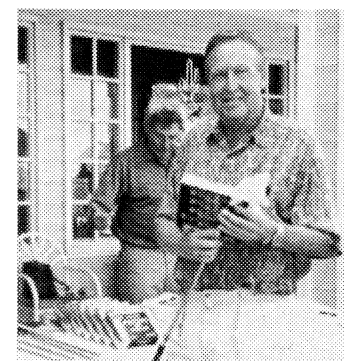
Four Good Friends - Adi Jacobs, Gary Hesp, Brett Saloner & Alan Katz



He's the Winner! Holding the trophy - Ronnie Moss visiting from Johannesburg.



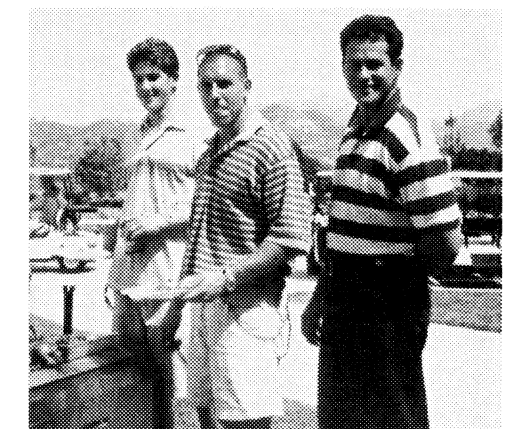
Mannie Edelstein



He's a Winner! Mike Kessel.



Julian Frank with Chief Organizer, Colin Berman



Lunch is being served - Gary Sussman, Adi Jacobs, Derek Davis

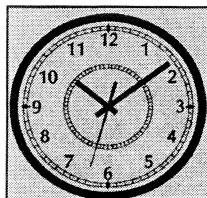
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## Blessings for the Children

By Brigid Brett

*"Don't forget to pick up the challah tomorrow, Mommy." My daughter reminded me last night before she fell asleep.*

This morning my son actually turned down an invitation to sleep over at his friend's house because he doesn't like to miss Shabbat. This may not sound to be much to some people, but considering that it wasn't all that long ago that my children wouldn't have known a challah from a hot cross bun, it is nothing short of a small miracle to me. Fridays are their favorite days - they love us all sitting down together at the end of a long, hectic week and lighting the candles, and saying the blessings. All the blessings, the blessings for the candles, the wine, the bread, and the children. (They especially love the one for the children.) My son is 10 and my daughter is eight and we've only been doing this for a couple of years, but it is astonishing to see how much this ritual brings to their lives. To all our lives.

I remember as a child going to my friend Marion Isaacman's house on Friday nights for supper. There was something almost mystical in the way her mother gathered up the light from the candles with her hands and recited the blessing. Although Marion and I sometimes giggled our way through the whole ceremony, I was secretly in awe of the whole thing - of her mother's effortless way of knowing what to do, of the soft sounds of the words she spoke, of the warmth and love that seemed to flow from the flames to all of us at the table. Somewhere in my deep subconscious I linked the candles and the wine and the bread with a sense of peace and calm, with a certain order and predictability - the ingredients so often lacking in my own home. The Isaacman's house was always a sanctuary for me, but it was those Friday night Shabbat suppers that lured me more than any other time.

Children do not like to admit, nor are they probably even aware of how much they crave order and routine in their lives. They love the predictable. I remember sitting at shul on Saturday mornings, listening to the same songs each week and to the familiar sound of the rabbi reading from the prayer book. It was always the same. And although I would rather have died

than tell any of my friends - I loved it. I loved the sound of the rabbi's voice and of the music that wafted down from the invisible choir and I loved knowing what would come next.

It was a Reform congregation and so much of the service was in English. But I liked the Hebrew parts too. There was something about the rhythm and cadences, about the music of the language, that pulled me in and held me in a most mysterious way. I recently heard a recording of an interview with the late poet, Alan Ginsburg, who, after reading his poem Kaddish, spoke about how deeply affected he was by this ancient prayer of mourning, the words of which he did not understand. One does not need to understand the literal meaning of a language to be moved by its poetry. My mother's parents were secular Jews and although they were fiercely proud of their heritage, they were completely non-observant. So when my mother married my father at the age of 19, the idea of observing the Sabbath and lighting the candles was just too foreign to her, and as it is the woman who usually brings these traditions into the home, my father eventually got used to living without them.

