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South African Jewish American Community of San Diego

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LETTER FROM OUR EDITOR

Jenifer Broomberg

Many talented, knowledgeable or interesting people have a lot to contribute to the community by sharing their experiences, knowledge or expertise. There should be a vehicle through which to communicate and **THE NEW**

SAJAC REPORTER will hopefully serve that purpose as far as possible. With future issues, we look forward to participation and contributions by many more people in the community. I am happy to have had the opportunity to rein-

state the magazine, and hope that it is interesting, informative and entertaining for all our ardent readers and supporters.

JENIFER BROOMBERG

PLEASE NOTE: The content of this magazine does not necessarily reflect the views and opinions of the Editor and Staff, and all entries submitted by Sajac members for publication in the New Sajac Reporter, have been included.

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Message from Our Sajac President

Pamela Nathan

Welcome to the first issue of the NEW Sajac Reporter! Our publication has been resurrected due to overwhelming public demand. Everyone wanted to know why it had 'disappeared' and over the last few months, enough of us gathered the momentum and enthusiasm to "make it come back."

Anyone who has been involved in publishing knows what a mammoth undertaking it is to bring out a publication like this: the hours of work that are required to gather the material, edit the articles, collate the photographs, lay out the copy, solicit advertisements and then collect the funds that are required to cover production costs. Well, we did it again – for you, our dear fellow countryfolk – and

we did it in a way that, hopefully, won't put us back on the disappearing track.

As you can see the NEW Reporter has a new 'look and feel'. This was an essential transition to overcome the prohibitive printing costs. We are confident that you will enjoy its content. There is a wide variety of articles to read and photographs to peruse. So pour yourself a cup of tea or your drink of choice, take a break from Yomtov preparations, and read on.

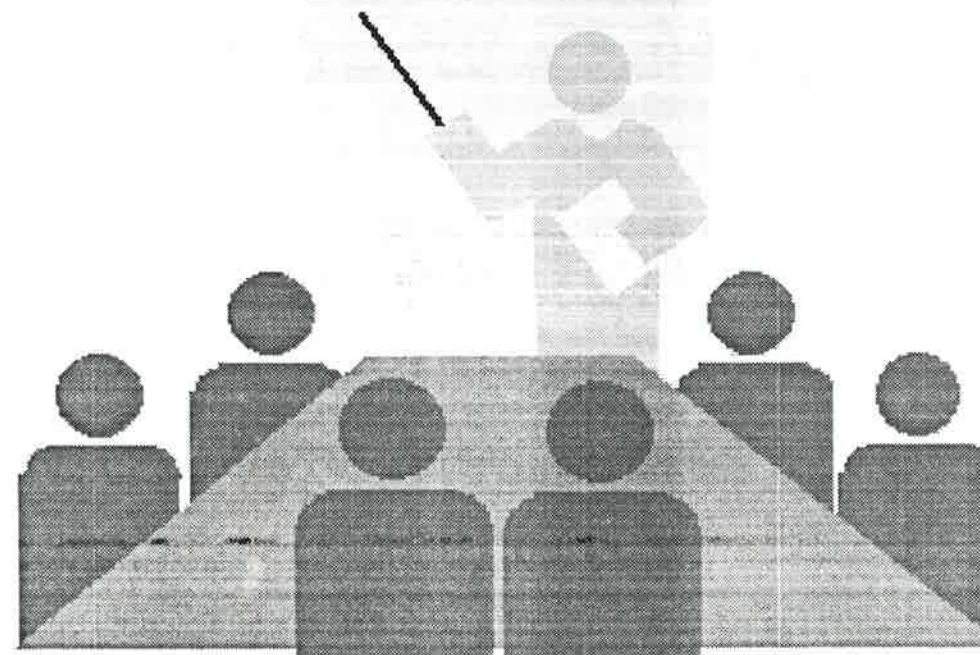
It has been refreshing to see so many new faces on our publication committee, as well as those who are always there to rely on behind the scenes and to assist wherever necessary in order to accomplish our goals. Thank you to

our committed volunteers for their energy and dedication to this project.

We welcome articles and information that are of interest to our community from all of you so that we can start planning the next issue. When will this be? Remember, this is the NEW Reporter, so we are still plotting the course. Meanwhile, enjoy the moment!

To quote Sarah Ban Breathnach: ".... you long to call forth your gifts, to explore your talents, to discover and recover your creativity. But where do you begin? You begin by offering an open heart and a willingness to serve."

We wish you all a Happy and Healthy New Year & Well over the Fast.



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THE LUCK OF THE DRAW : THE GREEN CARD LOTTERY

By Marlene Z. Stanger, Esq.

The Diversity Visa (DV) Lottery for 2003 gets underway this October and, once again, from October 1 through October 31, 2001, millions of entries will pour in from people from all over the world anxious to be one of the lucky people selected randomly to apply for Green Cards.

Last year, for DV-2002, the INS received approximately 10-million qualified entries, while another 3-million entries were disqualified – either because these entries arrived too early or too late, or because applicants failed to follow the precise directions as outlined by the U.S. Department of State.

In case you are wondering – 452 South Africans were selected last year and 121 people from Zimbabwe. A total of 29,854 people were selected from Ghana, Nigeria, Sierra Leone, Ethiopia, Kenya, Morocco and Egypt.

Remember, being selected does not automatically mean getting a green card. You will still have to meet all the eligibility requirements for admission as an immigrant under U.S. law and you will, if you do meet these requirements, have to act quickly once you are notified of your selection.

The allocation of visas is between six main regions of the world, namely: Africa,

Asia, Europe, South America/Central America/Caribbean, Oceania and North America. The greatest number of visas is given to regions with lowest immigration to the U.S. and no visas are available to citizens of countries which have sent more than 50,000 immigrants to the U.S. in the past five years. Within each region, no single country may receive more than 7 percent of the available Diversity Visas in any given year.

The State Department always selects more people than the number of visas to be issued. This is because there is a one-year window – from October of the year the results are announced until the end of that fiscal year (in this case, October 2002 until the end of September 2003) – in which to complete the application process, and many people either decide not to immigrate after all, or are not eligible on other grounds.

Therefore, those selected have to act quickly to have their paperwork processed and to comply with all the requirements as laid out in the instructions they receive with the notification that they have been selected. Once the 50,000 visas have been issued, that's it for the year.

This year, the application process is a little differ-

ent from last year. The main differences to be aware of are the address to which the applications must be mailed and the photograph requirements.

The mailing address for those born in South Africa or other countries in Africa is:

DV-2003 Program
Kentucky Consular Center
1001 Visa Crest
Migrate, KY 41901-1000,
USA.

All applicants must now include with their applications photographs not only of themselves, but also of their spouse and unmarried children under the age of 21 – this includes stepchildren and adopted children.

The photographs must be recent – either color or black and white - and must comply with these specifications or the application will be disqualified:

- 2 inches square;
- name and date of birth printed on the back;
- person must be directly facing the camera and the head shot must cover about 50% of the photograph;
- background must be neutral and light-colored;
- face must be in focus;
- person must not wear a hat

Please turn to Page 52... Lottery

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- ✓ Balance 4 Tires
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- ✓ Tighten & Inspect Belts
- ✓ Check all Hoses, Radiator and Radiator Cap
- ✓ Drain & Refill Cooling System
- ✓ Flush Brake System
- ✓ Inspect Differential Fluid
- ✓ Check Manual Transmission Fluid
- ✓ Adjust Emergency Brake
- ✓ Inspect & Adjust Brakes
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- ✓ Road Test Vehicle
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WELCOME!

We extend a hearty welcome to those of our fellow countrymen and women who moved to San Diego during the past year.

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Greg First
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Mike and Leane Pinn
722-0858

We wish all of you a smooth transition and many happy years ahead in your new homeland. Just remember how lucky you are: when many of us arrived here, we couldn't just walk into our local Ralphs and buy Ceres Litchi juice....

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SAJAC needs YOU!

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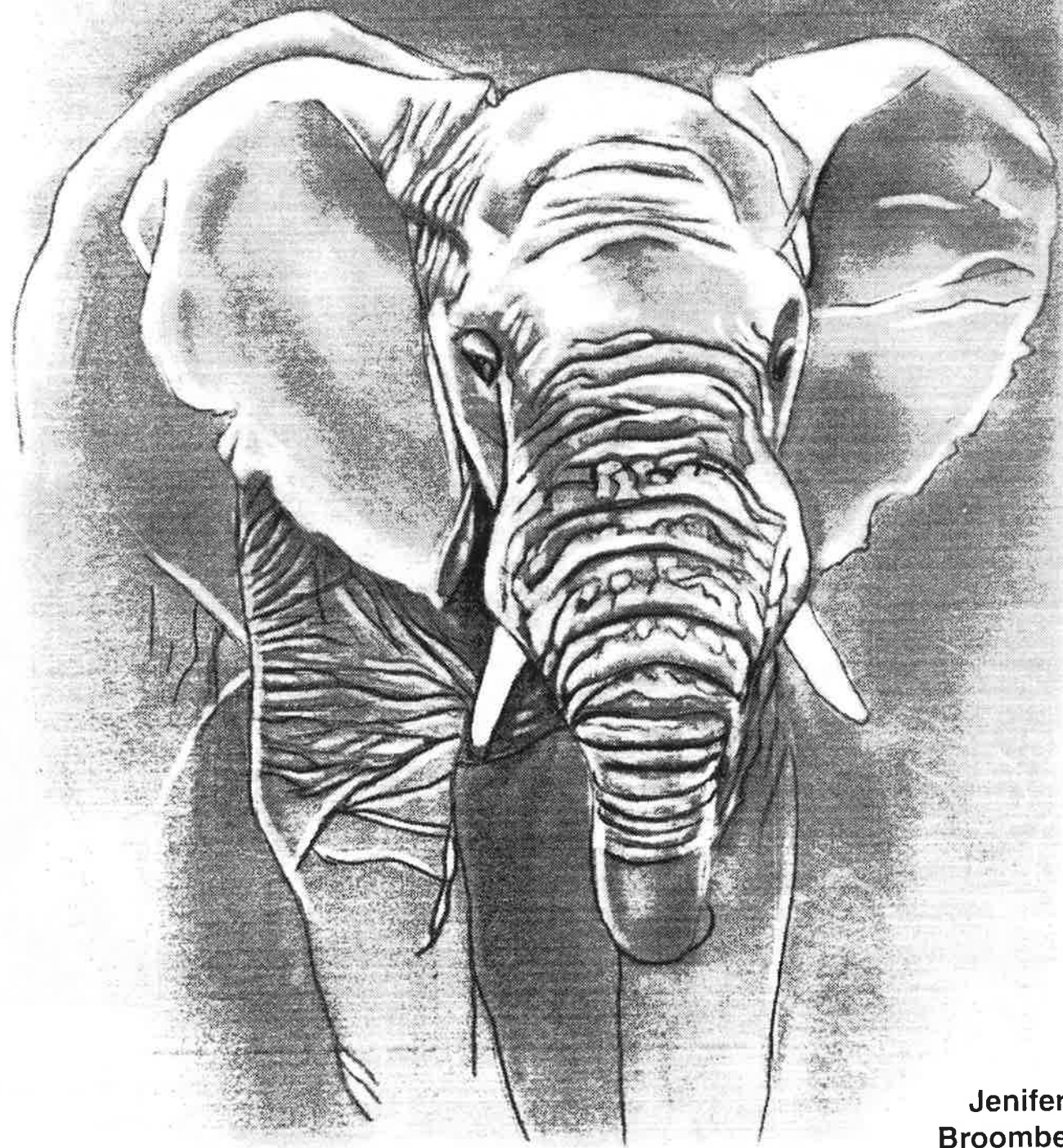


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**Barmitzvah Party
December 17, 2000**

MAZELTOV SAJAC!

By: Celia Levy



SAJAC BARMITZVAH

On December 17, 2000, nearly 300 people gathered at the JCC to celebrate the 13th Anniversary – the "Bar Mitzvah year" - of the inauguration of SAJAC.

Guests were greeted in the lobby by music, cocktails and a walk down memory lane, with a display of old photographs of previous functions, put together by Sandy Kodesh and Glenda Kacev.

The evening continued in the hall, where the air was electric with warmth and excitement. The beautiful decor of black, gold and silver was enhanced by a very realistic backdrop of the Western Wall of Jerusalem kindly lent to us by Bev Pamensky-Murray and Tamara Klein of Dream

World events.

M.C., Mervyn Kodesh – our vice-president, kicked off the evening by introducing our past presidents. We were honored to have with us our Honorary Life President, Leah Levin, to reminisce and, again, take us on a trip down

memory lane, reminding us of our beginnings and the many years and events that followed.

The catering ably handled by LANGS, was enjoyed by all.

The evening progressed with a raffle of two airline tickets donated by CELIA LEVY AND SHARLEEN WOLLACH of Carefree VACATIONS and the lucky winner was Stanley Behr. Mervyn had the distinct pleasure of introducing the president, his wife, Sandy Kodesh, who graciously said a few words.

Everyone enjoyed a festive evening of joy and camaraderie, with lots of dancing, and a splendid choral performance by the San Diego Jewish Men's choir, directed by our very own past presi-

dent, Shaun Edelstein.

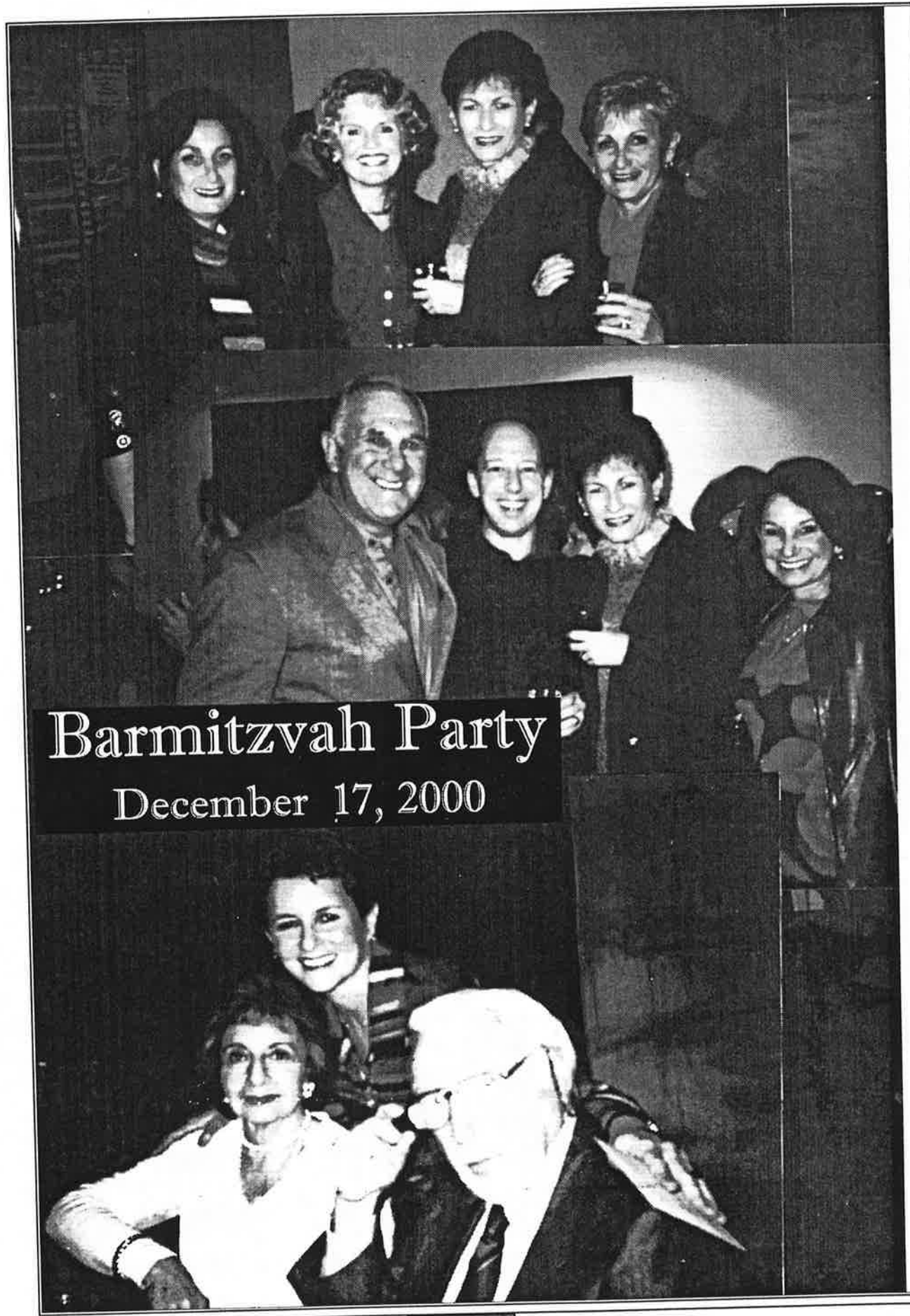
The committee was headed by Celia Levy together with her very able, very hard-working, creative committee consisting of Beryl Frank, Glenda Kacev, Mervyn and Sandy Kodesh, Pamela Nathan, Diane Marks-Schachat, Sylvia Roth, Denise Sneag, Bella Suchet and Sharleen Wollach and many other volunteers.

They, and all those who attended, combined to make this the most memorable event in the history of our organization.

