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*We are always eager to receive articles for inclusion in our publication. Please contact Sarah Trocki at 623-9280 to make further enquiries. Thanks to our advertisers who with their advertising, generously support our Publication.*

# SAJAC

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**Moving:**

Please advise Merle Datnow of your change of address. Merle can be reached at 456-1046 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 Celia Levy at 453-2778 of all announcements, such as births, Barmitzvahs, Batmitzvahs, weddings, illnesses and deaths. This will ensure publication in the next issue of the Reporter.

**Newcomers:**

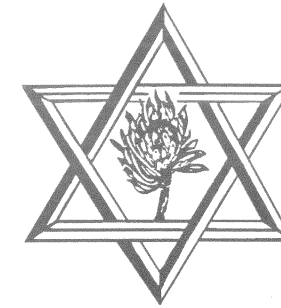
Please advise Joan Wasserman 793-8985 if you hear of any newcomers to San Diego, so that a welcome can be arranged.

**Friendship:**

Please advise Arlene Shein at 535-1754 if you hear of anyone requiring meals or help due to illness or tragedy.

**Membership:**

Please call Merle Datnow at 456-1046 for information about SAJAC Membership.



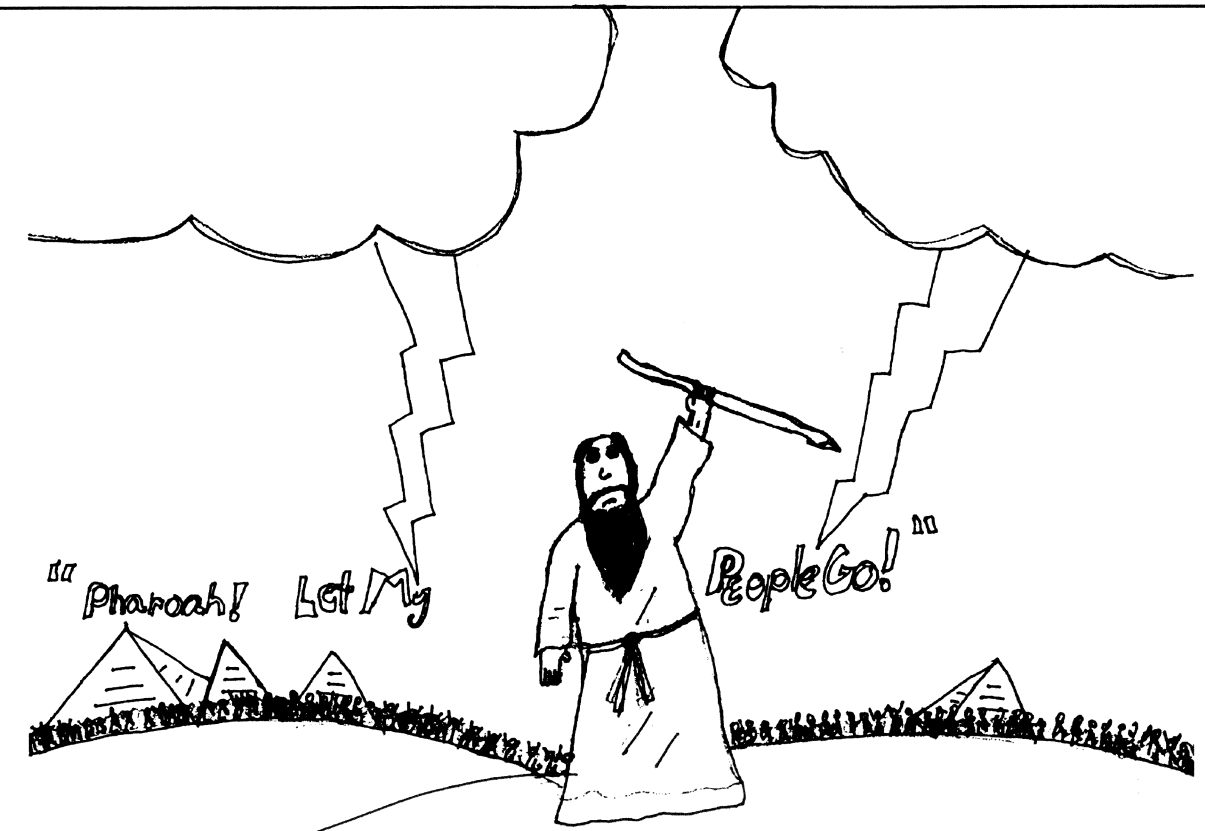
# SAJAC REPORTER

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

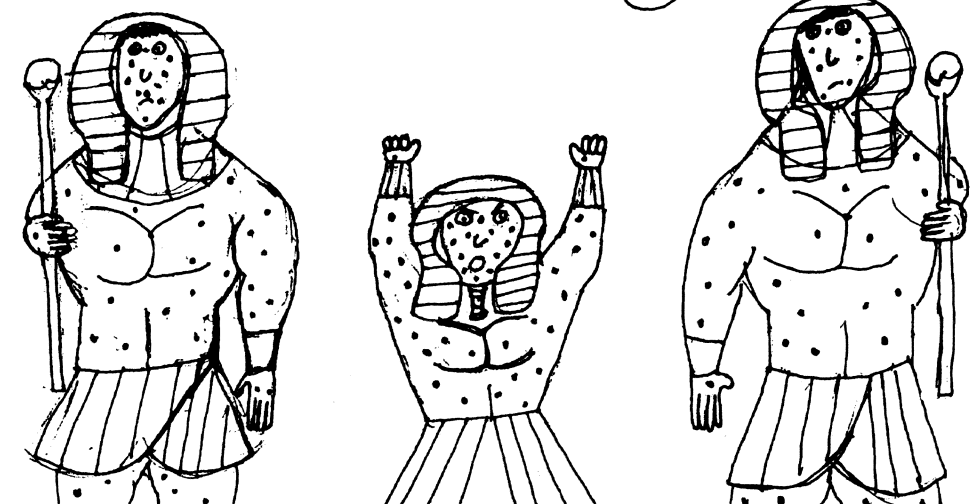
Volume 3, No. 7

CELIA LEVY

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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 July 1998

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

Please call Sarah at 623-9280 or mail to **SAJAC Reporter**,

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## PERSONAL ANNOUNCEMENTS

### MAZELTOV TO:

Gary and Jodi Levinson on the birth of a new baby

Brain Blacher and Nicole Traub on their engagement

Charlie and Rene Frank on the arrival of a new granddaughter

Frank and Gaby on the arrival of a new baby

Stan and Cheryl Kaffel on their daughter Calli's Bat Mitzvah

Cheryl and Neil Rabinowitz on their son Greg's Bar Mitzvah

Beulah and Gordon Koz on the marriage of their daughter

Aaron & Rochelle Saloner on the engagement of their son Craig

Max & Rachel Saloner on their grandson Craig's engagement

Barney and Yvonne Friedland on the marriage of their son and the arrival of a grandson to their other son