I remember how much my mother admired our neighbor, Sylvia Walt. Sylvia Walt exuded Jewishness. She was

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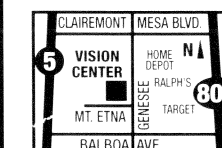
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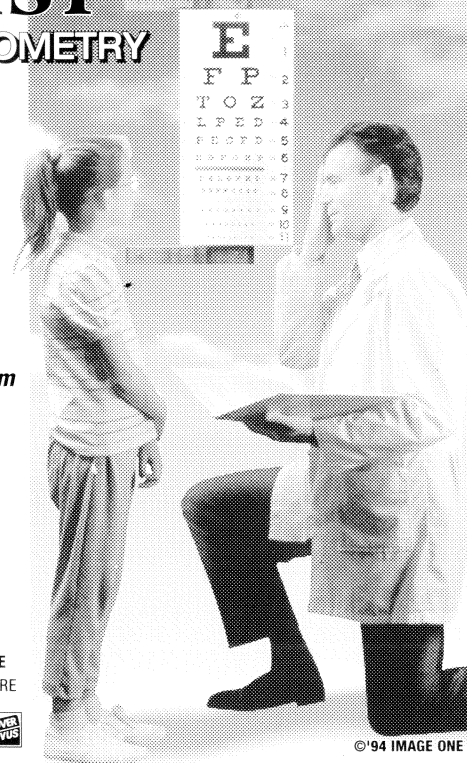
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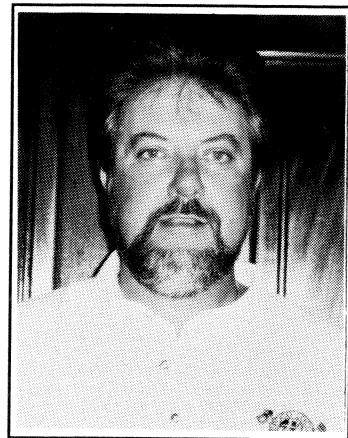


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## THE SAJAC TENNIS TOURNAMENT

BY SARAH TROCKI

I was relieved to wake up on Sunday November 16, the day of our tennis tournament, to blue skies and sunshine. So the weathermen were wrong in their predictions after all—rain had been forecast all day long!

The tournament took place at the beautiful, newly completed George Barnes Tennis Center, in Point Loma and it was a huge success.

We rented nine courts for 38 high standard players and the format was mixed-doubles-round-robin.

A delicious brunch was served in a marquee in a buffet style and a good time was had by everyone.

Trophies were handed out after the exciting finals in the A and B Divisions. The winners were:

**A Division Winners:** Brendan Gaylis and Clive Moch;

**A Division Runners-Up:** David Bortz and Andy Rappaport

**B Division Winners:** Rhoda Gaylis and Wayne Sneag

**B Division Runners-Up:** Claudia Aires and Russell Swersky

I wish to thank the following people: Brendan, Merle Gaylis and Harold Shapiro who made numerous calls enticing people to play; all the Committee Members who provided sumptuous fruit platters for the event; Andy Furman, Ruth Schorr and Carol Abramowitz for their help during the event.

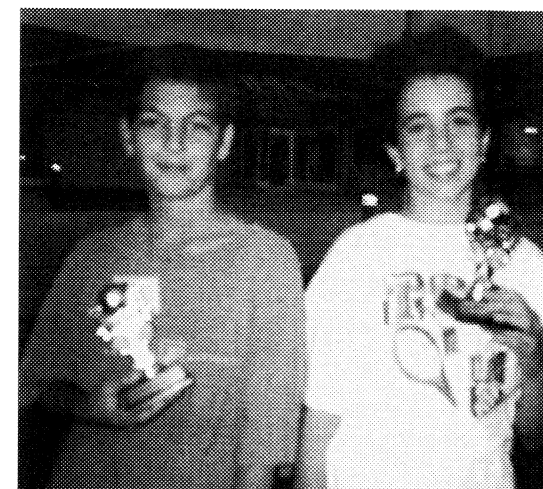
Thanks must also go to the Tennis Centre Chief, Lesley Guajardo for her endless patience and help in putting this tournament together so successfully - always pleasant and above all so accommodating!