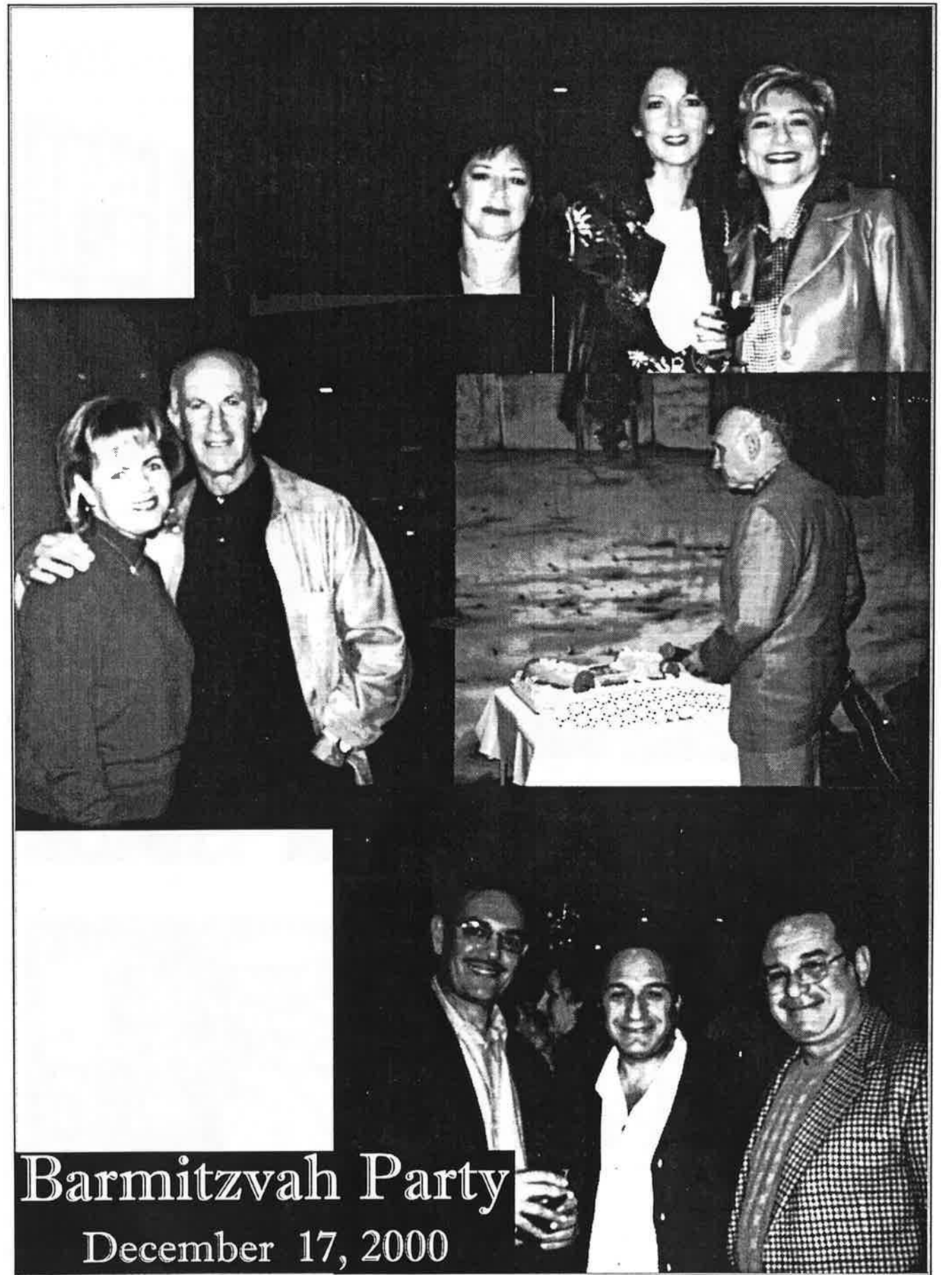
Apologies!

The SAJAC Publication Committee extend sincere apologies for the many poor quality photograph reproductions. We have really tried hard in the process, and assure you that this issue will be addressed in earnest, and hopefully will not re-occur in future copies.

Apologies are extended, particularly to those people, whose faces have been affected by masks, in our photograph reproductions.

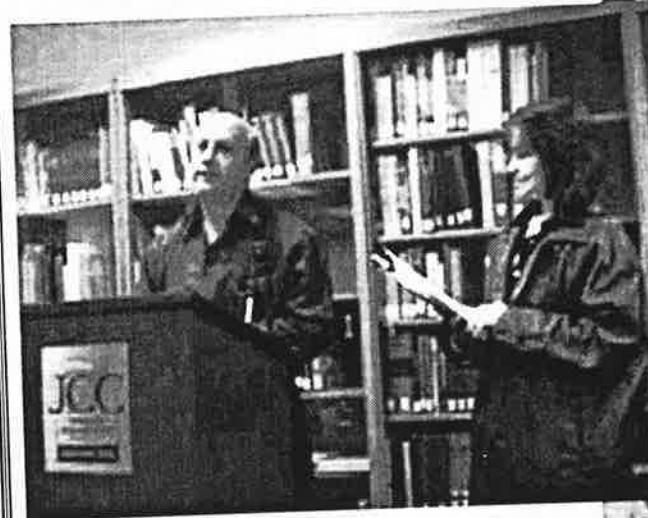
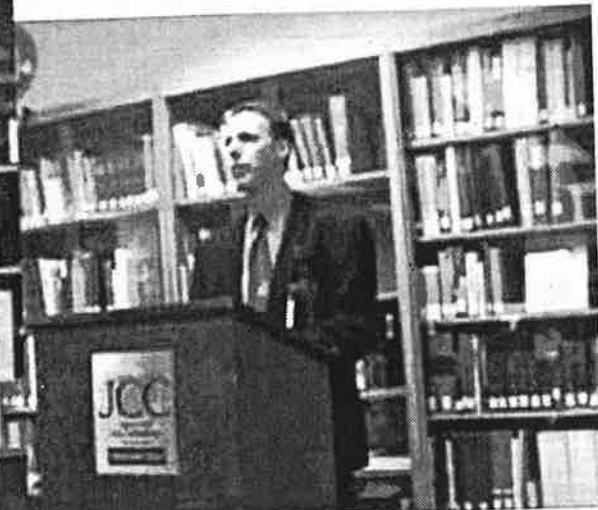
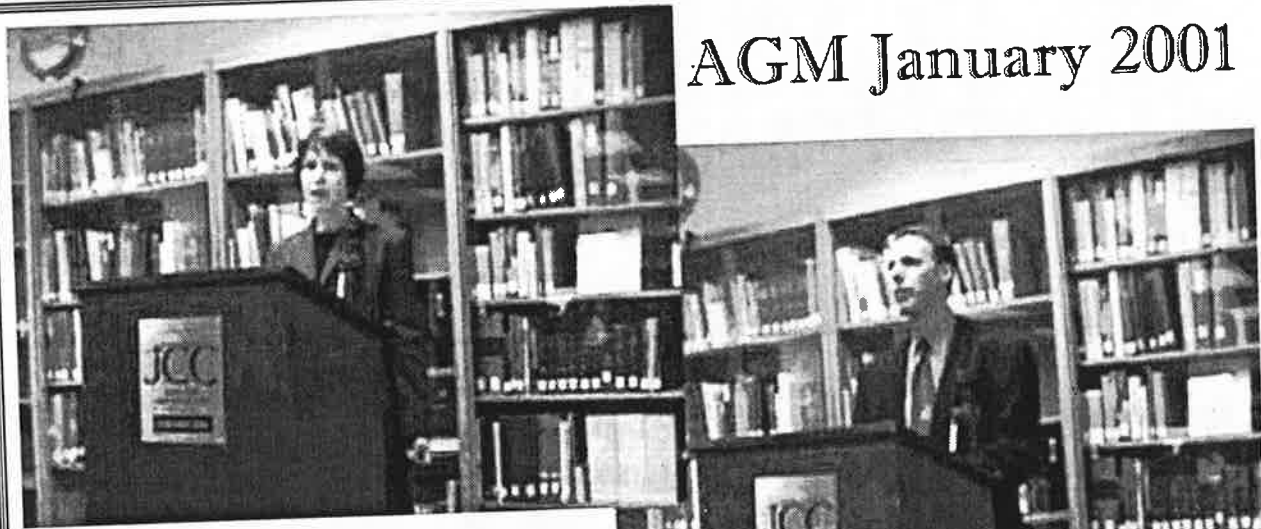


Barmitzvah Party
December 17, 2000



Barmitzvah Party
December 17, 2000

AGM January 2001



Social Section

The SAJAC Calendar – Events: Past, Present and Future

By: Pamela Nathan

The year started off with a new and very enjoyable so-called "Half & Half" Brunch on **February 4th**. All SAJAC members who attended brought with them a non-South African guest. The event was so well received that the second one was planned immediately.

On **March 4th**, Renee and Charlie Frank hosted a New Comers Tea for our recent arrivals. As usual, the table was laden with lots of delicious foods. Our new comers included people of varied ages, all of whom felt very special to participate in an event such as this, which SAJAC organizes regularly.

On **March 22nd**, we spent an evening with Jeff Salz, explorer, cultural anthropologist, journalist and adventurer. This event was a highlight, with more than 100 people in attendance.

Jeff's experiences are remarkable. He spoke about riding with the Khampa tribesmen of Tibet, the Gauchos of Argentina, the Turkestani Khazaks of China, and the nomads of Mongolia. He read excerpts from his new book "The Way of Adventure", sharing his experiences of scaling unclimbed summits, exploring lost cities of the Amazon, riding on horseback through the

Andes, and circumnavigating Lake Titicaca, Peru, in a traditional reed boat. He captivated us with his delightful tales and, at the same time, brought thought provoking insight into our hearts, minds and souls.

On **April 26th**, Felice Dunas Ph.D., author of the new best seller, "Passion Play", presented at our Thursday night soiree. She has studied traditional Chinese medicine extensively, particularly the commentaries on sexuality of the ancient Chinese sages. She talked about the basic differences between men and women, practical ways to use sexuality to improve the emotional dynamics of relationships, techniques to enhance fulfillment and deepen intimacy, lifestyle practices that promote healthier sex and relationships, as well as ways to use lovemaking to improve health and ensure a vigorous sex life well into old age.

SOIREE ON SEXUALITY

By Renee Frank.

Earlier this year, Dr. Felice Dunas, internationally-renowned speaker on the subject of Chinese Sexuality, shared her knowledge and insights in this

subject with a large audience from SAJAC. Dr. Dunas, who has a Doctorate in Chinese Medicine and Pharmacology, and who has spoken in 22 countries, dealt with the delicate subject of sexuality with great humor and professionalism.

She believes that good sex bolsters our immune system, strengthens our internal organs, enhances our emotional well-being and improves intimate relationships. She said that achieving sexual harmony with our mates allows both sexes to blossom in their own identities and creates fruitful lives, happy families, cohesive communities and cities – with positive extrapolations throughout the world..

The ancient Chinese realized that sexuality has curative and transformational powers and can create harmony between couples.

Dr. Dunas has written a book called "Passion Play" which I highly recommend.

May 17th, we spent an evening with Peter Lambrou, licensed clinical psychologist and the author of "Instant Emotional Healing." He is a psychologist at Scripps

Please Turn to Page 28 ... Social

Half & Half Party # 1

February 14, 2001



New Comer's Tea
March 4, 2001



New Comer's Tea
March 4, 2001



Jeff Saltz
"The Way of Adventure"

Felice Dunas
"Passion Play"



Peter Lambrou
"Instant
Emotional
Healing"



Jeff Salz Event
March 22, 2001



Jeff Salz Event
March 22, 2001



Peter Lambrou Event

May 17, 2001

U C Senior Center Inauguration

May 17, 2001





Yoga Day
June 3, 2001

Social...From Page 18

Memorial Hospital and a faculty member of UCSD. Dr. Lambrou is a fellow of the American Institute of Stress, as well as a clinical member of the American Psychological Society. He spoke about and demonstrated through audience participation simple, yet powerful, methods that anyone can use to overcome stress and emotional distress. His presentation was very well received and many people purchased his self-help guide to take home.

Throughout June many SAJAC members were able to hear the beautiful music of Anton Nel. Anton Nel, a famous South African pianist, was one of the main performers in the "Mainly Mozart" musical series. SAJAC members received discounted tickets to this wonderful event.

June 3rd was Yoga Celebration Day. Zena Cohen and Sunny Keys, were our instructors. They both trained in Iyengar yoga and studied in India. They coordinated teaching and demonstrating, bringing alignment to yoga postures by using easy yet precise methods of instruction. Participants enjoyed a scrumptious homemade brunch.

Our second "Half & Half" Party took place on **June 10th**. Everyone and their non-South African spouse/partner/friend got together to attend the potluck brunch. Many diverse

people were there to enjoy the wonderful event and contribute to its great success.

June 21st, we spent an evening with Sheldon Kramer Ph.D. who presented "Hidden Faces of the Soul." He combines the ancient mystical teachings of the Kabbalah with modern psychology and focused on how these teachings may be used as practical modern methods for self-transformation. He provided us with a fascinating approach to modern psychology, using 10 secrets for Mind-Body Healing from the Kabbalah's Tree of Life.

YOUNG ADULT GROUP:

By Daniel Goodt

On July 1st, SAJAC hosted a coffee talk at the Wired Cafe in UTC to discuss the current situation in Israel. Mark Silberstein, fellow SAJAC member, was the guest speaker. Mark had just returned from Israel after leading the March of the Living trip and had first-hand stories of the mood in Israel. Everyone participated in an open forum discussion and, surprisingly, no cake was thrown, as is typical when discussing Israeli politics.

In honor of our new generation, we organized a day especially for them. The Baby Day Celebration was held on **July 15th** at Fanuel Street

Park in Pacific Beach. Many families who have recently joined our community were there with their young children. There were also those families who came here with young children who now have children of their own - born in the USA. The children enjoyed face painting, hat making, and cookie decorating. Joanne Max took exquisite close-up shots of many of the children (some of which are printed in this magazine.) We will repeat this event next year, as we think it is important for the children to know their roots, and to feel part of a community that will, eventually, survive beyond the time frame of its original members.

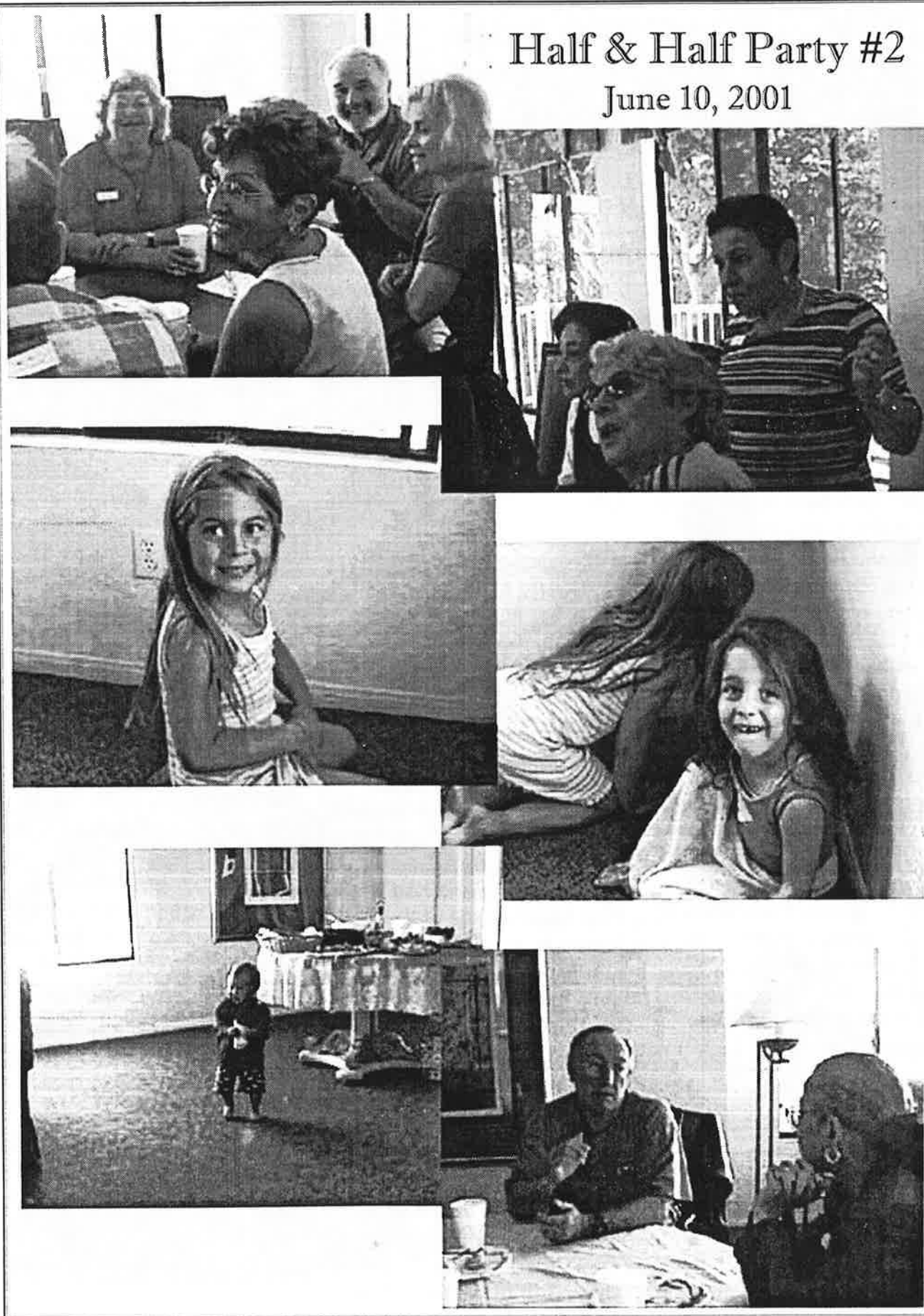
On July 19th we spent an evening with Michael Turk, who was in the first graduating class of Acupuncture offered in San Diego. He subsequently established an acupressure school in Chico, California, where he has been teaching for the past 15 years. He introduced us to the effective ways of using acupressure points to relieve pain and enhance wellness. His book, "Pain's Healing Secrets" well illustrates the techniques he utilizes, and was available for sale.

Our Thursday night soiree on **August 23rd** was spent with Annette Segal and "The Game of Truth". Annette is a former San Diego high school principal who has helped

Please Turn to Page 30...Social

Half & Half Party #2

June 10, 2001



Social ... From Page 28

organizations define their paradigms in problem solving, team development and communication systems. She has also been a personal growth facilitator and trained teachers, managers and work teams. Her book is different from others because it is light-hearted, pragmatic and fun! It is based on the motto 'know thyself', and offers field-tested questions, feedback tools, evaluation cards, pithy sayings, and spicy cartoons. We all played the game! It promoted honest communication, provided avenues for interaction and allowed us to experience changes in the way we relate to one another. It was a lot of fun. We also had the pleasure of exhibiting Narissa Broomberg's fabulous works of art during this soiree. She displays extraordinary talent and will go far in her career as a graphic artist.