Marcelle & Ruben Samakosky on the occasion of Jared's Bar Mitzvah

Julian & Yael Aires on their daughter Claudia's Bat Mitzvah

Naomi Aires on her granddaughter's Bat Mitzvah

### GET WELL TO:

Joan Wasserman

Debbie Shtein

Judy Cohen

Mandy Meyerowitz

Julian Goldmid

### CONDOLENCES TO:

Molly Lemberg on the loss of her husband

Carole Marks on the loss of her father

Harry Berzack on the loss of his grandmother

Jeff Snoyman on the loss of his father

Brenda Jacobs on the loss of her father

Charlie Frank on the loss of his mother

# HOLD THE DATES!

(and start your "training")



## SAJAC GOLF TOURNAMENT

**Sunday**

**October 4th, 1998**

**Eagle Crest**

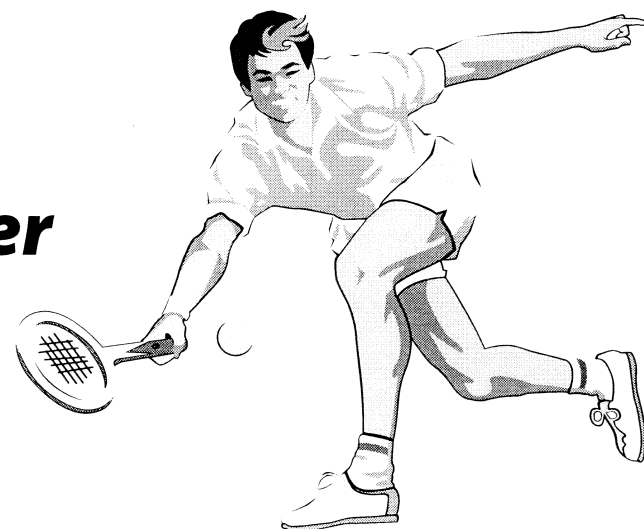
**Escondido**

## SAJAC TENNIS TOURNAMENT

**Sunday**

**November 1, 1998**

**Barnes Tennis Center**



## President's Address

There was a period last year when it looked as though the tide of immigrants from South Africa was finally slowing down. It was thought that perhaps S.A.J.A.C.'s role would to some extent change. Part of this supposition was due to the difficulty of getting into the United States and therefore many potential immigrants were choosing Australia and other locations as a venue for a new life.

Well, as can be seen from our Newcomers section, this is not the case. We have a number of new immigrants who have come directly from South Africa and others who have taken a more circuitous route through other states and countries, to eventually land here in time for the dreaded El Nino. S.A.J.A.C. will continue in its role as a facilitator for S.A. Jews arriving on these once sandy shores.

The first edition of each 'Reporter' is always an exciting occasion, with the lead up to Pesach, Spring Break and the notion that the first quarter of the year is coming to a close.

Pesach is a time of ambivalence, with the excitement and familiarity that the event we are about to partake in has a history going back thousands of years. That generations of Jews all over the world have performed these exact rituals before us and in the same manner. There is a tremendous comfort in this knowledge - a kinship to all Jews, a common thread that binds us across oceans and across the ages.

Pesach is also tinged with some sadness. There is sadness that the event we are about to celebrate provides another reminder of the suffering that the Jewish people have experienced throughout history. There is also the sadness, that though many of us sit at the seder table with family and friends, there is barely a family which is complete, barely a family where an uncle, a cousin, daughter or grandparent is not missing - about to sit down or having already completed a similar ceremony at a table in some distant location.

At a recent S.A.J.A.C. board meeting, one of the board members made the suggestion that we should establish a list of families who would like to welcome newcomers to their Pesach seder and match that with the newcomers and other people who have



New Co-Presidents Merle Datnow (left) and Steve Schraibman (right)

somehow 'fallen through the loop'. Some discussion ensued on the matter and we soon realized that through the gossip network - the same one that brings us news of some messy divorce, or the latest 'skinner' from SA on who's doing what to whom - provides details of those people who are in need of a Pesach seder amongst familiar faces in an unfamiliar setting.

I remember spending a number of Jewish festivals and even Friday night dinners with long lost friends and even 'bare' acquaintances - people whom I had known or met in one context or another back in S.A. and who had disappeared from memory, only to reappear here in San Diego. These occasions offered the opportunity to reminisce, over shared past experiences and to relate first hand on developments in South Africa. More importantly, however, it provided a warmth that comes from belonging to the 'extended' family of Jews.

Wishing all the members of this extended family a 'Chag Sameach'.

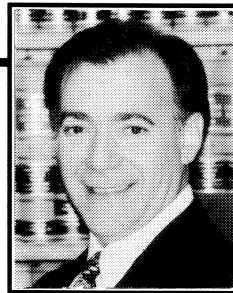
Steve Schraibman  
Co-President

This year the Co-Presidents, Merle Datnow and Steve Schraibman, will be rotating writing the President's Address.

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## Exchange Control:

INHERITANCES, ALLOWANCES, TIME SHARE  
 AND OTHER PROVISIONS

by Leon Snaid

A family which officially emigrates from South Africa can take out a Settling-In Allowance of up to R400,000, plus the R80,000 Annual Travel Allowance for each member of the family over twelve years of age and R25,000 for children who are younger. Single people can take up to R200,000. A widow/widower with dependents is also regarded as a family unit. In addition, you are entitled to take out personal effects up to the value of R100,000.

Any assets, over the above allowances, must remain behind in South Africa and are regarded as being "blocked". People are entitled to receive income earned on "blocked" Rands so it is essential to invest wisely. Obviously, the name of the game is to invest in high-income-generating investments rather than those which will produce handsome capital gains.

The following are examples of income from "blocked" Rands: dividends from listed Johannesburg Stock Exchange Companies; interest on fixed savings and notice deposits; interest from bonds or debentures; income from close corporations; and directors' fees or close corporations members' fees. It is possible to obtain pension payments if you are older than fifty-five or you have retired because of disability or ill health. Income from trusts is regarded as income, as are cash bonuses from insurance policies and rentals from property.

Blocked funds can be used for various purposes including:

- 1) Membership subscriptions and affiliation fees due to national clubs and professional societies;
- 2) Tuition, including boarding fees for children who are remaining in South Africa;
- 3) Return air travel to the new country;
- 4) Up to R75,000 per family each year, at the rate of R3,000 per day per adult and R1,500 per day per child under the age of twelve;

- 5) Premiums on long-term insurance policies - life, endowment and retirement annuities which were entered into before emigrating;
- 6) Child support payments;
- 7) Mortgage obligations on properties which are owned;
- 8) Gifts of up to R100,000 per year, including donations and maintenance to third parties who are residents in South Africa.