Stan Smiedt, owner of Bruegger's Bagels, a fellow SAJAC member, donated 7 dozen bagels for which we were very grateful.

Last, but not least, my thanks to all the tennis participants for making it such a great event!.



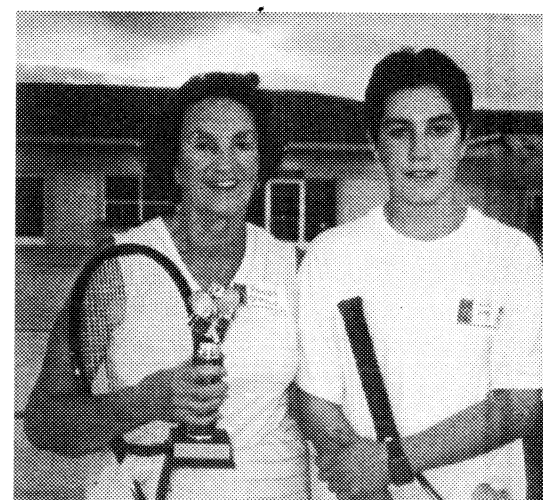
A Division Runners-Up — David Bortz and Andy Rappaport



B Division Runners-Up — Russell Swersky & Claudia Aires



A Division Winners — Brendan Gaylis and Clive Moch



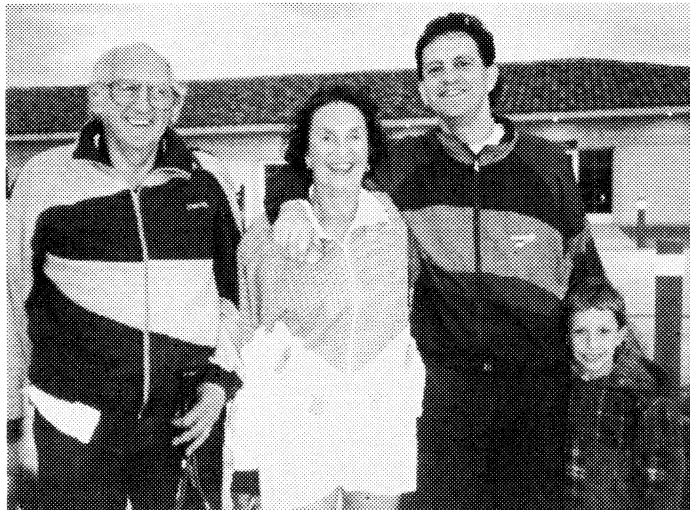
B Division Winners — Rhoda Gaylis & Wayne Sneag



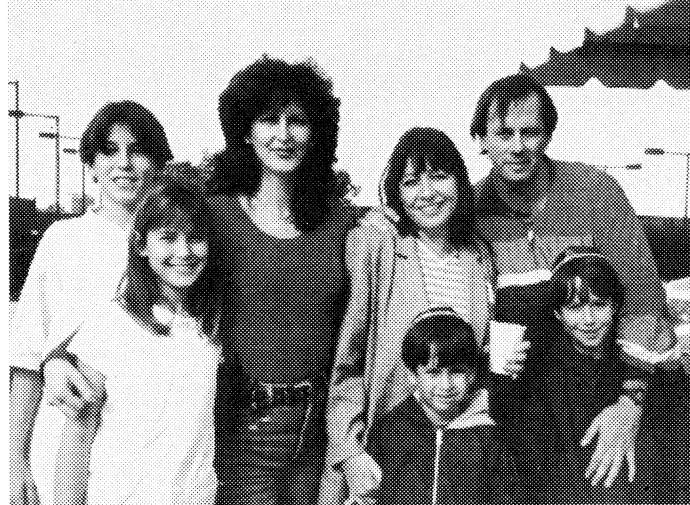
## More Tennis Photos:



Spectacular Spectator — Geoff Kalmanson



Three generations of Gaylises - Hymie, Rhoda, Brendan and Joshua.