UPCOMING EVENTS:

September 13th we will spend an evening with Harry Riback and enjoy a film and discussion on "Ethiopian Promised Land: How Ethiopian Jews came to Israel." Discussion topics will include, but are not limited to:

- Are the Ethiopians really Jews?
- When did they become Jews?
- How did they build their homes?
- Can Ethiopians from a 5th century civilization be successful in modern

day 21st century Israel? There will be a new comers cocktail hour prior to the event.

September 16th we will hold our annual tennis Round Robin tournament.



The COURT: George E Barnes Family Jr. Tennis Center
4490 West Point Loma Blvd,
San Diego

The SERVE: Sunday,
September 16th, 2001

Registration: 9.00 a.m.

The PLAY: 9.30 a.m. – 1.30 p.m.

Brunch – Buffet

The COST: Adults \$25.00 all inclusive

Non-players \$10.00 (buffet included)

Juniors (12-18 yrs) \$20.00

The NET Result: Tennis, fun, friends, and the SAJAC spirit

September 30th we will be celebrating the 19th birthday of the Beauty Kliniek. Besides enjoying fantastic day, all SAJAC members will receive gifts and membership discounts. SAJAC members will also receive a special additional gift when they sign up for treatments on that day.

October 7th is Fun and Games Day! Join us for your game of choice, plus a lovely brunch, lots of fun and wonderful prizes! The day will begin at 10:30 am at the Wyndham Hotel in Mira Mesa. Games include Bridge, Kaluki, Poker, Mah Jong, Scrabble, etc., but you may also bring any other games you wish to play. The cost is \$25.00 a head plus FREE parking.

October 18th will be a night with Mark Silberstein. Details to follow.

October 21st will be "The 2001 Albert Moss Memorial Golf Day" at Mt. Woodson Country Club. The shotgun start will be at 8:00 am. Lunch will be provided after the days' play, and - as usual - our fantastic prizes will be up for grabs for the best (and worst) golfers. This is going to be a fantastic day...so DON'T MISS OUT!

November 4th will be the Guy Fawkes Braai at Hospitality Point. It will begin at 10 a.m. Please bring and braai (we will have boerewors for sale – both beef and traditional) Otherwise bring your own food to braai. Attendees bring your own snacks and drinks, as well as utensils. Details to follow.

November 15th will be a night with Ari Gil who has been teaching the Alexander Technique for more than 20

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Baby Day Celebration
July 15, 2001



Nicole & Kayla Goldsmid

Romy & Sky Nathan Frank



Photos by Joanne Max

Baby Day Celebration
July 15, 2001



Genna Nathan

Erin Odegaard



Photos by Joanne Max

Baby Day Celebration
July 15, 2001



Kayli Amyer

Erin Amyer



Photos by Joanne Max

Baby Day Celebration
July 15, 2001



Briana Sigurdson

Gaby & Talia Malcangio



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Social...From Page 30

years in San Diego. He has worked with people with diverse needs and interests. He also has vast experience in teaching people with physical problems and those recovering from injuries, as well as performing artists, yoga, sports and martial arts practitioners. In his years of practice, Mr. Gil has demonstrated and taught at various institutes such as UCSD, USIU, SDSU, Sharp Hospital, the Music Teachers' Association of California, Pacific College of Oriental Medicine, and the San Diego Symphony.

PLEASE PARTICIPATE IN AS MANY EVENTS AS YOU CAN. THIS IS FOR ALL OF US AND THE MORE PEOPLE WHO JOIN IN, THE MORE FUN AND ENJOYMENT FOR ALL.

MUSICAL THEATER

By JENIFER BROOMBERG

"VOICES IN SONG" Liturgy, Opera and Broadway was presented by Rhoda Gaylis and the J.C.C. in June this year, at the David and Dorothea Garfield Theater as a fundraiser for the J.C.C. Senior Department.

The performance featured a cast that included many expe-

MARIN COSMAN, Soprano, has sung with the Chautauqua Opera, Santa Fe Opera Ensemble, Tanglewood Festival Orchestra, and was a soloist with the San Diego Orchestra in Recitals benefiting Hadassah, Agency for Jewish Education, Brandeis University and is currently the interim Cantor at Congregation Beth El in La Jolla. Marin trained at Yale and at Manhattan School of Music;

ANTONIO JARMILLO, Tenor, specializes in Spanish ballads and love songs, and has sung in numerous concerts in San Diego. He has cut two CDs;

JOAN COHN, Soprano, graduate of Mills College and U.C.L.A. Opera Workshop, sang with the Hollywood Opera Quartet. She has also performed roles in community opera and theater throughout California.

JENIFER BROOMBERG, Soubrette, has performed in Musical Theater as a soloist in Houston, Texas;

LEISA MCNEESE, Coloratura Soprano, is a college graduate of music, and is taking part in the Metropolitan Opera auditions;

DR. BEN DISHMAN, Tenor, performed professionally in concerts and theater, and is a member of the Congregation Beth Am Choir;

GLORIA COBARRUBIAS,

Mezzo Soprano, sang with the Starlight Opera for many years;

TOM JACKSON, Baritone, has performed in Musical Theater in Upstate New York as a soloist and will join The San Diego Comic Opera;

MEGAN MARCUS, JACKIE GAYLIS and MEGAN DE VILLIERS, first performance as soloists;

DR. GEORGE FEE, Pianist, has presented numerous solo recitals throughout the U.S. and has conducted many Master classes, lectures and workshops. Dr. Fee received a Bachelor's Degree from the University of Wisconsin and a Doctorate in Piano from Indiana University, where he was a student of Menachem Pressler;

DAVID DIRLAM, Flutist, having a life-long avocation as a flutist. He has played flute and recorder at hundreds of concerts and religious services throughout North America;

SAN DIEGO JEWISH MALE CHOIR, started by Rhoda Gaylis and Basil Abramowitz, performs Jewish Liturgical and other music at concerts and services throughout San Diego;

SHAUN EDELSTEIN, M.C., sings with and sometimes conducts the San Diego

Please Turn to Page 37 ...Social

Jewish Male Choir;

RHODA GAYLIS, Producer of "Voices In Song", received a Bachelor of Music Honors degree in Piano and the Licentiate in Voice from the University of the Witwatersrand, South Africa. She has performed as a soloist with several orchestras and as a Lieber singer. She trained the U.J.F. Ladies Choir in South Africa and now trains and conducts the San Diego Jewish Male Choir, and is a vocal coach in San Diego. Rhoda has been responsible for many successful performances and accomplished performers, and is a great asset to the whole community.

**SOUTH AFRICAN THEATRE
"THE ROAD TO MECCA"**

(Please read next page)

Since her husband's death, Miss Helen has lived alone and transformed her home into a work of art by creating a myriad of cement wise men, camels, owls, mermaids, and other figures around the house; and decorating the inside with dozens

of candles and mirrors. She has created her own "Mecca" of beauty and freedom, amid the harsh church-going Afrikaners, and voiceless Colored of this desolate region of South Africa. She has befriended a young teacher from Cape Town, Elsa, who sees the light and humanity in Helen, while others view her as an old woman who went crazy after her husband's death.

In response to Helen's letter of distress, Elsa drives from Cape Town to make a surprise visit on the same day the local pastor, Myrius Byevel, comes to Miss Helen's house to help with her application for a bed at the local Old Folks' Home.

This beautifully wrought drama illuminates human conflict on many levels: between young and old, religious and secular, the oppressed and their oppressors. The "Mecca" metaphor speaks to the relationship between imagination

and freedom. Likewise, Miss Helen's candles illuminate the deep connection between creativity and light. Miss Helen's Afrikaner community expected her to shrivel up and die after her husband's death; for them, the "right" thing to do was for her to close the drapes to keep out the light.

But instead, Miss Helen began to have visions of Mecca, an illuminated city, that she then began to recreate in a series of concrete images. In doing this, she alienated herself from the whole Afrikaner community, except Marius, the pastor, whose love for her was strong enough to endure, despite his prejudice and misunderstanding. To paraphrase William Carlos Williams, the poetry may seem irrelevant to a person's life, but people die every day for want of the nourishment poetry can give them.

Rakefet Benderly, Ph.D.

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The Road to Vegas: ...
"Mecca" in March

From March 17th to April 7th, 2002, the first Nevada professional production of Athol Fugard's "The Road to Mecca" is planned for the Charleston Heights Arts Center in Las Vegas. Heading the cast is Charlene Sher (nee Faktor), an ex-Capetonian actress. Charlene made her professional theatrical debut with the C.A.P.A.B. production of "Gigi" at the old Hofmeyer Theatre in Cape Town, a role for which she received a nomination for the prestigious Three Leaf Award.

Charlene is married to Dr. Geoffrey Sher. They have four children and three grandchildren. Since immigrating to the U.S.A., Charlene and her family have moved from Chapel Hill, North Carolina, to Reno, Nevada, to San Francisco, Beverly Hills, and now Las Vegas. Along the way she has had the opportunity to play such memorable characters as Martha in "Who's afraid of Virginia Wolf" and Blanche in "A Streetcar named Desire."

An interesting aspect of the "Mecca" production is that not only is Charlene an ex-South African, but the director is Tony Award winning actor, Zakes Mokae, another ex-South African, who has received great acclaim on both Broadway and on the television circuits.



It is anticipated that Athol Fugard, the world-renowned playwright, will attend some performances and lecture the-

ater students in the area. For additional information at this point-call (702) 243-7111.

AN EXCERPT FROM THE HERITAGE NEWSPAPER
OF FRIDAY, JUNE 22, 2001.

Care Force: bold new directions for Jewish Family Service.

One of the most successful programs to come on board is the Jewish Senior Center, in the Chabad facility at 3813 Governor Drive in University City.

"The program evolved from a proposal made by the South African Jewish American Community," she said, "SAJAC approached us last year about doing something for the older people in the community." February marked the opening of the center, just nine months after SAJAC made the proposal.

"We started conversations with the Lawrence Family Jewish Community, which seemed like the logical place to house such a center," Spitzer said. "As much as they would have liked to partner with us, we needed a dedicated space, which they simply could not provide. Then the facility at Chabad [a former bank building] presented itself, which turns out to be a great location. It's a strong site. There are no steps and when you drive up you are so close to the door. For frailer people, the handicap accessibility is perfect."

The center is open Tuesdays and Thursdays. "We have people come in at 10 a.m. for a program of some kind, whatever it is, perhaps an art class or a lecture," Spitzer said. "Then lunch at

noon, then another program—perhaps it's a trip, though most activities are at the facility. It's basically 10 a.m. to 2p.m. We have very active days and the response we have received is extremely positive. We originally planned for about 20 participants daily, but we're averaging more than twice that.

"Rabbi Leider (of Chabad of UTC) and his congregation have been extremely welcoming," Spitzer said, adding that JFS pays rent to Chabad to use the facility. "The South African community has been terrific supporting this program financially as well as (providing) volunteers to pitch in and help."

Spitzer credited board member Ronnie Diamond for his fundraising efforts and Craig Lambert, director of JFS Senior Services, for devising the center's operations.

"Ronnie displayed incredible leadership in moving this forward and making sure financial resources were there, while Craig created the program and rallied the volunteer troops to help make everything a reality," Spitzer said.

"It's such a success that we are looking to offer services three days a week, but we don't yet have the money for the extra day."

Diamond said he is

less concerned with finding additional money to fund a third day, "It's more important to find the funding for the program as is for 2002 and 2003."

The first-year budget is between \$60,000 and \$65,000, which includes renting the facility, programming, food, providing an automobile for house-to-center transportation, a professional to staff the center and other related expenses. Diamond said he is halfway towards raising the \$60,000 needed for 2002. Although no money had yet to be targeted for 2003, Diamond said he is certain the funds will be raised.

"We knew there would be a need, but my Lord, we didn't know it was that kind of need," Diamond said.

"The volunteers have been fantastic. They react to the seniors with love and commitment. The seniors' stories are quite dramatic; they were staying home, not interacting. Now they have a place to go, they get out, they meet people and the women wear make-up. There are Russians, Iranians, South Africans, Israelis, and people from all places of the world that come to the center. It gives them a feeling of belonging and it's nice to see them regard it as home.

"Seniors are living

Heritage ...Continued

longer and they need more care than ever before. I'm just glad JFS can do its part."

Lambert agreed. "As long as the seniors have a place to go where they can be creative and develop new interests, old age is just num-

bers," he said. "We can learn new things at any time in our lives. If we are willing to be beginners, the whole world is open to us.

"It is the elderly who preserve the human link with the past and nourish an entire generation curious to know its full cultural heritage," Lambert

said. "Our seniors find great pleasure in conversation, a cup of coffee, a hug and sharing lunch together. Coming together in a Jewish social setting, under Jewish auspices, with kosher food and Jewish programming, helps to maintain and strengthen our seniors' spiritual and cultural bonds.

Our Dictionary of Very Basic Yiddish

MAYCHAIM OF DELICACIES

KREPLACH.....*Kosher style Ravioli*
KNUBBLE.....*Chlorophyll's press agent*
CHRANE.....*A Jewish eye-opener*
KNADEL.....*Delayed atom bomb*
RETACH.....*Encore*
TSIBELES.....*All this & herring too*

FAMILY LIFE

MISPOCHEN.....*Trouble makers*
M'CHOOTEN.....*Ringleader*
KEIN EISHORREH.....*Tommy Manville*
VOS HOB ICH DOS GEDACHT.....*Triplets*
NACHES.....*Dinner at Suburban House*
ZADEH.....*Grandchild's piggy bank*
GEDULT.....*Getting a teenager off the 'phone*
HACHEN A TCHAINICH.....

So i sez, so she sez, so I sez

TRADITIONS & CUSTOMS

A MICKVEH.....*A Kosher aquacade*
A SHOICKET.....*A cut-throat*
A SHANEH GELECHTER.....

Belching on Yom Kippur

MISCELLANEOUS

A GONSER KNOCHER.....
A Monday morning quarterback
KLOPPEN KOP ON VANT.....
Asking your landlord to paint
A SIMCHEH.....*Marrying off one's last daughter*
GOY.....*He who buys retail*
A FARSHLEPTEHKRENK.....

Filling out your own tax form

A DREY KOP.....*A hairdresser*
MOZEL.....
That which only your competitor possesses
FARBLUNDJET.....*A Kosher butcher in Ireland*
TAKEH?.....*A seltzer at your favorite restaurant*
L'CHAIM.....*Famous last words*
A SCHICHER.....*A Jewish wino*
A FARGENNIGEN..*A date with Elizabeth Taylor*
HELPEM VIE A TOTTEN BANKE.....

Talking yourself out of a traffic ticket

PAYGAH.....*Our competitor's customers*
UNTER-FEUHRER.....*Undertaker*
MITZVEH.....*Liking your wife's new hairdo*
REBITZEN.....*Rabbi's brain trust*
A CHOOPEH.....*Gallows*
OIVAY.....*April 15*
KINDER.....*Drainage ditches*
BRIS.....*Getting tipped off*

Photography Competition

Pamela Nathan

Our very first Photography Competition Award Ceremony was held on Sunday, August 5th, at Zanzibar in Pacific Beach. It was a great success. The award-winning photos were hung up on the walls and our SAJAC group took over the café for several hours. Our esteemed panel of judges included Muriel Fisher, Jennifer Broomberg, Jessica Traum, Joanne Max, and Dale Janks.

The Judges

Muriel Fisher is a Fiber Artist as well as a Doll Artist. She has been a member of Many Hands Cooperative Craft Gallery, located downtown, for 23 years. She was recently awarded a grant from the city to create 12 Dolls - "Image to Exceptional Women on the Arts" - which are presently on display at the Children's Museum in the Gas Lamp District downtown. Be sure to go down and see them, it's worth a visit.

Jennifer Broomberg is a painter, sculptor, and ceramic artist who has been represented by several galleries throughout San Diego.

Besides exhibiting her work extensively over the years, her teaching experience in both Texas and California spans more than 15 years.

Jessica Traum has an M.A. degree in dance education,

and has used it to pursue many areas of dance and the arts. She is currently a teacher at a visual and performing arts magnet school in the Chula Vista School District. Recently she had the chance to really explore her love of photography, focusing on composition and hand painting of both black & white and color photographs. Her work is currently being displayed at the County Administration Building downtown, as well as in Carly Nathan's new business office at Sol Spa in Hillcrest.

Joanne Max, is originally from Emmarentia, Johannesburg, and graduated from Wits University with a bachelor's degree in Fine Arts, majoring in Photography. She spent some time at the Rhode Island School of Design where she continued studying Photography. She is a professional photographer and her activities include taking pictures of babies, kids, families, bnei mitzvot, weddings, and celebrity events.

Dale Janks has a great appreciation of art as well as 'a good eye', qualities that were very beneficial in the judging of the competition.

The Winners

The proud winners are: Jonathan Aires, Ryan Broomberg, Claire Ellman, Daniel Ellman, David Ellman,

Karen Ellman, Romy Frank, Amanda Jacobson, Jennifer Jarzyna, Tamara Klein, Lou Lewis, Andrew Max, Dylan Max, Odessa Max, Carly Nathan & Peter Posel. Each of the winners received a medal to commemorate their success. They have provided us with a colorful array of high-quality images that we used to create a beautiful 16-month calendar, September 2001 - December 2002, which includes all the American and Jewish holidays.

The Thank Yous

The Calendar...

makes a **wonderful gift**, and is available for \$20.00 a copy. Please contact Shirley Abelson at (858) 259-6789. She will ship it for you anywhere in the U.S. (+\$5.00 shipping charge.)

A big thank you to the people who helped make this event a memorable one: Joanne Max, who coordinated the event; Shirley & Rufus Abelson who printed the calendar and donated a copy to each of our winners; and Carol Janks who willingly provided the space to hang the photos and celebrate the event.

Photography Competition Awards Ceremony

August 5, 2001



SHANA TOVAH!

The following members of SAJAC wish their families, relatives & friends "Shana Tova" - a year filled with Happiness, Peace & Good Health - and Well over the Fast.