Although many people believe that you are entitled to your annual travel allowance if you do not officially emigrate, some experts in South Africa believe that it is necessary for the air ticket to be purchased in South Africa to enjoy this benefit. Some people choose to leave unofficially rather than have their affairs reviewed under a microscope by the Receiver of Revenue.

For those who officially emigrate, future inheritances of up to R500,000 are automatically received overseas. If you do not officially emigrate, it is necessary to request permission from the reserve bank to receive the money off-shore to pay for expenses like children's education or medical bills.

Whether you emigrate officially or unofficially, buying a quality Time Share can be advantageous. You can exchange your Time Share for vacations at many international resorts thereby ensuring annual holidays for your family in exotic places or deriving income if the vacations are not utilized.

In 1997, South African citizens were permitted to invest up to R200,000 in foreign investments as a One-Time Investment Allowance. A married couple utilizing this benefit could invest R400,000 but they would then be stopped from taking a Settling-In Allowance at a later date.

Please note that people who have officially emigrated are allowed to "top up" their Settling-In Allowance in line with the latest increase. The last increase was on November 19, 1997.

## Biltong Bits, Mopane Worms & Other Delicacies

By Steven Schraibman

It appears that there is a new standardized mathematics exam in South Africa. While we were not privy to the complete exam, we were able to obtain a copy of the instructions to participants, which read as follows:

1. Please write all answers between the lines.
2. No part of the answer book may be rolled or smoked.
3. No children of students may participate.
4. The minimum acceptable entry level for bribes of any nature is R100.00
5. If this exam does not match the one that you have purchased in advance, please notify your examiner.

## On the News Front...

by Steve Schraibman

McDonalds, the fast food giant, has found that South Africa is its fastest growing international market in history. Thirty new restaurants have been opened in a twenty-six month period, with more than two thousand South Africans being employed by the organization.

SA's premier grocer and retailer, Pick 'n Pay is now a bank. The supermarket group has launched a new high-interest savings account, with interest of 14.5% on amounts as little as R10.00.

The woes of South Africa's national airline, SAA seem set to continue. Two SAA flights to London and New York were delayed recently as not enough cabin crew were available to man the aircraft. Amidst persistent rumors of unease within the management of the airline, press reports have questioned not only staff morale, but safety standards as well. It seems in this case that even the crew heard the rumors.

South Africa's first commercial airship built to withstand gale-force winds, is expected to make a transatlantic flight at the end of 1998. The Hamilton Airship Company, based in Gauteng, will start work on the first Zeppelin style airship in April 1998 at a cost of roughly 60 to 80 million Rand.

## MEMBERSHIP

You will be receiving your 1998/1999 membership renewal form very soon.

Because of our computer program, it is vital that you complete the form fully, **even if all your information remains the same.**

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## Newcomers... By Steve Schraibman

I arrived at the S.A.J.A.C. AGM expecting to see the usual familiar faces, with perhaps a few unknown ones thrown in. I spotted Gary Gruzd sitting in the audience and I was transported back in time to South Africa. Yet another familiar face from the past had appeared on the San Diego landscape. Gary, his wife Nadia and two and a half year old daughter- Braidy Melinda have relocated from Vancouver, Canada where they have been living since 1992.

Gary and Nadia are from Johannesburg and run an international healthcare recruiting company. They arrived in San Diego in December to open a branch here.



Newcomers Gary and Nadia Gruzd — from Johannesburg to Vancouver and now San Diego.

In April they are expecting a sibling for Braidy to play with. With El Nino wreaking its wrath with our weather over recent months, they may have been wondering whether the move from Vancouver was such a wise one.

Newcomer, Jennifer Gitlin hails from Durban is 25 years old and has come here to be with her sister and brother-in-law- Beverley and Byron Builand.



Newcomer Jennifer Gitlin from Durban.

Helen and Gerald Lieb have followed their sons to the US and are now living in La Jolla, where two of their sons have relocated to.



The Lieb Family — Moving from New York to San Diego. Clockwise from left: Son Robert (a reform rabbi), Gerald Lieb, Sons Anthony and David, and Helen

Originally from Cape Town, the Lieb family spent the last thirty eight years living in the Camps Bay and Clifton areas. Their eldest son, Robert, is a reform Rabbi in Philadelphia and has been living in the US for the last eight years with his wife and three daughters. Middle son; David, is President of a cosmetics company which until recently was based in New York. The company has relocated to San Diego and David now lives in La Jolla with his wife and three daughters. Anthony also lives in La Jolla and is a bachelor. He is National Sales Manager for Fran Wilson Creative Cosmetics and travels extensively as part of his vocation. Anthony is an avid sports fan who needs to be near the sea.

Helen and Gerald Lieb have established a trading company here in San Diego specializing in a two way trade between South Africa and the US.

Gerald is a keen golfer and has joined the Torrey Pines Club.

Frank Shapiro

Frank Shapiro relocated from Dallas, Texas to California where he had been living since the early 1980's. Most recently transferred to San Diego, Frank is in the food service industry (not forgetting the famous Jaco Boerewors). He is the proud father of three sons — Lance and Lyle, who live in Texas; and Jarrod who resides in Redondo Beach.





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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.



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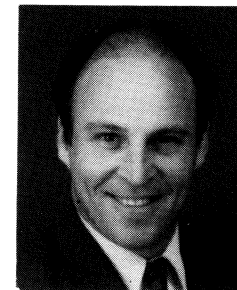


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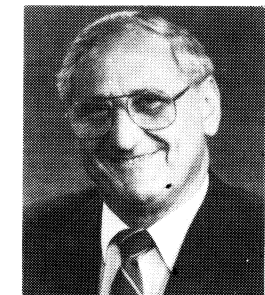


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## An Update on the "Unfinished Business" of the Holocaust

By Gary S. Rotto

At the AGM, I reported on the worldwide focus given to the many recent developments regarding potential claims and compensation for Holocaust survivors. Since my remarks, events continue to unfold most particularly as they relate to the Swiss and the Germans.

The American Jewish Committee continues its efforts to secure compensation for the "Double Victims" (survivors who remained in Central and Eastern Europe after World War II and thus suffered under the Nazis and then the Communists). As a member of the Claims Conference Board, the organization set up after World War II by the Diaspora Jewish community to interact with the German government, AJC was successful in focusing attention on this aged and predominantly impoverished group. AJC worked not only to convince other Claims Conference representatives of the importance of this issue but also through a public campaign to educate the public about this issue as well as advocating directly with the German governmental officials. The distribution of 200 million marks (\$120 million) included in the German government budget starting in 1999 still needs to be worked out. However, my colleague, Rabbi Andrew Baker, AJC's Director of European Affairs, is hopeful that monthly payments can begin by July 1998.