The 2 Helenes with their families — David, Michele and H el ene de la Vie, Helene, David, Julien and Emanuel Bortz.

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**FRENCH  
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By H EL ENE DELAVIE / Fashion Designer-Editor

I took many things about the world of fashion for granted because I grew up in Southern France and studied fashion design in Paris. As a young woman, I had come to believe that the purpose of style was to look good, to create an impression and to be attractive. Designs and clothes were meant to be alluring, seductive, elegant, sophisticated, sexy and *Always Fabulous*.

When I came from Paris to Chicago for my brother's wedding, my future relatives introduced me to the concept of "comfort." They informed me that American women want style that is "comfortable." I was stunned! I struggled to say the word. With my high school English and French accent, I could barely pronounce it. My biggest culture shock in coming to the United States was the idea that this word could be applied to style.

The phrase, "un costume comfortable" did not make sense to me. Furniture was designed to be comfortable; clothes were designed for impact and esthetic appeal! They were intended to accent the shape and form of a woman's body and wherever possible to bring out her best features while concealing less desirable aspects. "Look" was what counted and very frequently this was anything but comfortable. I wore high heels whenever I went out. I shopped, I worked and I walked in high heels. I never thought about it for a moment. In France, it was understood "when you go out, you dress." A French woman would not think of leaving her home in a sweat suit and jogging shoes!

The word "comfortable" struck me so deeply, I could not forget about it. In the years since that first visit, I have developed my professional career in the United States. During this time, I have come to an entirely new appreciation of the significance of comfort. Embedded within this idea, is the concept of freedom. Comfort frees you to be who you are and to express yourself in many different ways. French style, with its emphasis on tight fit and shape can be very restrictive.

I now understand "comfort" and might even wear a jogging suit to the grocery store. However, I have not

relinquished all the values from my French upbringing. I have chosen some elements of French "savoir faire" to share with American and South African women.

I wage a personal war against the American approach to lingerie. For example, I continually educate American women on how to wear a bra. A brassiere should be the building block of your total look. It must fit well and provide support and shape. I am always telling women to "pull up those straps." You would be surprised at the positive effect this can create. Cleavage appears even where nature has not been generous! With this simple technique, I have made many women's boyfriends and husbands very happy!!!

In France we say, "Une femme ne devient pas int eressante avant l'age de 35 ans!" This translates as "a woman does not even become interesting before the age of 35." I would like to transplant this idea into the American approach.

I see too many women who have succumbed to "laissez-allez", in other words "letting themselves go." A French woman is aware of the power of her style and maintains this consciousness throughout her life. We do not see attractiveness as something that blooms briefly in the early 20's and then quickly fades. Maturity brings wisdom, sophistication and charm. I strongly encourage American and South African women, to take this from the French experience!

The French approach to life is full bodied - we love style, food and laughter! We love to flaunt our shapely bodies. Our language is one of sensuality, poetry and metaphor. In describing an outfit, a French author writes, "les rouges de l'hiver font les vendanges de la s eduction." This translates roughly as "the reds of winter are the bounty of seduction". In English the same outfit is described as "the appealing reds for winter make a cheerful, chic way to beat the gray days." This difference between these two types of description is significant. The American point of view differs from the French. French flirt with fashion, whereas Americans are practical.

The charm of "French style" rests in its sophistication. French style is enduring. A quality garment lasts for years. On the other hand, the appeal of the American approach is in its ease, freedom and readiness to take on the world. American style has truly broken through many barriers and created a fashion environment in which women have many, many options.

I have come to accept that the French approach is not for everyone. Comfort has its place and appeal. The true art of fashion is in knowing when to go for style and when to be comfortable.