Stephen, Brenda, Julia & Guy Abelkop

Jeff & Michelle Chalmers

Shaun & Yael Edelstein

David, Claire, Karen, Jonathan & Daniel Ellman

Romy, Warren & Sky Frank

Franklin, Jean, Greg & Jackie Gaylis

Barbara, Selwyn, David, Tamara & Trevor Klein

Mervyn, Sandy, Debby, Mandy, Brad, Romy & Kim Kodesh

Fanny Krasner - Lebovitz

David, Melanie & Martin Levy

Tammy, Clive, Saul, Jed & Jena Moch

Tracey & Gillian Moss

Carly & Alan Nathan

Pamela Nathan

Norman & Heather Sarkin

Maureen & Geoff Schwartz & Family

Harold & Shirley Shapiro

Phillip & Gillian Sher

Ilana, Michael, Min, Greg, Amanda, Caleb & Doron Silverman

Herb & Bella Suchet

Sharleen Wollach

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The Marvels And Mysteries of Medicine - No Ifs or Butts About It!

By: Julius Levin, the Boston-based brother of our own Sandy Kodesh

Colonoscopy - a word of multifaceted emotions, none of which include synonyms for "enjoy". Being of an age and era, it seemed appropriate that I, too, joined with my generation in submitting to the Mighty Probe. And why not? During my annual physical Dr. Pines opined that the process was informative and preventative in nature, also painless (an important consideration), took no more than an hour, and attracted the cutest nurses in the hospital.

Weighing the odds, it seemed incumbent on me to spend Medical Aid's cash. "Let's do it", I cried, to the resultant joy of nursing staff, hospital, and proctologist. Which decision found me in the drugstore aisle, C-day minus one, contemplating the merits of oral over anal laxatives. Biased towards the first by the awesome specter of the second, I left the store with a teensy 3 oz. bottle of "Fleet" the power of which extended far beyond its packaging promises and which proved to be aptly named.

Instructions from the doctor's office, paradoxically, read like a Restraining Order. The day before, no aspirin; no solids, no milk; no laughing; no soccer; no running on slippery surfaces; no juggling; no gardening; no conjugal privileges....Only water; clear juice; bouillon; and Jello with-

out fruit (Jello has fruit?). In addition - and this is where reality bit, so to speak - I had to drink a large glass of "Fleet" at 2 p.m. then again at 8 p.m., followed by enough water to revive the Dead Sea.

As a veteran of countless Yom Kippurs, the lack of food didn't disconcert me, but abstention handicapped by laxatives was novel. I stored the thought for a future thesis on "Extreme Fasting among Ultra-Orthodox Ascetics in the New Millennium."

Three things resulted from drinking the first glass: I lost a quick 5 lbs; I severely disrupted my body's delicate liquid balance; and I learned agility. The afternoon witnessed my progressive diminishing of stature, and my hunger-induced hallucinations of my favorite foods. Sporadic work at my desk and judicious use of the cordless phone kept me occupied until my wife, Rocky, came home to whip up helpings of tasteless bouillon. Countless glasses of clear liquid further diluted my blood to 90% apple juice. After the 8 p.m. dose, I felt as if I had been invaded by a Jewish charity - there was nothing left to give. My clothes dangled off my Ethiopian frame and my stomach and I constantly grumbled at each other. The night passed fitfully with several sleep-runs to break the monotony.

The practice of Medicine was surely invented by an insomniac. In the dark of night, ere first cock crow, huddled masses cloaked in misery, cradling diseases, awaited nursing tugboats to dock them in some clinic cubicle where diligent doctors had already sedated, slit, and sown a slew of subjects - hence, no doubt, the origin of "patient." I huddled too, exchanging lies with a neighbor claiming he was in for a penis reduction. I sanctimoniously admitted to donating a lung for medical research. We met later in gastroenterology and avoided eye contact.

Then there is the dizzy distraction of hospital fashion. Floral unisex gowns, optionally tied in front or behind, ensured exposure of a body part of choice. Also, pandering to the legal profession, standard issue included little white socks with rubberized bottoms to prevent the clumsy from slipping out of Nurse's clutches. After depositing my clothes in Locker D, I glimpsed my reflection and, with concealed admiration, wondered how those nurses resisted pawing my behind-tied, white-socked, hairy-legged body. Rearranging a jaunty lock I strolled the catwalk to the Place of Reverse Insertion with Nurse Tricia.

Ah, the cutest nurses in

Please Turn to Page 51...Colonoscopy



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-Louise L. Hay

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MINOR COSMETIC PROCEDURES THAT CAN BE DONE IN THE DOCTOR'S OFFICE

By: Barry Broomberg, M.D.

1. "Skin Tags" which occur anywhere on the body, particularly the armpits, groin or eyelids, can easily be removed by "snipping", shaving or lasering,

2. Unsightly but benign Moles can be removed by shaving or lasering.

3. "Old Age Spots" or "Lentigos" – flat brown lesions on the face and hands. In a procedure that takes only seconds, a laser can be used to remove a thin layer of skin without anaesthetic.

4. Old Age Spots" or "Seborrheic Keratosis" are very common, occurring mainly on the temples, back and chest. They are wart-like, raised, black, brown or grey, and can be removed with liquid nitrogen, scraped or lasered.

5. "Doughnuts" on the face are round, raised, oily spots with a central dimple and indicate excessive

sebaceous gland activity. These can be treated with small doses of Accutane.

6. Sebaceous or Epidermoid cysts are unsightly round lesions which can become infected or abscess. These can be removed by incision.

7. Fine lines and "dull" skin can be improved by Glycolic Acid peels applied for five minutes with minimum redness and no "down time."

8. Wrinkles around the mouth can be lasered under local anaesthetic with about two weeks "down time."

9. Frown lines can be improved by injecting Botox into the area, which temporarily paralyzes the muscles, which cause frowning.

NOTE FROM THE EDITORS:

While it is becoming quite a rage to head for the home country for cosmetic

procedures – which, at current exchange rates, can be obtained for quite a bargain – the procedures that can be done in your doctor's office may be enough for you. But if you are considering a face-lift, or half a face-lift, or other major cosmetic surgery, contact your connections back in S.A. to see if you might combine surgery and safari.

Women are flocking there from the U.K, Europe and the U.S. to see the sights, submit to surgery, sloth around the pool at the hotel of choice during the recovery period (who cares if everyone sees them with a mummified face, they don't have to eat lunch in that town again), then set off home looking and feeling years younger...

As one Cape Town plastic surgeon told his foreign-domiciled, ex-South African patient recently: "The secret of good cosmetic surgery is when no one knows you've had a face-lift and everyone just thinks you've had a great holiday...."

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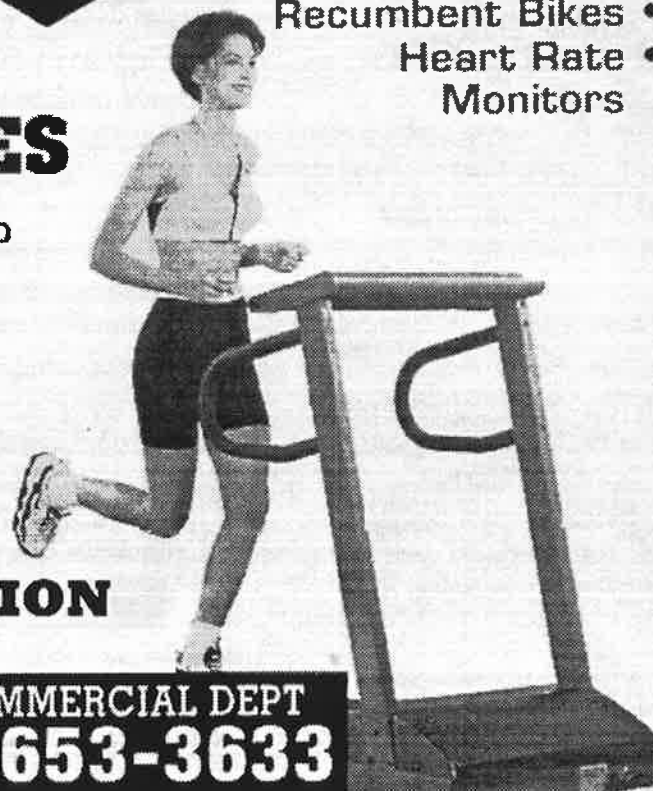
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Keeping Out the Conflict: How to Help Your Children Handle Your Divorce

By: Evelyn de Villiers, Ph.D

Did you know that for those who have children together, conflict between ex-spouses is the number one predictor of children's poor adjustment after divorce? Even more disturbing, many studies on divorce have found that this conflict can have a devastating and traumatic impact on the lives of children. For example, research suggests that loyalty conflicts (feeling caught in the middle) may be the best predictor of children's poor adjustment to divorce - better than the level of conflict itself.

Caught in the Crossfire

Children caught in the crossfire of conflict between their divorced parents describe feeling like they are being torn apart by the two people they love and trust more than anyone in the world. Depending on the child's age, sex, temperament, resiliency, and circumstances, this distress can be either short or long term. Common reactions children display as a result of conflict and divorce are grief, anxiety, depression, guilt, shame, anger, resentment, poor school performance, physical illness, attention seeking, aggressive acting out or anti-social behavior. Therefore, it is imperative that ex-spouses recognize how loyalty conflicts

and divorce may be affecting their children.

Loyalty Conflicts

A number of behaviors battling parents exhibit place their children in loyalty conflicts. A parent may bad-mouth the other parent either directly to the child or within earshot of the child. The consequences of this are twofold: children may feel disloyal to the disparaged parent if they don't come to that parent's defense, but they may risk hurting or angering the other parent if they do. Second, a child's sense of self is often closely tied to both parents, therefore, that child may feel "If my dad is no good, than maybe I'm no good either." Another common bind children experience is that their parents often use them as the go-between or message carrier. For example, a parent may tell their children that when they visit the other parent they need to ask for the child support check. "Kill the messenger" is how children may feel when put in this situation...or they may feel bad or embarrassed if the other parent discloses a lack of funds that month.

Pumping the child for information about the other parent is another example of using children and placing them in the

middle. Grilling children about the other parent's activities, significant other, or friends can make them feel disloyal, depending on whether or not they choose to spy and divulge the information. Using children in these ways can produce feelings of fear, anxiety and guilt.

Placing the Children First

There is some good news for parents who have managed to avoid becoming a "conflict" statistic: substantial evidence in the research shows that their children can successfully adjust and even thrive after divorce. How? These divorced parents have learned how to communicate effectively with each other when necessary and how to work hard to incorporate what is in the best interests of their children. Rather than placing their children in the middle, every effort is made to manage anger and conflict so that these children have a better opportunity at coping with the many changes in their lives as a result of divorce.

The following are some excellent examples of how parents can protect their children from the harm caused by divorce-related conflict:

1. Ex-spouses should communicate privately, out of earshot

Please turn to Page 52 ...Divorce

What's in a Name – The Origin of Jewish Names.

[Sandy Kodesh kindly summarized an article on this fascinating topic.]

Except for aristocrats, wealthy people and well off Jewish merchants did not have surnames in Eastern Europe until the Napoleonic years of the early 19th century.

In France and the Anglo Saxon countries, surnames went back to the 16th century. Sephardic Jews, in the golden days before the rule of Ferdinand and Isabella, had surnames stretching back centuries. With the Inquisition and the expulsion of the Jews by Isabella, the fleeing Sephardis took their names to new lands and were the earliest Jews to arrive in America.

In the Napoleonic era, most of the Jews in the Eastern European countries of Russia, Poland, and Germany were ordered to get surnames. The reason for this was for tax purposes. After Napoleon's defeat, many Jews dropped their surnames and returned to "son of" names like Mendelsohn, Jacobson, Levinson, etc.

During the so-called Emancipation, Jews were once more ordered to take on surnames. In Austria, the Emperor made Jews take on surnames in the late 1700's, while in Poland and Russia, Jews were ordered to take on surnames in 1821 and 1844, respectively. Therefore, some of our families have had

last names for 175 years or less.

In general there were five types of names; those who could afford the luxury, bought their names, those who could not, had their names assigned to them.:

1. Names that were descriptive of the head of household: Examples: HOCH (tall), KLEIN (small), COHEN (priest), BURGER (City dweller), SHEIN (good looking), LEVI (temple singer), GROSS (large), SCHWARTZ (dark), WEISS (white)

2. Names describing occupations: Examples: HOLTZKOCKER (wood chopper), GELTSCHMIDT (goldsmith), SCHNEIDER (tailor), KREIGSMAN (warrior), EISEN (iron), FISCHER (fish).

3. Names from city of residence: Examples: BERLIN, FRANK-FURTER, DANZIGER, OPPENHEIMER, DEUTSCH (German), POL-LACK (Polish), BRESLAU, MANNHEIM, CRACOW, WAR-SHAW.

4. Bought names: Examples: GLUCK (luck), ROSEN/ROSENBLATT/ROSENBERG (roses), DIAMOND, KOENIG (king), SPIELMAN (spiel is to play), LIEBER (love).

5. Assigned names (usually undesirable): Examples: PLOTZ (to die), KLUTZ (clumsy), BILLIG (cheap).

So, next time you're doing Jewish geography, you might be able to read a thing or two into the names of those in your orbit.



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A TRIBAL TALE

It was a sweltering August day when the Cohen brothers entered the posh Dearborn, Michigan, offices of Henry Ford, the car maker (an infamous anti-Semite).

"Mr. Ford," announced Norman Cohen, the eldest of the three, "We have a remarkable invention that will revolutionize the automobile industry."

Ford looked skeptical, but their threat to offer it to the competition kept his interest piqued. "We would like to demonstrate it to you in person."

After a little cajoling, they brought Mr. Ford outside and asked him to enter a black automobile parked in front of the building.

Hyman Cohen, the middle

brother, opened the door of the car. "Please step inside, Mr. Ford."

"What!" shouted the tycoon, "Are you crazy? It must be a hundred degrees in that car!"

"It is," smiled the youngest brother Max, "but sit down, Mr. Ford, and push the white button."

Intrigued, Ford pushed the button. All of a sudden, a whoosh of freezing air started blowing from vents all around the car, and within seconds the automobile was not only comfortable, it was quite cool.

"This is amazing!" exclaimed Ford. "How much do you want for the patent?"

One of the brothers spoke up,

"The price is one million dollars." Then he paused. "And there is something else. The name 'Cohen Brothers Air-conditioning' must be stamped right next to the Ford logo!"


"Money is no problem," retorted Ford, "but there is no way I will have a Jewish name next to my logo on my cars!"

They haggled back and forth for a while and finally they settled. Five million dollars, but the Cohens' name would be left off. However, the first names of the Cohen brothers would be forever emblazoned upon the console of every Ford air conditioner; three names clearly printed on the air conditioning control panel:


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the hospital! It was instantly obvious that Dr. Pines had not had a Colonoscopy recently, probably suffered from myopia, and worked to another world standard of beauty. Cheerful, yes. Big-boned, yes. Kind-hearted, undoubtedly. Even warm and nurturing. But cute didn't cut it - at that moment it didn't matter to me. After all, I would be lying with my knees on my chin hosting 100 yds of camera-tipped fiber optic in my large bowel, mooning the medical staff. Not even James Bond could quibble cute.

Far from being overwhelmed by the prospect of the procedure (a smug little word belittling the heroic dimensions of the undertaking), I welcomed it. In my naiveté I felt positively Star Trekian - venturing where no man had gone before, seeking out new frontiers.... This was uncharted territory up my inner space, and I wallowed in the symbolism. Nurse Tricia had me prone and in shape while I was still mentally thanking Congress and a grateful Nation for my Purple Heart bravely won. And she bound my upper arm with elastic, which produced a magnificent vein to her delight and my horror. I still don't know whether castration or injections are worse but before

I could choose, I had a needle in my arm, and my Purple Heart was pumping red blood. While debating between howling or fainting, Dr Greenberg appeared and with minimalistic bedside manners, injected me with several sedatives. - Nurse Tricia immediately rolled me onto my left side, doubled me over and lights, camera, and monitors rolled. Watch the screen, I was told, and track the camera's progress. This is your colon.

It occurred to me at that moment, that the "procedure" was incorrectly identified. With the dot of my head, and comma of my body, this was a semi-colonoscopy. Scared to laugh for fear of internal scarring, I tried imagining the reaction of an Eskimo audience watching Ahab pushing a harpoon cable up my rear, while a spelunking movie played on the screen. It was probably a mix of sedative and trauma, but I remembered nothing more until the Eskimo materialized into Nurse Tricia gently shaking me with her rise-and-shine hand. For all my courage bravely borne, I had slept through the whole operation and missed a peek at what, deep inside, made me the digestive tract that I am.

Much information must have passed between Dr

Greenberg and myself after he had finished, but nothing was written on the blackboard of my mind. I floated downstairs alongside Nurse Tricia, jeering silently at my ex-neighbor, now reduced to sitting. (uncomfortably) in the front lobby. At the prearranged time Rocky appeared at the hospital door and I loaded into her car without a clear impression of dressing or walking. Not one to admit weakness, I chatted amiably on the run home without remembering a word, and woke again to find myself in bed fully clothed, puzzled at the great leaps in time and place, trying to recall who I was and where I had been. Happily, following a solid night's sleep, everything stabilized and my "fleeting" fear that purging the system erased the mind vanished. In my case there apparently is no causal relationship between stomach content and memory.

The triumph of modern medicine is in making the miraculous mundane. But, despite the routine, production-line appearance of the procedure, I am again reminded that it is the convergence of hi-tech and human ingenuity that makes the mundane miraculous.

or dark glasses.

All photographs must be attached with CLEAR TAPE to the application. Under no circumstances should you use staples or paperclips since these will jam the mail processing equipment.

The State Department emphasizes the fact that a person's chances of being selected are the same whether the application is received on day 1 or day 31, and whether the application is prepared by the applicant him or herself or by an attorney or other outside agency.

The requirements for entering the lottery are posted on the U.S. Department of State website and it is free to enter. There is no official entry form - though some organizations produce an entry form that is useful in that it ensures that nothing is omitted. If an outside source prepares the application, remember, the applicant's original signature is still required.

If you are currently in the U.S. as a nonimmigrant and have started the process for your green card through a labor certification or through any other avenues available to you, you are still eligible to enter the lottery. It doesn't matter if you mail in your application from the U.S. or from abroad. All that matters is that you get yourself in the running - and this goes for

your friends and family, here and in South Africa, as well - by doing it right.

If you are selected, you will be notified at the address provided on the application form by June 2002.

of children.