At the same time, the Claims Conference is working to liberalized the restrictions of the "Article II funds" to assist "sever victims" of the Holocaust. While the Claims Conference administers the Article II funds, it does not have the unilateral power to change the eligibility criteria. This can be done only through negotiations with the German government. To date, no agreement has been reached.


The World Jewish Restitution Organization (WJRO) and the Swiss Holocaust Fund continue to work on plans to distribute \$190 million to benefit needy Holocaust survivors not only in Europe but also in the United States and Israel.

A moratorium is in place regarding economic sanctions and boycotts against the Swiss, but a March 31st deadline looms as the Swiss attempt to resolve the class action suits and issues of looted Nazi gold.

It is no surprise that much attention has been paid to issues of insurance policies, looted art, and other assets. Under the leadership of President Clinton, the United States government plans to host a June conference with representatives from 43 countries to discuss these outstanding concerns.

Clearly, these unresolved and complicated issues cannot be settled in a few weeks. AJC will continue to advocate at the Claims Conference, monitor the proceedings of other relevant meetings and conferences, interact when appropriate, and support other organizations in their world to seek justice for survivors of the Holocaust.

*Gary S. Rotto is the Executive Director of the American Jewish Committee for the San Diego Region.*



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## To Immigrate or Not to Immigrate, That is the Question?

### The Dilemma of Sponsoring Aging Parents - The New Affidavit of Support

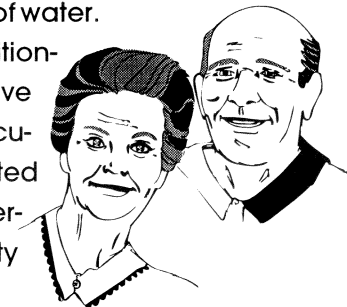
by Leon Snaid

I am often asked whether naturalized citizens should petition for permanent residence for their aging parents living in South Africa.

There is usually both a need and a desire to have one's parents move to the United States. Unfortunately, the reality of the situation is often confounding.

While you may be happy with your decision to move to the United States, the change could be perplexing to aging parents. Their friends, sports clubs and charities all disappear. Institutions are no longer called by their familiar names. Redro Fishpaste is no longer available and there is no other reasonable substitute. In South Africa most seniors are still mobile. They still feel confident enough to aim their cars to their bridge clubs and other destinations. On the other hand, having to drive on the right side of the road often reduces an aging immigrant parent to pedestrian status. This drowning feeling of unfamiliarity can be bewildering to a parent who may feel like a fish out of water.

While your intention in petitioning for your parents was to give them love, comfort and security, relocating to the United States can create an overwhelming sense of insecurity for them.




Another important consideration is the cost involved. Medical insurance in the United States is exorbitant. Very often, only those people who have group plans

through their own businesses are able to sponsor their parents.

In addition, the Immigration Service now requires a new Affidavit of Support. In the past, people signed these affidavits but were never held liable for the cost of services provided to their parents by government agencies.

The provisions of the new immigration regulations which took effect on December 19, 1997 require an affidavit of support to be signed by a sponsor. It is a legally enforceable contract between the sponsor and the federal government for the benefit of the sponsored immigrant and of any federal, state or local government agency or private entity that provides the sponsored immigrant with any means-tested public benefit. By executing the affidavit of support, the sponsor agrees to provide the financial support necessary to maintain the sponsored immigrant at an income that is at least one-hundred and twenty-five percent (125 %) of the federal poverty line, unless the obligation has terminated. The sponsor also agrees to reimburse any agencies which provide means-tested public benefits to a sponsored immigrant. The sponsor must, under civil penalty, notify the service and the state(s) in which the sponsored immigrant(s) resides of any change of the sponsor's address. Should the sponsored immigrant obtain any means-tested public benefit, with certain exceptions, the agency that provided that means-tested public benefit may, after first making a

*(Continued on page 6)*



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To Immigrate or Not...The Dilema (cont. from pg. 5)

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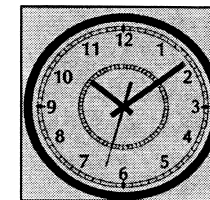
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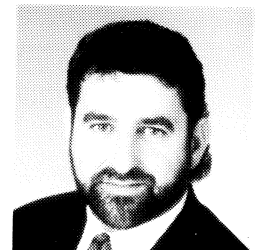
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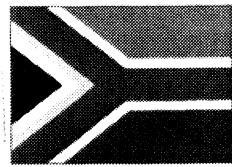
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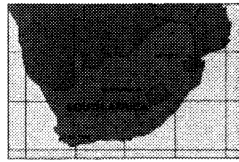
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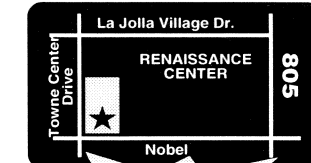
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January 1, 1998.

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My daughter, Robyn Goldberg, told me that she met you last night.

Now that I have a "name" I would like to take the opportunity of thanking you for your generosity and caring in providing entertainment for the senior citizens.

It is so kind of you to devote your time and energies for our benefit, and thus I would like to express my appreciation to you by writing this note.

My husband and I enjoyed the Hanukkah evening Monday night and I just wanted to let you know that we appreciate and thank you for your interest and involvement on behalf of the seniors.

We wish you and your family good health and happiness throughout 1998.

Sincerely,  
Sylvia & Norman  
Rosenberg



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The Rabinowitz family outside their home which was also used as a photographic studio Germiston, c.1920



Julius and Freda Sher



A Smile for the camera -  
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Percy and Mildred Mendelsohn,  
visiting from Cape Town, with Irene  
Joffa (right)