2. Respect the other parent's autonomy with the children. Acknowledge and respect the children's need to have a relationship with both parents.
3. Co-parent in a businesslike demeanor (professionals don't usually scream and shout at one another, involve their customers in their battles, or make snide remarks about the other person).
- Parents may need to break old habits of how they interacted with each other when married, and develop different, more effective businesslike ways of communicating and co-parenting.
4. Don't disparage the other parent either to the child or within earshot of the child.
5. Don't place children in destructive loyalty conflicts such as pumping them for information, enlisting them as message carriers, pressuring them to take sides.
6. Develop a consistent visitation or parenting schedule.
7. Even if the other parent is angry and at war, focus on the children's needs and take

responsibility for your own behavior. Avoid blame games. Keep your focus on the issues, don't attack back, try to remain calm. Not reacting or getting defensive can often diffuse a volatile situation.

8. Try to communicate with the ex-spouse in a courteous and brief way.
9. Work very hard at containing the conflict. Your child's well being is top priority.
10. Initiate co-parenting counseling if needed.

Therapy or Mediation

Enlisting a therapist or family mediator to aid ex-spouses in reducing conflict and acquiring more effective co-parenting behaviors often results in a more positive outcome for both children and their parents. Divorced parents can often avoid going to court and involving themselves in expensive settlements by obtaining co-parenting counseling or mediation.

Taking the very necessary steps to understand divorce from the child's perspective as opposed to allowing anger and conflict to take priority, will go a long way towards protecting children from poor divorce adjustment. Co-parenting takes hard, conscious effort, patience, practice, and time. For the welfare of the children, it's worth it.

Life Classes – For Those Who Can Bare It...

By Leslie Herman

Soon after my arrival in San Diego, when I found how close it was to the Mexican border, I decided to take one of the Spanish courses offered by the local Community College.

When I opened the classroom door, I was surprised to see a group of a dozen or so people gathered around a low raised platform. Some of them were still unpacking drawing books and paint brushes. As I stood there, a young woman taking center stage threw off her light cotton gown and without a stitch on, moved unconcernedly into a set pose.

I did not have to be Sherlock Holmes to know that this was not the Wednesday Beginners Spanish Class. I had made a mistake in the day. It was Thursday, not Wednesday. How foolish can one be? Seeing me hesitate, the instructor quickly introduced herself as Amanda and implored me to stay. "You are heaven sent, we are one student short of the minimum number the Community College require us to have. Please! Please don't go. We need you to stay as otherwise we would have to cancel the class."

Who could have refused such a plea? So with some mental reservation, I reluctantly agreed to stay. Amanda showed me to a table

that I would share with two others, and handed me some newsprint and a pencil. During this first period, Elise, the model, was to do very short poses only. After the coffee break, we would be given more time to do some complete studies.

Immediately, everybody got down to their drawing boards and canvasses, but I found that every time I put pencil to paper, Elise had changed her pose. Frustrated, I decided to see how the others in the class were going about it.

Walking around and chatting with this mostly denim and corduroy-clad group, I found that they included commercial artists, book illustrators, and even architects, all of them enthusiastic about having the opportunity of working with professional models.

During our break, over coffee, Amanda discussed the difficulties of marketing drawings and illustrations. She stressed that, from her experience, it was essential to have an agent in New York if one hoped to enter the advertising or publishing world.

After the break, Elise posed for longer periods. The class, now using whatever media they preferred, ranging from charcoal to oils, became thoroughly absorbed in their work. This did not stop

Amanda from giving a monologue of her various "Adventures in the Wonderland of Madison Avenue," where she had gone hoping to get some of her illustrations accepted for Jane Fonda's aerobic exercise book. Struggling with the drawing of Elise's arms and legs, as seen from a very difficult angle, and awash with the even flow of Amanda's verbal assault against the art world of New York, the time passed all too quickly. I went home tired, but with every intention of carrying on with the course. In the weeks that followed, we were fortunate that Amanda was able to engage a variety of widely diverse and interesting models. One night we had two male models who obviously enjoyed displaying their muscular bodies, striking martial poses in exciting adversary-like positions. Another evening, two graceful Asiatic young women used exotic arm and hand movements to give variety to their poses. So the weeks flowed on uneventfully, with the class concentrating on their drawing and painting to the soothing ripple of Amanda's art-world chatter in the background. That is, until the setback occurred. An impossible situation, at least as far as I was concerned.

It happened one evening when the model did

... Classes

Classes ... Continued

not arrive. At first we puttered around doing this and that for 10 minutes or so, until a frowning Amanda came to a frightening decision, one that I was horrified that she could ever have thought feasible. She announced in a voice, leaving no room for contradiction, that we would have to draw bare. I was thunderstruck. My entire conformist background was against it. I am a private sort of man who, even if in the shower and alone in the house, will put on a dressing gown to speak on the telephone.

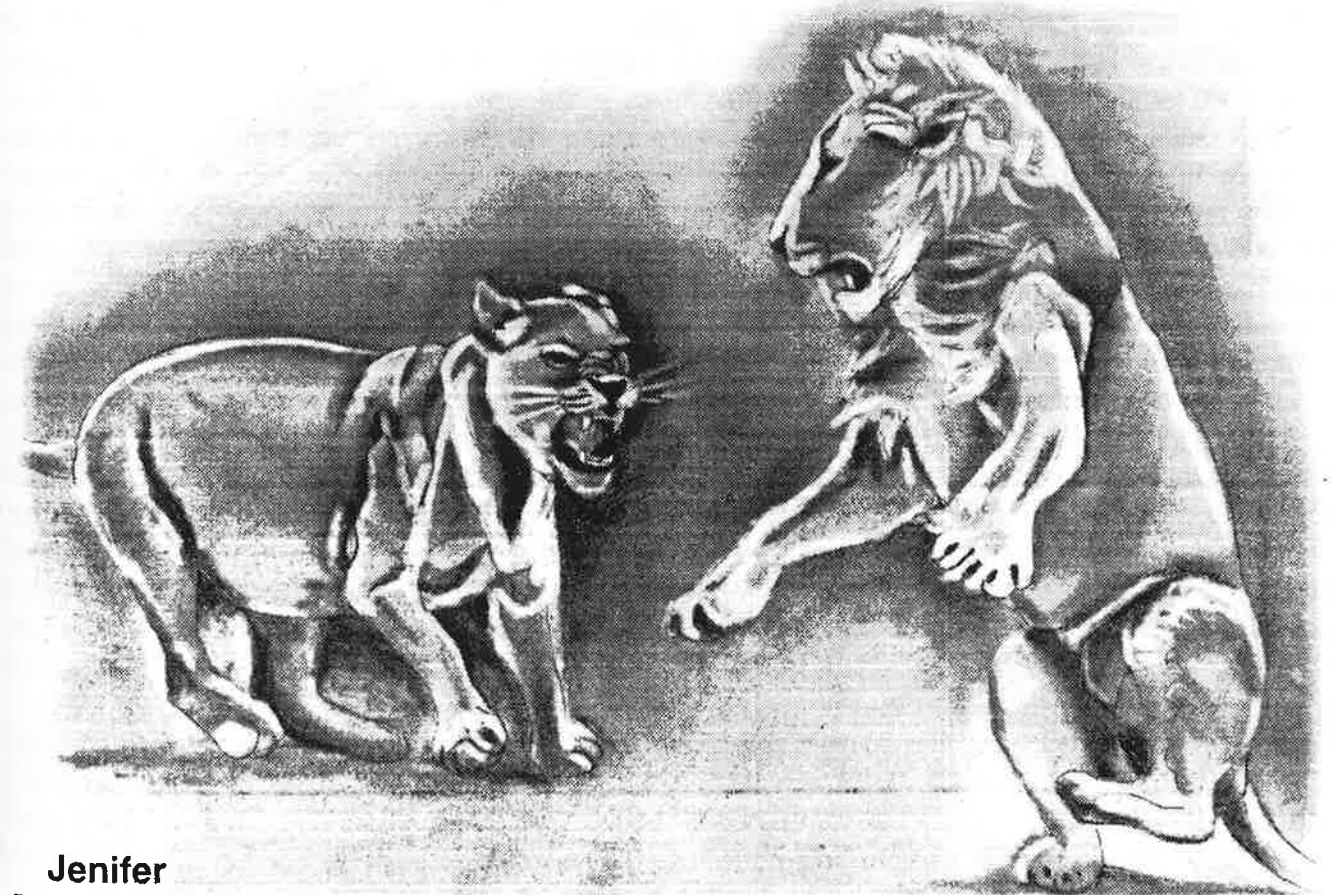
I looked despairingly at the lank blonde girl on my left

who was in the process of taking off her jacket, then on my right, my other neighbor, the bearded architectural draftsman, bent down to what I supposed must have been to slip off his shoes. The girl opposite was fingering the zip of her skirt. This was too much! There must be a limit beyond which one cannot be expected to go. I had had enough.

Grasping my belongings but still facing into the room, I began to edge backwards, hoping to slip out the door unnoticed. I was almost out when I was knocked sideways by a heavily-built woman holding a large carrying bag. She rushed past me crying out, "I am sorry,

Amanda, I was held up in a traffic jam." I slunk back, and had my drawing board ready, by the time the model had taken up her position on the dais.

When the lesson ended, Amanda asked if we would mind clearing up, as she had to leave right away. As she got to the door, she gave a shrill whistle and a large black Labrador retriever came bounding up to her, resting his huge front paws against her breast. "Down, Bear, Down!!" she shouted, then lovingly attaching his lead, she waved goodbye. I stood bemused as Amanda and "Bear" hurried off to the parking lot.



Jenifer
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Sharon & Richard Gabriel, on the marriage of their son, Graeme;
Sylvia & Gerald Kane, on the birth of their grandson;
Norman Kane, on the birth of his son;
Barbara Starr, on the birth of her son;
Zena & Ronnie Cohen, on the birth of their grandson;
Bev & David Raik, on the birth of their son;
Aliza & Jason Bender, on the birth of their son;
Kevin & Michelle Lyons, on the birth of their daughter;
Annie & Harvey Lyons, on the birth of their granddaughter and grandson;
Ivor & Edith Friedman, on the birth of their granddaughter;
Craig & Dana Glasser, on the birth of their daughter;
Pam Nathan, on the birth of her grandson;
Charles & Renee Frank, on the birth of their grandson;
Warren & Romy Frank, on the birth of their son;
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Avra & Barry Kassar, on the birth of their grandson;
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John Jacobs, on the birth of his son;
Rochelle Marcus, on the marriage of her son;
Jean & Franklin Gaylis, on the barmitzvah of their son, Greg;
Rhoda & Hymie Gaylis, on the barmitzvah of their grandson, Greg;
Sue Swersky, on her engagement to Steve Smidt;
Mona & Jack Solomon, on the engagement of their daughter, Sue;
Nicole & Brian Blacher, on the birth of their son;
Marlene & David Katzman, on the marriage of their daughter, Lynne;

Mazel Tov, Mazel Tov, Mazel Tov!

Mandy & Mark Teperson, on the birth of their daughter;
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of Lynda and John, from Toronto;
Hayley & Dion Saks, on the birth of their daughter;
Shirley & Rufus Abelsohn, on the marriage of their daughter Kim;
Beverley & Martin Pamensky, on the batmitzvah of their daughter Amy;
Shirley & Howard First, on the marriage of their daughter Lauri.

The Silent Disease - Osteoporosis

By: Sylvia Bendelstein RN, BSN.

Osteoporosis is a disease characterized by a loss of bone mass, which leads to reduced bone strength, poor bone quality, and an increased risk of fractures. When most people think of bones, they imagine the lifeless, dead bones of skeletons. But bone is actually a dynamic, living tissue. There is a constant process going on of breaking down and remaking of bones. When the rate of bone breakdown exceeds its manufacture, it can result in osteoporosis where the bones become fragile and are more likely to break.

This disease is a major public health threat for more than 28 million Americans, 80 percent of whom are women. In the U.S. today, 10 million individuals already have the disease and 18 million more have low bone mass, placing them at increased risk for osteoporosis. One in two women and one in eight men over age 50 will have an osteoporosis-related fracture in their lifetime. If not prevented or left untreated, osteoporosis can progress painlessly until a bone breaks.

Typically fractures occur in the hip, spine, and wrist. Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk and

may cause prolonged or permanent disability or even death. (At the time of going to press, Washington Post publisher, Katherine Graham, died at age 84 after a fall.) Spinal or vertebral fractures also have serious consequences, including loss of height.

How Can I Prevent Osteoporosis?

Building strong bones especially before the age of 30 can be the best defense against developing osteoporosis, and a healthy lifestyle may be critically important for keeping bones strong. Osteoporosis is largely preventable for most people. There are four steps to prevent osteoporosis. No one step alone is enough to prevent osteoporosis but all four may. They are:

- A balanced diet rich in calcium and vitamin D;
- Weight-bearing exercise;
- A healthy lifestyle with no smoking or excessive alcohol;
- Bone density testing and medications when appropriate.

A Note on Calcium :

Calcium is needed for the heart, muscles and nerves to function properly and for blood to clot. Inadequate calcium is

thought to contribute to the development of osteoporosis.

National nutrition surveys have shown that many women and young girls consume less than half the amount of calcium recommended to grow and maintain healthy bones. Depending on your age, an appropriate calcium intake falls between 1000 and 1300 mg a day. If you have difficulty getting enough calcium from the foods you eat, you may take a calcium supplement to make up the difference.

It is very important to stay informed regarding this disease to which so many of us are or will be prone. There is an active Osteoporosis Support Group which meets at Thornton Hospital in La Jolla every other month.

As the facilitator of this group, I will be happy to welcome you to our meetings. For more information call (858) 552-9200.

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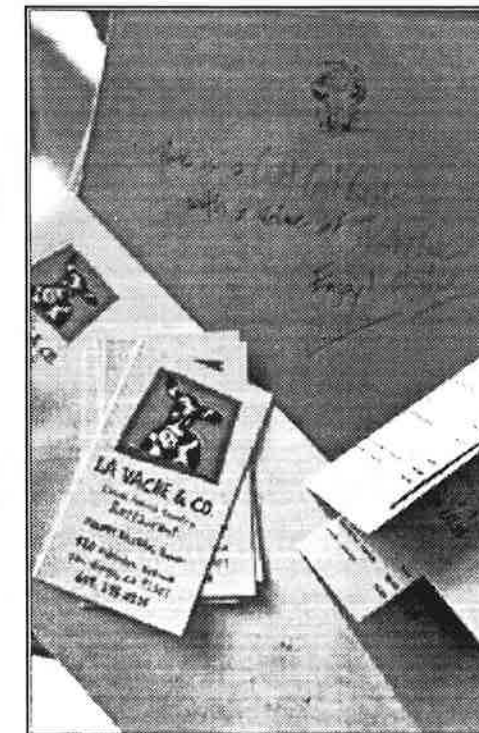
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Pilates

By Beverly Behar

What is Pilates? (pronounced puh-lah-teez)

It is an exercise program that engages you, leaves you feeling refreshed and alert with a feeling of physical and mental well-being. Developed in the 1920's by the legendary physical trainer and founder of the Pilates studio, Joseph Pilates. Pilates focuses on improving flexibility and strength for the total body without building bulk. Some of the first people to use Pilates were dancers such as Martha Graham and George Balanchine. Pilates is not just exercise. It is a series of controlled movements engaging your body and mind, performed on specifically designed exercise apparatus and supervised by extensively trained teachers. Various pieces of apparatus are used, such as the Universal Reformer, the Cadillac, Barrel, Chair and Mat.

Who can Benefit from Pilates?

Because conditioning sessions are done with a teacher one-on-one or in closely supervised small groups, each session is tailored to your specific needs. Regardless of your current level of fitness – whether you are a sedentary office worker

or an avid fitness enthusiast -- Pilates can be your primary mode of body conditioning and injury prevention.

Recently discovered by physical therapists, chiropractors and orthopedists, Pilates can be integrated into rehabilitative exercises designed to speed recovery of soft tissue injuries. It can be used safely by pregnant women to learn proper breathing and body alignment, improve concentration, and recover body shape and tone after pregnancy.

What is different about Pilates?

Joseph Pilates designed more than 500 specific exercises using five major pieces or unique apparatus to develop the body uniformly. Instead of performing many repetitions of each exercise, he preferred fewer, more precise movements, requiring proper control and form.

Because your mind is required to engage with your body to perform the movements correctly, you experience a new awareness of muscle function and control. The "powerhouse"- abdomen, lower back, and buttocks- is supported and strengthened, enabling the rest of the body to move freely. To provide safe and effective conditioning, instruction should be given

only by teachers who complete a rigorous certification program. The certification program has been continued by Romana Kryzanowska, master teacher, who was personally trained by Joseph Pilates. After Joseph's death, his wife, Clara, asked Romana to carry on his work.

Who was Joseph Pilates?

Born in Germany in 1880, Joseph Pilates had a lifelong interest in body conditioning. As a frail child dedicated to becoming stronger, he later became an accomplished skier, diver, gymnast and boxer. While interned in England during World War I for his German citizenship, he became a nurse. During this time he designed exercise apparatus for immobilized patients by attaching springs to hospital beds. This system formed the foundation for his style of body conditioning and specialized exercise apparatus, which he brought to New York where he opened the first Pilates studio in 1926. Currently Pilates is used internationally by individuals at all levels of fitness, as well as by dance and theater companies, performing arts schools and universities, sports teams, spa clients, and fitness enthusiasts at private health clubs and gyms.

Our Poetry Corner

LITERARY OFFERINGS

I stepped into my darkness -----

By: Zena Cohen

The wings of a dove now caressing my heart tender Sights, insights too painful to bear, now, softening my heart , tender like a bud, a lotus, sprouting its white head, fresh, poised, pointing my unknown destiny	The man held a gun A gun to kill his fellow man! To actually kill his fellow man !! Do you know what you're doing ? My being screamed !! A shudder rippled through me----- In that moment I gave birth to my being I took my first step as a human being The crust parted ---- a green leaf from my heart uncurled A lotus leaf, Awakening my courage Awakening my warrior I stepped into my darkness I turned on the light, the light enflamed ! Blazing the way with the torch of love I march Impassioned with the flame of its light Touching many with my tender heart.
What cracked the crust encasing my heart ? Protecting me ? Protecting me from what ? From my own heart, tender ? Tender with love, tender with joy, with compassion and ecstasy ? One of the shocks that shattered the crust , a shock ; an awakening shock ! A man in a truck , an army truck a uniformed man , with a glaze in his eyes .	

My Family

By Renee Frank

My heart is so full
Overflowing with gratitude

Appreciating all the blessings
All the miracles

A Husband, six children
And five grandchildren

So full of love light
and togetherness

Dancing, singing having fun
in love and joy

A microcosm of what the
world could be

I guess starting with "us"
is the way to go

Others will follow even
though it may be slow

Yes we have our differences
our disagreements

But love works wonders
Dissipating the anger

And we're once again a whole
An unspoken togetherness
A bond unbroken.



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Pamela Nathan

I can get you what you want in the time you want it!

Untitled Poem

By Paul Suntup

There are times, no doubt, when G-d seems
no more to be about the world.
Alan Paton, Cry, The Beloved Country
Negative Grace
I had a bedside lamp,
you - a candle.
I had running water,
you stood in line to shit.
The bus you rode to work was green,
ours, the color of oxblood.
When the fare went up,
you walked 11 miles,
I thought boycott was a soup.
At night you carried a pass book,
I watched Hawaii Five-O.
I had a sofa in my bedroom,
your sofa was your bedroom.
You knew someone burned alive,
my mother never burned the chicken.

Note: Paul comes from South Africa and is a
roommate of Mandy Kodesh.

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SOUTH AFRICAN JEWS: AN AMERICAN'S PERSPECTIVE

By: Adam Behar

My assignment was to write about my perceptions of South Africans living in San Diego. My qualifications? My wife Beverly is from Benoni and we have a large network of South African family and friends.

Back in the early '80s, I became friends with several Capetonians who attended my high school. But my first "encounter" with a South African was in 1979, when an orthodontic assistant with bright red hair worked on my braces. As you can imagine, my memories of her aren't the nicest. However, it didn't stop me from marrying an orthodontic assistant!

When I sat down to write, my first thought was to do a light-hearted compare-and-contrast piece. There are some humorous situations to share, such as the time Bev referred to a traffic signal as a robot. I told her in no uncertain terms: "I can handle boot instead of trunk, hoot instead of honk, and even cold drink instead of soda. But robot you're going to have to do away with. Unless you want people staring at you, thinking

you're from outer space instead of just a little hick town outside of Johannesburg." (Well, maybe I didn't say it just like that, but you get the point.)

Along the way I was also exposed to boerewors, mielies, biltong and a variety of candy bars including Top Deck, Cadbury and Crunchie. So, I thought it was almost obligatory to start the piece with a mention of these harmless differences, which we can all laugh about. At the same time, it struck me that there are some weightier issues that stare me in the face each day. I've seen firsthand how seemingly inseparable families and best friends have been torn apart. Email, "hot mail" and the old-fashioned telephone have helped ease the blow, but they, of course, are no substitute. I've seen younger South Africans, after establishing themselves, send for their parents and grandparents. In many ways their experiences are no different than those of Jews who came to this country in the latter part of the 19th century. The themes are the

same: new beginnings, freedom, security, and opportunity.

Just as East European Jews formed communities in the section of Cleveland, where my father was born, South Africans have carved out a "Little Johannesburg" right here in San Diego -- if a tad more upscale than the ghetto my father called home.

The fundamental question for South Africans, it seems, is whether they will be able to resist the powerful forces of assimilation. Looking a generation down the road, will their cultural and religious identity be lost in that great "melting pot" of America? When I was a boy growing up in San Diego, I could count on one hand the Jewish kids in my school. When I see the passion and efficiency with which South Africans have created a community structure, seemingly overnight, it boggles the mind. The tide of assimilation may yet rear its ugly head, but one thing seems clear -- the South African Jews I've met are not going to surrender easily. And for that, they have my admiration.

SOUTH AFRICANS IN AMERICA

By: Jenifer Broomberg

There appears to be a lack of awareness as to how we are perceived by others (Americans) in our communities and their response to us.

Mostly, there is acceptance and mutual respect, even affection between South Africans and Americans. There is also, however, a

measure of wariness on their part, even some resentment and animosity in response to our behavior in certain circumstances.

South Africans In America...Continued

Most of us feel that it is a privilege to be accepted into this or any other country and respond with graciousness and appreciation. Still, there is often criticizing and faultfinding on the part of South Africans of things American because of dissimilarity of culture and environment. Familiar customs and traditions are precious and difficult to relinquish, but respect and restraint is important when relating to people of different backgrounds.

We are too often accused of "cliquishness" and

there is indignation and even hostility on the part of those who are excluded from conversation or ignored at a social gathering of exclusively South Africans, because they are different. Some people, for some reason, shun socialization with outsiders and experience insecurity when confronted with change. There seems to be the assumption that there will be incompatibility and a lack of common ground. There have been instances of mean spiritedness and snobbery, even a sense of superiority by some people when

dealing with Americans. This attitude promotes antagonism and alienation on both sides.

We should remember that we are the strangers here, the interlopers, the ones that must assimilate and blend in. We cannot expect to automatically be deserving of acceptance and respect. We do not have immediate entitlement to living the good life here. We need to reciprocate by giving back and by trying to somewhat fit in -- not expect those who have accepted us into their homes, to adapt to our ways.

It's the 2002 GREEN CARD LOTTERY AND YOU DON'T NEED A LAWYER TO APPLY, BUT...

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- Half the "winners" went home losers.
- Some losing applicants jeopardized their future U.S. nonimmigrant visa applications.

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Grappies

Did you know we live in Heaven in Southern Africa?

Submitted by: Phil Sher

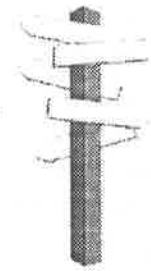
We heaven got petrol
 We heaven got deesil
 We heaven got lectriciti
 We heaven got wota
 We heaven got wek
 We heaven got forex
 We heaven got munnee
 We heaven got sokah tunament
 We heaven got cure for eds
 We heaven got winning rugby tim
 We heaven got honest cricket playahs
 We heaven got rid of Winnie
 We heaven got free lend for war vit's
 We heaven got honest guvment
 We heaven got sevis
 We heaven got good menahs
 We heaven got clin pengwins
 We heaven got roads without hols
 We heaven got computah watt weks
 We heaven got jells with locks
 We heaven got crime free seetis
 We heaven got teksis wifout boolet hols
 We heaven got helpful benks
 We heaven got good gun laws
 We heaven got many whites left
 We heaven got much hope
 We heaven got a bright fucha
 We heaven got no place to go

Eish it is bed

LIFE'S A LAUGH

The Harvard School of Medicine did a study of why Jewish women like Chinese food so much. The study revealed that this is due to the fact that Won Ton spelled backwards is Not Now.

There's a big controversy on the Jewish view of when life begins. In Jewish tradition, the fetus is not considered viable until after it grad-



uates from medical school.

Q: Why don't Jewish mothers drink?
 A: Alcohol interferes with their suffering.

Q: Have you seen the newest Jewish-American Princess horror movie?
 A: It's called "Debbie Does Dishes."

Q: Why do Jewish Mothers make great parole officers?
 A: They never let anyone finish a sentence.

Q: What's a Jewish American Princess's favorite position?
 A: Facing Bloomingdale's

When the doctor called Mrs. Liebenbaum to tell her that her check came back, she replied, "So did my arthritis."

A man calls his mother in Florida. "Mom, how are you?"

"Not too good," says the mother. "I've been very weak."

The son says, "Why are you so weak?"

She says, "Because I haven't eaten in 38 days."

The man says, "That's terrible. Why haven't you eaten in 38 days?"

The mother answers, "Because I didn't want my mouth to be filled with food if you should call."

A Jewish boy comes home from school and tells his mother he's been given a part in the school play.

"Wonderful. What part is it?"

The boy says, "I play the part of the Jewish husband."

The mother scowls and says, "Go back and tell the teacher you want a speaking part."

Q - Where does a Jewish husband hide money from his wife?

More Grappies...

A - Under the vacuum cleaner.

Q - How many Jewish mothers does it take to change a light bulb?

A - (Sigh) Don't bother, I'll sit in the dark, I don't want to be a nuisance to anybody.

Did you hear about the bum who walked up to the Jewish mother on the street and said, "Lady, I haven't eaten in three days."
 "Force yourself," she replied.

Q: What's the difference between a Rottweiler and a Jewish Mother?

A: Eventually, the Rottweiler lets go.

A CHOCOLATE STATE OF MIND...

If you've got melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

The problem:

How to get 2 pounds of chocolate home from the store in a hot car.

The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less.

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

Eat equal amounts of dark chocolate and white chocolate. That way you have a balanced diet.

Money talks. Chocolate sings.

Beautifully.

Chocolate has many preservatives. Preservatives make you look younger. Therefore, you need to eat more chocolate.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

A nice box of chocolates can provide your total daily intake of calories in one place. Now, isn't that handy?

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

If not for chocolate, there would be no need for control top pantihose. An entire garment industry would be devastated. You can't let that happen, can you?

A Glimpse into The New SAJAC Reporter ... 1 Week Before we go to Print!

Editor



Treasurer



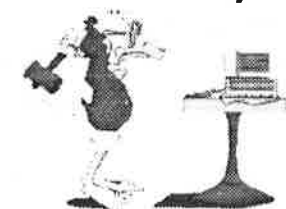
Copy Editor



SAJAC President



Layout & Design



THE COST OF RAISING KIDS

The government recently calculated the cost of raising a child from birth to 18 and came up \$160,140! That doesn't even touch college tuition.

For those with kids, that figure leads to wild fantasies about all the money we could have banked if not for (insert your child's name here). For others, that number might confirm the decision to remain childless.

But \$160,140 isn't so bad if you break it down. It translates into \$8,896.66 a year, \$741.38 a month, or \$171.08 a week. That's a mere \$24.44 a day! Just over a dollar an hour.

Still, you might think the best financial advice says don't have children if you want to be "rich". It is just the opposite.

What do you get for your \$160,140? Naming rights. First, middle, and last! Glimpses of God every day. Giggles under the covers every night. More love than your heart can hold. Butterfly kisses and Velcro hugs. Endless wonder over rocks, ants, clouds, and warm cookies.

A hand to hold, usually covered with jam.

A partner for blowing bubbles, flying kites, building sandcastles, and skipping down the sidewalk in the pouring rain.

Someone to laugh yourself silly with no matter what the boss said or how your stocks performed that day.

For \$160,140, you never have to grow up.

You get to finger-paint, carve pumpkins, play hide-and-seek, catch lightning bugs.

You have an excuse to keep: reading the Adventures of Piglet and Pooh, watching Saturday morning cartoons, going to Disney movies, and wishing on stars.

You get to frame rainbows, hearts, and flowers under refrigerator magnets and collect spray painted noodle pictures, hand prints set in clay for Mother's Day, and cards with backward letters for Father's Day.

For \$160,140, there is no greater bang for your buck.

You get to be a hero just for retrieving a Frisbee off the garage roof, taking the training wheels off the bike, removing a splinter, filling the wading

pool, coaxing a wad of gum out of bangs, and coaching a baseball team that never wins but always gets treated to ice cream regardless.

You get a front row seat to history to witness the first step, first word, first bra, first date, and first time behind the wheel.

You get to be immortal. You get another branch added to your family tree, and if you're lucky, a long list of limbs in your obituary called grandchildren.

You get an education in psychology, nursing, criminal justice, communications, and human sexuality that no college can match.

In the eyes of a child, you rank right up there with G-d.

You have all the power to heal a boo-boo, scare away the monsters under the bed, patch a broken heart, police a slumber party, ground them forever, and love them without limits, so one day they will, like you, love without counting the cost.

ENJOY YOUR KIDS (and grandkids)!

Hours

Monday~Friday

11:00~10:00

Saturday~Sunday

10:30~12:00

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* Identifies a Vegetarian Item

Pita Sandwiches

All sandwiches served in a warm pita bread with our house salad, famous tahini sauce, and topped with our delicious pickles.

* Falafel Sandwich 3.95

A vegetarian favorite! A mixture of garbanzo and fava beans and spices, shaped into four balls and quickly fried in 100% vegetable oil.

Shawarma Sandwich 4.75

A generous portion of thinly-sliced fresh marinated fillets of lean chicken or lamb, broiled on a vertical rotisserie.

Gyro Sandwich 4.95

The traditional Greek with beautiful lamb, tomato, onion, and Tzatziki sauce.

Grilled Salmon Sandwich 5.75

A generous portion of fresh grilled salmon marinated in our secret sauce.

Chicken Kabob Sandwich 5.75

A generous portion of marinated fresh lean tender grilled fillets.

Steak Kabob Sandwich 5.75

A generous portion of marinated fresh top sirloin grilled to perfection.

*The Meatless Sandwich 3.95

Any combinations of dips and salads stuffed into a pita.

Beverages and Desserts

*Assorted Baklava 1.45

Turkish Coffee 1.95

Regular More powerful than any energy drink.

Coke, Diet Coke, Sprite, Ice Tea, .99

Lemonade, Dr. Pepper, Bottled Water

Platters

Served with our fresh sliced French fries or basmati herb rice, our house salad, a warm pita bread, tahini sauce and pickles.

*The Falafel Plate 5.95

Served with 5 falafel balls.

The Shawarma Plate 6.45

A heaping portion of thinly sliced fresh marinated fillets of lean chicken or lamb, broiled on a vertical rotisserie grill.

Gyros Plate 6.45

Slices of lamb and beef combination.

Chicken Kabob Plate 6.45

A piping hot large chicken kabob skewer.

Steak Kabob Plate 6.45

A skewer of marinated mouth-watering steak kabobs.

*Grilled Salmon or Tuna Kabob Plate 7.45

Served with a skewer of fresh marinated salmon kabobs.

Combo Plate 8.45

Any two items above.

Extra: Salmon, Chicken, or Steak Skewer 2.85

Fries, Rice, and Extras

*Basmati Herb Rice 1.75

*Fresh Sliced French Fries 1.95

(Not Frozen!)

*Garlic Fries 2.95

Made with our fresh sliced fries, tossed with chopped garlic, a pinch of olive oil, fresh herbs, and seasoned with kosher salt. A MAJOR HIT!

With parmesan cheese 3.65

Extra Falafel Ball or Extra Pita .50

Salads and Dips

All salads and dips include warm pita bread.

*Our House Salad 2.85

The perfect combo of tomato, cucumber, cabbage, and tahini dressing.

*Tomato/Cucumber Salad 2.85

Cubed tomatoes and cucumber bathed in a flavorful vinaigrette.

*Tabouleh Salad 2.85

Parsley, cracked wheat, tomatoes, a splash of olive oil, and spices.

*Babaganoush 2.85

A blend of roasted eggplant, tahini sauce, and spices. Out of this world!

*Hummus 2.85

Garbanzo beans blended with a combination of our most delicious spices.

*Tahini 2.85

Ground sesame seeds, lemon juice and spices. Creamy and tasty.

*Carrots 2.85

Combined with a tasty blend of flavor. Yummy!

*Sautéed Mushrooms 2.85

Delicious!

*Sliced Eggplant (lightly fried) 2.85

Marinated and seasoned. An absolute must!

*"Vege" Combo Plate 6.95

4 Falafel Balls, hummus, babaganoush, tabbouleh, tomato/cucumber salad.

Chopped "Vege" Salad 4.95

With Chicken 5.95

With Salmon 6.45

Check out our

DAILY SPECIALS

Experiencing the Wonders of Golfing in the Kingdom of Morocco - The 29th Annual King Hassan Golf Tournament

De gustibus non est disputandum - There's no argument about taste

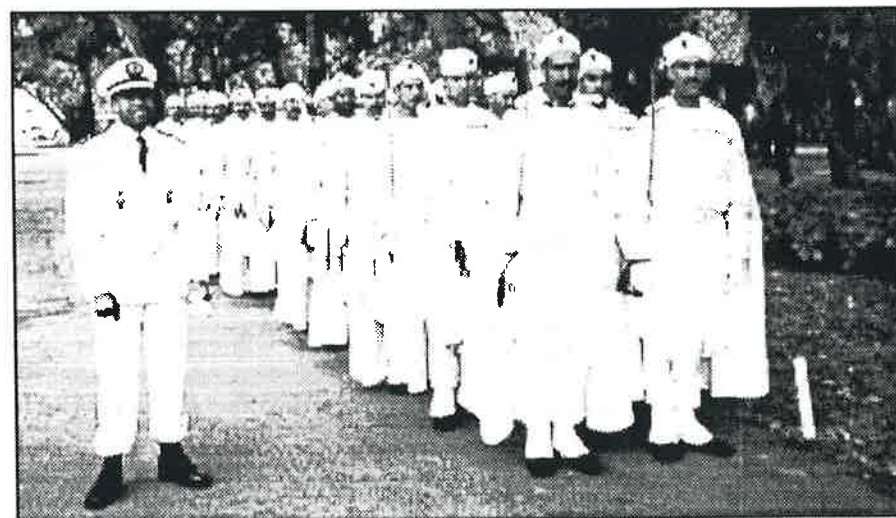
When one is fortunate to have the opportunity to participate in a royal event as an invited guest of the king of that country and then to play one of the world's top 500 best golf courses with PGA Tour members, anticipation, excitement, nervousness and good fortune are just a few of the emotions felt.

So, on a recent ten-day trip to Morocco, together with 64 professional golfers from the Senior PGA, PGA and Buy.com Tours and approximately 140 amateur golfers, media and their wives, the Royal Air Maroc plane departs from New York. The balance of the group, which includes European Tour players and media, was meeting us in Morocco for a grand total of 275 people.

Billy Casper, the 69-year-old former two-time US Open and Masters Champion and 51-tournament winner, was making his 26th annual pilgrimage to a land whose monarch, King Hassan II, simply adored Billy. Their friendship dated back to when Billy was younger (1969) and continues with the current King Mohammed VI. One of the highlights of the trip was the renewal of wedding vows of Billy and Shirley Casper in full Moroccan regalia. The other was watching Billy go non-stop both on and off the golf course.