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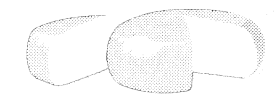
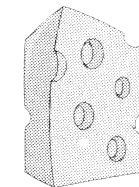
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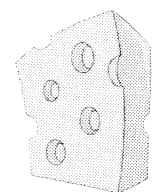
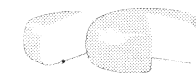
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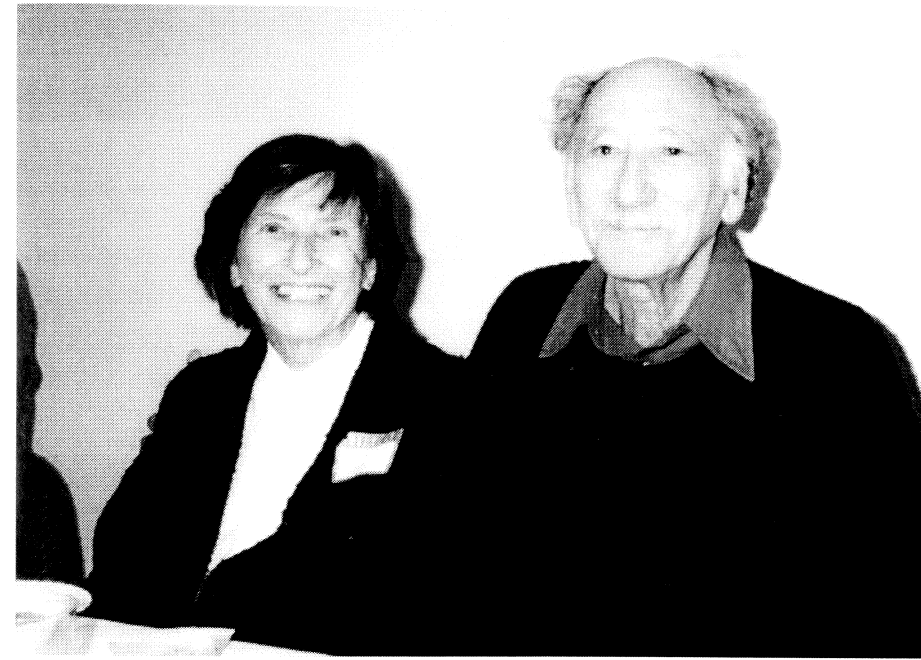
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*Sylvia and Norman Rosenberg share a laugh*



*Chief organizers -  
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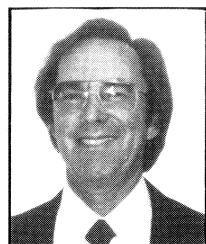


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## VISIT TO THE J. PAUL GETTY MUSEUM ORGANIZED BY BELLA SUCHET

by Bella Suchet

This was an outstanding day's entertainment, which started in San Diego at midday and proceeded by organized bus to the Museum in Los Angeles. The first impression of the Getty is obtained on the 405 going north from Wilshire Boulevard - it's imposing and dominates the left hand side of the aspect going north. The Museum itself which is reached by an automatic funicular and the aspects of Los Angeles on a clear day from the ascend, are quite breathtaking but nevertheless superceded by the actual building and gardens. This in my humble opinion is the best of the Getty. We only had 3 hours there as the museum closes at 6 pm. So, either you put on roller skates, or you chose your areas with the idea that you would skim through lots and focus on the few. This unfortunately I had to do. So, reluctantly only saw three of the four buildings which surround the center court. Each building is magnificent and is devoted to one major portion of the collection.



The SAJAC recent visit to the J. Paul Getty Museum

Getty started his collection after 1936 so in all, we are looking at a half century of the buying and accumulating.

I want to repeat that this is a first overall impression and as such might be subject to further and alternative amendments as time and further visits (which are certainly required) take place.

The displays, the lighting and the spaciousness are to be admired and make the general viewing much more pleasing and satisfying than in the old galleries of the world. The whole concept of dividing the viewing areas into four major exhibition buildings, avoids overcrowding. The central connecting plaza certainly

encourages an easy flow, from one building to the other. But, be careful when its near closing time - it can be cold in there, an arctic wind blast - the line to the train can be fairly long and standing still to board the train can result in you becoming quite frozen.

Now to the first impression of the Getty's contents. This museum has some superb pieces of collectibles, especially in the furniture, glass and related areas. All of which are worth many visits to obtain maximum benefit.

The paintings are by very many famous artists and in many cases not the very best of these people's works.

Nevertheless of a high quality - we must always be aware that it is only the very great museums/galleries of the world that possess those truly greatest of all paintings and those were "accumulated" over hundreds of years. These works are exciting and a stimulating appetizer

for future visits to some of the great collections. We must never forget that this is only a half-century of reasonable modern collecting and is limited to what was available in the market over that period.

Many visitors purchase a book of the exhibition. The Getty has three varieties of books. The best buy is the "hardback of the collections" - the hardcover costs only a few dollars more than the soft cover. It's a bargain as all the information and quality of the reproductions are first class.

So all in all the trip was well worth the effort and those who missed out are much the poorer for the lost experience.

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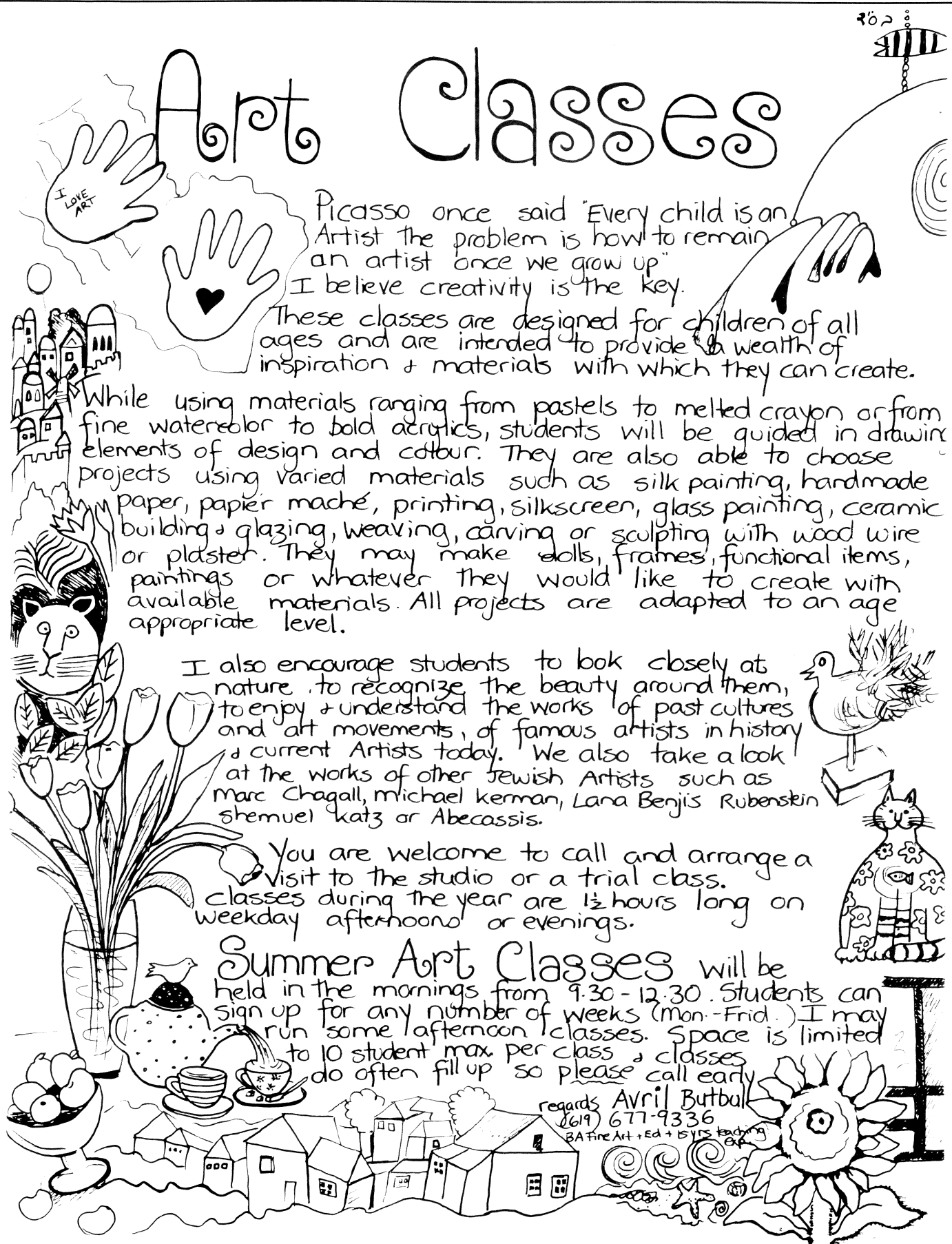
While using materials ranging from pastels to melted crayon or from fine watercolor to bold acrylics, students will be guided in drawing elements of design and colour. They are also able to choose projects using varied materials such as silk painting, handmade paper, papier mache, printing, silkscreen, glass painting, ceramic building & glazing, weaving, carving or sculpting with wood wire or plaster. They may make dolls, frames, functional items, paintings or whatever they would like to create with available materials. All projects are adapted to an age appropriate level.

I also encourage students to look closely at nature, to recognize the beauty around them, to enjoy & understand the works of past cultures and art movements, of famous artists in history & current Artists today. We also take a look at the works of other Jewish Artists such as Marc Chagall, Michael Kerman, Lana Benjia Rubenskin Shemuel Katz or Abecassis.

You are welcome to call and arrange a visit to the studio or a trial class. classes during the year are 1 1/2 hours long on weekday afternoons or evenings.

Summer Art Classes will be held in the mornings from 9:30 - 12:30. Students can sign up for any number of weeks (Mon-Frid.) I may run some afternoon classes. Space is limited to 10 student max per class & classes do often fill up so please call early

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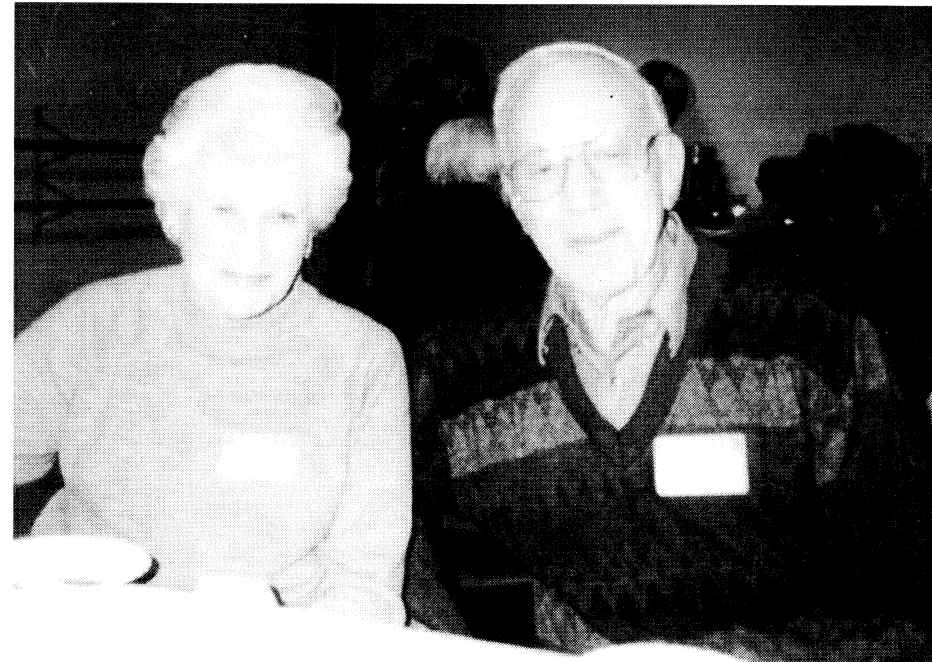


## The Senior's Chanukah Party

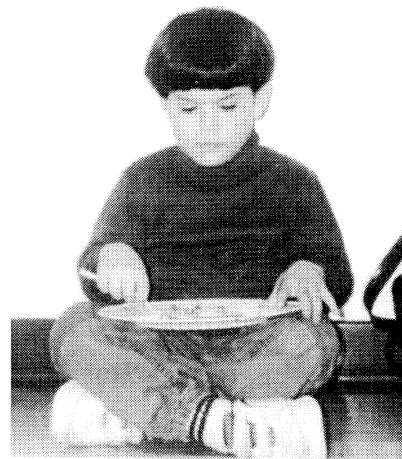
By Steven Schraibman

In the four years that I have been involved in S.A.J.A.C., it has become obvious to me that the group that has the most fun and that gets out and about the most are the seniors.

Who gets to visit the Getty Museum - the seniors, who goes out on the town gambling - the seniors and so it goes on. While participants at other events can be counted on 'all your fingers and all your toes' (my four year old is learning to count- Ed), the seniors events are usually 'maxed out', be it a by the bus load or a recreation room full of eager card players (no gambling, of course).