Another highlight of the Trophy tournament is that it is played as a Pro-Am format. The pros and some of the amateur participants play hard, and their game faces are most discernible when the tournament starts. The intensity, however, also carries over to the marketplace (the medina) where, through Shirley Casper's contacts, the best quality and best prices, especially for silver pieces and High Atlas Mountain carpets, have already been researched.

At this year's event, King Mohammed VI was not available to attend due to an Arab Summit in Cairo, but his brother, Crown Prince Moulay Rachid, accompanied by his immaculately attired Royal Guards, was on the first tee to hit the ceremonial drive with Hale Irwin.



Crown Prince Moulay Rachid's Personal Guard at the Red Course

...Golf

Golf...Continued

Among the pros at this year's event were Bruce Fleisher, whose wife Wendy, with impeccable taste, is probably the world's best shopper, Hale and Shirley Irwin and the indomitable Spike McRoy and wife, Rica. Spike, having just won the Buy.com Tour's first place and a full exemption to the PGA Tour, was in seventh heaven. Shaun Micheel, who eventually won the \$50,000 second place, Mark Hensby, Ian Leggatt, Joe Daley, David Sutherland, Joe Ogilvie and Briny Baird, were also part of the US contingent.

All the pros are invited based on their ability to establish a good rapport with the amateurs, simply because they not only play with the amateurs, but they dine together at every meal, shop together, and share the same transportation. The pros receive appearance fees that range over a wide spectrum, but this point aside, it is not unusual for genuine friendships to be cultivated. Some of the pros may even stay at their homes while on a Tour stop.

Past winners of the dazzling, jewel encrusted dagger - the Hassan II Trophy, have included Billy Casper, Nick Price, Payne Stewart and Vijay Singh. This year, the presentation was made by the King's 19-year-old sister, Princess Lalla Meryem, herself an excellent golfer.

While Morocco and golf at first appear not to blend, the Royal Moroccan Golf Federation has eliminated any doubt whatsoever that Morocco is a premier golf destination.

If there was ever an organization dedicated to the pursuit of golf, the Royal Moroccan Golf Federation is the epitome of a well-oiled, forward-thinking, quintessential sporting body. A cadre of university students working on a part-time assignment for the King Hassan II Tournament specifically handled every whim and desire regarding golf. All are English speaking, uniformed, well groomed, friendly and knowledgeable and made this already splendid golf experience that much better for every participant. From sun up to almost every midnight, these staffers did Morocco justice.



Royal Moroccan Federation Staffers

...Golf

Golf...Continued

The Royal Moroccan Golf Federation, headed by Driss Basri, has just recently started a similar program to the US First Tee Program. They have handed out 4,000 sets of golf clubs at no charge to young players from underprivileged families throughout Morocco.

The Tournament is played in Rabat, at the Royal Dar Es Salaam multi-course complex designed by Robert Trent Jones, Sr., and is an example of his genius and one of the best courses he ever designed. Maintenance budgets are seemingly unlimited and the course conditions are truly exceptional- worthy of a King! Cork trees permeate the courses and the majority of these have been stripped of their bark for the manufacture, two years later, of excellent wine corks. The club's white-overalled caddies are punctual, courteous to a fault and excellent at giving yardage distances, club selection, pace and the breaks of the green albeit in broken English.

The Red Course at the Royal Dar Es Salaam Golf Club

This fabulous course of 6702 metres (7,372 yards) is where Robert Trent Jones makes all the rules. This par 73 layout is a veritable fortress. Scoring less than 70 is something very few professionals manage to achieve. It is vital to make an accurate drive, for the trees and the sand give you very little leeway. And then there is the water... which makes the ninth hole a living legend...one of many here to remember forever. The tee is placed on a crescent-shaped bank of a large lake that is 172 metres, (199 yards) from the green. And, as the seventeenth at TPC at Sawgrass (Florida) has shown, there is nothing quite as intimidating as a target green surrounded by water. Here anticipation of disaster shrinks, in the mind's eye, what is an adequately sized green. Also distracting is the beauty of the setting: flamingoes, ducks and geese add to the effect. Leading to either side of the green, are what can be best described as two humpback wooden bridges creating a setting that has often been referred to as a scene taken from a piece of Willowware china. If you concur with Alistair Mackenzie's statement that "One of the objects in placing hazards is to give the players as much pleasurable excitement as possible" then this hole fits that description to a tee. The pros playing in this tournament agreed wholeheartedly!



Water is also an ever-present hazard along the 481 metres (526 yards) of the twelfth hole, closing off the angles to its green. On the other side, it takes on the aspect of a source of beauty, a sublime mirror for a series of Roman columns, which came from the ancient city of Volubilis, Morocco.

The Blue Course at the Royal Dar Es Salaam Golf Club.

Bushes of white daisies, beds of wild flowers, pink, orange and red, carpets of violet blooms: the fairways have a pastoral charm. The eleventh hole for example: a romantic and sublime par 4 hides a green nestled between clumps of eucalyptus, a bunker of red sand and a pond with a population of water hens. This 18-hole par 72 course is not as demanding as the red course. But you cannot take anything for granted - the blue course can still surprise you.

...Golf

Golf...Continued

The Green Course at the Royal Dar Es Salaam Golf Club.

Fewer surprises and a greater feeling of being at ease on this relaxed 9-hole course, consisting of only par 3 and par 4 holes, which are essentially designed to entertain. But don't let yourself be distracted by the little ox-pecker birds that will be following every stroke of your play!

MARRAKECH

Royal Golf Club (18 holes)

How magical for a golfer to play on this par 72 course, which is set in an extraordinary landscape where the beauty of the snow capped Atlas mountains blends in the Mediterranean panorama of olive and palm trees, and what a delight to stride the length of its 6,200 metres (6780 yards). One of the most memorable holes on this course is number 16. The green is hidden behind two grassy mounds, separated by a bunker, plus an additional hazard exists where high palm trees block the approach angles to the green.

Club Amelkis (18 holes)



This is one of the newest golf courses in Morocco. With its 18 holes, 6657 metre (7280 yards) length and par 72, is located in the heart of a magnificent olive grove, just opposite the Royal Golf Club of Marrakech. Also, on the golf course is the \$1,200-a-night Amanjena Hotel. Built in a style reminiscent of a Kasbah, Amanjena has a Zen-like atmosphere with 34 guestrooms, or pavilions, and seven two-story suites all with private courtyards, lounging sofa and dining area. The Club Amelkis layout has similar attributes of a fine Scottsdale golf course such as Grayhawk and Troon North's perfectly manicured and aesthetically pleasing fairways, greens and bunkers. Throughout the course's 7,280 yards, designed by world renowned golf architect Cabell B. Robinson, breathtaking oases are sculptured from the land and dominated from a distance by the eternally snow-capped Atlas

...Golf

Golf...Continued

Mountains. The accommodations are outstanding with the La Mamounia, Winston Churchill's favorite hotel, living up to its reputation as one of the finest hotels in the world. With the hotels hushed surroundings, beautiful gardens and pool areas, one feels like royalty.

The La Mamounia Menzeh Suite



The art deco interiors throughout the hotel rooms and the fabulously comfortable low beds are synonymous with elegant taste and class. Directly across the street is a wonderful, walled private ten-acre driving range to practice your irons or short game. While on the range, an impromptu lesson with one of the pros, Ian Leggatt, corrected a bunker shot flaw I had developed. Though our stay in Marrakech was just two nights, it was highlighted by the tour of the main marketplace,

the medina, which is the center of commerce and social activity and everything else one can imagine. The snake charmers and the horse drawn carriages dominate the scene.

Additional Activities

Guided visits to Casablanca, Fez and Tangiers give the wives and golfers time to explore the medinas and countryside. A special group visit to the Royal Stables is also on the itinerary as is a horse drawn carriage ride through Marrakech's marketplace immediately upon arrival.



The Rabat Hilton, our other hotel, a former US Command headquarters during World War II, was recently renovated and it, too, offered five-star accommodations and service. Another immaculately maintained driving range and short-game practice facility was located at the rear of the hotel.

Wake up calls are not a problem at either hotel as the muezzin wail every morning from their minarets at the Koutoubia Mosque in Marrakech and from different mosques in Rabat, all beginning at 5.30 a.m. So if you are light sleeper, earplugs are suggested.

And then there is the food and lavish parties. The dinner at Chez Ali outside of Marrakech, a restaurant unlike any other in the States and probably in the world, was totally amazing. More like a movie set for Ali Baba and the Forty Thieves. There are thunderous Berber horsemen firing their "moukhala" (old powder charged rifles)

...Golf

Golf...Continued

as patrons surround the arena, startling many a diner and spectator. Balancing acts, folk dancing, Moroccan music and a fireworks display were thoroughly entertaining. The food was a seven-course meal served with precision military moves by waiters presenting the food in oversized cauldrons of lamb, couscous, turkey, pigeon pie and other delicacies that seemed to be never ending. There is so much food served in seven courses, that unless forewarned of the volume, most people couldn't get past the second course!

Everyday, the lunch buffets at the Royal Dar Es Salaam golf course were culinary feasts. Breaking bread with the pros was both enjoyable and intriguing after a round of golf.

The black-tie event at the Ambassadors residence, though the US Presidential election was unsettled at the time, was elegance personified, as was the other formal party where the aforementioned Casper's wedding vows were renewed.

If you are wondering why this best-kept secret has stayed this way, there is a simple answer; there is no advertising of this event. It is all by word-of-mouth. Many of the guests are returning for their fifth visit. At less than \$10,000 a couple, they obviously feel this to be value for the fairy tale they are living. So if you are wondering who are the devotees and who can get on the next trip, you need to have the following information as this year's event will be the 30th Anniversary and the Federation will be going out of their way to spare no expense to make this the best Tournament ever held. Pinnacle Enterprises/Bill Casper Golf Management Company is the lead organizer. Rich Katz, a gentleman throughout, is the primary contact for the media and tour pros. He is based in Virginia (703.761.4111). Joan Short, the epitome of a knowledgeable and a true travel professional, through her Worldwide Golf and Travel (949.644.8490), handles all aspects of the amateurs' participation.

You can be rest assured, that from the time you turn over your passports to Joan Short, until you receive them upon departure from Morocco, your entire trip is like a "Magic Carpet Ride". The Federation spares no expense. The food in the first-class and business-class compartments is served with three forks, your luggage is at your room upon arrival at the La Mamounia Hotel, and a police escort of the luxurious busses the Federation uses, whisks you directly from the airport to the hotel. Old world service that simply is second to none!

The return trip to New York was a non-stop conversation between new friends all trying to outdo each other with their experiences on the golf course, their food intake and shopping expertise! Of all the compliments circulating, the most often repeated was the accessibility to and the friendliness of all the tour pros.

What a wonderful experience - a golf addict's fantasy trip as well as a cultural banquet of exotic sights and sounds!

By the way, the winners this year were Roger Chapman of England (\$100,000) and Europe's Elisabeth Estell (\$13,500).

Barry Lotz, J.D., Ph.D. is a member of the Golf Writers Association of America, the California Golf Writers Association, a director of the Professional Golf Teachers Association of America and a contributing writer to numerous national magazines. He can be reached at intlawyer@usa.net

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Bobba's Recipe Corner A Little Pinch of This ... A Little Throw of That!

BON APETIT & ES
GESUNDT - RECIPES
"FROM SCRATCH"

Apple Cake.

Submitted by Gillian Sher

3 eggs.
3/4 cups sugar.
1/4 cup milk.
2 large, cleaned, cooking
apples cut into large pieces.
2 tablespoons melted butter.
1/4 teaspoon salt.
1 1/2 teaspoons baking powder.
Syrup.
3/4 cups sugar.
1/2 pint cream.
1 teaspoon almond essence.
Boil the syrup till quite thick.
This can be done while the
cake is baking.

Method:

Beat eggs & sugar together,
add the milk & melted butter
slowly, now add the sifted
dried ingredients. Place into
a well buttered out round pie
/square dish. Arrange in lay-
ers, first the cake mixture,
then the cooked apples, which
should be cooked in a little
water; the apples can be done
the day before & refrigerated.
Layer the cake mixture,
apples, until complete. Bake
in 350* Fahrenheit for approx.
30 minutes or till it's done, by
testing with a skewer. This,
when inserted, should come
out clean. Meantime the
syrup should be cooking.,

When the cake is done, prick
it lightly with a fork, & pour the
hot thick syrup over the cake.

Cucumber Salad.

Submitted by Gillian Sher

2 thinly sliced & washed
English cucumbers.

In a juice extractor place the
following:

1 bunch washed, cut up
spring onions.
1 bunch washed parsley.
1/4 cup vinegar.

2 tablespoons sugar.

1/2 cup oil.

1/2 cup mayonnaise.

1 teaspoon dry mustard.

Blend above well & pour over
the thinly sliced cucumbers.
Refrigerate. Can keep for 3
days

LOW CALORIE RECIPES

Mock-Crab Dip

(Serves 8-10)

Submitted by Felicia Belcher

(Felicia assures me she literal-
ly uses a "pinch of this & a
throw of that!" She suggests
you experiment with quanti-
ties, to reach your own goal of
good taste!)

2 packets imitation
crab, coarsely chopped

Sauce:

(Felicia suggests equal quanti-
ties of the first 3 ingredients)
cup lite cream cheese;
cup lite mayonnaise;
cup lite sour cream;
1 tsp. red horseradish (for pink
color);
Sugar to taste;
1 tsp. mustard powder;
few drops Tabasco sauce;
few drops lemon juice;
tsp. Paprika;
cup reduced fat cheddar
cheese.

Method

Mix sauce ingredients, thin
with a little milk if necessary
and pour over "crab". Sprinkle
with paprika and chopped
parsley. Serve with raw veg-
gies and crackers.

Quick and Easy Summer Tomato Soup (Serves 4-6)

Submitted by Felicia Belcher

2 cans Campbell's Healthy
Request tomato soup
1/4 cup water (add more if too
thick)
1 cup buttermilk
1 cup low fat yogurt

Method:

Mix together. Serve chilled,
topped with chopped spring
onion or diced cucumber.

Please turn to Page 86...Bobba

MARIA'S STORY LOST YOUTH IN HITLER'S GERMANY

By Maria Wolf Stella and Robert A. Stella
BOOK REVIEW:

By: Jenifer Broomberg.



Cover Page Design:
Emily Bensor

MARIA'S STORY is an oral history as dictated by Maria Wolf Stella, wife of Robert Stella, the author, about people and events during Germany's Nazi era. It is an autobiographical account of Maria's childhood and teenage years in Germany through 12 momentous and horrendous years of Nazi reign and war, and about her father, who first actively, then passively, opposed Hitler's rule. It is one story of many, relating the anguish and suffering of decent German men and women who opposed Hitler's evil rule before and during the war.

Her father's imprisonment and then enforced unemployment, led to meager

meals at home, discrimination at school, and for Maria, at age 14, an order to report for work in a war materials' factory.

In addition to ostracism, privation and forced labor, she faced wartime terror and carnage, seeking bomb shelters during air raids, which steadily claimed the lives of an increasing number of friends and co-workers. Maria survived the shock, heartbreak and grief from the bombing of her village, digging bodies of friends and neighbors from rubble. She was strafed by a fighter plane during the long walk to work at the factory, bombarded by a tank while alone in a bunker, and fired upon by a lone, hidden sniper, while desperately searching for her sister.

This is the story of a good, clean life, outlasting Nazi and Communist East German-Russian political lunacy, while both false ideologies, engendered mass murder of civilians during peace and war.

Excerpts from the book:

"My father spoke against Hitler in the halls and gatherings relentlessly, until Hitler was elected. He continued (to do so) and his freedom did not last very long. He

could not be employed anymore by anyone, but there were eight children to be taken care of. All the years that followed were a nightmare."

"My father preached and taught us at home, secretly. "Don't you dare believe a thing that they tell you. It's all lies!" In the schools they took all the books. They burned many of them, then they bought new ones that told a totally different story. The teachers in school - most of them - preached Hitler. My father always told us that nobody should listen."

"Our home had no electricity, no water, no toilet. The Party (Nazis) thought they would get my father down on his knees, but they didn't. - He would not bend to their will."

"When my mother went there (Jewish-owned stores) shopping, the Nazis who stood outside would say, "You don't want that. You know Jews own that store." Many people became fearful and walked away, but Mother always entered the store despite SA (Nazi) warnings."

Between Crystal Night (November 8-9, 1938 when all synagogues were burned or

...Maria's Story

Maria's Story... Continued

otherwise desecrated and demolished) and the onset of the war, harassment of Jews reached the level of outright persecution, causing many Jewish friends to abandon farms for immigration to Palestine.

"My family suffered through the rise of Hitler, because we spoke against him and fought against him, as he was gaining power. Out of the goodness of their hearts, farmers of Kleinostheim brought bread to my mother at night, so our family could survive during my father's imprisonment - and there were other families like us."

Celebration of Hitler's astounding diplomatic successes before the war, followed by quick, far-flung military victories of the early war years, took many forms. Uniforms were appearing everywhere, flag flying groups of people were marching here and there, huge bonfires were

lit on weekend nights, with one after another uniformed speaker crying out rantings that echoed Hitler's war-cry speeches. Crowd mania swelled in the midst of Nazi symbols. For many, it gave rise to a sinister feeling that worship of a false god was taking place and hate was its nourishment. In the closing years of the war, when German military forces were retreating on land, sea and in the air, Nazi suppression of free speech became maniacal.

"The soldiers also never spoke to anybody - they weren't allowed to say anything. In truth, they were mostly non-Nazi Germans - all my friends, my relatives. We lost so many. They were good people, they were just drafted by the Government to fight the war. What a monstrous human tragedy fate played out, in the name of those who fought and died, in the hated name of Hitler and his Nazis."

While entertaining and

PLEASE NOTE: Robert Stella, former diplomat, is the focus of a three part T.V. series produced by Victoria Turner, who notes: The daily resistance of decent Germans against overwhelming evil and the price they had to pay, is not widely known. The television series looks at those events in the light of present circumstances in the world today. The Maria Story series will commence the last Saturday in September, 2001 on Channel 16 (Time Warner) on Victoria Secret Library, a show that focuses on amazing secrets, many of which have escaped current news media attention.

compelling, "Maria's Story" is also an important book that should be a basic part of every family's understanding of history, and of where we are today ...