June and Basil Levitt - Enjoying the Chanukah light



Benjamin Abramowitz (definitely NOT a senior) busy contemplating his next course

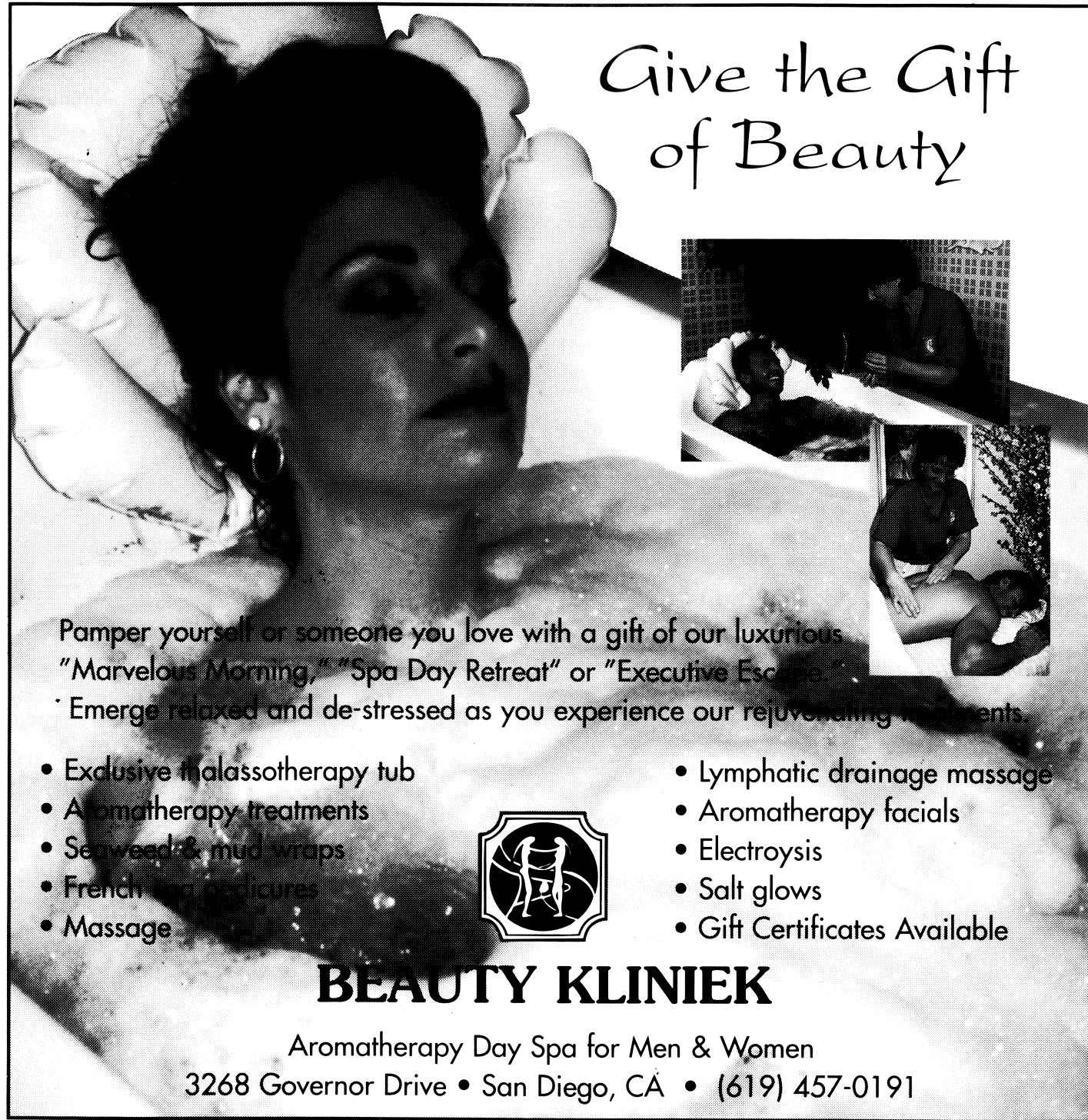


Fred and Hannah Neumann - Sharing a bottle of Seven-Up

This years' Chanukah party was held at the JCC (where else) and was well attended. Organizers Rene Frank and Sandy Kodesh once again went all out to present an eventful evening.

(Photos continued on the following pages)

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## The S.A.J.A.C. Annual General Meeting

By Steve Schraibman

Early in January, S.A.J.A.C. held its AGM at the JCC in La Jolla. These events usually attract a cross-section of members, from seasoned veterans to the fresh faced novices just out of the Absorption Center (Marriott Residence Inn on Gilman Drive). This year there was the added bonus of the attendance of several past board members from S.A.J.A.C.'s past.

Leah Levin (S.A.J.C.'s first President, now living in LA.), Merle Datnow, Sharleen Wollach (also a past President) and Celia Levy were all present. Both Merle and Celia are once more S.A.J.A.C. board members for 1998 - in Merle's case - Co-President.



Roy Silver at the SAJAC Annual General Meeting

The meeting was held in a 'prefab' on the grounds of the JCC which is undergoing an extensive revamp. Access to the insular prefab was through a sea of mud as a result of one of the many El Nino deluges.

Though no one slipped and fell in the mud (or at least if they did, they decided not to present themselves at the meeting), there were a variety of fresh tracks all over the once clean floor. If one followed the 'spoor' one found a concentration around the food tables- definitely a Jewish event.

The guest speaker - Gary Rotto spoke on the 'Unfinished business of the Holocaust'. Gary is the Executive Director of the AJC (The American Jewish Committee) for the San Diego Region. The AJC is involved along with a number of other organizations, in attempting to obtain fiscal compensation for victims of the Holocaust. The AJC is the oldest human rights organization in the



Steve Schraibman and Audrey Hutchinson with guest speaker Gary Rotto of the AJC (R).

world, having been formed in 1909 in New York. The AJC was very involved in assisting the 'Refusenicks' emigrate from Russia in the 1960's to 1980's.

Over the last few months there has been a growing awareness via the media, of reparations by the German government to victims of the Holocaust - particularly those that resided behind the Iron Curtain.

Gary discussed how the Jews of Eastern Europe and Russia never received compensation, partly due to the Communist beaurocracy and partly due to the concern that any award would be confiscated and the would be recipient punished by the Russian Government.



Past Board Members and Presidents - Jean Gaylis (Left) and Sharleen Wollach

(continued on page 11)

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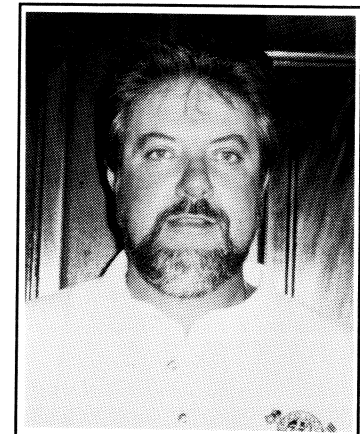
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**Finding Balance...** (continued from page 18)

a substantial difference to learn and practice some simple strategies that do not take a great deal of time, but which can energize, relax and restore faith in your ability to cope with the everyday stress of our hurried life. In my work with patients, I almost routinely teach simple, user-friendly strategies to open up opportunities for QUIETENING down to experience the resources they already have

By using simple breathing techniques, we can interrupt the fight-or-flight response and give the body a natural battery re-charge to restore natural balance. We can activate what Dr. Herbert Benson, a professor at Harvard medical School, calls the relaxation response, by deep breathing, muscle relaxation (tensing and releasing different muscles). Breathing is our link between the mind and body, connecting us with our emotional and mental state.