Narisa
Broomberg

INSIDE ISRAEL

UPDATE ON WHAT ISRAELIS ARE THINKING, READING, DOING AND SAYING

By: David Clayman

Israel Director, American Jewish Congress

Report #228
June 28, 2001
7 Tammuz, 5761

Israel Comings and Goings

The terror and violence which have plagued Israel since last September has exacted a terrible toll in lives lost and people injured and maimed. This in turn has led to a loss of a sense of personal security that has altered the lives and living patterns of all of us, within Israel as well as abroad. Nowhere is this more evident than in the travel and touring and freedom of movement to Israel and from Israel and within Israel.

American Jews Stay at Home

The tourist industry in Israel has collapsed. Hotels are empty and their lobbies are virtual echo chambers. Thousands of hotel employees have been let go. Figures for May show forty percent fewer bed nights by foreign tourists than in May 2000. Jerusalem is down by seventy-four percent. Travel agencies and tour guides are without work. Airlines are canceling and consolidating flights. However, what has most seriously disturbed Israelis has been the desertion of Israel by American Jewry. True, tourism to Israel is down for

all groups, for world Jewry as well as for Christian pilgrimage tours. However, most poignant and hurtful has been the perceived abandonment of Israel by American Jewry. Tourism to Israel is part of the complex bilateral relationship between Israel and American Jews. Israel provides an address and a home, a source of pride as well as a shelter to those in need of refuge. In turn, American Jews support Israel through philanthropy and political advocacy but also by visits and missions to Israel. Synagogue tours and leadership missions, UJA missions and family trips, Bar/Bat Mitzvah trips and teen tours were all meant to bind the ties between Israel and Diaspora Jewry.

The cancellation of trips to Israel by American Jews young and old unfortunately is seen by Israelis as abandonment and has left a bitter taste of disappointment. Pronouncements by Israeli leaders and articles in the press have been acrimonious. The failure of American Jews to come to Israel these past nine months is tearing the fabric of relations between the State of Israel and world Jewry. Tempers ran high here in Israel when the Reform Movement announced that it

was canceling all of its teen programs in Israel this summer. The Union of American Hebrew Congregations sent one thousand five hundred high school students to Israel last summer. Their decision to abort came amidst massive declines in tourism as well as summer teen trip registration. Despite this, other Jewish organizations and religious denominations declared their intentions to continue their youth trips to Israel. So far no other major national Jewish organization or program has followed the Reform Movement's lead. Israelis reacted with anger and vindictiveness to the Reform Movement's action. The Mayor of Jerusalem Ehud Olmert charged that the Reform Movement which has long demanded that Israel be sensitive to its concerns was now "spitting in Israel's face." Ephraim Sneh, a Labor Party leader and Minister of Transportation sarcastically referred to American Jewry's call for unity "over bagels and lox" as mere hypocrisy. The titles of newspaper editorials and the op-ed pieces reflected Israeli distress and disappointment. "Real Solidarity," "Failing the Leadership Test," "Now More than Ever," "Failed Jewish Leadership," "The Threatened

...Israel

Israel ... Continued

Partnership," "Solidarity with Israel." "This is one of the most disastrous decisions taken by a modern day Jewish leader." "What has happened to Jewish solidarity?" "Where is the spirit of unity that is supposed to resonate precisely at times of trouble?" A Ha'aretz editorial concluded with the words, "the bitter taste of disappointment will not quickly dissipate."

Unfortunately, this debate over what constitutes Jewish leadership, solidarity and unity came in the wake of the Palestinian suicide bomber who blew himself up outside a Tel Aviv disco killing twenty-one Israeli youths. The announcement by the Reform Movement the very next day for many Israelis simply delivered another victory to the terrorists who seek to destroy and isolate the Jewish state. The leader of the Reform Movement who made the announcement was castigated and reviled. "He is in danger of joining the ranks of Jewish leaders who have failed their people at critical turning points in Jewish history." He was compared to the failure of leadership described in that week's Torah portion, Shlach Lecha. Moses sent twelve leaders on a fact-finding trip to Canaan. Only two of the leaders, Calev and Joshua, reported back that the task they faced was doable. The other ten reported that the task was too difficult and unrealistic.

That is why Joshua was selected eventually to lead Israel into the Promised Land. (That is also why the American Jewish community's decision to organize missions and visits by synagogues, federations and major Jewish organizations has been labeled Operation Joshua.)

American Jews Respond to the Challenge

Cancellation by the Reform Movement provoked anger and disappointment among Israelis but this in turn generated a response by American Jewish leaders and organizations calling for and organizing visits and tours of Israel. The sixteenth annual Maccabiah Games was on the verge of being cancelled this summer in the wake of the ongoing intifada. But after the furor over the Reform Movement's cancellation they reconsidered and the games will go on as scheduled. Because of cancellations organizers had expected to cut the number of sports in the games from thirty-one to twenty. But today organizers believe there will be as many as twenty-six sports as they receive additional confirmations of participation. As many as sixty percent of the foreign Maccabiah athletes originally expected to participate will probably compete in this summer's games. Australia, despite the tragedy that befell their delegation in the disastrous bridge collapse at the opening ceremony of the fifteenth games in 1997, was one of the first national dele-

gations to confirm its participation. Indeed, forty-six of forty-nine national delegations invited will be represented. The Israeli press reported this week that the American Reform Movement president said in a closed door meeting at the Knesset that he would not have cancelled the youth summer trips to Israel if he were to make the decision today and not on the day after the suicide bombing at the Dolphinarium.

The Russians Are Coming

Although hotels are empty and tour guides idle, absorption centers are full and Jewish Agency officials involved in aliya are busy. Approximately sixty thousand Jews arrived in Israel as new immigrants last year. Fifty thousand are expected to arrive this year. Thirty-six thousand have arrived since the violence began. Indeed, between June 1-11, the week after the terrorist attack that took the lives of twenty-one young olim from the former Soviet Union, some six hundred and twenty four olim arrived from the former Soviet Union. This is less than in the same period last year but far more than one would have expected under the current circumstances. Five hundred youngsters from the former Soviet Union arrived in Israel within the framework of the Birthright program. In contrast to delegations from other countries, not one of them opted out because of the situ-

Please turn to Page 81... Israel

ation. Indeed, in the first five months of this year eighteen hundred Russian Jews who had come to Israel as tourists asked to change their status to new immigrants. Indeed, it would appear that the terrorist attack on Russian-speaking high-schoolers in Tel Aviv had a two-fold effect. Israelis woke up and realized that the nearly one million new immigrants from the countries of the former Soviet Union are part and parcel of Israeli society. They have paid their dues in blood and share the fate and destiny of the Jewish people in the land of Israel. Conversely, the new immigrants from the former Soviet Union displayed an unexpected mental fortitude and silent courage which gave off the message to the wider Israeli public that we will not give in, we will live here.

The Palestinians Are Leaving

In recent weeks the Jordanian government has imposed restrictions on the entry of Palestinians from the territories into Jordan. This ongoing emigration of Palestinians from the West Bank and Gaza to Jordan has not been closely observed or widely reported. There are reports, however, that the Palestinians are once again fleeing just as they did in 1948 and 1967. Supposedly well-informed people estimate that as many as one hundred and fifty thousand Palestinians have already left their besieged towns and villages. The toll

that months of violence in the territories has exacted in the lives and livelihood of Palestinians has been considerable. Hundreds of lives have been lost and unemployment exceeds forty percent. Israeli military measures restricting movement and entry into Israel may be necessary and justified responses to Palestinian terror attacks but they do make life for Palestinians quite intolerable. Jordan, with its population as much as sixty or seventy percent Palestinian, does not want the Israeli-Palestinian conflict exported to their country and thereby increase the existing instability there. The intifada has not only affected tourism to Israel but has created instability and dislocation for the Palestinians.

Comings and Goings of Israelis

Violence and terrorism has also impacted on the everyday lives of Israelis. The furious if not hysterical reaction of Israeli politicians and op-ed writers to the cancellation of visits was directed more at organizational leaders rather than at mothers and fathers. Israeli parents themselves are pulling back and limiting the comings and goings of their children because of the violence and terror. If American Jews aren't visiting Israel in any great numbers, the parallel is that many Israelis from Haifa and Tel Aviv are not visiting Jerusalem. Jerusalemites are not going into the Old City and visiting the Western Wall.

Indeed, most Israelis resident within the Green Line do not travel or tour or visit the settlements in the West Bank and Gaza. And except for the minority of settlers whose burning faith in the rightness of their cause places their lives and the lives of their children at risk, most of the two hundred thousand Israeli residents of the territories take precautions when they come and go on the roads in the territories. It is difficult to know just how many settlers are leaving their homes and settlements to return to Israel proper in the wake of the violence and terror. Observers say that we will have a greater sense of what is happening out there on the basis of school enrollment figures in the fall. Meanwhile, travel, let alone tourism and visiting, is severely restricted on the hundreds of kilometers of roads in the territories. There are those settlers who have shatter-proofed the windshields of their cars and have bought bulletproof vests for driving. Parents keep their children at home as much as possible and allow them to travel only on bulletproof buses. It is only the radical ideological settlements near Nablus and Hebron that refuse to give in to terror by taking precautionary measures. Some of these settlements have refused to fence themselves off. "It is humiliating. I feel like a prisoner in my own country." For these ideological settlers "protective

Please turn to Page 86... Israel

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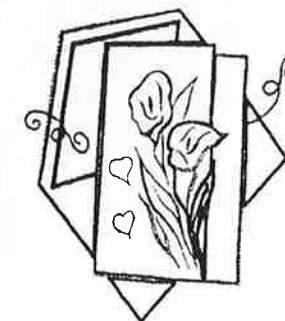
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THE SINGER

By: Neil Berkowitz M.D.

Two years ago, my father, Meyer "Mike" Berkowitz passed away at the age of 81.

I was recently riding my bicycle around Lake Miramar, listening to music on my headphones as usual. My selection on this occasion included some klezmer music, and as I listened to the song "My Yiddishe Mama", an image of my father sprang to mind, bringing forth the following memory as if it had happened yesterday.

This song always seemed to have great significance to my father, which a little history may explain. His parents came to South Africa from Lithuania in the early 1900's with little formal education. They lived in Johannesburg, raised four children, and my grandmother decided to scrape together whatever was needed in order to send one child to Medical School. My father was that child. The song "My Yiddishe Mama" seemed to express the gratitude he felt to his mother for the sacrifices she made for him to attain this goal. He married my mother, June, they moved to Durban, and that is where my brother, two sisters and I were raised.

People are born with a wide range of musical abilities.

Some are born with the gift of "perfect pitch", being able to identify any musical note played at random. Other people are able to hear if a song is in tune, or can sing in tune. Still others can reproduce a song instantly on hearing it for the first time.

Then there are people like my father. I don't know if there is a term for the opposite of "perfect pitch", but even "tone deaf" would seem to give my father's musical appreciation too much credit! However, if Dad recognized a tune, he would occasionally try to sing along, but only in the presence of his immediate family. My Mom however was very musical, had learned to play the piano as a child, and ensured that all her children also studied piano and other musical instruments.

Consequently, there was music in my home in Durban most of the time. Several Israeli musicians who lived in Durban played in the Durban Symphony Orchestra. I don't know how they became friends of my parents, but it was not uncommon for them to be invited with other guests to our home for dinner. Of course, they always brought along their instruments.

These evenings were always

informal and one never knew what would develop, or what music would be played. We were encouraged to play also, and even at age 8 or so, we were made to feel at ease playing our simple pieces for these professional musicians who came to be our friends. They played popular pieces, classical pieces, Israeli songs, Show Tunes and when Aunt Rose, who also played the piano, came over, she would sing what they called "Naughty Songs". The one in particular that I remember began as follows:

"Oh dear, what can the matter be?
Three old maids got locked in the lavatory,
They were there from Monday to Saturday,
Nobody knew they were there
"....

In the mid-1950's this was shocking! Simply shocking! How innocent and naïve we were in those days.

My siblings and I would be sent upstairs to bed at 7.30 p.m. as a treat, as our usual bedtime was 7.00. However, with so much activity going on downstairs, it was often impossible for me to fall asleep. I would creep half way down the stairs and sit there, listening to the music. My

Please turn to Page 86... Singer

REAL ESTATE QUARTERLY REPORT

By: Renee Gild

Values Surge in Spite of Slowing Market

San Diego County home sales remained at a strong level in July, in spite of shifts in the sales mix and inventory levels. The region's housing market is still hot as prices continue to climb, the result of strong appreciation in entry-level markets.

The June-to-July increase was stronger than normal. The May sales count was the highest since August last year and the third strongest May on record, behind last year and May 1989.

Analysts are still watching carefully for signs of a slowdown, but it is not yet evident in the numbers. Demand is still being generated, although there are shifts in the sales mix. Now that activity and home price increases have moved in entry-level and mid-market neighborhoods.

The prime reasons for the areas vibrant housing market, is the drop in interest rates, an increase in inventory supplies, and a belief by investors that they can count on real estate values to increase, while the stock market continues to languish.

Data-Quick Information Systems, based in La Jolla, reported that existing single family homes sold for a record median price of \$280,000 in July, up 14.3 percent over a year earlier. More significantly, the number of resale houses sold was up 12 percent. The condominium resale market also had increased sale activity, the median price being the record \$189,000 set in June. This increase in the median price, understates appreciation because of higher sales of lower-priced homes.

Sales of million-dollar homes dropped during the first six months of this year in Southern California, the result of buyer reticence in high-end markets. The decline reverses a five-year increase in sales of prestige homes

In coming months, buyers ought to look forward to more choices as the inventory demand grows, with the highest demand in the \$500,000-and-below market.

What better time, whether you're a buyer or a seller, to make a decision and take action!



Heartfelt Condolences and Deepest Sympathy

Deepest Sympathy and Heartfelt Condolences are extended to:

Carol Abramowitz on the death of her mother;
Sadie Rudman on the loss of her husband, Harold;
Ed & Val Laser on the loss of their brother-in-law, Harold;
Avril Copans on the loss of her mother;
Alan Binder and family on the loss of their wife and mother, Ricky;
Denise Hyde on the loss of her mother;
Yehudi Gaffin on the loss of his mother;
Helen Moss, Jill Moss and Marion Levi on the loss of their husband and father, Albert Moss;
Arlene Shein on the loss of her mother;
Maureen & Peter Stern on the loss of their son, Michael;
Kim Lazarus on the loss of her father;
Leah Levin on the loss of her mother;
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Renee Castle on the loss of her sister;
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Stan Behr on the loss of his brother;
Shirley Abelson on the loss of her mother;
Ilana Schraibman on the loss of her mother;
Steven & Ruth Schorr on the loss of Steven's mother;
Pam Lewis on the loss of her father;
Irene Rubenstein (formally Joffa) on the loss of her sister;
Sharon Gabriel on the loss of her father;
Neville Cohen on the loss of his mother;
Syd Selati on the loss of his mother;
Leslie Herman on the loss of his sister, Vera Morris;
Rebecca Gluck & family on the loss of their husband, father & grandfather, Willie;
Alyson Kessel on the loss of her mother;
Mike Kessel on the loss of his mother;
Fred Stern on the loss of his wife, Rose;
Barry Schechter on the loss of his father;
Tia Dorfan on the loss of her father;
Mandi Meyerowitz on the loss of her father;
Russell Schechter on the loss of his father;
David Isaacs on the loss of his mother;
Helen Bloch on the loss of her brother.

We wish long life to all of you and your families.

Singer ... From Page 86

mom would pass by and tell me to go to bed, but by the smile on her face and the twinkle in her eye I knew it was safe to stay.

One evening, things had progressed as usual, the music had stopped while dessert was being served, and I was in my usual position half-way down the stairs enjoying the lychees and ice-cream my Mom had brought to me. I noticed one of the Israeli musicians stroll into the lounge, pick up his clarinet, and start to play "My Yiddishe Mama". I watched as my Dad slowly got up, quietly walked into the lounge and stood unobtrusively behind the clarinetist. He listened for a while, silently mouthing the words to the song. As the song drew to a close, I noticed his eyes were shut and a single tear glistened on his cheek. To my amazement, the concluding words were sung out loud and clear and, what is more, in perfect tune! The conversation from our dining room stopped for a moment, the clarinetist looked over his shoulder and smiled at my Dad, who smiled back through his tears.

I went upstairs to bed.

Israel ... From Page 81

measures mean cowardice and all they do is worsen the terror."

Within Israel the vast majority of Israelis still travel and tour and enjoy the beauty of their country. Israeli parents are taking reasonable precautions.

Summer day camps this year are not emphasizing trips and excursions as much as the security they will provide.

Amazingly, life goes on so normally. Hotels may be empty but local neighborhood cafes and restaurants are full. CNN made this point when they showed the other night a jam-packed disco right next to the site of the bombed out disco.

No Jewish leader or Jewish organization should be perceived by their Israeli brethren as abandoning them or even distancing themselves from them. In retrospect the furor over whether to visit or not to visit Israel generated a wave of solidarity and support for Israel by American and world Jewry. Promotion of solidarity missions to Israel, fundraising initiatives to assist those families directly affected by the violence, major outdoor rallies in New York and Los Angeles, a solidarity Shabbat that will reach out to synagogues, churches and university campuses are all being set in motion under a campaign entitled "Israel now and forever".

Bobba...From Page 76

Tiramisu (Parev) (Serves 8-10)

Submitted by Felicia Belcher

1 1/2 boxes finger biscuits
Kahlua liqueur
Rich's parev cream

Method:

Dip finger biscuits in mixture of very weak coffee, water and dash of liqueur.

Place one layer of biscuits in dish. Beat cream with icing sugar, vanilla and 1-2 Tbs. Liqueur till thick. Layer biscuits and cream, ending with cream. Sift cocoa powder over the top or decorate as desired.

Refrigerate until ready to serve.

"Yummy" Marinade Submitted by Felicia Belcher

This recipe comes directly to you from a high class South African Hotel. Use it for:

Marinades
Braais/Barbeques
Basting

Equal quantities of:

English Pub Steak & Chop Sauce (Ralphs) or A1 Steak Sauce
Any barbeque sauce
Chutney (English Pub)
Few drops of:
Worcestershire Sauce
Soy Sauce
Minutest drop of lemon juice
Thin with water if necessary.



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