*The following technique is a simple start on the road to a life of relaxation and balance:*

- Find a quiet place in your home, office or in nature
- SLOW down your breathing. When you slow your breathing by lengthening your exhalation, you are triggering a relaxation response. Inhale to the count of 4, exhale to the count of 8. Think of just letting go as you exhale slowly.
- Watch your breathing for 3-5 minutes. Mentally say a word that is calming to you, like harmony, peace, well-being, or joy. Notice that as you focus on your breath, that you are far more than your thoughts.
- While focusing on your breathing, let your mind go to the opposite place of stress... go to your laughing place, recall an incident or joke that caused uncontrollable laughter.
- Listen to music that nourishes you. Sing along or hum with the music.

We have but one body to make our passage through this life. Would it not be wonderful if we could do a trade-in every few years? It is so easy to take our bodies and our health for granted, until we get that wake-up call. I encourage you to take advantage of the many resources we are fortunate to have in this area through the J.C.C., the Y.M.C.A., and the health professionals offering exercise classes, yoga, nutrition and stress management classes.

One of the most important resources we have are within, if we allow ourselves to tap into them. Remember, "a journey of a thousand miles starts with the first step".



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**The S.A.J.A.C. Annual General Meeting**

(continued from page 9)

Gary then led in to talking about the situation with the Swiss banks, who have held onto funds and assets from dormant accounts that may have belonged to Nazis. Evidence has come to light that in a number of cases these assets were stolen from Jews who were in many instances, 'disposed of' in the final solution.

In addition many Jews who were encouraged to deposit their assets in Swiss banks as a result of the situation in Germany at the time. Many of these Jews did not survive the Holocaust and therefore details of these accounts were not always passed on. This money has been held by the banks for well over a half a century and due to the secrecy surrounding



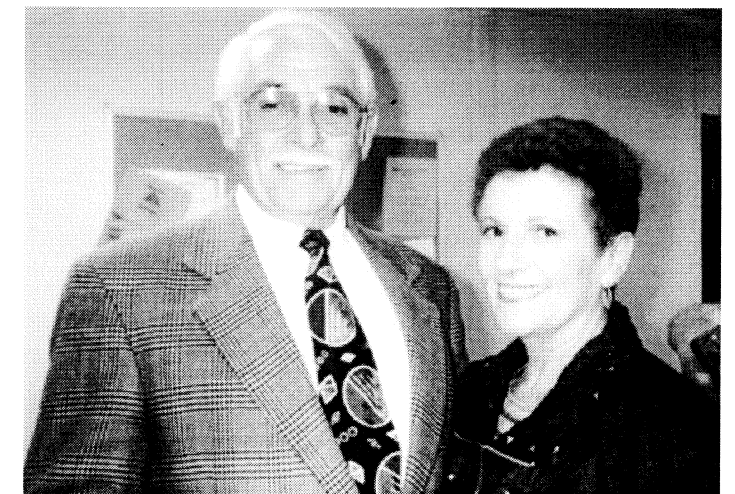
Current SAJAC Co-Presidents, Merle Datnow and Steven Schraibman with SAJAC's first President Leah Levin (R)



Vice-President Sarah Trocki (Left) presenting a gift to immediate Past President - Ruth Schorr (on the right)

numbered Swiss bank accounts, it has been extremely hard for would be beneficiaries to gain access to these funds.

Gary discussed the role of the AJC and other organizations to create an awareness of these issues and to seek their resolution. (See later article by Gary on this matter).



Past Board Member and new member for 1998 - Celia Levy with husband Nate

The AGM concluded with a speech by the outgoing President, Ruth Schorr, and the appointment of the new officers for 1998 - and of course, the usual spread of tea and cakes.

## FINDING BALANCE IN A HURRIED WORLD

By Suzanne Marcus, Ph.D. Clinical Psychologist

Modern technology has created an incredible boon, but at the same time has propelled us on an incredibly fast track. With the availability of instant, current information through a multitude of media including TV, computers, and the Internet we are faced with the new phenomenon of information overload. No longer do we complain about the unavailability of our significant others or children due only to the TV. We have yet another source of competition in being unable to pry family members from the Internet or AOL.

Our pace of life is affected by frequent changes: moves, relationship changes, employment changes etc.. The hurried pace of modern life and the competitive environment of both work and leisure add multiple pressures for parents from traditional families, and especially for dual-career families. As parents, we are constantly filled with guilt-ridden questions. Are my children getting enough of my attention? Does my spouse or significant other feel neglected? Are there elderly parents that are needing my help and attention? WHEN do I find time for myself?

Daily hassles, the minor irritations of life, can feel as bothersome as a major stressful event. As Dr. Wickramasekera of East Virginia Medical School has said of daily hassles, "sometimes it is not the mountain in front of you but the grain of sand in your shoe that brings you to your knees". A handful of minor hassles can add up to a mountain of stress.

The pace of our hurried lives can create a sense of imbalance, especially if we respond to stress in ways that create "dis-ease". We eat fast foods, get little or no exercise and reach for quick "fixes" - alcohol, caffeine, chocolate or over the counter medications to solve the chronic headaches or stomach discomfort. As Andrew Weil MD., observed, we unfortunately pay very little attention to our health when our bodies are working efficiently. Ask yourself the question: Would you maintain your car with the same casual attitude, in not

supplying it with the necessary oil, water, gas, and still expect it to run smoothly?

Very few people could claim to have perfect balance of physical and mental health, and there is no quick fix to get

there. But if you recognize that you experience a sense of imbalance in your life, whether it is physical, mental or spiritual, remember that even "a journey of a thousand miles starts with the first step". This first step may involve simply asking yourself: How am I caring for all parts of my self? Most of us are willing to assess maintenance needs for our car at least once a year, if not more.

On a physical level, are you getting sufficient rest or sleep on a nightly basis? Do you exercise regularly? Do you nourish your body with energy-filled nutritious food? Mentally, are you attuned to use positive thinking on a regular basis? Can you see joy in life? Are you able to use laughter as a resource? Do you engage in lifelong learning? Do you feel a sense of accomplishment? Spiritually, do you know how to be truly present in the "here and now", not tied or stuck in the past, or obsessing about the future? Do you feel a sense of spiritual purpose? Do you feel a sense of connection with a higher power? To contemplate just one of these questions would be a giant step forward.

The most helpful key to change is to simply become aware that something is out of balance. There are so many different ways we can begin to make healthy changes, one step at a time. For example, just adding one hour of sleep to our nightly routine, can begin to make a difference to our sense of well-being and ability to cope with a rushed and stressful lifestyle. It can make



(continued on page 20)

1978 - 1998

# 20

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